



Measurably Different ... for Your Health!

## Expanded Pre-Participation Screenings Thwart Potential Tragedies

A record number of Licking County students participated in the free Heart to Play pre-participation screenings offered by Licking Memorial Health Systems (LMHS) in 2011. From May to July, 1,267 students received physical exams, which is a 36 percent increase over 2010. Through the electrocardiogram (ECG) portion of the screenings, one student was discovered to have Wolff-Parkinson-White syndrome, a potentially deadly heart condition, and was referred to a cardiologist for treatment. Forty-nine students were advised to have further evaluation of possible heart abnormalities.



A painless electrocardiogram (ECG) is used to screen for possible defects in students' heart rhythms at LMHS' free sports pre-participation program.

For the past six years, LMHS has offered free pre-participation screenings to middle and high school students who live in Licking County or attend a Licking

*Heart to Play Protects Students' Lives (continued on page 2)*

## LMH Offers Seasonal Flu Clinic



The LMH Seasonal Flu Clinic will open on Tuesday, October 4, at C-TEC on Price Road in Newark.

The upcoming 2011/2012 flu season is quickly approaching, and Licking Memorial Hospital (LMH) will be offering a flu clinic at C-TEC to meet the demand for flu immunizations. This year's vaccine was designed by the World Health Organization (WHO) to protect against three different flu viruses, including strains of influenza B, H1N1, and H3N2. All three influenza vaccines are included in a single dose.

The LMH Seasonal Flu Clinic will begin at C-TEC in Newark on Tuesday, October 4, and will be open on Tuesdays and Thursdays, from 8:30 a.m. to 4:00 p.m. Adults 18 years and older will be vaccinated. The cost of the vaccination is \$30, or bring a Medicaid, MedBen Insurance, Molina or CareSource card.

The Advisory Committee on Immunization Practices (ACIP) recommends an annual immunization for adults who want to reduce the risk of becoming ill

*LMH Offers Seasonal Flu Clinic (continued on page 2)*

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

See pages 14-20 for Quality Report Cards in this issue.

## COMMUNITY EDUCATION

### Dining with Diabetes

**Date:** Tuesday, September 6  
Thursday, September 8  
Tuesday, September 13  
**Location:** LMH First Floor  
Conference Rooms  
**Time:** 5:30 p.m.  
**Speaker:** Annmarie Thacker, M.S., R.D. L.D., C.D.E.  
Shari L. Gallup, M.S., CFLE

*(continued on page 12)*

### Healthy Aging

**Date:** Thursday, September 22  
**Location:** LMH First Floor  
Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Craig Cairns, M.D., M.P.H.  
Vice President,  
Medical Affairs

*(continued on page 4)*

### Breast Cancer Awareness and Screening

**Date:** Thursday, October 27  
**Location:** LMH First Floor  
Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Larry Pasley, M.D.  
Joseph Fondriest, M.D.

*(continued on page 9)*

County school. The screenings are available to students who participate in athletics or other physically demanding programs, such as marching band, and vocational training for fire fighters and law enforcement. LMHS also conducted 275 ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) baseline evaluations for concussion, which was a new component of the program in 2011.

Licking Memorial Pediatrician Diane LeMay, M.D., has spearheaded Heart to Play since its inception. She said the students appreciate the proactive program. "We receive so many positive comments from the students, their parents, and coaches," she said. "Oftentimes, they have heard stories from across the nation about a young person who suddenly collapsed and died during a sports event. Although all heart abnormalities are not detected on simple ECGs, our screenings help the students feel confident that they can put all their energy into their activities without that potential for tragedy. They feel encouraged to be the best that they can be."

ECG screenings were added to the program in 2008 to help detect previously undiagnosed heart rhythm defects. The ECGs are offered to high school and junior high athletes every other year, and those athletes who have family history, cardiac symptoms, or have had an abnormal ECG every year. This year, LMHS provided 1,087 ECGs as part of the screenings.

In 2008, the ECGs revealed that one student had Wolff-Parkinson-White syndrome, and in 2010, two students were identified with the condition. Wolff-Parkinson-White syndrome affects the sequence of electrical impulses in the heart. The condition put them at risk for collapse or death during physical exertion. Fortunately, each of the three students had corrective surgery and was able to return to competitive sports within a few weeks.

LMHS underwrites the cost of approximately \$14,000 each year to provide the free pre-participation screenings to the community. Fifty-eight staff members, including 27 physicians, provided services in addition to their regular duties.

*LMH Offers Seasonal Flu Clinic (continued from front page)*

with influenza or who may transmit the disease to others. Those who are allergic to eggs or have had a strong reaction to a previous flu vaccine may not be able to receive an immunization.

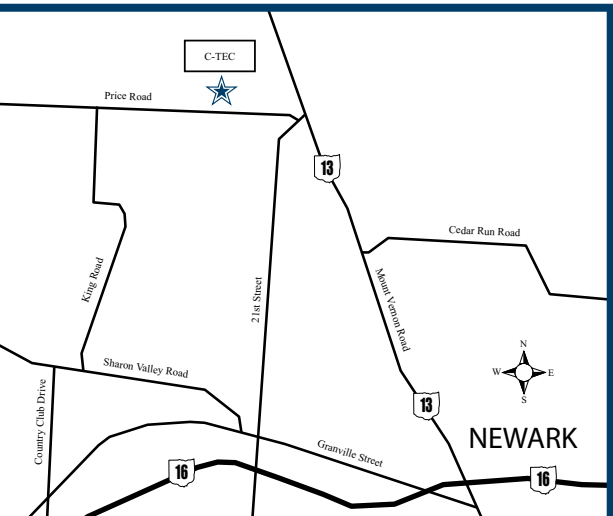
Groups who are considered at increased risk for becoming infected with influenza and are encouraged to receive vaccinations include:

- Those who are 50 years or older
- Pregnant women
- Those with chronic pulmonary, cardiovascular, renal, hepatic, cognitive, neurologic/neuromuscular, hematological, diabetes or metabolic disorders
- Those with immunosuppression
- Patients in nursing homes
- Healthcare personnel
- Caregivers for young children, older adults or patients with medical conditions

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

In addition, the ACIP has expanded its recommendations for children's vaccinations to include all children who are six months or older. Parents who would like to have their children immunized are advised to contact their pediatricians or family physicians.

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



## LMH SEASONAL FLU CLINIC

Have you received your flu shot this season?

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

**When**  
8:30 a.m. to 4:00 p.m.  
Tuesdays and Thursdays  
Starting Tuesday, October 4

**Where**  
LMH Wellness Center at C-TEC,  
150 Price Road, Newark, OH 43055

**Cost**  
\$30 by cash, check or credit card. LMH also accepts Medicaid, MedBen Insurance, Molina or CareSource card

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



Licking Memorial Hospital

# LMH TWIGS 6 Granville Thrift Shop to Celebrate Grand Re-Opening

After a brief hiatus, the Licking Memorial Hospital (LMH) TWIGS 6 Granville Thrift Shop will once again be open for business. The new location, 1865 Tamarack Road in Newark, will be open to the public beginning September 6. The Thrift Shop will also host a grand re-opening celebration for their patrons on Saturday, October 22.

The TWIGS 6 Granville Thrift Shop has been in operation for more than 60 years, and was one of the first TWIGS group projects created to support LMH. The Thrift Shop originally opened in 1950 in a portion of the old Granville firehouse. When the current firehouse was built, the old building was torn down, and the Thrift Shop moved to a larger location above the Granville village offices. After leaving the village offices, TWIGS 6 purchased a small house on Broadway Street in Granville, and operated the Thrift Shop in that location for many years. When the house sold in the fall of 1964, the proceeds were donated to the Hospital. The Thrift Shop then moved to the Granville Shopping Center in 1988, and then relocated to a new location on Main Street between NAPA Auto Parts and Granville Milling in 2001.

Though the history of the Thrift Shop is rooted in Granville, TWIGS 6 Chair Carolyn Mugavin believes that the move to Newark will be beneficial for its growth. The new building is larger, which will allow the Shop to accept more merchandise, and with a more central location, Carolyn and the other TWIGS 6 members hope to draw additional patrons and build their current clientele.

TWIGS 6 will also benefit from lower operating costs, as the new location was provided by the Hospital at no cost. "We are extremely grateful to Licking Memorial Health Systems for their generous support," Carolyn said. "Our purpose has always been to support the goals and mission of the Hospital, and we are excited for our continued partnership, as well as the opportunity to increase our contribution."

The new building location was donated in appreciation of the continuous support that the Thrift Shop has provided throughout the years. "We truly appreciate the hard work and dedication that the TWIGS 6 group demonstrates through their fundraising, and we are pleased to be able to provide this building for the new Thrift Shop location," said Veronica Link, Vice President Development & Public Relations.

The Thrift Shop will continue to operate on both donations and consignment. Consignment sales are based on a 50/50 profit split. All sales proceeds benefit LMH.



TWIGS 6 Chair Carolyn Mugavin (left) and Shop Chair Leah Liebson (right) arrange infant clothing onto a rack in preparation of the TWIGS 6 Granville Thrift Shop's re-opening on September 6.

Hours of operation will be Tuesday from 1:00 to 6:00 p.m., and Wednesday through Saturday from 1:00 to 4:00 p.m., from September through May. The Thrift Shop will continue to offer a variety of items including:

- All-occasion clothing for men, women, children and infants
- Shoes and accessories, such as jewelry and handbags
- Furniture
- Artwork, handmade crafts and other home décor items
- Household appliances
- Tools
- Books
- Children's toys

Items that are not sold are donated to other charitable organizations throughout Licking County. For questions about the TWIGS 6 Granville Thrift Shop, or for more information about making a donation or consignment, please call (740) 348-4900.

TWIGS, which stands for Togetherness, Willingness, Imagination, Giving and Sharing, is an auxiliary organization that raises funds for capital improvement projects at LMH. Since the first TWIGS groups organized at LMH in 1950, they have contributed more than \$4.5 million to the Hospital for use in capital purchases and fulfilling equipment needs. Proceeds from all TWIGS projects benefit LMH. For additional information about becoming a TWIGS member, contact Carol Barnes, LMH Director of Volunteers, TWIGS and Events at (740) 348-4079.



The TWIGS 6 Granville Thrift Shop has relocated to 1865 Tamarack Road in Newark. Proceeds from the TWIGS 6 Thrift Shop sales are donated toward new equipment and patient services at LMH.



# LMHS Family Movie Night

Licking Memorial Health Systems (LMHS) presented the second Family Movie Night of 2011 in partnership with the Licking County Family YMCA. Community members were treated to a free screening of the animated film, *The SpongeBob SquarePants Movie*, along with free swimming, blood pressure and body mass index screenings, and Quit for Your Health tobacco cessation information.

The final two LMHS Family Movie Nights of the season are both scheduled at additional locations in Licking County during the month of September.

- The Denison University Fine Arts Center grounds, Granville – Saturday, September 10, featuring Disney/Pixar's *Wall•E*.
- Pataskala Health Campus – Saturday, September 17, featuring Disney/Pixar's *Toy Story 3*.

LMHS Family Movie Night events are free and open to the community. For more details, please see the ad on page 25.



## Community Education – Healthy Aging *(continued from front page)*



Craig B. Cairns,  
M.D., M.P.H.

The threat of disease and disability can become a grim reality for many seniors. However, with advances in health care and adoption of positive lifestyle habits, many seniors can look forward to long and productive lives.

Craig B. Cairns, M.D., M.P.H., Vice President Medical Affairs, will discuss healthy aging and the contributing factors during an educational session for the community on Thursday, September 22, 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.

## FIRST IMPRESSIONS MATERNAL CARE

FEATURING PRIVATE SUITES FOR MOTHERS AND NEWBORNS

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

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



Licking Memorial Hospital



first impressions



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## LMHS "For Your Health" 5K Run and Fun Walk

Approximately 300 individuals recently took advantage of the beautiful weather and scenery at The Dawes Arboretum in Newark during Licking Memorial Health Systems (LMHS) 2011 "For Your Health" 5K Run and Fun Walk. The fourth annual event, which encourages healthy lifestyles, took place on August 6. Participants had the option of running or walking the entire 5K scenic route through the Arboretum's renowned botanical collections. Walkers also had the option of following a shorter, one-mile route.

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

The honorary co-chairs of the 2011 "For Your Health" 5K Run and Fun Walk were Cara and Jim Riddel. Cara is the Superintendent of Schools at Westfall Local Schools in Pickaway County, and former member of the Licking Memorial Hospital (LMH) Development Council. In addition, Cara was instrumental in establishing the first "For Your Health" 5K event, and has been a dedicated supporter of the annual event. Jim is a civil engineer at his professional consulting and engineering firm, J.B. Riddel & Associates. Both Cara and Jim are avid running enthusiasts and placed first in their age group at the event. Cara finished the race with a time of 28:22, and Jim finished with a time of 41:28.

Jim's mother, Novella Riddel, also attended the event to support her son and daughter-in-law. Novella, who is 99-years-old, participated in the event and received recognition during the awards ceremony as the oldest person to cross the finish line.

The overall female and male winners of the "For Your Health" 5K Run and Fun Walk included: first-place – Kara Zimmerman (23:07) and Matt Dixon (17:24), second-place –Brittany Lang and Patrick Merriless, and third-place – Mandy Packer and Wille Henderson.

The "For Your Health" 5K Run and Fun Walk was co-sponsored by the LMH Development Council, The Dawes Arboretum and

the Licking County Family YMCA. The top three overall female and male finishers received medals and gift cards to Dick's Sporting Goods.



The overall winner of this year's race was Matt Dixon with a time of 17:24.



Honorary co-chairs Cara and Jim Riddel, cheer on Jim's mother, Novella Riddel, as she crosses the finish line. At the age of 99, Novella was the oldest person to cross the finish line at the event.



# Annual Golf Gala Supports LMH



The 2011 Golf Gala first-place award went to the Park National Bank team. Posing with Scrubs, the Hospital mascot, are members of the winning team (left to right): Tom Cummiskey, Ed Bohren, Pat Jeffries and Dave Shull.

The Licking Memorial Hospital (LMH) Development Council hosted its annual Golf Gala on June 27, with 128 golfers in attendance. The golf tournament is an 18-hole, four-player, shotgun scramble. The honorary chair of this year's event was T. Thomas Mills, M.D., of Newark. Dr. Mills was one of the first family physicians to join the Licking Memorial Professional Corporation in 1993, and served the community for 25 years. In addition, Dr. Mills previously served on the Board of Directors for both LMH and Licking Memorial Health Systems (LMHS).

Proceeds from the Golf Gala are used to obtain and enhance state-of-the-art technology and services within the Hospital. This year's proceeds will help fund the renovations to the LMH Oncology Department. Rob Montagnese, LMHS President & CEO, expressed his gratitude to the golfers for their participation in the event. "Your participation in the Golf Gala has helped to raise funds for the Oncology Department renovation. I am glad that we were able to enjoy the outdoors and the company of good friends."

At the event, golfers were provided with lunch and an opportunity to network with fellow attendees prior to an afternoon of golf. A total of 32 teams participated in the event, and the Park National Bank team secured a first-place victory with a score of 57.5.

Members of the winning team included Ed Bohren, Tom Cummiskey, Pat Jeffries and Dave Shull. Each team member received a trophy and a round of golf at Longaberger Golf Course. The Echo 24, Inc. team, which included Max Lein, Dan Preese, Vic Rudolph and Tom Valentine, took second place with a score of 59. Each member of the team received a round of golf at the Granville Golf Course. Following the golf game, participants enjoyed a barbeque dinner, as well as an awards ceremony featuring individual category awards. Prizes were awarded for the following categories:

- Closest to the Pin – Jim Christy, of the ThyssenKrupp Elevator Americas team, received two rounds of golf from Apple Valley Golf Club.
- Longest Drive for Women – Lee Ann Dye, of the Dynamix Engineering, Ltd. team, received two rounds of golf from Kyber Run Golf Course.
- Longest Drive for Men – Chuck Davies, of The Jerry McClain Companies team, received two rounds of golf from Kyber Run Golf Course.
- Longest Putt – Jeff Gold, of The Advocate team, received two rounds of golf from Eagle Sticks Golf Course.

Unfortunately, there was not a winner for the Hole-in-One prize, a new 2011 Honda Accord offered by John Hinderer Honda. New this year, a new general prize drawing was added for teams who did not place first or second. The Licking Memorial Emergency Department team, including Andrew Wood, Thom Wood, M.D., Scott Jolly, D.O., and John Wells, D.O, were the winners of this drawing. The team was awarded a round of golf for the group of four at St. Albans Golf Club.

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

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

## 2011 Golf Gala Sponsors

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

MedBen  
Park National Bank  
Turner Construction Company

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

The Advocate  
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Newark Healthcare Centre  
Newark Rotary Club

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Ohio Health Corporation  
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Licking 387 Memorial and Education  
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Southgate Corporation  
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Don and Sue's Pizza  
Donatos Pizza  
Eaglesticks Golf Course  
Family Video  
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Goumas Candyland  
Granville Golf and  
Granville Golf Course  
Hillcrest Golf Course  
KENDAL at Granville  
Kyber Run Golf Course  
La Paloma Restaurant

Leghorns Restaurant  
Licking County Family YMCA  
Longaberger Golf Course  
Susan Lonsinger  
Lowe's  
McDonald's Restaurants  
New Day Spa  
Olive Garden Italian Restaurant  
Pizza Cottage  
Pizza Hut  
Quizno's  
Raccoon International Golf Course  
Roosters  
Roots & Shoots  
Ruby Tuesday  
Sonic Restaurant  
Spa on the Avenue  
Staples Advantage  
St. Albans Golf Course  
Steak-N-Shake  
Stypula Brothers Landscaping  
Subway  
Texas Roadhouse  
The Climbing Rose  
The Works  
Timber Run Gardens  
Tumbleweed Southwest Grill  
Village Flower Basket & Garden  
Wal-Mart  
Willow Tree Spa  
Wilson's Garden Center

## **DID YOU KNOW...** LICKING MEMORIAL HEALTH SYSTEMS INVESTS MORE THAN \$30 MILLION EACH YEAR TO IMPROVE THE HEALTH OF THE COMMUNITY?

Among other contributions, the Health Systems partners with the Licking County Health Department to provide free mammograms to women in Licking County through the support of the screening and survivor support breast cancer program.



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Health Systems**

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

According to the Centers for Disease Control and Prevention, asthma is one of the most prevalent chronic conditions among children. Whether a child has been recently diagnosed, or has suffered with the illness for some time, it can be overwhelming to learn about treatments, physical limitations, and lifestyle changes that may be required. Licking Memorial Hospital (LMH) sponsors an annual summer event known as Camp Feelin' Fine to provide an opportunity for children with asthma to learn more about the disease, explore techniques to manage symptoms, and interact with others who also have the condition. The camp took place on June 17, at Infirmery Mound Park, south of Granville, with approximately 40 children in attendance.

Licking Memorial Pediatrician Richard Baltisberger, M.D., members of the LMH Respiratory Therapy Department, along with other members of the Hospital staff, teach children ways to avoid common "triggers" of an asthma attack, such as allergens. Severe attacks can be life-threatening

if left untreated. Symptoms of an asthma attack can include: coughing, irregular or labored breathing, wheezing, frequent clearing of the throat and chest tightness.

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

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

## C-TEC Wellness Center Grand Opening

Licking Memorial Hospital (LMH) recently opened a new Wellness Center at C-TEC (Career and Technology Education Center) on Price Road in Newark. The Wellness Center features treadmills, ellipticals, stationary bikes and recumbent cross trainer equipment. A certified fitness trainer supervises activities. The Wellness Center will also present health-related programs.

Hours of operation for the Wellness Center are 8:30 a.m. to 5:00 p.m., Monday through Friday. The new facility is open to C-TEC students and staff, and other members of the community upon registration. Please call (740) 364-2720 for more information.





# LMH Supports National Mammography Day with Free Mammogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women's Health, the Licking County Health Department and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women on Thursday and Friday, October 20 and 21, to promote the importance of breast cancer screening awareness. The screenings are in recognition of National Mammography Day. Tests will be performed from 7:00 a.m. to 6:30 p.m. at the Women's Imaging Center at LMH, and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 150.



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

including Joseph Fondriest, M.D., Owen Lee, M.D., Subbarao Cherukuri, M.D., Timothy Lifer, D.O., and Sean Choice, M.D. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program. However, financial assistance programs are available if the studies are required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier's Office.

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

- Must reside or work in Licking County
- Must be at least 40 years old
- Must not have insurance, or be eligible for Medicare or Medicaid
- Must have a physician's referral
- Should be low-income (determined by the patient's physician)
- Should have no symptoms of breast cancer
- Must not have received a free mammogram from LMH in the last 12 months

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

for more information and a referral. Patients may schedule their own appointments (after obtaining the physician's orders) by calling Central Scheduling at (740) 348-4722. Patients may ask their physician's office to schedule the appointment for them.

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

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



Joseph E. Fondriest,  
M.D.



Larry N. Pasley,  
M.D.

According to the National Cancer Institute, breast cancer affects one in eight women, and has the second highest cancer mortality rate in women, with lung cancer being the first. There are a variety of risk factors for the disease, including using hormone replacement therapy, taking birth control pills, and having a child after age 35. There are also several factors that may increase cancer risk that cannot be altered, such as age, genetics, and certain breast conditions. Licking Memorial Hospital (LMH) is offering a free educational seminar to inform community members about screening, diagnosis and treatment of breast cancer.

Larry Pasley, M.D., of Licking Memorial Surgical Services, and Joseph Fondriest, M.D., of Tri-County Radiology, Inc. and chair of the LMH Radiology Department, will discuss risk factors for breast cancer, as well as ways to decrease a woman's chance of developing the disease, during an educational session to be held Thursday, October 27, at 6:00 p.m., in the LMH First Floor Conference Rooms. Following the program, the first 40 registrants will receive a free, private breast cancer screening. Erica Brown, C.N.M., and Michelle Pease, C.N.M., will conduct the screenings. Registration is required. To register, please call (740) 348-2527.

# LMHS Participates in Annual Pataskala Relay for Life

The annual Pataskala Relay for Life event took place at the Watkins Memorial High School track from 7:00 p.m., on July 15, through 1:00 p.m., on July 16. Relay for Life, the signature event of the American Cancer Society, features 18 hours of continuous walking, with a goal of raising funds through sponsorships and donations, to benefit cancer research. At this year's event, there were 127 registered walkers in addition to many cancer survivors, caretakers, friends and family members who joined in to support the event. Some attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against cancer, and a Luminaria Ceremony honoring those whose lives have been impacted by cancer or have lost a loved one.

During the opening ceremonies, Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, offered words of appreciation to the attendees. "LMHS joins you in support of the American Cancer Society's Relay for Life, and the research that is made possible by your allegiance to finding a cure. As part of our own commitment, LMHS will invest \$1.4 million by the end of 2011 to renovate the Licking Memorial Hospital (LMH) Oncology Department, which will incorporate state-of-the-art technology with a more comfortable, healing atmosphere, and allow patients to focus their strength and energy on fighting their disease."

LMH collaborates with the American Cancer Society to offer the Patient Navigator Program, located in the Hospital's

Oncology Department. The free Patient Navigator service is designed to assist cancer patients, survivors and their family members or caregivers in successfully addressing financial, logistical and emotional challenges that may arise following a cancer diagnosis. For more information about the Patient Navigator Program at LMH, please call (740) 348-1996, or toll-free at (888) 227-6446.



The Pataskala Relay for Life took place on July 15 and 16. The primary goal of the annual event is to raise awareness and funds for cancer research.

## New Appointment



**David A. Bartnick, M.D.,**  
has joined Licking Memorial  
Family Practice – Heath.

## Hartford Fair Projects Receive LMHS Support

Licking Memorial Health Systems (LMHS) purchased the Hartford Fair's 1,325-pound grand champion market steer owned by Clay Foor. Clay is a member of Boots-n-Buckles 4-H Club. LMHS plans to donate the beef to the Salvation Army of Licking County.



LMHS also purchased a market steer owned by Abbey Bretz, of the Licking Valley Future Farmers of America.



# LMHS Night at Licking County Settlers Game



LMH Director of Surgical Services Greg Wallis throws out the first pitch at the Licking County Settlers Game on June 20 in celebration of the LMHS Night.

Licking Memorial Health Systems (LMHS) sponsored its fourth annual evening with the Licking County Settlers at Don Edwards Park in Newark on June 20. “LMHS Night” featured a cookout with door prizes and free admission to the Settlers vs. the Lake Erie Monarchs ball game for all Health Systems’ employees and their families.

LMHS’s sponsorship of the Settlers was demonstrated throughout the evening. Greg Wallis, Director of Surgical Services at Licking Memorial Hospital, threw the ceremonial first pitch. Doug Predmore, a scrub technician in the Endoscopy Diagnostic Lab, sang the National Anthem.

LMHS’s sponsorship not only provides support for the local team and its players, but also helps fund programs that support the needs of Licking County residents. Since the team’s inception, team owner Lou Mitchell personally matches all sponsorship funds with a donation to the Licking County United Way. Throughout the past five years, he has donated more than \$75,000 to the organization.

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

# Addiction Medicine Is Topic at Pastoral Care Breakfast

Clergy members from Licking County recently participated in a Pastoral Care Breakfast sponsored by Licking Memorial Hospital (LMH). The breakfast was an opportunity for the clergy to learn about healthcare issues that may affect their congregations and to become better acquainted with LMH’s Pastoral Care Department.

Richard N. Whitney, M.D., Medical Director of Licking Memorial Health Systems’ Shepherd Hill facility, presented the breakfast’s program, titled “Addiction, Alcoholism and Abuse of Prescription Drugs.”

Dr. Whitney reported that despite the availability of “hard drugs,” such as opiate pain killers or cocaine, the most common substance of addiction in Licking County is alcohol. “It is by far the most common reason that patients come to us at Shepherd Hill,” he said. “Alcohol is legal, inexpensive and easy to obtain.”

Dr. Whitney explained that the disease of alcoholism is much more complex than just a matter of drinking to excess. He said, “Twelve to fourteen percent of the American population reacts abnormally to mood-altering substances, including alcohol. Whereas, most people can enjoy a few drinks with no long-term consequences, the alcoholic’s brain cannot process the drug in the same way.”



Richard N. Whitney, M.D., Medical Director of Addiction Services at Shepherd Hill, discussed the field of Addiction Medicine at LMH’s recent Pastoral Care Breakfast.

Even though alcoholic patients may be able to maintain the appearance of normalcy at their jobs, their personal lives are usually degenerating. “In practice, we find that if a spouse reports that the patient has a drinking problem, their statement is almost always correct,” Dr. Whitney said.

Marijuana is another drug that is commonly used in Licking County, according to Dr. Whitney. “Although it is not physically addictive in the same way as alcohol or opiates, marijuana use is still associated with relationship and family

problems, guilt, financial difficulties, low energy, sleep and memory problems, and low levels of life satisfaction.”

The clergy members were cautioned that even seemingly innocent substances could be affecting the lives of their parishioners. “If you see a young person carrying a cigarette lighter, but you know he doesn’t smoke, you might question why he has it. Butane lighter fluid is one of the household substances being abused today,” Dr. Whitney said. He explained that even though household inhalants, such as butane, gasoline, glue, nail polish and correction fluids are legal to buy and readily available, they are often “gateway” drugs to stronger drugs and can even be lethal, themselves.

# Dr. Cairns Receives OHA Nomination

The Ohio Hospital Association (OHA) has announced that Craig Cairns, M.D., M.P.H., Vice President Medical Affairs at Licking Memorial Health Systems (LMHS), was among 76 nominees who represented their hospitals and health systems for the OHA's prestigious Albert E. Dyckes Health Care Worker of the Year Award. Nominees are selected in recognition of their leadership, values and track record of going above and beyond the call of duty to give back to the community.

"In some respect, Dr. Cairns plays a role in every life saved and patient healed at Licking Memorial Hospital (LMH)," said Rob Montagnese, LMHS President & CEO. "As Vice President Medical Affairs, Dr. Cairns is the chief medical officer at LMH, overseeing patient safety and process improvement. He has helped to set standards at the Hospital for 20 years by serving on the Executive Committee. He was involved in the 2007 opening of the John & Mary Alford Pavilion, which expanded the Hospital's Emergency and Surgery departments, and worked diligently to make the Licking Memorial Heart Center become a reality. He collaborated with the cardiology team to develop an interventional cardiology program at LMH. Most importantly, he leads by his example to ensure that the community receives health care with compassion, dignity and excellence. We are proud to have Dr. Cairns represent LMHS on the state level."

After serving in private family practice for 22 years and occupational health for four years, Dr. Cairns turned his focus on administrative endeavors to strive for real improvement in the community's health care. He currently serves as the Chairman of the Medical Quality Improvement Committee, and Chairman of the Pharmacy and Therapeutics Committee. He served 20 years on the LMH Executive Committee, and was Chief of Staff from 1989 to 1991. In addition, Dr. Cairns



Craig Cairns, M.D., M.P.H., Vice President Medical Affairs, represented LMHS as a nominee for the Ohio Hospital Association's Albert E. Dyckes Health Care Worker of the Year Award.

has served on the Hospital's Credentials Committee since 1991, ensuring that only the best qualified medical staff members practice at LMH.

Dr. Cairns earned his undergraduate degree in zoology and his Doctor of Medicine degree from The Ohio State University. He received a Master of Public Health degree at the Medical College of Wisconsin. He is widely respected for his dedication to aging, mental health and workplace issues. Many residents in Licking County have improved employment conditions as a result of his work to heal occupational injuries, and consultations with manufacturers and other businesses to increase workplace safety.

Dr. Cairns served as medical adviser at the Licking County Chapter of the American Red Cross, and as a member of the Medical Advisory Committee of the Ohio Department of Jobs and Family Services. He is a board member for Behavioral Health Partners, Our Futures in Licking County, and the Central Ohio Trauma System. He is an active member of the Newark-Heath Rotary and Neil Avenue United Methodist Church. He and his wife, Karen, are the parents of six children.

Dr. Cairns is also a talented musician. He plays the trumpet in two bands, the Newark Brass and the Ultra Sounds, a jazz combo that is comprised of physicians and other healthcare workers.

The OHA is the nation's first state-level hospital association and currently represents 165 hospitals and 16 health systems throughout Ohio. The Albert E. Dyckes Award, created in 1996, is named for a retired OHA associate who was highly regarded in the healthcare community.

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



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



Shari L. Gallup,  
M.S., CFLE

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

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



# Physician Spotlight – Eric R. Pacht, M.D.



Eric R. Pacht,  
M.D.

Pulmonologist Eric R. Pacht, M.D., is the Medical Director of the Intensive Care Unit (ICU) and Licking Memorial Hospital's Sleep Laboratory, which is accredited by the American Academy of Sleep Medicine. As Medical Director, Dr. Pacht is responsible for working with the physicians, as well as overseeing patient care in the ICU. In addition to his duties as Medical Director, Dr. Pacht also serves as the primary physician of the Pulmonary and Critical Care Departments and for the LMH Sleep Laboratory. He is also the Secretary/Treasurer of the Medical Staff, the Chief of the Department of Medicine, and a member of the Executive Committee.

Dr. Pacht received his Medical Degree from the University of Wisconsin in Madison, Wisconsin. He completed an internship and residency in internal medicine and a fellowship in pulmonary and critical care medicine from The Ohio State University Hospitals. Dr. Pacht is board certified in critical care, pulmonary disease and internal medicine. He joined Licking Memorial Health Systems in March 2001. In 2008, Dr. Pacht was selected by his peers as the LMH Physician of the Year.

## Ask a Doc – How to Stop Snoring

with Eric R. Pacht, M.D.

**Question:** My wife says my loud snoring is getting worse. It does not bother me, but she is not getting enough sleep. Is there anything I can do?

**Answer:** Although family members may joke that dad sounds like a buzz saw when he sleeps, snoring can be a serious problem. The disturbing sound can affect a household's sleep, straining relationships, and even contributing to health problems.

Snoring occurs when a physical obstruction causes the walls of the throat to vibrate as air passes through. The obstruction usually occurs at the level of the tongue and soft palate.

As you are probably aware, snoring is a symptom that may be an indicator of obstructive sleep apnea, a potentially dangerous condition. Obstructive sleep apnea occurs when a person's upper airway becomes partially or fully blocked during sleep, repeatedly inhibiting breathing and interrupting the sleep cycle. The person may awaken with a snort or choking sensation, and can easily fall back asleep without realizing what is happening. Even though the individual may not be aware of the frequent awakenings, the obstructive sleep apnea can contribute to the development or worsening of serious conditions, such as heart disease, stroke and diabetes. If you snore or are tired during the day, it is important that you talk to your physician about the possibility that you have obstructive sleep apnea. Your physician may recommend that you have a painless, overnight polysomnogram (sleep study) performed to evaluate exactly what is happening while you sleep.

Loud snoring can also occur without sleep apnea. In fact, studies have shown that the loudness of snoring is not a good indicator of whether or not a person has sleep apnea. Simple snoring is common among men, women and children, and the prevalence increases with age and excess weight. Being overweight can worsen snoring by putting more pressure on the throat. In addition, sleeping medications, tranquilizers, antihistamines, pain medications and alcohol can also intensify snoring by relaxing the throat muscles.

Treatment for snoring is available. If the root cause of the snoring is determined to be obstructive sleep apnea, the most common and most effective treatment is with a device known as a continuous positive airway pressure (CPAP) machine. The CPAP machine delivers a constant flow of air through a small nasal mask to prevent the upper airway from collapsing during sleep.

For simple snoring, it is usually preferable to seek simple measures first. Inexpensive, over-the-counter nasal strips and throat sprays are not very effective in most cases, but may relieve occasional snoring caused by allergies or the common cold. Easy, home-remedy steps that have helped to relieve some people's simple snoring include:

- Losing excess weight
- Avoiding all tobacco products
- Sleeping on your side rather than on your back
- Using a full-length body pillow to keep you positioned on your side while you sleep
- Sewing a tennis ball into the back of your pajamas to prevent you from sleeping on your back
- Raising the entire head of the bed up to 45 degrees
- Replacing old pillows to reduce exposure to allergens
- Avoiding meals and snacks at least four hours prior to bedtime
- Establishing a regular bedtime every night

If snoring does not improve with these tips, or someone notices that you sometimes stop breathing during your sleep, please consult your physician.

Simple snoring (without sleep apnea) is not considered to be a medical problem. If the patient's primary concern is that other household members are disturbed by the noise, I usually recommend a non-medical solution. If the suggestions listed above do not improve the snoring, perhaps sleeping in separate beds or using earplugs may be the best option to cope with the situation.



# Quality Reporting to the Community

## Patient Story and Benchmarks for Diabetes Care



## Patient Story – Bill Dixon

When Bill Dixon of Newark was diagnosed with diabetes in 1997, he thought he would be able to manage the condition with little effort. After all, he had served in the U.S. Army for two years, another 10½ years in the Ohio National Guard, and had built a long-time career as an underwriting assistant at State Farm. However, his optimism was not reflected in his blood sugar levels, which remained high for 13 years, until he visited a new endocrinologist and got serious about managing his diabetes.



Bill and Ruthann Dixon of Newark have been learning how to make healthier food choices to control Bill's diabetes.

At the age of 50, Bill noticed that he had developed symptoms of diabetes. “My mother had diabetes, so I knew all the signs. I had the ‘big three’ symptoms, which are constant thirst, frequent urination and fatigue,” he said. “I was so thirsty all the time – I could not get enough liquids to quench my thirst.”

Bill visited his family physician, and was diagnosed with diabetes. He was placed on oral medications to boost his pancreas’ production of insulin and to help his body use insulin more efficiently. However, his blood sugar levels remained high. Bill said, “I was not doing a good job of controlling my diet. I had such a sweet tooth – pies, cakes, cookies, and candy. I ate it all.”

Several years later, Bill had triple heart bypass surgery following a stress test that revealed dangerous arterial blockage. During a cardiac rehabilitation exercise session after the surgery, a nurse reviewed his list of medications and suggested that it might be time to change his diabetes medications. Bill’s cardiologist agreed, and added insulin to Bill’s other prescriptions.

Even with three or four insulin injections each day, Bill’s blood sugar levels continued to be sabotaged by his poor diet. “I was still eating anything I wanted without regard to its effect on my body,” he admitted. “I thought I could control my diabetes with just the medications, but my blood sugar levels were telling a different story. My hemoglobin A1c (a 3-month average blood sugar level) was 9.5, and it is supposed to be lower than 7, ideally.” Around that time, Bill retired from State Farm after 40 years, and began working part-time at St. Albans Golf Course. He felt good and enjoyed life, but he knew that his high blood sugar levels put him at a high risk of developing serious complications.

Bill considered seeing an endocrinologist who specializes in glandular diseases, but quickly gave up on the idea. “The closest endocrinologists were in Columbus with long waiting lists for the first appointment. Plus, I did not want to have to drive back and forth to Columbus to see a physician,” he said. In 2010, Bill visited Podiatrist Catherine A. Chiodo, D.P.M., for a foot problem. “She told me that there was a new endocrinologist at Licking Memorial Health Systems,” Bill recalled. “I asked Dr. Chiodo to refer me over to the new doctor right away.”

Bill visited Jaime T. Goodman, M.D., of Licking Memorial Endocrinology, for his first appointment soon thereafter. Dr. Goodman reviewed his list of medications and asked him to begin testing and recording his blood sugar levels four times daily to show the patterns of his high blood sugar. Bill dropped off the log sheets at her office every week, and Dr. Goodman reviewed them and altered his medications accordingly.

“Bill has type 2 diabetes,” Dr. Goodman explained. “There are several different forms of diabetes, and type 2 is the most common for adults. In patients with type 2 diabetes, the pancreas (at least at the outset) produces insulin; however, the body is resistant to the insulin and cannot break down the sugar molecules so that they can enter the cells for fuel. The blood sugar builds up quickly in the blood stream and can cause a great deal of damage to the body’s organs.”

During one of Bill’s visits, Dr. Goodman suggested the option of using an insulin pump. Although many insulin pump users have found the technology to be of great benefit, Bill considered this a “wake-up” call. Instead of escalating the level of technology needed to control the disease, he decided it was time to get serious about his own role in the management of his health. Bill said, “I finally got it into my head that if I wanted to get it under control, I had to do something.”

Fortunately, Licking Memorial Health Systems (LMHS) had the tools in place that Bill needed. Dr. Goodman referred him to Annmarie Thacker, R.D., L.D., C.D.E., a registered dietitian in LMHS’ Community Case Management Department. Annmarie showed Bill food models to demonstrate proper portion sizes and taught him how to use the method of carbohydrate counting to make healthier meal selections.



# Diabetes Care - How do we compare?

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

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

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

	LMHP 2008	LMHP 2009	LMHP 2010	National <sup>(1)</sup>
LMHP diabetes patients receiving eye exam	72%	71%	70%	60%
LMHP diabetes patients having HbA1c test	91%	87%	97%	86% <sup>(2)</sup>
LMHP diabetes patients having lipid profile	95%	90%	94%	82% <sup>(2)</sup>
LMHP diabetes patients having microalbuminuria test	92%	92%	90%	80%
LMHP diabetes patients having foot exam	91%	87%	90%	80%

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

	LMHP 2008	LMHP 2009	LMHP 2010	National <sup>(1)</sup>
LMHP diabetes patients with HbA1c less than or equal to 7%	54%	48%	54%	40%
LMHP diabetes patients with HbA1c less than or equal to 8%	70%	67%	68%	60%

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

	LMHP 2008	LMHP 2009	LMHP 2010	National <sup>(1)</sup>
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	63%	61%	62%	36%

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

	LMH 2008	LMH 2009	LMH 2010	Goal
CCM diabetes patients who obtained an HbA1c test	99%	99%	98%	80%

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

	LMH 2008	LMH 2009	LMH 2010	Goal
Goals met by diabetes education graduates - within six months	91%	91%	94%	Greater than or equal to 80%

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

Bill and his wife, Ruthann, attended a three-part seminar, Dining with Diabetes, that is co-sponsored by LMHS and the OSU Newark Extension Office. “That class was fun,” Bill said. “The food was delicious, and all three meals cost only \$20 for the two of us. That was a great deal!”

Bill now visits the Licking Memorial Wellness Center three times a week. The Wellness staff checks his blood sugar, and he then begins a 55-minute exercise routine that includes a stationary bike, an arm bike, an elliptical machine and a treadmill. At the end of the session, the staff monitors his blood sugar again to ensure that it is at a safe level.

In just several months, Bill made great improvements in his blood sugar control. His hemoglobin A1c level dropped to an ideal 6.5, and he was able to reduce his medications to two insulin injections every morning along with his oral medications.

“I have talked to many patients who became discouraged after their attempts to control their blood sugar levels were unsuccessful,” Dr. Goodman said. “Endocrinologists can offer a fresh look at the patient with the understanding that

underlying factors may be inhibiting good blood sugar control. We also keep abreast of the most current research and may be able to use new drug combinations for better results.”

“I still choose to test my blood sugar four times each day even though Dr. Goodman said I could cut back to two times a day, because it keeps me from cheating on my diet,” Bill explained. “By eating right and exercising, I have also lost 32 pounds. I have discovered that I do not need as much food as I used to eat, yet I do not feel hungry. I eat a sugar-free cookie or a piece of cheese if I need a quick snack. People see me now and say that I look great. With Dr. Goodman’s help, I made these improvements just by changing medications and eating right. I had to get it in my head to change the way I ate.”

Bill continues to visit Dr. Goodman every three months for checkups. In addition to monitoring his hemoglobin A1c levels and blood pressure, she regularly examines his feet, orders blood work to check his cholesterol and kidney and liver functions, and verifies that he receives an annual eye exam. By following these recommended practices, Bill is increasing his chances of avoiding a long list of complications that can arise from uncontrolled diabetes.

## Endocrinologist Specializes in Glandular Diseases, Such as Diabetes and Thyroid Conditions



Jaime Goodman,  
M.D.

Licking Memorial Health Systems (LMHS) proudly added a new practice to its wide range of services in 2010. With the arrival of board-certified Endocrinologist Jaime Goodman, M.D., patients in Licking County who have glandular conditions, such as diabetes or thyroid problems, no longer had to wait several months for a first appointment, or travel to Columbus to receive specialized care.

“Some patients have told me that their family physician wanted them to see an endocrinologist, but they did not want the inconvenience of traveling one hour each way to a Columbus office,” Dr. Goodman said. “There are many patients in Licking County who have been underserved for years. It is very fulfilling as a physician to be able to make such a positive impact in the community’s health.”

As an endocrinologist, Dr. Goodman received extended training to diagnose and treat endocrine (glandular) system disorders. Some common endocrine ailments include:

- Diabetes
- Metabolic disorders
- Thyroid diseases
- Menopause complications
- Osteoporosis
- Hypertension
- Cholesterol disorders
- Lack of growth

“In general, family practice physicians provide excellent care in treating a wide range of diseases and disorders. However, an endocrinologist can often offer a new approach for patients who have not had good results. Research in the field of endocrinology is constantly changing. By focusing on a narrower range of disorders, I can stay up-to-date on the latest developments. In some cases, I may be able to recommend ‘off-label’ drug combinations that will greatly benefit the patient,” Dr. Goodman explained.

She added, “Diabetes, in particular, can be a complicated condition, and patients may become discouraged. With a methodical approach and careful review of blood sugar results, we can usually make significant improvements in the patient’s health.”

Dr. Goodman is board certified in endocrinology and internal medicine. She received her Doctor of Medicine degree from The Ohio State University (OSU) in Columbus. She also completed an internal medicine residency and endocrinology fellowship at OSU. To make an appointment at Licking Memorial Endocrinology, please call (740) 348-7950.





## Patient Story – Lew Mounts

Lew Mounts thought he had a pretty good idea of what he was facing in 2010 when he was diagnosed with cancer. Through the years, he had talked with friends and relatives who had been through cancer treatments, so he believed his life would soon be consumed with fatigue and nausea. However, as Lew soon discovered, cancer treatment has progressed significantly in recent years, with a strong emphasis on minimizing the side effects.

During the summer of 2010, 81-year-old Lew was enjoying his retirement from plastics packaging research and development at Dow Chemical. Despite some problems with his left hip, he played golf four to six times each week, volunteered with Meals on Wheels and was treasurer at the Second Presbyterian Church in Newark. He and his wife, Sue, enjoyed their large combined family that included seven grown children and many grandchildren.

On August 14, 2010, Lew was scheduled to volunteer in the kitchen during the Newark Maennerchor's annual Ox Roast. "When I woke up that morning, I was not feeling well," he recalled. "Sue took my temperature, and it was 103 degrees, so she took me to the ER at Licking Memorial Hospital (LMH) where I was admitted as an outpatient that evening. Three days later I met with Oncologist/Hematologist Jacqueline J. Jones, M.D., of Licking Memorial Oncology. After several tests that week and the following week, a PET (positron emission tomography) scan was performed, and the results showed eight 'hot spots' and a tumor on my right hip. I was diagnosed with non-Hodgkin lymphoma, stage 4, which affects the lymph nodes or lymph glands. Dr. Jones outlined a series of six chemotherapy treatments that I started on August 27."

In September, Lew had 14 blood transfusions to bring up his hemoglobin levels. In response to Lew's transfusions, the Second Presbyterian Church and Twentieth Century Club (Lew is a volunteer, and Sue is a member) organized a blood drive in November 2010. Thirty donors participated in his honor.

Some well-intentioned friends suggested to Lew that he should seek treatment at a larger hospital in Columbus, but Lew was confident that LMH would provide the care he needed. "I knew that LMH has one of the best Oncology Departments available, right here in Newark," Lew said. "The cancer diagnosis certainly was not welcome, but after talking with Dr. Jones, I knew I was in good hands. I felt that I was going to be okay."

Following the initial four chemotherapy treatments at LMH, Lew had a second PET scan performed. "All eight hot spots



Lew Mounts underwent aggressive chemotherapy at LMH in 2010 to treat non-Hodgkin lymphoma.

were gone," Lew said, "but it looked like there were four new ones." Dr. Jones reassured Lew that his cancer had responded well to chemotherapy. She analyzed his PET scan results and concluded that the four new spots that appeared were actually areas of bone marrow regeneration after the chemotherapy, which was a very good sign. Bolstered with optimism, Lew had the remaining two chemotherapy treatments, completing the series in January. A follow-up PET scan found no cancer.

Before the customized chemotherapy treatments began, Lew braced himself for what he thought was going to be an arduous experience. His late wife, Joyce, had a mastectomy and chemotherapy for breast cancer during the 1980s, and he had witnessed the nausea and fatigue that the powerful drugs caused. "I remember how completely exhausted she would be for two days after each treatment," Lew recalled. "Still, I was not really worried. I figured that if having chemotherapy was what I needed, I would do it. Dr. Jones assured me that chemotherapy treatment had come a long way since the 1980s, so I tried to go in with a positive attitude."

"I received very good treatment. Everyone, from the receptionists to the nurses and Dr. Jones, were all very professional," Lew said. "One of the first things they gave me was medication for nausea. The nurses were careful to communicate to me every step of the way what they were doing and what side effects I might experience. With the very first chemotherapy treatment, I had some chills and shakes, which were what the nurse said might occur, so it did not scare me when it happened. After that, I had no reactions or sickness at all. In fact, while I had my treatments, I usually enjoyed a delicious lunch that was sent up from the Hospital's Café."

Sue was gratified by the excellent care Lew received. As a member of LMH TWIGS fund-raising organizations for more than 50 years, she was impressed by the staff's warmth and professionalism toward patients. "She has always been a strong supporter of the Hospital," Lew said, "She was so proud to see how the staff interacted with patients and with each other. The friendly environment made us feel like one big, happy family. I definitely received care that was just as good, if not better, than I would have in Columbus."

Lew believes that the good communications between LMH staff members and patients benefitted his care. "I had no fear of the 'unknown' because they explained things so well every step of the way," he said. Lew now returns to LMH every month for blood work and every three months for a checkup with Dr. Jones.

# Cancer Care – How do we compare?

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

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

	LMH 2008	LMH 2009	LMH 2010	Goal <sup>(1)</sup>
Percentage of cancers correctly identified by the mammogram	99%	97%	99%	greater than 90%
Percentage of patients without cancer correctly identified by the mammogram	96%	98%	97%	greater than 85%

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

	LMH 2008	LMH 2009	LMH 2010	Goal <sup>(1)</sup>
Percentage of cases with radiologist recommended biopsy that actually had cancer	28%	38%	41%	25% to 40%

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

	LMH 2008	LMH 2009	LMH 2010	National Average <sup>(2)</sup>
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	3.0	3.0	4.2	4.1

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

	LMH 2008	LMH 2009	LMH 2010	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

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

	LMH 2008	LMH 2009	LMH 2010	Goal
Cancer patients with follow-up	93%	92%	94%	greater than 90%

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

	LMH 2008	LMH 2009	LMH 2010	Goal
Newly diagnosed and/or treated patients in clinical trials	3.1%	3.7%	5.6%	greater than 2%

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

	LMHP 2008	LMHP 2009	LMHP 2010	National Average <sup>(3)</sup>
LMHP patients who received screening tests for:				
Breast cancer	84%	85%	85%	75%
Cervical cancer	85%	85%	85%	81%
Colorectal cancer	64%	64%	64%	41% <sup>(4)</sup>
Prostate cancer	77%	75%	75%	54%

**Data footnotes:** (1) D'Orsi CJ, Bassett LW, Berg WA, et al. BI-RADS: Mammography, 4th edition in: D'Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas, Reston, VA, American College of Radiology, 2003. (2) National Cancer Institute Breast Cancer Surveillance Consortium. (3) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010. (4) The Behavioral Risk Factor Surveillance System (BRFSS) national average for adults aged 50 and over who have had a sigmoidoscopy or colonoscopy is 64 percent, while the average for those who have had an occult blood stool test is 17 percent. We compare ourselves to the average of the two national statistics, which is 41 percent.



# Early Detection of Breast and Prostate Cancers

During an average year in Licking County, 138 women are diagnosed with breast cancer, according to a report by the American Cancer Society (ACS). Following lung cancer, breast cancer is the second leading cause of cancer death for women, nationwide. However, with early detection and aggressive treatment, Licking County residents who are diagnosed with breast cancer can join the 2.5 million breast cancer survivors living in the U.S., today.

## Breast Cancer Risk Factors and Detection



Janae Davis, M.D.

Although breast cancer also affects men, it is 100 times more common in women. “The ACS estimates that at some point in their lives, approximately one out of every eight women in the United States will develop breast cancer,” commented Janae Davis, M.D., an obstetrician/gynecologist at Licking Memorial Women’s Health in Newark. “Some, but not all of these women will have identifiable risk factors before their diagnoses.”

Identifiable risk factors for breast cancer include:

- Increased age
- Genetic risk factors
- Family history
- Previous breast cancer
- Race – Caucasian and African American women have higher risk.
- Dense breast tissue
- Early menses or late menopause – Women who began menstruation before the age of 12, or menopause after the age of 55, have a slightly higher risk.
- Not having children, or having first child past the age of 30
- Diethylstilbestron (DES) – Women who received the drug, once used to prevent miscarriage, have a slightly higher risk
- Not breastfeeding
- Use of hormone therapy after menopause
- Smoking or use of alcohol

- Being overweight
- Lack of exercise

Most women have no signs or symptoms of breast cancer, which is why getting regular mammograms is so important. When symptoms are present, the most common one is a new lump or mass on the breast or under the arm. Other warning signs include: swelling in the breast, skin irritation or “dimpling,” breast pain, unusual nipple inversion, redness or thickening of skin on the breast, and discharge (not including breast milk).

When breast cancer is detected in its early stages, the patient has a wider range of treatment options and a greater likelihood of a positive outcome. The ACS recommends that women should begin annual self breast exams during their 20s, and have clinical breast exams by a healthcare provider every three years during their 20s and 30s. Beginning at age 40, women should have a clinical breast exam every year, according to ACS guidelines.

High-tech digital mammography, available at Women’s Imaging at Licking Memorial Hospital (LMH) and Licking Memorial Women’s Health, has been proven to be more accurate in identifying malignancies at an earlier stage than they can be detected by physical examination. Although experts agree that screening mammograms save lives, studies have shown varying results in regard to the most advantageous screening schedule. Beginning at age 40, women should check with their physicians to learn at what age to receive their first screening mammogram and how often the test should be repeated. Women with a higher risk for developing breast cancer may be advised to begin screening mammograms at an earlier age or to receive magnetic resonance imaging tests (MRI).

LMH and Licking Memorial Women’s Health, in conjunction with Tri-County Radiologists, are offering free screening mammograms on Thursday, October 20, and Friday, October 21, in recognition of National Mammography Day, to qualifying  
*Early Detection of Breast and Prostate Cancers (continued on page 20)*

## Patient Navigator Services Can Help to Ease Stress of Being a Cancer Patient

Cancer patients often find that the combination of appointments, treatments, paperwork, fatigue and emotional issues can be overwhelming. Licking Memorial Hospital (LMH) partners with the American Cancer Society (ACS) to provide the Licking County community with a patient navigator to assist patients and their families through this difficult time.

The ACS Patient Navigator can help ease the stress of cancer diagnosis, treatment and recovery by:

- Helping to locate possible financial aid and insurance resources
- Assisting with disability applications
- Helping to locate resources for transportation or the cost of transportation to medical appointments



Katherine Schorr

- Providing educational material about cancer and cancer treatments
- Providing information about local services, such as wig fitting or home medical supplies
- Providing cancer support information and resources

The Patient Navigator’s office is located at LMH. For information about services or support programs, call Patient Navigator Katherine Schorr at (740) 348-1996, toll free at (888) 227-6446, extension 8069, or by e-mail at [kschorr@cancer.org](mailto:kschorr@cancer.org). ACS Patient Navigator services are funded by charitable contributions to the ACS.

low-income women who reside in Licking County. In addition, LMH partners with the Licking County Health Department's Screening and Survivor Support (SASS) for Breast Cancer program to provide screening mammograms to women who are at least 40 years old and are uninsured or under-insured.

For more information about LMH's National Mammography Day screenings, please call (740) 348-4722. For more information about the Health Department's SASS program, please call (740) 349-6535. SASS is also funded by Susan G. Komen for the Cure, Columbus, and the Public Health Partnership of Licking County.



William A. Stallworth, M.D.

### Prostate Cancer Risk Factors and Detection

In Licking County, 106 men are diagnosed with prostate cancer during an average year, as reported by the ACS. Nationwide, it affects approximately one of every six men, and is the second leading cause of cancer deaths for men. However, with early detection and aggressive treatment, men who are diagnosed with prostate

cancer can join the 2 million-plus prostate cancer survivors living in the U.S., today.

William A. Stallworth, M.D., of Licking Memorial Urology, said, "I recommend that men, age 50 to 80 years, should be

screened for prostate cancer at least annually. Men who are at an increased risk, should consider screenings beginning at the age of 45 years. Some men neglect to get a prostate exam because they are anxious, and some men do not have easy access to health care. It is important for them to remember that they will have more treatment options if their cancer is detected at an early stage."

Factors that place men at a higher risk for developing prostate cancer include:

- Age – Prostate cancer is rare in men younger than 40 years.
- Race – African-American men have higher risk.
- Nationality – Men living in North America, northwestern Europe, Australia and the Caribbean Islands have a higher risk.
- Family history – Men with fathers or brothers diagnosed with prostate cancer have a higher risk.
- Smoking
- Diet – Men who eat a lot of high-fat foods have a higher risk.

Prostate cancer usually causes no noticeable symptoms in the early stages. It is most often diagnosed after a routine prostate specific antigen (PSA) blood test or a digital rectal exam.

Prostate cancer is often a very slow-growing disease. In some cases, the physician may recommend a wait-and-see approach for treatment to determine if the cancer is likely to stay localized, without presenting a danger to the patient's general health.

# Now Accepting New Patients



Linda Yu,  
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Michelle Pease,  
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## Licking Memorial Women's Health



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View our Quality Report Cards online.



# Development Spotlight – Seth Ellington



Seth Ellington

Seth Ellington, General Manager and Vice President of Operations at Big “O” Refuse Corporation in Newark, recently joined the Licking Memorial Hospital (LMH) Development Council, Annual Support Committee. Seth is involved in various community groups including Newark Rotary and the United Way Campaign Committee. He also serves as a governing board member for Mental Health America

of Licking County and charter president of the Newark Area Jaycees. In addition, Seth is a member of the National Solid Waste Management Association (NSWMA) and the NSWMA Future Industry Leaders Alliance (FILA).

As a member of the Annual Support Committee, Seth said he will work with the other members to accomplish the mission of the Development Council and help to increase charitable contributions from private donors. “My goal is to promote the excellent services that are provided to the community and ensure that LMH can continue to be a leader among community hospitals,” Seth said.

Seth is a lifelong resident of Licking County, and a graduate of Newark High School. He attended Ohio University in Athens, Ohio, and graduated cum laude with a bachelor’s degree in business communication administration in 2007.

## Donors

*Contributions to Licking Memorial Health Foundation in 2011 are used toward the oncology renovation project at Licking Memorial Hospital.*

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In memory of Betty Sue Miller  
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TWIGS 8

### WILLIAM SCHAFFNER SOCIETY

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# Student Volunteers Enhance Hospital Services



Student volunteers are (left to right): Front row – Drew Link, Aaron Link, Jimmy Ballenger, Jacob Fondriest and Tony Lee. Back row – Heather Pintz, Jennifer McLaughlin, Taylor Brooks, Ashley Archer, Abigail Evans, Michaela Good and Brook Marlowe. Not pictured are: Courtney Harris, Haley Harris, Kayleigh Humphries and Anah Godwin.

This summer, Licking Memorial Hospital (LMH) benefitted from the support of 10 high school- and college-aged students who contributed a portion of their summer vacation by serving as volunteers at the Hospital. The student volunteers provided a variety of services, ranging from greeting visitors at the reception desk to providing clerical assistance.

Students between the ages of 15 and 18 are eligible to become LMH Volunteers with their parents' or guardians' consent.

They must complete a volunteer application, background check and training prior to undertaking their responsibilities.

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

- Ashley Archer
- Jimmy Ballenger
- Taylor Brooks
- Brooke Byers
- Abigail Evans
- Jacob Fondriest
- Anah Godwin
- Michaela Good
- Courtney Harris
- Haley Harris
- Kayleigh Humphries
- Tony Lee
- Aaron Link
- Drew Link
- Brook Marlowe
- Jennifer McLaughlin
- Heather Pintz

Many of the student volunteers have an interest in health care, and are assigned to duties accordingly. A goal of the program is to provide first-hand experience and opportunities to participate in work activities that correspond with their interests. "Each student has proven to be motivated, focused and hard working, and has demonstrated not only a commitment to learning, but also to serving their community," said Carol Barnes, Director of Volunteers, TWIGS and Events. "LMHS is fortunate to have such a great group of young volunteers this year."

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](http://www.LMHealth.org) and select "About Us" then "Volunteers" from the drop-down menu.



## TWIGS COOKBOOK

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

**Licking Memorial Hospital  
Volunteer Office**

Located on the ground floor of the Hospital.

All proceeds benefit Licking Memorial Hospital.



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



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# LMH Volunteer Celebrates 90th Birthday

Licking Memorial Hospital (LMH) recently celebrated long-time volunteer Betty Meyer's 90th birthday, with friends and fellow LMH volunteers and staff who gathered at a party in her honor. Betty has served as a volunteer at LMH since 1970, contributing more than 6,191 volunteer hours. During her service at the Hospital, she has performed various volunteer duties, and currently serves as a greeter at the front desk of the Main Lobby and the John & Mary Alford Pavilion. Betty is the Meet and Greet Department Chair on the Volunteer Executive Board and was named Volunteer of the Year in 2007.



Betty Meyer (pictured with bouquet) celebrates 90th birthday with friends and fellow LMH volunteers and staff.



Betty Meyer and Veronica Link, Vice President Development & Public Relations, during the celebration.

## Volunteer Spotlight – Sharon Miller



Sharon Miller

From a young age, Sharon Miller aspired to be a nurse. She always enjoyed helping people to feel better both physically and mentally and hoped to serve others in a healthcare setting. Throughout her life, she cherished years of caring for her family, and assisting with her grandchildren. However, in January 2008, her earlier aspirations were partially realized when she began volunteering at Licking Memorial

Hospital (LMH). Sharon serves at the welcome desk in the Hospital main lobby on Monday and Wednesday mornings greeting patients as they enter the building. "I love helping people and deeply enjoy the interaction with patients at the front desk," Sharon remarked.

"Sharon is very caring and she enjoys helping our patients locate their destinations upon arrival at LMH," said Carol Barnes, Director of Volunteers, TWIGS and Events. "She is willing to assist wherever needed, from helping with the messenger service to assisting with tasks within the Oncology unit. Sharon is also willing to assist other volunteers when they are not able to fulfill a shift schedule."

Sharon and her husband, Carl, have shared 45 years of marriage. They maintained their own farm for 11 years and have also assisted other farmers, as well. Sharon enjoys gardening and spending time with their three children and eight grandchildren. She and her husband have been members of Spring Hills Baptist Church in Granville for 11 years and also attend Dresden Road Baptist Church in Zanesville. In addition to her volunteer service, Sharon has helped coordinate an annual summer picnic for the residents of local extended care facilities for more than 25 years.

## Local Treatment Center Receives Car Donation

Licking Memorial Health Systems (LMHS) recently donated a 2000 Mercury Mystique four-door sedan to Behavioral Healthcare Partners of Central Ohio, Inc. Behavioral Healthcare Partners of Central Ohio, Inc., is a private, not-for-profit organization that provides integrated mental health and addiction treatment services to youth, adults and families. The car will be used to help case managers make home visits, and to transport clients to medical appointments.

Pictured are: (left) Tim Gano, Vice President, Development & Public Relations at Behavioral Healthcare Partners of Central Ohio, Inc., and (right) Rob Montagnese, LMHS President & CEO.





# LMHS Retirees Gather for Annual Recognition

On July 19, Licking Memorial Health Systems (LMHS) retirees gathered for the annual LMHS Retiree Dinner at Licking Memorial Hospital. Some had been retired for many years, but one had been retired for just one day. All came to visit with former co-workers and reminisce about their days of working to improve the health of the community.

LMHS President & CEO Rob Montagnese presented a summary of the Health Systems' accomplishments over the past year. "We continued to receive accolades for our excellent staff and facilities," he said. "We were named a 'Best Place to Work' by Columbus Business First Magazine for the second



Former co-workers (left to right): Cindy Kikeli, Jackie Howard, Rachel Jones and Chrittie Beever had an opportunity to reminisce at the annual LMHS Retiree Dinner.

consecutive time in 2010, and were recently named to the U.S. News and World Report's Top 5 List of Best Regional Hospitals in the Columbus Metropolitan Area. Even though you are now retired, you have played a big role in these awards because of the standard of care you established during your working days. We continue to thank you for your excellent service."

Approximately 90 retirees attended the dinner. In addition to the LMHS Retiree Dinner, LMHS hosts retiree luncheons, and nurtures an ongoing relationship with retirees by inviting them to participate in special events, such as the annual LMHS Staff Holiday Luncheon.

## Retiree Spotlight – Katherine Wildermuth



Katherine Wildermuth

After graduating high school in 1967, Katherine Wildermuth moved from New Jersey to Marietta, Ohio, in 1968, and began serving as a Point-of-Care Technician (POCT) in a hospital setting. A fellow employee introduced Katherine to her husband, Carl, whom she married in 1978. They moved to the Newark area shortly thereafter to be closer to family, and Katherine joined Licking Memorial Hospital (LMH) as a POCT, serving on the medical units of 4-North, 4-South and 5-South.

"I love taking care of people," Katherine remarked when reflecting on her years at LMH. "I have always enjoyed being involved in direct patient care, and the opportunity to provide an environment for healing."

During her 40 years within the healthcare environment, Katherine experienced tremendous change with the technology and renovations at LMH. For example, she witnessed the introduction of the Vocera™ system, a hands-free, voice controlled communication device utilized on the medical units at LMH to streamline communication for staff members. Katherine also was impressed by the addition of the John & Mary Alford Pavilion, and the expansive renovation of the Surgery and Emergency Departments at LMH. Katherine remarked, "It was a true blessing to be involved at LMH when the new emergency department and surgery pavilion were completed. The upgrades made it possible to provide even better care for our community."

The Wildermuths enjoyed 11 years of marriage before Carl passed away in 1989. Katherine continued serving at the Hospital until retiring in August 2010. Since retiring, she has enjoyed traveling, visiting relatives and spending time with her Labrador, Barney. She is a member of St. Leonard Catholic Church.

## Main Street Coffee

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



Licking Memorial Hospital

**Hours of Operation**  
Monday through Friday  
6:30 a.m. to 7:00 p.m.  
Saturday and Sunday  
8:00 a.m. to 2:00 p.m.



# LMHS FAMILY MOVIE NIGHT

Licking Memorial Health Systems invites you to enjoy two free family movie nights! The Health Systems will be presenting Disney/Pixar films on the following dates:



Disney · PIXAR  
**WALL·E**

**Date:** Saturday, September 10

**Time:** Arrive at 8:00 p.m.

The movie will begin at dusk

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

In the event of rain, the movie will be shown in the Mitchell Recreation and Athletics Center on the Denison University campus.

 **be the change.**  
John W. Alford Center  
for Service Learning  
at Denison University

This event is in partnership with the Denison Community Association 9/11 Day of Service

Disney · PIXAR  
**TOY STORY 3**

**Date:** Saturday, September 17

**Time:** Arrive at 8:00 p.m.

The movie will begin at dusk

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

In the event of rain, the movie will be shown on  
Saturday, September 24.



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



Licking Memorial  
Health Systems

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





## Art from the Heart Reception Showcases Youth Artists

The Art from the Heart reception took place recently in the Licking Memorial Hospital (LMH) Café, with more than 50 children and their families in attendance. Art from the Heart has been a collaborative effort between LMH and The Works museum in Newark since 2006. Children throughout the community had the opportunity to create artwork at

The Works in February and learn about heart health. The young artists and their families then received special invitations to attend the art reception at the Hospital. This year, the children created more than 200 pieces of original art, which were exhibited as a slideshow presentation during the reception.

## LMHS Supports Look Up Dental Clinic

Licking Memorial Health Systems (LMHS) recently made a donation to assist with the start-up expenses of the new Look Up Dental Clinic, which is located within the Look Up Ministries Community Center at 50 O'Bannon Avenue in Newark. The Clinic will be available to the public in early fall, and will provide emergency dental care to members of the community who are uninsured and meet financial qualifications.

"LMHS' mission is to improve the health of the community, and we are proud to have the opportunity to support the Look Up Ministries' efforts to provide these needed healthcare services," said Rob Montagnese, LMHS President & CEO. "The Clinic is an excellent community resource in addition to the Licking Memorial Dental Clinic for Children."

The clinic is funded solely through donations to Look Up Ministries, which is the mission of Pastor Scott Hayes, and is



LMHS made a donation to the Look Up Dental Clinic to help defray start-up expenses. Shown are (left to right): LMHS President & CEO Rob Montagnese, Geoff Bauman, D.M.D., M.S., and Pastor Scott Hayes.

directed by the Look Up Dental Board. The Dental Board is comprised of Licking County volunteer dentists, hygienists, and assistants. Clinic services include treatment for tooth aches, tooth extractions and other surgical procedures to manage dental infection. If the demand for urgent care appears to be managed adequately in the future, some routine dental services may become available.

Qualifying individuals who are in need of emergency dental care can call the 2-1-1 Crisis Hotline and Information Center of Pathways of Central Ohio for assistance.

The line is available 24 hours per day, seven days per week. Patients will be contacted by a Clinic coordinator within 12 hours (on week days) to schedule an appointment. The Clinic operates as a first-come, first-served, triage center and will be open one or two half days each week. Approximately 10 to 15 patients can be treated per half day.



# Community Farewell for Dr. Dils

Patients, friends, colleagues and family members recently attended a reception at the Granville Family Practice to honor Lawrence A. "Pete" Dils, M.D. Dr. Dils retired from the Granville Family Practice after 45 years of service to the Granville community. More than 200 individuals attended the August 2nd event to thank Dr. Dils for his dedicated service.

Dr. Dils graduated from Miami University in 1959 and obtained his medical degree in 1963 from the University of Cincinnati. He completed his internship at the Cincinnati General Hospital in 1964 and then joined the United States Air Force, where he attended the School of Aerospace Medicine. Dr. Dils served as a Captain and Flight Surgeon in the Air Force until 1966, when he established his practice at the Granville Medical Center. In 1995, Dr. Dils joined the Licking Memorial Professional Corporation.



Family Practice Physicians Lawrence A. "Pete" Dils, M.D. (seated), and Matthew Farrell, M.D. (right) greeted LMHS Board Member Lew Mollica and his wife, Jan, at the Granville Family Practice's open house on August 2. Dr. Dils has retired after 45 years of service, and Dr. Farrell recently joined the practice.

Dr. Dils has formerly served as LMH Chief of Staff and Chairman of the Credentials Committee. He won the Ohio Outstanding Team Physician in 1991 and is a Charter Fellow of the American Academy of Family Physicians. Dr. Dils has served on multiple boards in the past, including the Licking County Board of Health and the Licking County Art Association Board.

Guests at the reception also welcomed the new Granville Family Practice physician, Matthew Farrell, M.D. Dr. Farrell attended the University of Notre Dame in Indiana before receiving

his Doctor of Medicine degree at The Ohio State University College of Medicine. He completed a family medicine residency at Riverside Methodist Hospital in Columbus. Dr. Farrell is accepting new patients at the Granville Family Practice. To make an appointment with Dr. Farrell, call (740) 348-1945.

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**Visit us at [www.LMHealth.org](http://www.LMHealth.org).**

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# Community Events

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

## Dining with Diabetes

September 6, 8 and 13 – 5:30 p.m.  
\$20 for 3 sessions. \$10 for those age 60 and over.  
Licking Memorial Hospital – First Floor Conference Rooms

Registration is required. Call (740) 670-5315 by September 2 to register. Please see story on front cover for program details.

## Healthy Aging

Thursday, September 22 – 6:00 p.m. No charge.  
Licking Memorial Hospital – First Floor Conference Rooms

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

**Pink Strides 5K Run/Walk – Sponsored by the Licking County Health Department, Screening and Survivor Support (SASS) for Breast Cancer, and We're Active Licking County (WALC).**  
Saturday, October 15 – Register/check-in at 8:00 a.m. Race at 9:00 a.m. Infirmary Mound Park, Granville. Open to all ages.

Pre-registration is available at [www.lickingcohealth.org](http://www.lickingcohealth.org). Registration may also be completed at the event. Cost is \$25 per person until 12:00 Noon on Friday, September 30, and \$30 thereafter. Registration includes t-shirt, snack and water. Please call Kate White at (740) 349-6535 for more information.

## Breast Cancer Awareness and Screening

Thursday, October 27 – 6:00 p.m. No charge.  
Licking Memorial Hospital – First Floor Conference Rooms

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

## Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center,  
1865 Tamarack Road  
Tuesday classes  
9:00 to 11:00 a.m.  
Wednesday classes  
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.