



Community Connection

Licking Memorial Health Systems

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



Volume 8, Issue 3

May/June 2011

Measurably Different ... for Your Health!

LMH Named to *U.S. News & World Report's* Top 5 List

After scrutinizing data and survey results from 22 hospitals in the Columbus metropolitan area, *U.S. News & World Report** has announced its list of "Best Regional Hospitals." Licking Memorial Hospital (LMH), a medium-sized community health care facility in Newark, was named to the list for the Columbus metropolitan area, along with four large Columbus hospitals: Ohio State University Hospital, Riverside Methodist Hospital – Ohio Health, Grant Medical Center – Ohio Health, and Doctor's Hospital.



LMH joined four large Columbus hospitals in the *U.S. News & World Report's* ranking of 22 hospitals in the Columbus metropolitan area.

The ranking was based on a careful evaluation of the hospitals' care in 16 key areas of specialty, and surveys of area physicians. LMH's performance in the area of ear, nose and throat procedures, as well as overall medical care, propelled the Hospital onto the Top 5 list.

LMH Named to U.S. News' Top 5 List (continued on page 2)

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

See pages 12-16 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Hearing Loss

Date: Tuesday, May 17
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Cheryl Barker, Au.D., CCC-A
Traci Dupler, M.A., CCC-SLP

(continued on page 3)

Skin Cancer Awareness

Date: Thursday, May 26
Thursday, June 2
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Bethany Wyles, D.O.

(continued on page 2)

Keeping the Beat - CPR Educational Open House

Date: Thursday, June 2
Location: LMH First Floor Conference Rooms
Time: 8:00 a.m. – 2:30 p.m.
Speaker: Certified LMHS CPR Instructors

(continued on page 2)

Thyroid Disease Awareness

Date: Wednesday, June 8
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Jaime Goodman, M.D.

(continued on page 19)

Student Athletes Receive Expanded Pre-Participation Sports Screenings

From May through July, Licking Memorial Health Systems (LMHS) is offering free pre-participation sports screenings to all student athletes in Licking County's middle and high schools. The screenings, now in their sixth year, have expanded to include baseline concussion screenings, in addition to electrocardiogram (ECG) testing for junior high and high school students. Band members, Licking County All-Stars football players and students in C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible, as well.



This year's Pre-Participation Sports Screenings will include concussion testing.

LMHS' baseline concussion screening program, known as ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a computerized evaluation system that assesses the brain's cognitive functions, such as memory, attention span and reaction times. Each student completes a 20-minute computer test to

Student Athletes Receive Expanded Pre-Participation Sports Screenings (continued on page 3)

LMH Named to U.S. News' Top 5 List (continued from front page)

“This recognition is a strong validation of our belief that our community Hospital provides excellent care for our patients on the same level of quality that is found in a larger city,” stated Licking Memorial Health Systems President & CEO Rob Montagnese. “In addition, we offer the convenience of being located close to home so that our patients do not have the stress of traffic and parking. We are very proud that we provide such a high caliber of care on a daily basis, and to have our efforts supported with this award.”

The *U.S. News & World Report* was nationally renowned as a weekly news magazine based in Washington, D.C., for many decades before converting to an online format. For the past 21 years, *U.S. News* has ranked the nation's hospitals as a tool to help its readers make informed choices about their health care providers.

The *U.S. News* compiled the 2010-2011 ranking after inspecting records from 4,852 hospitals nationwide and surveying board-certified physicians. Each hospital received a score, from 0 to 100, based on components of specialty care, including (whenever applicable): patient safety, care-related factors, death rate and reputation.

The specialties, where available, that were compared between hospitals include:

- Cancer
- Diabetes and endocrinology

- Ear, nose and throat
- Gastroenterology
- Geriatrics
- Gynecology
- Heart and heart surgery
- Kidney disorders
- Neurology and neurosurgery
- Ophthalmology
- Orthopedics
- Psychiatry
- Pulmonology
- Rehabilitation
- Rheumatology
- Urology

U.S. News identified success in the specialty of ear, nose and throat as a major reason for naming LMH to its 2010-2011 list. In addition, LMH achieved impressive scores in many components, most notably in patient safety – achieving a score of "high" in every specialty available at LMH. A high patient safety rating indicates that patients are well-protected from accidents and medical errors. Also, in most specialties, LMH achieved the best score possible, a "highest" rating, for patient services, to indicate that LMH has an excellent range of services available.

*U.S. News & World Report's *Best Hospitals*.

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



Bethany Wyles,
D.O.

According to the National Cancer Institute, 40 to 50 percent of Americans who live to age 65 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 ultraviolet (UV) radiation is critical. Because this type of cancer 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., of Licking Memorial Dermatology, will discuss the value of skin protection to prevent skin cancer. Two sessions of the skin cancer awareness program are scheduled for Thursday, May 26, and Thursday, June 2, at 6:00 p.m., in LMH First Floor Conference Rooms. No skin cancer screenings will be provided at these events. Registration is required. To register, please call (740) 348-2527 and indicate which session is preferred.

Community Education – CPR Educational Open House (continued from front page)



According to the American Heart Association (AHA), approximately 92 percent of sudden cardiac arrest victims die before reaching the Hospital. Immediate cardiopulmonary resuscitation (CPR) can significantly increase the victim's chance of survival, but unfortunately, less than one-third of victims who experience cardiac arrest at home, work or in a public location receive intervention. Bystanders often feel too nervous or are unprepared to administer the proper technique. However, the AHA has simplified procedures and recently began promoting Hands-Only™ CPR, a two-step procedure to encourage life-saving action in the event that an adult collapses and is unresponsive.

In celebration of National CPR & AED Awareness Week, Licking Memorial Health Systems (LMHS) will host Keeping the Beat, a free educational open house event for the community on Thursday, June 2, in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Join certified LMHS CPR instructors anytime between 8:00 a.m. and 2:30 p.m., for Hands-Only CPR demonstrations. Instructors also will be available for individual instruction. No registration is required. Please call (740) 348-4343 for more information.

establish baseline results. If that student suffers a concussion in the future, the computer test can be re-administered, and the new results will be compared to the baseline. The difference in scores will help physicians determine how long the student will need to fully recover.

“We are pleased to offer the ImPACT testing with the screenings this year. Concussions are significant injuries to the brain that have lifelong effects. This testing is one way to objectively measure the impact of the concussion on the student’s brain function. Young people have growing brains, and concussions are more dangerous to them than to adults,” said Pediatrician Diane LeMay, M.D., coordinator for the Pre-Participation Sports Screenings program.

The ECG portion of the screenings has been successful in finding undetected heart problems. Since 2008 when LMHS added ECGs to the Pre-Participation Sports Screenings, three students have been discovered to have a potentially fatal heart condition known as Wolff-Parkinson-White Syndrome. All three students had corrective surgeries and were able to return to sports within a few months. Several students were also found to have other heart conditions that warranted further treatment.

ECG tests are offered free of charge to junior high and high school students who did not receive one last year. The painless ECG displays 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 athlete is required every two years for LMHS to give clearance for the student to participate in activities.

The ECGs will be performed by Licking Memorial Health Professionals on the night of the Pre-Participation Sports Screenings and will be read at no cost by local cardiologists. The student’s clearance depends upon three factors: the student’s medical 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 visit a primary care physician for further evaluation, prior to clearance for strenuous activities.

“Our Heart to Play program has been very successful over the three years that we have implemented it,” Dr. LeMay said. “I have no doubt that several young lives have been saved during this time in our community. With recent national attention to sudden cardiac death in youth, now is the time to push for mandatory testing for all young athletes in our country. A young athlete dies without warning every two days in the U.S. We have helped to protect Licking County athletes from these tragedies and will continue to do so.”

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 will be completed by LMHS medical personnel.

If the student has had a checkup with a primary care physician within the past year, the student may submit the OHSAA form to the primary care physician’s office to have it signed. In that case, the student does not need to attend the Pre-Participation Sports Screenings as described. However, if the athlete has not had an ECG in the past, LMHS requires that one be performed to evaluate for undetected heart problems. It is important to note that these sports screenings are not complete physical exams. “We encourage all student athletes to see their primary care physician once a year for a comprehensive evaluation. The sports screens are required by the OHSAA, but are not comprehensive exams.” Dr. LeMay stated.

Athletic directors at each participating school in Licking County will have information about which evenings their schools are scheduled to attend the screenings at LMHS. Middle and high school student athletes who attend a Licking County school that is not participating are also eligible for the free screenings.

Parents should contact their school’s athletic directors if they are interested in participating in the free pre-participation athletic examinations offered by LMHS. 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.

Community Education – Hearing Loss (continued from front page)



Cheryl Barker,
Au.D., CCC-A



Traci Dupler,
M.A., CCC-SLP

Hearing loss is a common condition that affects both children and adults. Approximately 28 million Americans experience some degree of hearing loss. This condition is often hereditary, but chronic exposure to loud noises, certain medications and disease also are common contributing factors. Some hearing loss can be corrected through medications or surgery, and other types can be improved by utilizing amplification or hearing devices. However, in all cases, early diagnosis and treatment can increase quality of life and improve long-term results.

In recognition of Better Hearing and Speech Month during the month of May, Audiologist Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology, and Speech Language Pathologist Traci Dupler, M.A., CCC-SLP, of Licking Memorial Speech Therapy, will discuss the fundamentals of hearing and speech during an educational session for the community on Tuesday, May 17, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

2011 Golf Gala Will Take Place on June 27

The Licking Memorial Development Council will sponsor the 2011 Golf Gala on Monday, June 27, 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 chair is T. Thomas Mills, M.D., of Newark. Dr. Mills moved to Licking County in 1963 to begin practicing family medicine in Heath and was one of the first family physicians to join the Licking Memorial Professional Corporation when it was formed in 1995. After serving the community for 35 years, he retired from Licking Memorial Health Systems (LMHS) in 1998. Since retiring, Dr. Mills has been involved in a real estate company partnership, volunteers in Licking County and remains active in supporting the medical community. Dr. Mills previously served on the Board of Directors for both Licking Memorial Hospital (LMH) and LMHS. He currently serves as the Board Chairman at Kendal at Granville and is a member of the Medical Alumni Board of Governors at The Ohio State University (OSU) College of Medicine.

Dr. Mills attended OSU to earn both his bachelor's degree in biological science and his Doctor of Medicine, followed by an internship and residency at OSU Medical Center. He then served as a physician in the Air Force where he provided a variety of health care services for families before retiring from the military in 1963.

Dr. Mills has three children: a son, David, who develops and sells surgical medical equipment, and two daughters, Julie, who is a devoted mom, and Sarah, a nurse practitioner. He is also the proud grandfather of five.



T. Thomas Mills, M.D., is honorary chairman of the 2011 Golf Gala to benefit Licking Memorial Hospital.

The LMH Development Council is proud to acknowledge and thank the three Ace Sponsors for the 2011 Golf Gala: MedBen, Park National Bank and Turner Construction, as well as the seven Eagle Sponsors for the event, including: Guttridge Plumbing, Inc., The Jerry McClain Companies, Limbach Company, LLC, Newark Advocate Media, Stedman Flooring, Inc., Summit Custom Cabinets and U.S. Foodservice.

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

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

Participation is limited to the first 128 players who register. Please contact the Development Office at (740) 348-4102

by Friday, June 10, to 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 the Closest to the Pin.

Senior golfers, who are 65 years and older, and all female golfers 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 2011 Golf Gala will be used toward facility improvements in the LMH Oncology Department. For more information about the 2011 Golf Gala, or to register, please contact the Development Office at (740) 348-4102.

First Impressions Maternal Care

Featuring Private Suites for Mothers and Newborns

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

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



first impressions



Licking Memorial Hospital



Vitamin D Deficiency Can Affect Overall Health

Nearly every container of milk in U.S. retail stores carries the familiar “vitamin D” on its label. In the 1930s, dairy processing plants voluntarily began adding vitamin D to milk in an effort to reduce the incidence of rickets, a disease caused by vitamin D deficiency, which was a common health threat to children at the time. As a result of the widespread fortification, vitamin D deficiencies became uncommon in the U.S. for decades. However, incidences of vitamin D deficiency are now re-emerging, and studies indicate that the consequences range far beyond rickets.



Outdoor activities (such as the LMHS Golf Gala) are a good source of sunlight to boost your Vitamin D levels.

It is estimated that 36 percent of otherwise healthy adults and up to 57 percent of hospital patients in the U.S. have insufficient vitamin D levels. Cardiologist Bryce I. Morrice, M.D., said that current research is showing many more conditions may be caused by low levels of vitamin D than previously realized. “We now know that inadequate levels of vitamin D can cause osteoporosis. Current studies are also investigating a possible link between the deficiency and developing heart disease, hypertension, diabetes, bone pain, multiple sclerosis, and Parkinson’s disease.”

Many people mistakenly believe that the body absorbs vitamin D through exposure to sunlight. In reality, sunlight’s UVB ultraviolet rays trigger a response in the skin’s melanin to begin synthesis of vitamin D, which is then completed in the liver and kidneys.

Few foods are good sources of vitamin D. Although the nutrient is added to milk for retail sale, other dairy products, such as cheese, butter, or ice cream, usually are not fortified. Vitamin D is often added to orange juice and breakfast cereals, while sockeye salmon, mackerel, tuna, cod liver oil, beef liver and egg yolks are natural dietary sources.

The body’s vitamin D level is measured in blood serum concentrations. A level of 30 to 80 ng/mL is generally considered to be adequate, while deficiency is defined as 30 ng/mL or less. The level is measured through a simple blood test performed in a laboratory.

“There is no easy guideline for how much sunlight, or how much vitamin D-enriched food people should have every day,” Dr. Morrice stated. “Weather conditions will affect how much UVB radiation is present in sunlight. Also, every person synthesizes vitamin D at a different rate. Those with light skin absorb UVB rays readily and therefore, do not need a

great deal of sunlight to maintain vitamin D levels. Individuals with dark skin will need more sunlight exposure to achieve the same levels. We generally tell our patients to try to obtain two, 15-minute periods of sunlight exposure every week. Likewise, dietary vitamin D absorption varies greatly among individuals.”

Sunlight’s UVB rays do not pass through glass, so sitting in front of a sunny window will not boost vitamin D levels. “It seems that we are seeing an increase in the incidence of inadequate vitamin D levels,” Dr. Morrice said. “This is thought to be

the result of indoor lifestyles and heavy use of sunscreens. Of course, it is still important to use sunscreen for protection from the harmful effects of ultraviolet radiation. However, for patients with vitamin D deficiencies, it would be beneficial to wait a few minutes before applying the sunscreen while outdoors.”

People who are at increased risk for vitamin D deficiency include:

- Those who live in the northern U.S. (north of North Carolina)
- Breast-fed babies
- Adults over the age of 50 years
- Homebound or institutionalized residents
- People who wear long robes and head coverings, such as for religious reasons
- Individuals with dark skin
- Patients with fat malabsorption conditions, such as chronic pancreatitis, cystic fibrosis and celiac disease
- Gastric bypass patients
- Obese individuals
- Patients who have liver disease
- Patients who have kidney disease
- Patients who take anticonvulsant, glucocorticoid, or antirejection medications

The most common symptoms of vitamin D deficiency include bone and muscle pain or weakness. In some cases, the condition is misdiagnosed as fibromyalgia because the symptoms of pain are so similar. Other symptoms can include: depression and mental confusion. In many cases, there are no noticeable symptoms.

Treatment for vitamin D deficiency typically includes vitamin D supplements and increased exposure to sunlight. Anyone who is concerned about vitamin D deficiency is advised to consult with their physician to receive a screening blood test.

Antidepressants Are Effective, But Only Part of the Solution

The television commercials are compelling – a person who is suffering from chronic listlessness, sadness or anger breaks through the misery with the help of a pill. For those who are suffering from depression, the prospect of quick and easy relief using a mood enhancing medication is very appealing.

Marketed under names, such as Abilify, Seroquel, and Pristiq, antidepressants are one of the most commonly prescribed medications in the U.S., according to the Centers for Disease Control and Prevention (CDC). The CDC reported that approximately 10 percent of the U.S. population in 2005 was being treated with an antidepressant during the course of a year.

“Antidepressants can be very effective in the treatment of depression when used in conjunction with other therapies,” explained Psychiatrist Connie Jenkins, M.D., of Licking



Memorial Outpatient Psychiatric Services in Pataskala. “They are one tool that can help people with anxiety and depression; however, to help these patients really improve, the medications must be combined with lifestyle changes that include nutrition, exercise, and adjustments in how the patient relates to stressful people and events. Patients often request the medications they see advertised, but I can usually manage their conditions effectively with less expensive

medications, combined with talking therapy, encouragement and education to make the necessary changes.”

Dr. Jenkins added, “Antidepressants can be beneficial, but the drug therapy needs to be individualized, monitored and discussed with a specialist because both the illness being treated and the side effects of the medicines can be serious.”

Antidepressants Are Effective, But Only Part of the Solution (continued on page 7)

AngioJet Technology Can Break Up Deadly Clots



Owen Lee, M.D.

According to the American Public Health Association (APHA), an estimated 300,000 to 600,000 Americans suffer from deep vein thrombosis (DVT) and pulmonary embolism (PE). DVT is a condition where blood clots form, usually in the veins of the legs, or possibly in the arms. PEs can develop if part of the DVT breaks away and travels through the heart to the lungs. DVTs can be

quite painful, as the blood out-flow is restricted from the legs or arms, and swelling of the affected limbs occurs. In severe cases, blood flow to the extremity can be compromised. More alarming, a massive PE can also be fatal because it compromises the blood from exchanging oxygen in the lungs. The APHA reports that approximately 30 percent of patients who suffer PEs do not survive.

Until recent years, the favored treatment for DVTs included anticoagulation medication. In more severe DVT cases involving larger veins, a more aggressive treatment is needed to dissolve the larger clots. Untreated, severe DVTs cause chronic swelling, pain, skin pigmentation, ulcers and disability. At Licking Memorial Hospital (LMH), a high-tech method called AngioJet®, which mechanically dissolves and removes the blood clot, is an option offered to patients with severe DVT for removal of the blood clot for quicker and safe treatment. A new, second generation AngioJet machine with more capability was purchased recently to replace the previous model.

With the AngioJet mechanical thrombectomy system, the interventional radiologist or vascular surgeon inserts a thin, flexible catheter with ultrasound guidance into the vein that is obstructed by the blood clot. High-speed water jets create a vacuum to pull the clot into the catheter, where it is then pulverized and vacuumed out of the vein.

During the procedure, an inferior vena caval filter is placed past the clot to ensure no blood clots travel to the lungs. The AngioJet also uses a “pulse spray” to deliver “clot buster” TPA (tissue plasminogen activator) medication into the clot to rapidly dissolve it. AngioJet can also be used in an artery to remove blood clots similar to blood clot removal in the veins.

Interventional Radiologist Owen Lee, M.D., has used the AngioJet technology for more than six years with excellent results. He cautioned that the procedure can be performed only on patients who meet certain criteria. “The time interval for a blood clot to be removed is limited,” he explained. “The longer the clot remains in the blood vessel, the more it changes and becomes hardened. That can happen after three weeks, and the success of removing the clot decreases after that time interval.”

Dr. Lee stated that the ideal candidate for the AngioJet procedure is a person with severe DVT involving the iliofemoral veins, usually has swollen thighs and legs, and is in significant pain from the blockage of the large veins. Sometimes the clots extend dangerously into the inferior vena cava toward the heart. In that event, anticoagulation by itself is not effective, and a combination of AngioJet to remove the big clot and TPA medication is needed. The AngioJet procedure is usually used in conjunction with clot-busting medication; however, in some cases, patients cannot receive TPA medication because it causes bleeding and is not advised for patients who had recent surgery.

The AngioJet procedure is performed under conscious sedation. Patients spend a short time in recovery, and typically stay in the hospital for one or two days for close monitoring. When TPA medication has been used, patients are monitored in the Intensive Care Unit.

Physician Spotlight – Kevin T. Graham, M.D.



Kevin T. Graham,
M.D.

Kevin T. Graham, M.D., of Licking Memorial Family Practice – Granville, received his Doctor of Medicine degree at University of Cincinnati College of Medicine. He completed a family medicine residency at Banner Good Samaritan Medical Center in Phoenix, Arizona. He is board certified in family medicine.

Dr. Graham is accepting new patients. To make an appointment, call (740) 348-1950. Licking Memorial Family Practice – Granville is located at 1264 Weaver Drive in Granville.

Ask a Doc – Pre-Hypertension and Hypertension with Kevin T. Graham, M.D.

Question: After a recent blood pressure check, the nurse told me that I may have “pre-hypertension.” Should I be worried?

Answer: Pre-hypertension is a condition of elevated blood pressure that is not high enough to be considered high blood pressure (hypertension). However, pre-hypertension often progresses to hypertension. Both conditions increase a person’s risk for stroke, heart disease, kidney disease, and a host of other complications. The good news is that you can use the pre-hypertension diagnosis as a “wake-up call” to make positive changes in your lifestyle to protect your health.

Blood pressure is measured by how much force the blood flow places on arterial walls during two phases, which is why your blood pressure reading consists of two numbers. As the heart beats in the systolic phase, it pushes the blood supply into circulation. Then the heart relaxes and refills with blood during the diastolic phase. A normal systolic blood pressure is 120 mmHg or less, and a normal diastolic blood pressure is defined as 80 mmHg or less. Hypertension is diagnosed when either the systolic reading is 140 mmHg or higher, or the diastolic reading is 90 mmHg or higher. Pre-hypertension occurs when the blood pressure is in between the normal range and hypertension.

Blood pressure fluctuates throughout the day. It is common for blood pressure measurements to be elevated temporarily if a patient has recently eaten a meal, has a full bladder, or is experiencing stress. Your doctor may want to take several readings before diagnosing hypertension or pre-hypertension.

Pre-hypertension, and even hypertension, can often be effectively controlled with lifestyle changes. Quitting smoking, increasing exercise, losing excess weight, eating whole grains, fresh fruits and vegetables, and limiting the consumption of alcoholic beverages and sodium can all play a role in reducing blood pressure. If lifestyle changes are not sufficient to lower a patient’s blood pressure to the normal range, there are several effective classes of medications that physicians can prescribe. They include: diuretics, ACE inhibitors, angiotension receptor blockers, calcium channel blockers, and beta blockers.

While you should not panic about a diagnosis of pre-hypertension, you should take it seriously and enact positive changes to reverse it before your body suffers any permanent damage. Please consult your physician as soon as possible to begin regular monitoring and a customized treatment plan.

Antidepressants Are Effective, But Only Part of the Solution (continued from page 6)

Symptoms of depression include:

- Prolonged sadness or irritability (at least two weeks’ duration)
- Loss of interest in usual activities
- Inability to experience pleasure
- Feelings of guilt or worthlessness
- Persistent thoughts of death or suicide
- Inability to concentrate
- Difficulty making decisions
- Fatigue
- Lack of energy
- Feeling either restless or “slowed down”
- Changes in sleep, appetite, or activity levels

Individuals who have signs of depression are encouraged to seek treatment from their physician or mental health professional. Licking Memorial Outpatient Psychiatric Services has offices in two locations for patients’ convenience: 200 Messimer Drive in Newark, and One Healthy Place, Suite 205 in Pataskala. Appointments are available by calling (740) 348-4870 for the Newark office, or (740) 348-1930 or (740) 964-3330 for the Pataskala office. The counselors and psychiatrists at Licking Memorial Outpatient Psychiatric Services provide care for adults who are 18 years and older.

Managing Adult-Onset Asthma Is Key to Avoiding Emergencies

Shortness of breath, difficulty breathing, frequent coughing, wheezing and tightness of the chest are all frightening symptoms that can occur suddenly in people with asthma. Although asthma is often considered a childhood disease, when it is diagnosed in a patient over the age of 20 years, it is called “adult-onset asthma,” and it affects millions of Americans.

Asthma is a chronic and complex disease where inflammation results in a temporary narrowing of the air passages. Although the underlying inflammation is continuous, the breathing difficulties caused by asthma tend to occur in episodes, or “attacks.”

Asthma attacks occur as the body’s response to certain stimuli, or triggers, which are different for every person. In adults, common asthma triggers include:

- Colds and other respiratory infections
- Tobacco smoke
- Air pollution
- Chemical fumes
- Allergic reactions (such as to: pollen, mold, pet dander, dust, and foods)
- Exposure to cold air
- Excitement or stress
- Exercise

In addition, 20 percent of adults with asthma can have attacks triggered by aspirin, according to a report by the American Lung Association.

The incidence rate of asthma in adults varies by geographic regions. According to a 2008 study by the Centers for Disease Control and Prevention (CDC), 10 percent of adults in Florida and Nebraska reported they had been diagnosed with asthma, compared to 16 percent in Alaska and Hawaii. (In Ohio, 14 percent of the adults surveyed reported they had asthma.)

People with a family history of asthma have an elevated risk of developing adult-onset asthma. Other risk factors include:

- Smoking
- Obesity
- Poor air quality
- Allergies – especially “indoor” allergies, such as pets, dust mites, and mold
- Gender – higher risk for women after the age of 40



Adult-onset asthma is a common condition in the U.S., requiring close monitoring to prevent severe attacks which can be life-threatening.

To make an asthma diagnosis, physicians review the patient’s medical history and listen to the patient’s breathing. They may then refer the patient to Licking Memorial Hospital’s Pulmonary Lab for lung function testing. Spirometry is the most common diagnostic tool for asthma. It is a painless evaluation of the patient’s lung performance. The patient breathes into the spirometer’s mouthpiece, exhaling as much air as possible. The patient then inhales a bronchodilator medication, and the spirometry results before and after the bronchodilator, are compared.

If the results of the pre- and post-bronchodilator spirometry tests are not conclusive, a methacholine challenge test may be performed. The patient inhales a methacholine aerosol, and the drug’s effect on the lungs is evaluated by spirometry.

There is no cure for asthma, although patients may not experience an attack for years. Good management of asthma is very important because severe symptoms can develop quickly and, if not treated promptly, can be life-threatening. The American Lung Association reports that nearly 1.7 million emergency room visits in the U.S. were attributed to asthma attacks in 2006. In 2008, the disease accounted for an estimated 14.2 million lost work days. Even more sadly, 3,447 deaths were due to asthma in 2007, according to the CDC. With good management, most asthma patients can lead active lives and enjoy normal activities.

Asthma triggers and symptoms vary widely among patients, so each patient’s management plan must be customized to achieve good results. The foremost component of asthma management is to avoid all known triggers to prevent attacks from occurring. Other treatment methods may include the use of anti-inflammatory medications to reduce swelling and mucous production in the airways, and bronchodilator medications to relax the muscle bands that encircle the airways.

The CDC urges adult patients with asthma to receive annual influenza immunizations. A study conducted by the American Lung Association has found that the inactivated influenza vaccine is safe for adults and children with asthma, even if their symptoms are considered severe. Becoming sick with the flu places asthma patients at risk for needing an emergency room visit to control their symptoms. Currently, an estimated 45.6 percent of adults with asthma receive a flu shot, according to the American Lung Association.



Easter Holiday Inspires Charitable Donation from Newark Resident

On April 24, Debbie Young, Vice President Patient Care Services (pictured on the left), accepted a generous contribution of plush toy animals on behalf of Licking Memorial Hospital (LMH). The toys were donated by Kate Stickle (pictured on the right) of Newark, in honor of the Easter holiday, and were distributed to pediatric patients in LMH's Surgery and Emergency Departments throughout the holiday weekend.

Easter Bunny Visits Pediatric Patients

Just before Easter, the Easter Bunny made a surprise visit to children in the waiting room of Licking Memorial Pediatrics on Tamarack Road in Newark. The visit was part of an outreach program by the Licking County Sheriff's Office, called Some Bunny Loves You. The program is designed to familiarize children with law enforcement officers under positive circumstances. Pictured with the Easter Bunny are (left to right): Licking Memorial Health Systems President & CEO Rob Montagnese, Brooklyn and Avery Wallis, Madisyn White and Deputy Nick Pease.



LMHS Family Movie Night

Licking Memorial Health Systems (LMHS) is repeating the popular LMHS Family Movie Night series. The first event of 2011 will take place on Saturday, May 28, at the Pataskala Health Campus, located at One Healthy Place, off Broad Street, in Pataskala.

Community members are invited to bring blankets and lawn chairs, beginning at 8:00 p.m. to enjoy a film on a large inflatable screen under the stars. The free movie screening will begin at dusk. LMHS Family Movie Night will take place weather permitting.

Families are encouraged to bring their children, although children must be accompanied by an adult. Alcoholic beverages, tobacco products and pets are not allowed.

Prior to the movie, LMHS clinical staff will offer free blood pressure and body mass index screenings. Guests should dress appropriately for the weather. Future LMHS Family Movie Night events are planned in Newark and Granville. The title of the featured movie will be announced in local newspapers.



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.



March 2010

Kenneth, who was born on March 18, is a bundle of energy and keeps proud mom, Brittany Cravens, very busy.



April 2010

On April 21, Jamie Covert gave birth to twins, Gavin, a handsome little boy, and Reagan, a beautiful baby girl.



May 2010

Addison is all dressed up and ready to celebrate her first Mother's Day with mom, Nicole Daugherty-Schnegg.



September 2010

Bohdi, who was born on September 23, loves snuggling with his mom, Misti Staggers, R.N.



October 2010

Krista Kirk shows off her adorable baby boy, Karter, who was born on October 26.



November 2010

Julie Taylor was given a reason to be thankful when her son, Alex, was born on November 2.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public. There were 1,087 babies born at Licking Memorial Hospital this past year.



June 2010

Trip will soon celebrate his first birthday. He was born to Angela Gaskill on June 8.



July 2010

Sarah Dosch welcomed her son, Evan, into the family on July 8.



August 2010

Natosha Westbrook and her smiling son, Luke, look stylish in their color-coordinated outfits.



December 2010

Mara was born on December 6, just in time to celebrate the holidays with mom, Janae Davis, M.D.



January 2011

Emily Bennett nuzzles her beautiful baby daughter, Olive, who was born on January 20.



February 2011

New mom Krysta Campbell was full of love when her son, Cooper, was born just after Valentine's Day on February 15.



Patient Story – Susie Shoults

Susie Shoults, a Knox County resident, does not mind the trip to Newark for her appointments at Licking Memorial Pulmonology because the travel distance is short compared to the long journey she made before finding Pulmonologist Eric R. Pacht, M.D. After many months of declining health, 79-year-old Susie credits Dr. Pacht with turning her life around.

“I was so low that I thought I was not long for this world,” Susie said. “I had seen many doctors and had tried many medications, but I was feeling worse than ever. Now I feel much better thanks to Dr. Pacht.”

Susie had always been active and vibrant, working alongside her husband, Dwight, on their farm near Bladensburg. Together they raised a small number of beef cattle, grew corn, baled hay and maintained flower and vegetable gardens around their home. They both also worked full-time jobs away from the farm before they retired.

In March 2009, Dwight had been receiving radiation treatments for cancer. On the way to one of his appointments, Susie became ill. “I had a ‘frog’ in my throat,” she remembered. “I could not breathe right, and I could not talk.”

Susie visited a nearby emergency room, and for the next 18 months, she was referred to many physicians and received many tests and prescriptions. It was discovered that she had atrial fibrillation (an irregular heartbeat), but medications and a pacemaker brought no relief of her breathing symptoms, which continued to worsen. “I stayed short-of-breath, and I got weaker and weaker. I could not work around the farm or house anymore – Dwight had to do it all. Obviously, there was something more than the irregular heartbeat.”

Sadly, Dwight’s own health took a turn for the worse, and he passed away on November 28, 2009. Susie said, “Dwight and I were always together since we were married in 1970. I thought that without him, I was knocking at the pearly gates, myself. That is, until I met Dr. Pacht.”

With the help of her sister, Ada, and caring neighbors, Susie somehow managed to cope through the next three seasons. “The neighbors plowed the snow and mowed the lawn for me,” she said. “They really watched out for me because I could not even leave the house at that time.”

Finally, one of Susie’s physicians recommended that she consult with a lung specialist for her breathing problems.



Dwight and Susie Shoults in 2005

Susie recalled, “He referred me to Dr. Pacht in Newark. Up here in Knox County, I had not met Dr. Pacht, but whenever I mentioned his name to my friends, they all knew of his reputation for being an excellent doctor. I was hopeful that he would be able to make things better for me.”

On September 9, 2010, Ada drove Susie to her first appointment with Dr. Pacht. After a few tests, Dr. Pacht told Susie that she had COPD (chronic obstructive pulmonary disease).

COPD is a lung disease that affects millions of people in the U.S. The most common types of COPD are emphysema and chronic bronchitis, which are usually due to cigarette smoking, but there are also less common types seen in patients who never smoke. “I have never been a smoker, and Dwight quit smoking shortly after we were married,” Susie stated. “However, I did work in an office where there were always people smoking.”

Armed with a new diagnosis, Susie began a new treatment regimen that included two inhalers. She immediately felt such a great improvement that she was compelled to pen a thank-you note to Dr. Pacht. It read:

Sunday, October 10, 2010

Dear Doctor Pacht,
Today is my eleventh good day in a row, and I thank you!

Since August of 2009, I have been short of breath and void of stamina – and I mean EVERY day! The many medications prescribed brought me no improvement – until now.

On Sept. 30th, my first use of Spiriva energized me. I took down my kitchen and bathroom curtains, cleaned the windows, washed the curtains, hung them back up – and I was breathing well and not exhausted! I have my life back!

Now Spiriva and Advair start my day and I feel alive again! I thank the Lord! And I thank you and your helpful and friendly staff! I appreciate all!

Sincerely,
Susie Shoults

Susie still has ups and downs with her health issues, but she finds encouragement in her returning strength. “I can go outside now,” she said, “so I can go to church again and to the grocery once in a while.” As Susie states over and over, she is thankful to be getting her life back again.

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 2,475 patients who smoked in 2010.

	LMH 2008	LMH 2009	LMH 2010	National ⁽¹⁾
Smoking cessation education provided to:				
AMI patients	90%	100%	100%	99%
Pneumonia patients	75%	99%	100%	97%
Heart failure patients	82%	100%	100%	98%
Stroke patients	82%	100%	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 Pulmonology assesses the smoking status of all 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 2008	LMHP Pulmonology 2009	LMHP Pulmonology 2010	National ⁽²⁾
Smoking cessation advised for Licking Memorial Pulmonology patients who smoke	99%	99%	99%	80%

3 Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. LMHP Pulmonology assesses all visiting asthma patients to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2008	LMHP Pulmonology 2009	LMHP Pulmonology 2010	National ⁽²⁾
Asthma patients assessed for appropriate inhaled corticosteroid	100%	100%	100%	93%

4 Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has an ongoing program to prevent and treat infections in patients. Per the Centers for Disease Control and Prevention (CDC) recommendations, LMH tracks high-risk patients, including those with an increased risk of infection due to the presence of an invasive device, such as a ventilator. The following data reflects how many infections occurred during 1,000 patient days compared to the national benchmarks.

	LMH 2008	LMH 2009	LMH 2010	National ⁽³⁾
Pneumonia Infection rate of ICU patients on ventilators	1.7	1.3	1.3	2.2

5 A ventilator is a breathing machine that may be used in hospitals for very sick patients who may not be able to breathe on their own. The use of a ventilator can be life-saving, but can also have serious side effects, such as infections, stomach ulcers, blood clots, and dependency on the ventilator itself. To help reduce the potential for these side effects, LMH uses a “ventilator bundle” when caring for patients using a ventilator. This bundle includes several treatments used together, such as providing special medications, providing good mouth care, making sure the patient’s body is positioned correctly, and aggressively “weaning” the patient off the ventilator.

	LMH 2008	LMH 2009	LMH 2010	Goal
Complete ventilator bundle used for patients on ventilators	96%	95%	96%	greater than 90%

Data footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) National Committee for Quality Assurance 2008 commercial average. (3) National Healthcare Safety Network, December 2009.



Patient Story – Smith Family

It was a horrible day in 1999 for David and Carolyn Smith when their daughter, Kelly, arrived at their doorstep unexpectedly. (The Smiths' names have been changed to protect the family's privacy.) The intelligent, vivacious young woman they had sent off to college was now standing before them in obvious trouble.

David said, "Kelly was barely recognizable. She had lost a lot of weight, and she was shaking." "She could barely put a sentence together," Carolyn added.

Kelly had been on a decade-long journey to self-destruction with alcohol and drug abuse. Her housemate became so concerned that she insisted on driving Kelly back home to Licking County.

"I started drinking alcohol in the eighth grade," Kelly remembered. "I had older friends who would buy it for me. I was still able to keep up with my school work. I had a 3.7 grade point average when I graduated from high school, so I did not think my drinking was out of control. In college, I began using marijuana, cocaine, prescription drugs and hallucinogens. My grades slipped so badly that I was on academic probation. I had surrounded myself with people who were like me, so everything seemed pretty normal."

Kelly tried to quit drugs and alcohol on her own a couple of times. "I was going to Alcoholics Anonymous (AA), but I was not getting better. I was physically ill. That is when my friend drove me home," she explained.

The Smiths took Kelly to see Frederick N. Karaffa, M.D., who was her family physician, and at that time, was Medical Director of Shepherd Hill, the behavioral health department of Licking Memorial Hospital. He helped the Smiths make arrangements to admit Kelly to Shepherd Hill. At their intake



Shepherd Hill's peaceful setting offers patients with drug and alcohol addictions a comfortable place to begin their recovery.

meeting, the Shepherd Hill staff explained that Kelly would receive a personalized treatment program. As a residential patient, she would have limited contact with friends and family while she focused on her recovery. Then David and Carolyn were asked to go home. "They said, 'Leave Kelly to us,'" Carolyn recalled. "I had been worried about her for months, and I knew that she was now being cared for by professionals who could do things for her that I could not."

Mired in addiction, Kelly resisted the treatment plan at first. "I was extremely skeptical. I really wanted to leave in the first few weeks, but the counselors and Dr. Karaffa were really great. They convinced me that I needed both time in a safe place and abstinence. The staff took me to AA meetings every day, and I found a great source of support in that organization," she said.

A couple of weeks into Kelly's treatment, David was permitted to meet her in LMH's café for breakfast. David said, "Although I was the president of a non-profit organization with 150 employees, I had been drinking for many years, and the drinking was getting heavier. Kelly told me, 'Dad, you smell like alcohol, and you cannot be here with the Hospital patients.' I felt embarrassed and devastated with shame," David said. "After leaving LMH that Sunday morning, I drove aimlessly and stopped under the 21st Street bridge of the freeway in Newark. I felt that I needed to either commit suicide or call someone for help. Fortunately, I decided to call an old friend who was in AA, and I went to an AA meeting with him that night."

During her three and one-half month stay at Shepherd Hill, Kelly learned that alcoholism and drug addiction are diseases that are genetically pre-disposed. David confirmed that he has a strong family history of alcoholism. "I knew that both of my grandfathers were alcoholics," he said, "but I did not know my father was an alcoholic until he was in his sixties. He did not drink before he retired. Then when he started to drink, it activated the disease."

"Shepherd Hill does a wonderful job of ensuring the whole family receives treatment," Carolyn commented. "They encouraged me to join Al-Anon, and to attend Ask a Doc education sessions at Shepherd Hill. I am so glad I did. Alcoholism affects the entire family. As the spouse and mother of alcoholics, I had feelings of guilt, and always felt that I should be able to 'fix' things. Now I know that I cannot fix other people, no matter how much I love them. I also learned that I need to maintain my own personal growth instead of always trying to take care of someone else."

Patient Story – Smith Family (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. LMH 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 2008	LMH 2009	LMH 2010	Goal
Psychiatric readmissions	0.5%	2.4%	4.0%	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 2008	LMH 2009	LMH 2010	Goal
Patients with complete treatment	79%	78%	70%	greater than 75%

3 Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data shows 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 2008	LMH 2009	LMH 2010	Goal
Patients remaining abstinent	83%	82%	76%	greater than 85%
Improvement in quality of relationships	91%	92%	93%	greater than 85%
Improvement in overall physical and mental health	93%	91%	90%	greater than 85%
Improvement in overall quality of life	92%	92%	90%	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 2008	LMH 2009	LMH 2010	Goal
Average length of stay – alcohol treatment	2.4	2.6	2.5	less than 3 days
Average length of stay – opiate treatment	2.7	2.6	2.6	less than 4 days
Average length of stay – tranquilizer treatment	2.8	3.4	3.1	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 2008	LMH 2009	LMH 2010	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 2008	LMH 2009	LMH 2010	Goal
Social work/family meeting during patient stay	99%	97%	93%	greater than 95%

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 2008	LMHP 2009	LMHP 2010	Goal
Appropriate testing complete for patients taking valproic acid (such as Depakote)	91%	97%	98%	greater than 90%
Appropriate testing complete for patients taking lithium (such as Lithobid)	94%	97%	96%	greater than 90%

Patient Story – Smith Family (continued from page 14)

Although Kelly had a brief relapse after her treatment at Shepherd Hill, she was able to use the education and tools she learned there to regain her sobriety. Now she and her father have each been abstinent for more than 10 years.

Kelly, David and Carolyn remain active in AA and Al-Anon. All three are ardent sponsors for newcomers, and draw upon their experiences to encourage other alcoholics, addicts, and their families. They estimate that between them, they have sponsored nearly 100 individuals.

Kelly remains grateful to the Shepherd Hill staff for helping her turn her life around. “Life is great. I cannot even imagine going back to the way I used to be. I have been able to do so many things in sobriety that I could not have done before.

I would probably have died without the support of the Shepherd Hill counselors and my parents. Through my work with AA, I have seen other treatment programs around Ohio, and I believe Shepherd Hill’s model of treatment is far superior to anything else I have seen.”

Shepherd Hill is a nationally accredited treatment center located in Newark. The treatment is based upon knowledge of chemical dependency as a life-threatening medical disease. Patients are taught how to manage their disease through an abstinence-based lifestyle and involvement in a 12-step support group program, such as AA. For more information, visit the Web site, www.shepherdhill.net, or call (740) 348-4870 or (800) 223-6410 (toll-free).

LMHS Reviews 2010 at Corporate Breakfast

The Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast on February 22 for local community leaders. Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS), presented a summary of the Health Systems’ accomplishments and activities in 2010.

“2010 was a year of strengthening for Licking Memorial Health Systems,” Rob stated. “We expanded in some areas – for example, by opening the Licking Memorial Endocrinology physician practice and the Betsy Eaton O’Neill Health Resource Center. However, much of our attention was focused on elevating our existing services to a new level of excellence. We renovated our Maternity Services Department so that each new mother is now guaranteed a private room, and we invested \$50,000 to upgrade the 12-lead ECG equipment that we originally donated to Licking County EMS squads in 2007. LMHS also strengthened its leadership role in Licking County by providing more than \$32 million of community benefit at our cost.”



Rob Montagnese, LMHS President & CEO, reviewed the Health Systems’ 2010 performance as he spoke to the Corporate Breakfast guests.

Rob discussed activities that the Health Systems has planned for the future. “We are excited about our plans for 2011,” he said. “Our free Pre-Participation Sports Screenings program for student athletes will now include baseline concussion screenings, in addition to ECG testing, added to the screening process in 2008. We also expect to donate AEDs (automated external defibrillators) to youth sports programs in Licking County. The AEDs are simple-to-use resuscitating equipment for heart attack victims. In addition, LMHS will add even more protection to children’s health with education about childhood obesity.”

The LMH Development Council hosts four Corporate Breakfasts each year to keep community leaders apprised of the Hospital’s changes and activities. More information about the Hospital and the Health Systems is available in the newly published “Licking Memorial Health Systems Annual Report 2010 – Connecting to the Community.” The publication can be found on the Health System’s Web site at www.LMHealth.org.

Community Shred Day Donations Will Benefit Oncology Services at LMH

Park National Bank (PNB) and Shred-it will host their fifth annual Community Shred Day in Newark on Saturday, May 14, from 8:00 to 11:30 a.m.

Shredding and recycling services will be provided free to the community; however, donations will be applied toward the future renovation of the Oncology Department at Licking Memorial Hospital (LMH).

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

“This program is provided to the community on an annual basis and has seen great success,” explained PNB Administrative Officer Cindy Hollis. “The event is planned each year shortly after tax season to encourage residents to discard their sensitive documents properly. It also serves as a reminder to everyone that unsecured disposal of these documents could lead to personal identity theft. The numbers of people we see here each year demonstrate the need for the shredding service.”

Materials that can be accepted for shredding include paper items, such as 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 VHS cassettes will also be accepted for shredding offsite. No more than three standard-size boxes will be accepted per household. Items from businesses or organizations will not be accepted.



The Shred-it Truck will be stationed at the downtown Third Street branch of Park National Bank on Saturday, May 14. Donations will benefit LMHS.

PNB staff members will be available at the Community Shred Day's drive-thru to unload vehicles and will place the items directly into the Shred-it trucks. Paper bags and cardboard boxes used for transporting the recyclables will also be accepted. Participants are welcome to park to the side and witness their documents being shredded.

Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations Veronica Link stated, “PNB and Shred-it are to be commended for providing this important

service to our community each year. At the Hospital and throughout the Health Systems, we handle sensitive and confidential documents every day, and we are very diligent about proper disposal.” Additionally, Veronica expressed appreciation for the contributions to benefit LMH. “This is one more example of PNB's outstanding community stewardship. We are so grateful to PNB and to everyone who contributes at Community Shred Day. The donations will certainly make a difference to our patients who receive Oncology services.”

Shred-it is a security based 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.

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

Main Street Coffee

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



Licking Memorial Hospital

Hours of Operation

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

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



LMH Board of Directors Welcomes Two New Members

Licking Memorial Hospital (LMH) is pleased to announce the addition of two new members to the Board of Directors. Judge Craig R. Baldwin and Nancy G. Neely recently joined the 15-member board that guides the Hospital's daily operations and policies.



Craig R. Baldwin

Judge Baldwin has presided over the Domestic Relations Division of Licking County Common Pleas Court since 2005. He was previously a partner with the law firm of Jones, Norpell, List, Miller and Howarth. He also served as Director of the Licking County Child Support Enforcement Agency.

He received his Juris Doctor from Capital University in Columbus, and a Bachelor of Arts degree from Ohio University in Athens. He graduated from Newark High School in 1982.

He is a member of the Licking County Bar Association, the Ohio Bar Association, the American Bar Association, the American Judges Association, and the Ohio Supreme Court Advisory Committee on Children, Families and the Courts, the Ohio Judicial Conference Domestic Relations Law and Procedure Committee, and the Ohio Supreme Court's commission on the Rules of Superintendence. He is also a member and past president of the Ohio Domestic Relations Judges Association.

Judge Baldwin and his wife, Kelly, live in Newark with their two daughters. He is active in the community, serving on the boards of directors for the YMCA of Licking County and the Hospice of Central Ohio Foundation. He is a session member at First Presbyterian Church of Granville, and a member of Newark-Heath Rotary.



Nancy G. Neely

Nancy is Superintendent of the Licking County Board of Developmental Disabilities. She has worked to improve the lives of Ohioans with developmental disabilities since 1979.

Originally from northeast Ohio, Nancy moved to Licking County in 1984. She received her Bachelor of Arts degree

in psychology from Bowling Green State University, and her master's degree in education administration from the University of Dayton. She has also completed post-graduate coursework at Ashland University.

Nancy is a past president of Region Five of the Ohio Association of Superintendents of County Boards of Developmental Disabilities, and currently serves as Secretary for its Board of Directors. She also currently serves on the board of the Mideast Ohio Regional Council of Governments.

Previously, Nancy served on the boards of: Hospice of Central Ohio, United Way of Licking County, Leadership Tomorrow, the Ohio Association of Adult Services, the Adult Services Division of the Professional Association for Retardation in Ohio, and Central Ohio Technical College's Allied Health and Public Service Program. She is a past president of the Alliance of Ohio Work Centers. She was a recipient of the Licking County YWCA Women of Achievement Award, and twice received the Outstanding Young Women of America Award.

Nancy is married to Dr. Jack L. Neely, and has two children, Anthony Wedemeyer and Emily Neely. She is a member of the First United Methodist Church and Newark Rotary.

LMH is a subsidiary of Licking Memorial Health Systems (LMHS), which has a separate governing Board of Directors. LMH Board Members are elected for three-year terms. They volunteer their time to ensure LMH maintains its standard of excellence for the Licking County community.

Members of the LMH Board of Directors include:

Patrick M. Jeffries – Chairman
Linda K. Dalgarn – Vice Chairman
Kim D. Fleming – Treasurer
Patrick D. Guanciale – Secretary
Gus A. Andrews
Craig R. Baldwin
C. Gene Branstool
Michael D. Cantlin
Bonnie L. Manning
Thomas A. Mullady
Nancy G. Neely
Richard P. Reed
F. Jennifer Utrevis
Robert A. Montagnese – LMHS President & CEO
Karen L. Smith-Silone, D.O., LMH Chief of Staff

LMHS Board Re-elects Three Members

At the annual meeting of the Licking Memorial Health Systems (LMHS) Association on April 5, three veteran Board Members were re-elected. The LMHS Board of Directors is comprised of 11 individuals who set policy and guide the Health Systems through its day-to-day operations.



Walter C. Gemmell

Walter C. Gemmell was re-elected to his third term on the LMHS Board of Directors. He is retired as chairman and chief executive officer of W. A. Wallace Insurance Company. He has served on major insurance companies' advisory boards, both at the regional and national levels.

Walt has been active in many community organizations, often serving in a leadership role on their boards of directors, including the American Red Cross of Licking County, where he served on the Board of Directors for more than 25 years.

He served as chairman of the Heath Civil Service Commission, and founded the Language Experience Center Board of Directors. He was also a former chairman of the Licking County Republican Central Committee, and is currently president of the Board of Trustees of the Community Agency Partnership, Inc. Walt was a member of the Licking Memorial Hospital (LMH) Board of Directors from 1999 until his election to the LMHS Board of Directors in 2005.

Walt has 32 years' combined active and reserve service to the U.S. Army Air Corps and the U.S. Air Force. He has a Bachelor of Science degree in Education from the University of Virginia. He and his wife, Marjorie, reside in Heath.



William N. Mann

William N. Mann was re-elected to his third term on the LMHS Board of Directors. He is retired as superintendent of Licking County Vocational Schools and as principal at Newark High School. Bill has been involved in a variety of community activities, including Newark Kiwanis Club, Food Pantry Network of Licking County's Board of Directors, Private Industry

Council, the CORC Joint Policy Board, Newark Area Chamber of Commerce, and Education Chair for Operation Feed, and he was a member of the Camp O'Bannon Board

of Directors and the Newark Rotary Club. Bill served on the LMH Board of Directors from 1999 to 2002, and has served on the LMHS Board since 2002.

Bill earned a bachelor of education degree and a master of education degree, both from Ohio University. He also completed post-master study at The Ohio State University. He and his wife, Barbara, reside in Hebron.



Gary A. Ryan

Gary A. Ryan was re-elected to his second term on the LMHS Board of Directors. He is chairman of Leader Printing Company. Gary previously served on the LMH and LMHS Boards for a total of 14 years. He has been active in the community by serving on many other organizations' boards, including: Big Brothers/Big Sisters of Licking County, Kiwanis Club of Newark,

Order of Symposiarchs, Camp O'Bannon, A Call to College, Moundbuilders Country Club, United Way of Licking County, and Newark Chamber of Commerce.

Gary serves on the advisory committees of Licking County Jail Citizens and the League of Women Voters. He is a trustee at Second Presbyterian Church.

Gary is a graduate of Newark High School and The Ohio State University. He and his wife, Diane, reside in Newark.

Members of the LMHS Board of Directors include:

- Gordon D. Wilken – Chairman
- William N. Mann – Vice Chairman
- John F. Hinderer – Secretary/Treasurer
- Walter C. Gemmell
- Lewis R. Mollica, Ph.D.
- Judith B. Pierce
- Gary A. Ryan
- P. David Shull
- Gerald R. Ehram, M.D. – Physician Advisor
- Patrick M. Jeffries – LMH Board Chairman
- Robert A. Montagnese – LMHS President & CEO

Community Education – Thyroid Disease Awareness *(continued from front page)*



More than 12 percent of U.S. residents are likely to develop a thyroid condition during their lifetime. However, 60 percent of the 20 million Americans with thyroid disease are unaware of their condition.

The thyroid, a small gland located inside the neck, produces the tri-iodothyronine (T3) and thyroxine (T4) hormones. By traveling through the bloodstream to all tissues, these hormones regulate the rate of activity for every organ system in the body. These hormones also play an integral role in managing the body's consumption of oxygen and production of heat. Several thyroid conditions, such as an overactive or underactive thyroid, can severely affect metabolism and cause sluggish mental and physical processes, as well as difficulty breathing and discomfort in the neck.

Jaime Goodman, M.D., of Licking Memorial Health Systems will discuss thyroid disease during an educational session for the community on Wednesday, June 8, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

LMH Bed Donation Contributes to Education at Denison and C-TEC

Licking Memorial Health Systems (LMHS) recently donated quality patient beds to two local educational institutions – Denison University and the Career & Technology Education Centers of Licking County (C-TEC). The beds were formerly used within Licking Memorial Hospital (LMH), but were recently exchanged for newer models with increased comfort and technological features. The schools plan to utilize the gift to enhance educational and student health care programs.



Denison President Dale T. Knobel and Director of Health and Counseling Services Sonya Turner meet with LMHS President & CEO Rob Montagnese.

“LMHS is committed to giving back to the community,” said LMHS President & CEO Rob Montagnese. “We are proud to have the opportunity to provide assistance to these outstanding educational institutions within Licking County.”

The donated patient beds include many amenities including fully automated, adjustable comfort settings and the ability to connect to a nurse call system. “We continuously upgrade our equipment and

invest in the latest technology to ensure that our patients receive the highest quality health care, and are comfortable during their stay,” said Debbie Young, LMH Vice President Patient Care Services. “Although the donated beds are approximately 10 years old, they are in excellent condition.”

LMHS provided 10 beds to Denison University to upgrade the current beds located in the Office of Health and Counseling Services. The office is open for student emergency visits, clinic and medical appointments, as well as

individual counseling and 24-hour psychological crisis and psychiatric emergency assistance.

C-TEC received 15 patient beds, which will be utilized in their Adult and High School Health Care Labs to train students studying for a career in the medical field. LMH previously donated eight patient beds to C-TEC’s Nurse Aide program in 2007.

Local Clergy Learn About Cancer Care

In addition to providing excellent medical care, Licking Memorial Hospital (LMH) helps to coordinate patients’ religious and spiritual services through the Pastoral Care Department. As valued members of the patients’ care team, local clergy receive access to many of the Hospital’s facilities and services, including an annual dinner and educational program.

Responding to requests from clergy, Oncologist/Hematologist Jacqueline J. Jones, M.D., presented a program on cancer care at the Pastoral Care Dinner on March 8. She discussed cancer’s prevalence, diagnosis and treatment to give a deeper understanding of the challenges that patients may encounter.

“There were an estimated 64,000 new cases of cancer diagnosed in Ohio during 2010,” Dr. Jones said. “In Licking County, the three most common types of cancer are lung, breast and prostate.” She explained that cancer includes a group of more than 100 diseases. Each type has unique growth patterns, behaviors and responses to treatment.

Dr. Jones advised the clergy members that their congregation members who have been diagnosed with cancer would benefit



Oncologist/Hematologist Jacqueline J. Jones, M.D., presented information about cancer treatment at LMH’s annual Pastoral Care Dinner.

from spiritual support. “Cancer patients may have many decisions to make about their treatment options at a time when they are feeling vulnerable. They may become discouraged by possible side effects from their treatment, and they may be having trouble in coping with the cancer diagnosis. Spiritual well-being has been shown to reduce anxiety and depression, promote a more positive outlook, stimulate self-awareness, and reduce the sense of loneliness and isolation,” she said. “As you provide spiritual guidance to your parishioners who are experiencing

cancer, you will be an important part of their recovery process,” Dr. Jones said.

Dr. Jones also told the clergy members that the outlook for cancer patients has improved overall. “The 5-year survival rate has risen to 68 percent, which is an 18 percent increase over previous years.”

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.

Donors

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

2010 GOLF GALA

Marsh USA

2011 GOLF GALA

Park National Bank
The Jerry McClain Companies

COMMUNITY CORNERSTONE CLUB

Frank and Susan Bentz
Ms. Patricia Brannon
Thomas Brannon, O.D.
Thomas and Margaret Caw
Jim and Julie Cooper
Fred Costaschuk
Barbara Cunningham
Doug and Beverly Donaldson
David and Sandy Evans
Mr. Douglas Freeman
Dave and Pam Froelich
Mr. and Mrs. John Grayson
Mr. and Mrs. Theodore Griley II
Dan Guanciale
Mr. and Mrs. Jay Hottinger
Houston Plumbing and Heating
Donald and Sandy Mandich
Dean Markle
Mr. and Mrs. Roger McClain
Robert and Patricia McGaughy
Dr. and Mrs. Lewis Mollica
Marty Morrison
Jennifer and Todd Roberts
Mr. John Row
Edward and Anne Schilling
Mr. and Mrs. Noble Snow
Mrs. Doris Spriggs
Russell and Elizabeth Suskind
Robert and Ashley Wade
Mr. and Mrs. Denny Wheeler

GENERAL

Licking County Foundation, General Funds
Monday Talks (Speakers Bureau)

GRANTS

Licking County Foundation,
Katharyn Wickham Shannon and Ora C.
Shannon Memorial Fund

HONORARY

In honor of Richard Baltisberger, M.D.
by: Raiff and Case Berry
Drew and Aaron Link
Ashley, Robby and Brady Montagnese

In honor of Garth Bennington, M.D.
by: Debbie and Tim Young

In honor of Craig Cairns, M.D.
by: Anonymous donation
LMH Senior Management

In honor of Catherine Chiodo, D.P.M.
by: Richard and Jo Hughes

In honor of Janae Davis, M.D.
by: Anonymous donation
Veronica Link

In honor of Lawrence Dils, M.D.
by: Elizabeth Ann Dawson
Victoria Khan

In honor of Gerald Ehrsam, M.D.
by: Anonymous donation
J. Howard and Cathy Boykin
Walt Gemmell
Bill and Barb Mann
Rob and Lauren Montagnese

In honor of Dalia Elkhairi, M.D.
by: Anonymous donation

In honor of Ann Govier, M.D.
by: Linda and Jay Dalgarn
Veronica Link
Robert and Patricia McGaughy

In honor of Kevin Graham, M.D.
by: Jeanine Fisher

In honor of Talya Greathouse, M.D.
By: Cindy Webster

In honor of Don Gunnerson
by: First Federal Savings & Loan

In honor of Thomas Hall, M.D.
by: LMH Development Department

In honor of Debra Heldman, M.D.
by: Richard and Jo Hughes

In honor of Daria Hopkins, M.D.
by: Valerie Cannon

In honor of Tiffany Inglis, M.D.
by: Anonymous donation

In honor of Jacqueline Jones, M.D.
by: Linda and Jay Dalgarn
Nicole Judd
Joan Kuhlwein
Veronica Link
Dorothy Vanatta*
Howard and Charlotte Vanatta
Janis (Vanatta) and Mike Harvey

In honor of Elizabeth Koffler, M.D.
by: Anonymous donation
Rob Montagnese

In honor of David Koontz, D.O.
by: Amy Berry
Richard and Jo Hughes
Anthony and Nicole Judd
Johnna Winland

In honor of Owen Lee, M.D.
by: Paul and Victoria Kiser

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

In honor of Todd Lemmon, M.D.
by: Anonymous donation
Amy Berry

In honor of Kaye Linke, M.D.
by: Debra Ridgeway

In honor of Mark Mitchell, M.D.
by: Beth Anderson
Anonymous donation
J. Howard and Cathy Boykin
Larry and Mary Jane Carrier
Paul, Veronica and Drew Link
Robert and Patricia McGaughy
Thaddeus Webster

In honor of Bryce Morrice, M.D.
by: Tom Mullady

In honor of Peter Nock, D.O.
by: Rob Montagnese

In honor of Howard Reeves, D.O.
by: Bill Kuhlwein
Robert and Patricia McGaughy
Sheila Wayland

In honor of May-Lee Robertson, D.O.
by: Rob Montagnese

In honor of Patrick Scarpitti, M.D.
by: Paul and Victoria Kiser

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

In honor of Andrew Seipel, M.D.
by: Nathan Paynter

In honor of Richard Simon, M.D.
by: P. David Shull

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

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

In honor of William Stallworth, M.D.
by: P. David Shull

In honor of Mary Testa, D.O.
by: Anonymous donation
Rob Montagnese

In honor of Katrina Timson, M.D.
by: Sheila Wayland

In honor of Pattye Whisman, M.D.
by: Rob Montagnese
Cheryl Pokorny

THE JOHN ALFORD FELLOWSHIP

Sharon Hively

MEMORIAL

In memory of Teresea Ault
by: LMH employees

In memory of Jeff Cunningham
by: Licking Memorial Hospital

In memory of Tim Jackson
by: LMHP Central Billing Office

In memory of Carolyn Kumler
by: Dorothy Hoersten
Daniel and Brenda McCabe
Douglas McCabe

In memory of Elsie McCracken
by: Holophane Crystal Club

In memory of William Moore
by: Dorothy Vanatta*
Howard and Charlotte Vanatta
Janis (Vanatta) and Mike Harvey

In memory of Bradley Forrest Williams
by: Beth Anderson

LICKING MEMORIAL HEALTH FOUNDATION

State Farm Companies Foundation

PAVING OUR FUTURE

The Energy Cooperative
Bill and Joan Kuhlwein
Mrs. Molly Lee
LMH employees
Michael and Angela Wallace

SHEPHERD HILL FUND

Muskingum Valley Dental Society

THE WILLIAM SCHAFFNER SOCIETY

Jay and Linda Dalgarn
Richard Wenzelberger

*deceased

New William Schaffner Society Member Honored

During a meeting of the Licking Memorial Finance Committee in February, Richard P. Reed was recognized by his peers as the newest member of The William Schaffner Society for his generous pledge to the Licking Memorial Health Foundation (LMHF). The William Schaffner Society is comprised of community members and Licking Memorial Health Systems (LMHS) employees who have pledged a minimum of \$10,000 to LMHF over the course of 10 years. These contributions ensure that Licking Memorial Hospital (LMH) can continue to provide excellent, quality health care to the community.



LMH Development Council Executive Committee Chairman Bob McGaughy (right) and Vice Chairman David Shull (left) congratulate Richard Reed (center) in recognition of his membership in The William Schaffner Society.

Richard has been part of the infrastructure at LMH for 24 years. He is a charter member of the Hospital's Development Council, which formed in 1987 and has served on the Hospital's Board of Directors since 2003.

Originally from Dennison, Ohio, Richard earned an associate degree in science from Temple University in Philadelphia before graduating from Eckels College of Mortuary Science, also in Philadelphia. After college, Richard moved to Springfield, Ohio, to serve his apprenticeship. There he met his future wife, Kathleen.

In 1963, Richard and Kathleen married and moved to Newark, where he was employed at a funeral home. In 1977, Richard

joined Egan Funeral Home and eventually purchased the business, changing the name to Reed-Egan Funeral Home. Today, Richard still serves as president.

Richard and Kathleen raised four children: Monica, John, Mary Angela and Agnes Ann, who also works as a funeral director at Reed-Egan. Sadly, in 2008, Kathleen passed away after 47 years of marriage.

Richard is very active in the community. In addition to his contributions to LMH, he is a member of Newark Rotary, St. Francis Catholic Church, the Newark Catholic Board of Education, Elks and the Knights of Columbus, as well

as a former member of the Par Excellence Board of Directors. He has a passion for the Hospital and for the City's schools, believing they both directly affect our quality of living. He also is a member of the Ohio Funeral Directors' Association and the National Funeral Directors' Association.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality health care services to our community. LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. The funds are used to enhance medical services and facility improvements at LMHS, and do not assist with general operating expenses.

Development Spotlight – Sherry Staggers, R.N.C.



Sherry Staggers,
R.N.C.

Sherry Staggers, R.N.C., project coordinator for the Licking Memorial Hospital (LMH) Maternal Child Department, recently joined the LMH Development Council, Annual Support Committee. Sherry will serve a two-year term as a representative of the Licking Memorial TWIGS organization. Sherry is a member of TWIGS 24, and was recently elected to serve as the Chairman for the 2011 TWIGS Executive

Board. TWIGS, which stands for Togetherness, Willingness, Imagination, Giving and Sharing, is an organization that assists the Hospital in raising funds for capital purchases and fulfilling equipment needs.

Sherry has served LMH for 30 years and looks forward to utilizing her abilities and professional experience for the

benefit of the Annual Support Committee. As a member of the Committee and Chairman of the TWIGS Executive Board, Sherry will assist in ensuring continuity among the Hospital's philanthropic groups.

A lifelong resident of Licking County, Sherry graduated from Licking Valley High School in 1967, and earned a nursing degree from Central Ohio Technical College in 1982. Sherry also earned her certification in Inpatient Obstetrics in 1988 from the National Certification Corporation for Obstetric, Gynecologic and Neo-Natal Nursing Specialties.

Sherry resides in Newark, on a farm that she shares with her son, Richard, daughter-in-law, Misti and grandson, Bodhi. In her spare time, she enjoys gardening, reading and spending time with her family.

LMHS Honored Physicians on National Doctors' Day

The Medical Staff of Licking Memorial Hospital (LMH) received special tributes in March from both their patients and the Licking Memorial Health Systems (LMHS) staff. 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.

"We are fortunate to have an excellent group of physicians who are devoted to improving the health of the Licking County community," said LMHS President & CEO Rob Montagnese. "National Doctors' Day is a great opportunity to express appreciation for our Medical Staff and the quality care that they provide."

At LMHS, the celebration began on March 25, when the members of the LMH Medical Staff were invited to a catered gourmet lunch at the Hospital in their honor. On Doctors' Day, March 30, the physicians were treated to an honorary breakfast and free massages in appreciation for their dedication to the community. 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 honor of their physicians. The honorary donations will be used toward the purchase of new technology at the Hospital.

The LMH Medical Staff includes approximately 150 Active Medical Staff physicians and approximately 35 consulting physicians who care for the community. Throughout the year, those who would like to make a donation to LMHF to honor their physician are invited to call the Development Office at (740) 348-4102.



In appreciation for their work, physicians were treated to relaxing massages as part of the 2011 National Doctors' Day Celebration at LMHS.

New Appointments



Abdul-Karim Elhabyan, M.D.,
joined Licking Memorial Hospitalists.



Donald J. Fairbanks, M.D.,
joined Licking Memorial Family Practice – North Newark.



Enoch K. Gray, M.D.,
joined Licking Memorial Hospitalists.



Michelle D. Pease, C.N.M.,
joined Licking Memorial Women's Health.



Hospital and Healthcare Week

Licking Memorial Health Systems (LMHS) will celebrate Hospital and Healthcare Week during the second week of May. From Monday, May 9, to Friday, May 13, employees will be honored with various events and recognitions.

"During Hospital and Healthcare Week, and throughout the year, we recognize and show appreciation for our staff's commitment to provide high quality care for our patients and visitors," said Rob Montagnese, LMHS President & CEO. "We extend our thanks to our employees for their devoted service and selfless dedication to the community."

Each year, LMHS hosts an annual Employee Recognition Dinner during the week to honor employees for their years of service. In addition, employees are invited to attend an annual health fair, as well as a cookout and an awards ceremony.

LMHS Raises Money to Benefit Food Pantry Network of Licking County's Operation Feed Campaign



Jennifer Galiher and Teasa Wollenburg represented Licking Memorial Health Systems in the 2011 Supermarket Sweep competition to benefit the Food Pantry Network of Licking County. They won the tower-building competition that involved stacking grocery items as high as possible.

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 more than 20 years. In 2010, the Food Pantry recognized LMHS employees as the 1st Place Overall contributors to the Operation Feed Campaign.

This year, LMHS raised funds through the "Raining Pennies for Operation Feed" campaign. Employees were provided with several ways to contribute, including the option to donate cash or designate an automatic deduction from one paycheck. In addition, LMHS also hosted the fourth annual FEEDbay, an online employee auction that was posted on the LMHS Employee Portal for a two-week period. Employees donated more than 500 new and gently used items for the auction, and LMHS donated items such as a 1999 Dodge Durango, sessions with a personal trainer, and a romantic four-course dinner for two prepared by LMHS Chef Brian Merritt. All proceeds from the auction were added to LMHS' overall campaign donation, totaling more than \$24,000 for 2011.

Additionally, LMHS participated in the Food Pantry's Supermarket Sweep competition at Indian Mound Mall. A portion of the mall was transformed into a mini grocery store mock-up for the day, and 28 teams competed in a 60-second shopping challenge and a tower-building contest. The LMHS two-person team of Jennifer Galiher and Teasa Wollenburg, staff members of the LMHS Communications Department, clinched a victory in the tower-building competition.

Volunteer Spotlight – Arlene Newman



Arlene Newman

After retiring from the United States Department of Agriculture as a loan specialist in 1996, Arlene Newman decided to volunteer at Licking Memorial Hospital (LMH), and was offered the opportunity to serve in the LMH Gift Shop. Arlene said, "For years, I had traveled throughout Ohio processing and servicing loans for low-income families. The Gift Shop was a change of scenery, but still a place where I could

help people." Arlene volunteered in this capacity for 10 years; however, due to health concerns, she was forced to re-retire. After nearly two years, and a return to better health, she realized how much she missed serving at LMH, and she decided to return as a volunteer in July 2009. Arlene now serves in the Volunteer Department office.

"I cannot say enough about Arlene – she is a wonderful person with a heart made of gold," said Carol Barnes, Director of TWIGS and Volunteers. "She works on Wednesdays, making phone calls, running errands and helping out with a variety of

tasks. Her energy level is infectious to her Volunteer peers, and she excels with projects that are so beneficial to our patients. She is a caring and genuine individual."

Arlene is the founder of the Knitting/Crochet Club, and teaches other Volunteers to make afghan blankets, chemotherapy caps, and heart monitor bags for Cardiology patients. She was a member of TWIGS 8 and previously served as Chairman of the TWIGS Executive Board. Arlene has been involved with the coordination of Operation FEEDbay, an online auction for Licking Memorial Health Systems (LMHS) employees. Since its inception, she has assisted with the display of auction items and encourages LMHS staff to participate. Auction proceeds are donated to the Food Pantry Network of Licking County's Operation Feed Campaign.

A native of Philadelphia, Pennsylvania, Arlene moved to Licking County from California in 1963, when her husband, Don, accepted a position at the Newark Air Force Base. The couple, married for 48 years, has four children and four grandchildren. Aside from volunteering, Arlene enjoys reading, jigsaw puzzles, and gardening.

Vickie Fogarty and Arlene Newman Receive First Donald Day Volunteer of the Year Awards

Licking Memorial Health Systems (LMHS) recently hosted the annual Volunteer Recognition Dinner to pay tribute to more than 100 individuals who regularly devote their time to serve at the Hospital. Licking Memorial Hospital (LMH) volunteers assist at special events, distribute mail, greet patients and provide many additional services throughout the Hospital and Health Systems.

“We recognize the outstanding contributions that these individuals provide to enhance the experience of our patients and visitors,” said LMHS President & CEO Rob Montagnese.

“We appreciate their commitment and the services they provide to assist us in fulfilling our mission. We are proud to recognize each volunteer as an integral part of our team.”

This year's ceremony included special recognition for LMH Volunteer Donald Day. Donald served in the LMHS Physical Therapy Department and assisted with newspaper deliveries on weekends. He has served as a Hospital volunteer since 1988, contributing more than 27,000 hours of service. Donald was the recipient of the Volunteer of the Year Award in 2004. In honor of his dedication and countless hours of volunteer service to LMHS, the award has been re-named the Donald Day Volunteer of the Year Award.

Nominees for the 2011 Donald Day Volunteer of the Year Award included Patricia Brannon, Joyce Clemings, Carolyn Cline, Eddie Cline, Vickie Fogarty, Bob Gabe, Joanne Hanson, Bob Kaczor, Maxine Keith, Connie Levingston, Doris Moore,



Vickie Fogarty (left) and Arlene Newman (right), recipients of the Donald Day Volunteer of the Year Award, pose with Donald Day. The award was re-named in his honor at the 2011 Volunteer Recognition Dinner.

Arlene Newman, Joan Omlor, Sue Schlicher, Nancy Stewart and Richard Stewart.

Each year, award nominees are selected for their excellent work ethic and volunteer contributions. Vickie Fogarty and Arlene Newman were honored as this year's award winners. Vickie assists with the Volunteer Bulletin Board and represents the Hospital at various events including the Ohio Hospital Association Annual Conference. She has provided more than 2,281 hours of service since she became an LMH volunteer in 2005.

Arlene became an LMH volunteer in 2009, and has provided more than 563 hours of service assisting with the LMHS FEEDbay Auction for employees, and knitting and crocheting various items for Hospital patients including lap robes and hats. In addition, Arlene is a member and past president of TWIGS 8, which operates the LMH Gift Shop.

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4079 or visit www.LMHealth.org.

Past LMHS Volunteer of the Year Award Honorees

- | | |
|--|----------------------|
| 2010 – Rene Halblaub | 2006 – Nobel Snow |
| 2009 – Joe Stenson | 2005 – Marye Crispin |
| 2008 – Janet Anderson and Elizabeth Ann Wood | 2004 – Donald Day |
| 2007 – Beverly Crockford and Betty Meyer | 2003 – Robert Norman |

Retiree Spotlight – Karla Linton



Karla Linton

In 1969, Karla Linton left her childhood home in Perry County and moved to Newark for an opportunity to begin training as a nurse's aide at Licking Memorial Hospital (LMH). Within a short period of time, she was cross-trained as a unit clerk on 4-North. During her 41 years of service at LMH, she also worked as a point-of-care technician in a variety of departments, including Surgery Recovery, Extended

Care, and the Vascular Laboratory. “It has been amazing to watch how technology has changed health care over the years, yet the core principles of caring for individuals have remained the same,” Karla said.

In 2002, the Vascular Laboratory was in need of a registered vascular technician. Karla decided to apply for the position after training to become certified. “At that point in my career, I was excited to take the challenge to obtain my certification,” Karla said. “It is one of my greatest life

achievements.” She served as a vascular technician until her retirement in August 2010.

“I enjoyed serving patients most during my years at LMH,” Karla reflected. “Helping people has always been something that I enjoy. I had the opportunity to provide care for multiple generations of families, and I truly enjoyed developing wonderful relationships with the patients and staff throughout the years.

One of the relationships that she developed became part of the foundation of her life. While serving at LMH, she met her future husband, Jack, who worked in the Dietary Department through a work/study program. The couple married in 1971, and has two daughters, Andrea and Audra, who were both born at the Hospital.

Since retiring from Licking Memorial Health Systems, Karla has enjoyed traveling to Cancun, Mexico, and baby-sitting her seven grandchildren. She is an active member of St. Paul's Lutheran Church in Newark. Karla and Jack will celebrate their 40th wedding anniversary in July.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.

U.S. Postage

PAID

Columbus, Ohio

Permit No. 8757

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

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

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 2011 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

Hearing Loss

Tuesday, May 17, 6:00 to 7:00 p.m.

No charge

Licking Memorial Hospital – First Floor Conference Rooms

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

Skin Cancer Awareness

Thursday, May 26, or Thursday, June 2, 6:00 to 7:00 p.m.

No charge

Licking Memorial Hospital – First Floor Conference Rooms

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

Keeping the Beat

Thursday, June 2, 8:00 a.m. to 2:30 p.m.

No charge

Licking Memorial Hospital – First Floor Conference Rooms

The community is invited to an educational open house to view demonstrations and learn the American Heart Association's Hands-Only™ CPR technique from certified instructors. Registration is not required. See story on front cover for more details.

Thyroid Disease Awareness

Wednesday, June 8, 6:00 to 7:00 p.m.

No charge

Licking Memorial Hospital – First Floor Conference Rooms

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

Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road

Tuesday classes

Wednesday classes

9:00 to 11:00 a.m.

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

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

Pregnancy and Infant Loss Support Group

For families who have experienced a pregnancy loss, the loss of a child who died at birth or a few months after birth, this four-week course helps explore grief, hope and healing. For additional information, or to register for the group, please contact Hospice of Central Ohio Bereavement Services at (740) 788-1474.