



Measurably Different ... for Your Health!

Jerry McClain Honored at Lifetime Achievement Reception



Jerry McClain

Licking Memorial Hospital (LMH) is pleased to announce two prestigious annual recognitions, the Lifetime Achievement Award and the Building a Healthier Community Award, to honor those who have made extraordinary contributions to the community's well-being. Both awards recently were presented at the Licking Memorial Health Systems (LMHS) Lifetime Achievement Reception.

Lifetime Achievement Award

Local developer and philanthropist Gerald (Jerry) McClain was named the recipient of the 2012 Lifetime Achievement Award. LMHS President & CEO Rob Montagnese said, "Jerry is a driving force in the current

revitalization of downtown Newark. He always has been a strong supporter of the Health Systems, and he has revolutionized the concept of senior living in Ohio through the construction of 22 luxurious assisted-living centers for seniors. His tireless work reflects the LMHS mission, to improve the health of the community, so he was a natural choice for our highest award."

Lifetime Achievement Reception (continued on page 2)

New Licking Memorial Urgent Care Opens at Convenient Granville Site

Licking Memorial Health Systems (LMHS) has opened a new urgent care facility located at 14 Westgate Drive in the northeast corner of the State Route 16 and Cherry Valley Road intersection. The regular hours for Licking Memorial Urgent Care – Granville are 9:00 a.m. to 8:00 p.m., Monday through Friday, and 9:00 a.m. to 5:00 p.m., on Saturday and Sunday. The office will be closed on holidays. No appointments are necessary.



Patients with urgent, non-life-threatening illnesses and injuries may choose to visit the new Licking Memorial Urgent Care – Granville. No appointments are necessary.

Licking Memorial Urgent Care – Granville offers the diagnosis, treatment and management

New Urgent Care in Granville (continued on page 2)

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

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

COMMUNITY EDUCATION

Stress Management for the Holidays

Date: Thursday, November 15
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Jeff Smith, M.Div.

(continued on page 8)

Heartburn and Reflux

Date: Thursday, November 29
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Ghulam Mujtaba, M.D.

(continued on page 8)

Safe Sitter

Date: Saturday, December 1
Sunday, December 2
Location: LMH First Floor Conference Rooms
Time: 9:00 a.m. – 4:00 p.m.

(continued on page 9)

New Urgent Care in Granville (continued from front page)

of urgent medical conditions and minor trauma when the patient's primary physician is unavailable, but the condition is not severe enough to require an emergency room visit. Visits to urgent care facilities have been shown to be less expensive and less time-consuming than visits to emergency rooms.

LMHS President & CEO Rob Montagnese explained that urgent care has become an important branch of health care. "In addition to the shorter average waiting times to see a physician in an urgent care facility, the patient often incurs much less out-of-pocket expense. The overhead expenses for technology and equipment at urgent care facilities are lower because they are treating patients with less severe conditions. As a result, many insurance companies now cover a higher percentage of the costs for urgent care visits than for an emergency room visit when the patient has a non-urgent condition," he said.

Conditions that usually can be treated at an urgent care facility include:

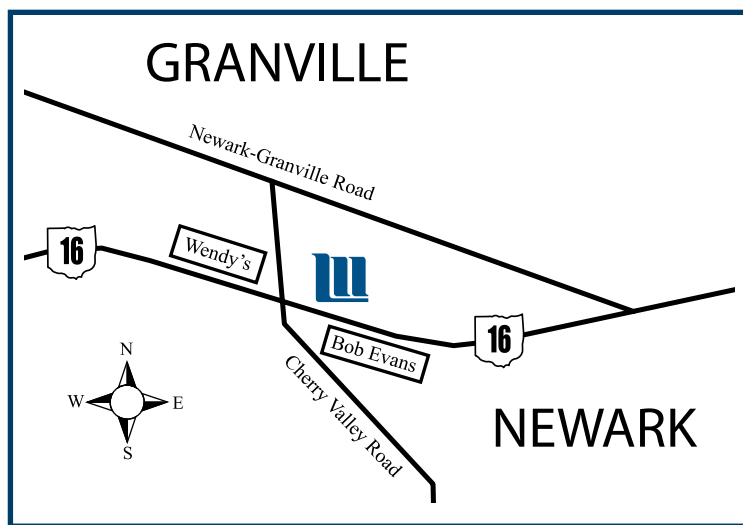
- Sore throat
- Ear infections
- Minor allergies
- Sprains
- Minor fractures
- Diarrhea
- Colds, flu and coughing
- Skin rashes
- Minor eye injuries or pink eye
- Nausea (without persistent vomiting)
- Insect stings (without allergic reaction)
- Minor fever
- Minor burns
- Urinary tract infections
- Minor cuts that need stitches
- Minor animal bites

"Although we encourage patients to choose urgent care services whenever possible, we certainly do not want to discourage anyone from coming to the Emergency Department if they suspect they may have a more severe, or even life-

threatening condition," Rob said. "We are simply providing options so that patients can choose the appropriate level of care that they need."

Licking Memorial Urgent Care – Granville is the latest of the Health Systems' expansion projects designed to meet the needs of the community. LMHS opened its first urgent care facility at the Pataskala Health Campus in 2009. Because of its success with patients from all areas of Licking County, the need was recognized for a second urgent care facility centrally located.

The new urgent care facility features a spacious waiting room, patient exam rooms, procedure room, and digital radiology services. For more information about Licking Memorial Urgent Care – Granville, please call (740) 348-7500.



Licking Memorial Urgent Care – Granville is located at the northeast corner of the State Route 16 and Cherry Valley Road intersection in Granville.

Lifetime Achievement Reception (continued from front page)

Jerry McClain was born in a log cabin in 1937 on a farm his parents, Kenneth and Dorothy McClain, owned in Madison Township. One of three children, Jerry graduated from Madison-Newark High School and worked for a short time at Rockwell International. He found subsequent employment at Eardley Lumber Co., Lumberteria, and Don Oxley and Associates, all in Licking County. Jerry then embarked with his own construction venture, The Jerry McClain Company, in 1966.

"My first project was on Mount Parnassus Drive in Granville. It was a 2,800 square-foot home, and it cost \$26,300 to build back in 1966," Jerry remembered. With little money in his coffers, Jerry relied on the four bank draws throughout the build to pay for his supplies and carpenters. "I hoped to build two houses per year, but I ended up building three that first year. I was able to hire on 26 carpenters after that," he said.

Jerry soon gained a reputation for being easy to work with and standing behind his construction projects. "I like people," Jerry said, "and I feel it is important to guarantee my work 100 percent." Clients have reported that Jerry remedied

costly building problems that arose as long as 35 years after construction was complete – at no charge.

In 1987, The Jerry McClain Company built its first senior assisted-living residence, The Inn at Sharonbrooke in Newark. Its innovative home-like setting gained instant success and the company began constructing other assisted-living centers around the state, including the Inn at Chapel Grove in Heath.

In 1996, The Jerry McClain Company restructured with the formation of Jerry McClain Construction, Inc., and McClain Development, Inc., subsidiaries of The Jerry McClain Companies, with Jerry as President. McClain Development is part-owner of the newly remodeled Metropolitan Hotel in Newark. In addition, work is underway to revitalize the West Locust Street/Fourth Street area. "Our plans are to have a park-like green space with trees planted all the way up to State Route 16 within the next year," Jerry explained. "My grandparents came into Newark every Saturday with their springboard wagon to do their trading, and my parents brought my sisters and me into town every Friday night to buy groceries. Even though we

Lifetime Achievement Reception (continued on page 3)

lived out on the farm, we considered Newark to be our family's town. I want to help bring some of that excitement and beauty back. We have some truly spectacular architecture that will be enhanced with these projects."

He serves on the boards of The Salvation Army, and Heartland Bank and its holding company. He is a member of the Newark Area Chamber of Commerce, the Newark Downtown Association, Newark Rotary Club, The Licking County Foundation, Heath Church of Christ, Midland Theatre, and the LMH Development Council.

Jerry and his wife, Debbie, have been married 12 years. They are Founder Level donors to the Licking Memorial Health Foundation, which benefits LMH. He said, "LMH is a special place. All my children were born there, and my family has always received excellent, compassionate care at the Hospital. How are you ever going to do enough for a place like that?"

Jerry enjoys being surrounded by his large family that includes six grown children, 20 grandchildren and eight great-grandchildren. He and Debbie host approximately 55 family members each holiday. His children, who live locally, are all involved in The Jerry McClain Companies, as well.

Past Recipients of LMHS' Lifetime Achievement Award

The Lifetime Achievement Award was established in 1989 to honor those whose vision, inspiration and leadership have touched and enriched many lives of our area residents. Past recipients have included:

1989 – John W. Alford
1990 – Howard E. LeFevre
1991 – Ernestine W. Spencer
1992 – J. Gilbert Reese
1993 – John H. Weaver
1994 – Norman R. Sleight
1995 – Robert H. Pricer
1996 – Carl L. Petersilge, M.D.
1997 – Clarissa Ann Howard, B.S.N.
1998 – Rev. Dr. Charles W. Noble Sr.
1999 – Calvin E. Roebuck
2000 – John J. Kutil
2001 – Mary Jane McDonald
2002 – William T. and Jane C. McConnell
2003 – Raymond Guy Plummer, M.D.
2004 – Robert N. Kent
2005 – Robert A. Barnes, Ph.D.
2006 – Stuart Parsons
2007 – Lewis R. Mollica, Ph.D.
2008 – Glenn F. Abel
2009 – C. Daniel DeLawder
2010 – Robert H. McGaughy
2011 – John "Jack" O'Neill
2011 – Dell Christine Warner Powell (posthumously)



Members of the Licking County Coalition of Care have been recognized for their service to individuals and families in need.

Building a Healthier Community Award

The 2012 Building a Healthier Community Award was presented to The Licking County Coalition of Care. This prestigious award is given annually to an individual, group or organization that has undertaken a non-profit project that improved the health of the community.

The Licking County Coalition of Care is a faith-based partnership of local churches and community members who pool their resources to address the needs of those who are struggling to make ends meet. The non-profit organization, formed in 2005, serves as a clearinghouse for information about social services, and works closely with local agencies.

"It is heartening to know that this resource is available for our community's families who are in need," Rob said. "Because the Coalition is selflessly attending to our community's well-being, we are proud to name them as the 2012 Building a Healthier Community Award recipient."

The Coalition is staffed by one full-time and two part-time employees, and approximately 30 volunteers. In 2011, nearly 1,500 households turned to the Coalition for financial assistance with crucial items, such as rent, utility bills, transportation and medical expenses. The Licking County Coalition serves as a "last-chance" resource, providing funding only after other options have been determined to be unavailable.

Past Recipients of LMHS' Building a Healthier Community Award

The Building a Healthier Community Award was established in 2005. Past recipients have included:

2005 – TWIGS of Licking Memorial Hospital.
2006 – Newark Rotary Club
2007 – The Salvation Army of Licking County
2008 – Hospice of Central Ohio
2009 – Granville High School Key Club
2010 – Twentieth Century Club
2011 – American Red Cross of Licking County

LMHS' Heart to Play Program Celebrates 5 Years of Saving Lives



Since the inception of the Heart to Play program in 2008, nearly 3,500 of Licking County's middle and high school students have received an electrocardiogram (ECG) to screen for possible heart abnormalities as part of the LMHS free pre-participation sports screenings program.

As the 2012 Heart to Play program draws to a close, Licking Memorial Health Systems (LMHS) has a lot to celebrate. Not only was this year's program successful, with almost 1,200 students receiving free Heart to Play pre-participation sports screenings, but 2012 also marks Heart to Play's fifth anniversary.

The pre-participation sports screenings portion of the program provides free physical examinations to middle and high school students who live in Licking County or attend a Licking 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. The Heart to Play ECG (electrocardiogram) portion of the screenings was 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 every year to those athletes who have family history, cardiac symptoms or have had a previous abnormal ECG.

Diane M. LeMay, M.D., a pediatrician at Licking Memorial Pediatrics – East, has been the driving force behind the program since it began five years ago. "In the last two years, many communities across the country have begun youth cardiac screening programs like Heart to Play because of the high school senior basketball player in Michigan who scored the winning basket in an undefeated season and died minutes later as he celebrated with his team," Dr. LeMay said. "I am extremely proud, not only that LMHS was at the forefront of this movement five years ago, but also that because of our efforts, families in our community were alerted to potential heart abnormalities and have been able to get their children treatment to avoid potential tragedy."

Heart to Play 2012

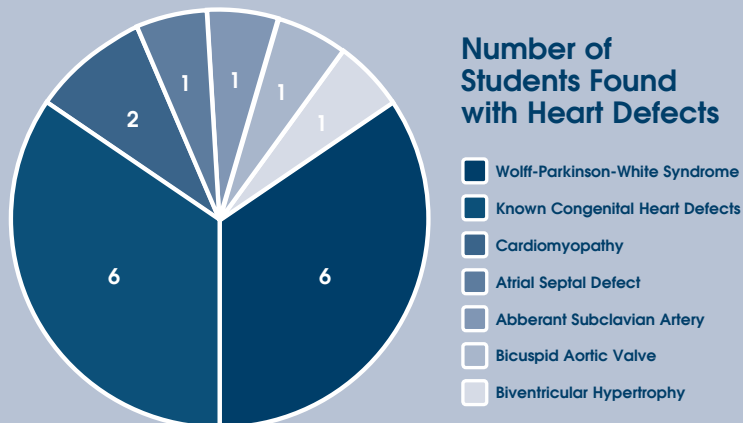
Among the 725 students who received an ECG screening this year, 56 potential heart abnormalities were detected. Five of

*LMHS' Heart to Play Program Celebrates 5 Years of Saving Lives
(continued on page 5)*

Potentially Dangerous Heart Defects Detected by the Heart to Play Program

- **Aberrant Subclavian Artery** – a rare vascular anomaly consisting of a hole in the upper chambers of the heart that is present from birth and can cause difficulty swallowing, as well as recurrent respiratory tract infections.
- **Atrial Septal Defect** – a group of rare disorders characterized by a hole in the wall that separates the two upper chambers of the heart, which can result in the right side of the heart becoming over worked and excess blood flow to the lungs.
- **Bicuspid Aortic Valve** – a heart defect where the aortic valve has two flaps, or leaflets, instead of three, causing rough, turbulent blood flow.
- **Biventricular Hypertrophy** – a situation where both bottom chambers of the heart are thickened and caused by increased strain and pressure.
- **Cardiomyopathy** – a disease that causes the heart muscle to become enlarged, thickened or stiffened, which can result in heart failure or the backup of blood into the lungs and body.

- **Congenital Heart Defects** – a group of heart abnormalities that occur in the development stage of a fetus or infant and negatively affect how blood flows through the heart and/or blood vessels near the heart.
- **Wolff-Parkinson-White (WPW) Syndrome** – a heart rhythm problem where an extra electrical pathway between the upper and lower chambers of the heart bypasses the AV Node, which controls the heart beat, and causes a very fast heart rate.



those students were diagnosed with extremely serious conditions that could be fatal if left untreated, including two students with Wolff-Parkinson-White Syndrome and one student each with an Aberrant Subclavian Artery, Bicuspid Aortic Valve and Pulmonary Hypertension.

Heart to Play 2008 - 2012

Since the inception of the Heart to Play program in 2008, a total of 5,305 of Licking County's middle and high school student athletes have benefited from the free screenings, and nearly 3,500 of those students received an ECG. 168 students were found to have abnormal ECGs, and after a follow-up examination with their primary care physician, 18 students were diagnosed with potentially dangerous heart defects. Fortunately, after being referred to a cardiologist who specializes in pediatrics, all of these students have been able to return to competitive sports without incident.

“At LMHS, we are very proud of the positive impact that we have had on many families,” said Rob Montagnese, LMHS President & CEO. “Some people might look at that number and think our efforts are in vain, but I disagree. I believe that if the Heart to Play program saves just one life, it is well worth the effort, and that philosophy is reinforced each time parents thank us for saving their children's lives.”

LMHS underwrites the cost of approximately \$24,000 each year to provide the free pre-participation screenings to the community. This year, 48 staff members, including physicians, midwives, and nurse practitioners, provided services in addition to their regular duties.



Active•Fit Program in Licking County Schools

During the past two months, representatives from Licking Memorial Health Systems (LMHS) have visited Licking County elementary and intermediate schools to introduce the Active•Fit Youth Wellness Program to students. The Active•Fit Program, which began on September 1, helps youth ages 6 to 12 to accomplish health-related goals. The half-hour presentations have been offered to students in a school assembly format.

John Applegate, D.O., a Licking Memorial Pediatrics physician, is a member of the Active•Fit presentation team. “I have high hopes for the Active•Fit Youth Wellness Program,” said Dr. Applegate. “As a pediatrician, I am concerned about the rising obesity rates and health issues in our country. While we cannot affect the nation, we can make a difference in Licking County. This program has been designed to remove all barriers to pursuing good health. Active•Fit and all accompanying events are free of charge, and the online

program is fun and easy to use. LMHS also offers a scholarship program for Licking County youth who want to join a sports program, but lack the resources. The only obstacle is the motivation to participate. The Health Systems has endeavored to remove that barrier by offering an excellent rewards program for youth who complete their goals. During the presentations, the kids get really excited when we mention the prize drawing, which includes an Xbox 360 with Kinect™ and fitness software, a new bike, an iPod Nano® with fitness software and more.”

Beyond the youth enthusiasm for the program, school administrators and educators have welcomed the program, as well. “I think it is awesome that this custom program has been created for our community,” said Judy Davis, Physical Education Instructor at Ben Franklin Elementary in Newark.

“The only exercise that many of our students receive is during physical education (PE) classes. One of the main focus areas in our PE classes is good nutrition – I am pleased to see that is also a key element in the Active•Fit Program. I hope that our students will register for the program and create good healthy habits for life.”

Many schools are incorporating the Active•Fit Program into the physical education classes. Sara Kramer, Physical Education Instructor at Licking Valley Elementary/Intermediate Schools, heard about the program in May after it was presented to Licking County School District Superintendents and Principals. “This is the kind of program that I have wanted to provide at Licking Valley Local Schools, but never had the resources,” said Sara. “The goals of the program are wonderful, and I immediately jumped on board to include Licking Valley in this county-wide offering.”

Following the school presentations, her students were excited and energized, talking about which goals they would choose. “My 6-year-old daughter was so excited, she could not eat supper or do her reading until we got online to register for Active•Fit,” said Sara. “The program has become a fitness challenge between her and her brothers. One of her goals is to limit her television and computer time to two hours each day. She constantly asks me if she has exceeded her time!”

Sara tries to embed the concepts of staying active and healthy choices in her everyday teaching moments. She feels that the

Active•Fit Program provides students with a simple way to keep track of their chosen goals and work toward staying healthy and active year round. “It has been so easy to incorporate the program into my classes,” said Sara. “I not only ask my students if they exercised over the weekend, but also find out which goals they worked on for the Active•Fit program. They share with me how they are accomplishing their goals by raking leaves, making healthy grocery lists and choosing to play outside instead of watching television.”

LMHS President & CEO Rob Montagnese, also a member of the Active•Fit presentation team, is pleased that the educational community is championing the program. “LMHS seeks opportunities to support our youth through health initiatives,” said Rob. “Active•Fit is an additional example of our endeavor to promote youth wellness, but with a specific focus on young children, ages 6 to 12. The program complements our schools’ physical education curriculum of exercise, healthy eating and proper rest. We appreciate their efforts to promote the program to their students, especially during their early years as they form lifelong habits.”

The Active•Fit Youth Wellness Program was created by LMHS and Newark Advocate Media in response to the rise of childhood obesity in the United States. The year-round goal program aims to ensure healthy lifestyles and habits among Licking County youth. For additional information, or to register for the program, visit the Active•Fit Web site at www.ActiveFit.org.



Licking Memorial Hospital

GREAT HOLIDAY GIFT IDEAS

TWIGS COOKBOOK



TWIGS of
Licking Memorial Hospital
Together, Willingness, Imagination, Giving, Sharing

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.



Purchase a limited edition copy of the Ultra Sounds Jazz Band CD, “An Ultra-Sonic Christmas.”

Cookbooks & CDs are available for purchase at the Licking Memorial Hospital Volunteer Department. For more information, call (740) 348-4044. All proceeds benefit Licking Memorial Hospital.

New Acute Inpatient Rehabilitation Services

In January 2013, a new Acute Inpatient Rehabilitation unit will open on the sixth floor of Licking Memorial Hospital (LMH) to provide acute rehabilitation services for patients with disabilities caused by illnesses or injuries.

The goal of the Acute Inpatient Rehabilitation program is to help patients develop the skills necessary to live as independently as possible after leaving the Hospital. Members of the LMH team are state licensed and, depending on the patient's unique needs, may include a range of professionals, including:

- Physician medical director
- Rehabilitation nurses
- Physical therapists
- Occupational therapists
- Speech/language therapists
- Dietitians
- Social workers
- Case Managers

The interdisciplinary team approach toward rehabilitation will focus on the patient's specific area(s) of disability. Potential candidates for LMH's Acute Inpatient Rehabilitation services are patients who have difficulty with one or more of the following functions:

- Balance or coordination
- Swallowing
- Mobility
- Daily activities, such as eating, grooming, dressing, bathing, homemaking
- Memory or judgment
- Speech/language
- Moving arms, legs or torso

"Acute Inpatient Rehabilitation services are going to be a benefit for many patients," said Debbie Young, Vice President Patient Care Services. "They will be better prepared to continue their own recovery outside the Hospital, which will be physically and emotionally advantageous. We are excited



A new Acute Inpatient Rehabilitation unit at LMH will open in January 2013 on the sixth floor.

to provide this new service to our community. In some instances, patients may choose to further their rehabilitation as an outpatient through LMH's Physical Therapy or Occupational Therapy programs, as well."

To qualify for Acute Inpatient Rehabilitation services at LMH, patients must be able to tolerate at least three hours of physical therapy each weekday and have the ability to achieve rehabilitation goals in a reasonable time period. Patients may be referred to Acute Inpatient Rehabilitation by their physicians, social workers, family members, insurance representatives, case managers, or themselves. Most major medical insurance carriers, including Medicare, will cover the cost of rehabilitation services. For more information about Acute Inpatient Rehabilitation services at LMH, please call (740) 348-4504.



Donation of Chemotherapy Caps

The Ladies of the Knights of Columbus Assembly #0830 recently donated a selection of chemotherapy caps to the Licking Memorial Hematology/Oncology Department. The group calls its recent outreach "The Turban Project." Once a month, the group meets to cut fabric, sew, decorate, and package the turbans. As the caps are produced, the ladies pray for the patients who will eventually wear the finished product. The Ladies of the Knights of Columbus have a simple mission in their project: to bring comfort, happiness, understanding, healing and peace to those who are fighting the battle against cancer.

Pictured are (left to right): LMHS President & CEO Rob Montagnese, Lorraine Allori, Sally Oldhan, Carol Luciotti, Charlene Perkins, Kathy Braidich, and Marsha Mikeworth.

Massage Therapy Services Enhance Patient Care at LMH

In addition to Licking Memorial Hospital's (LMH) commitment to providing quality care, the Hospital offers a variety of amenities to enhance the patient's overall experience. One such amenity is massage therapy. Therapeutic massage was implemented at LMH in 2006 as part of the Hospital's goal to provide enhanced care and improve the overall health of the patient.

Because of its physical and mental benefits, massage is increasingly being used in conjunction with traditional medicine to treat a variety of medical conditions and situations. Massage can be helpful in reducing stress, pain, depression, anxiety and fatigue, as well as decreasing the amount of recovery time after an injury. Therapeutic massage has many additional benefits, including:

- Improved circulation of blood and movement of lymph fluids
- Decreased swelling
- Enhanced mobility, joint flexibility and range of motion
- Reduced blood pressure and heart rate
- Increased deep breathing

Licensed Massage Therapist Arianne Hoskinson provides the massage therapy services at LMH. She earned her degree in massage therapy from Columbus State Community College



Caree Dey receives a soothing therapeutic massage from Licensed Massage Therapist Arianne Hoskinson after giving birth to her daughter.

and received her license to practice massage in January 2002. She is trained in several massage modalities including Swedish massage, deep tissue massage, trigger point therapy, myofascial release, prenatal massage and hot stone massage. Previously, Arianne has worked as a massage therapist for several day spas in the Columbus area, as well as an independently contracted massage therapist for the Worthington Senior Center.

When a massage is requested by a patient or ordered by a physician, Arianne first consults with the nursing staff to determine if the patient has any restrictions. She also meets with the patient to assess the area and level of discomfort before the massage begins. Most patients will receive a Swedish-style massage, which is non-invasive and uses a combination of friction and light kneading. Massages typically last between 15 and 30 minutes, depending on the patient's needs.

LMH offers massages free of charge. The service is available to all patients, unless precluded due to a medical condition. However, priority is given to patients in the Maternal Child and Hematology/Oncology Departments. The massage therapist is available Monday through Friday, from 8:00 a.m. to 4:00 p.m., with the exception of holidays. To request a massage, patients should contact their nurse.

Community Education – Stress Management for the Holidays *(continued from front page)*



Jeff Smith,
M.Div.

For many people, stress and the holiday season go hand-in-hand. Holidays can be demanding, filled with shopping, social gatherings, baking, cleaning and entertaining. Often, little time and energy is left for relaxation and enjoyment. Holiday peace is easily replaced by exhaustion, and it is difficult to reduce stress when already feeling overwhelmed. The best defense against stress is prevention, the art of putting into place effective strategies for minimizing overload, optimizing self-care and avoiding the emotional holiday roller coaster.

Jeff Smith, M.Div., Licking Memorial Director of Pastoral Care, will discuss stress management for the holidays during an educational session for the community on Thursday, November 15, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, registration is required. To register, please call (740) 348-2527.

Community Education – Heartburn and Reflux *(continued from front page)*



Ghulam Mujtaba,
M.D.

One in ten Americans will experience heartburn at least once a week. Heartburn is caused when stomach acid flows upward (regurgitates) into the esophagus. The chronic reflux of acid into the esophagus is known as GERD (Gastrointestinal Esophageal Reflux Disease). Heartburn can be caused by many factors, including certain foods, medicines and conditions. Everyday choices and treatment options can greatly reduce heartburn and the symptoms of GERD.

Ghulam Mujtaba, M.D., of Licking Memorial Gastroenterology will discuss heartburn and reflux during an educational session for the community on Thursday, November 29, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, registration is required. To register, please call (740) 348-2527.



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

Community members are invited to the Licking Memorial Hospital (LMH) Betsy Eaton O'Neill Health Resource Center, located near the LMH Main Lobby, for upcoming education programs, which will cover a variety of healthcare topics. The programs are held at 1:00 p.m., and are free to the public; however, registration is required, and space is limited. Please call (740) 348-2527 to register.

Wednesday, November 28

Seasoning Instead of Salt – Salt (or sodium) is present in many of the foods we eat. It is easy to consume too much salt and increase the risk for serious health conditions, such as heart disease and high blood pressure. Using salt-free seasonings and herbs to flavor and tenderize food is a good way to reduce daily salt intake. Join Licking Memorial Dietitian Aundrea Parker, R.D., L.D., to discuss ways to shake the salt habit through the creative use of herbs and seasonings.

Wednesday, December 5

Heart Health for the Holidays – The risk for a heart attack increases during the holiday season. In fact, one research study concluded that Christmas Day, the day after Christmas and New Year's Day are the riskiest days of the year for heart attacks. A number of factors have been linked to this increase, including dietary changes and increased levels of stress. Join Marilyn Klingler, R.N., of Licking Memorial Cardiology, to learn ways to protect your heart during the holiday season.

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



Community Education – Safe Sitter *(continued from front page)*

Licking Memorial Hospital (LMH) will present Safe Sitter[®], a hands-on seminar that prepares adolescents for the responsibilities of nurturing and protecting young children who are entrusted to their care. The class will be taught in a two-day series at the Hospital.

Safe Sitter is a national, non-profit organization that prepares 11- to 13-year-olds for the responsibilities of child care. The course follows medically accurate, competency-based information. The curriculum, developed by a pediatrician, covers preventive and response topics such as: infant and child CPR, choking response, preventing injuries, behavior management, and general child care essentials.

Teaching methods include hands-on practice with mannequins, role playing and interaction with a preschool-aged child. Each participant must pass a written and practical exam in order to demonstrate competency in the course's key concepts.

Instructors for the course are Maternal Child Educators Ashlee Lake, B.S., RNC-OB, and Amanda Baker, R.N., IBCLC. The cost for the two-day course is \$40, which includes a Safe Sitter kit. To register, or for more information, please call (740) 348-4341.

Dr. Kret Named LMH Physician of the Year



Bassam Kret, M.D. (left), 2012 Physician of the Year, was congratulated by LMHS President & CEO Rob Montagnese (right).

Bassam Kret, M.D., a hospitalist at Licking Memorial Hospital (LMH), was named LMH's 2012 Physician of the Year during the Medical Staff Recognition Dinner at the Longaberger Golf Club. The Physician of the Year, an award that was established in 1988, is elected by peer members of the LMH Medical Staff. Other nominees for the award included Janae M. Davis, M.D., and Shakil A. Karim, D.O.

Dr. Kret earned his Medical Degree from Damascus University Medical School in Damascus, Syria, where he was ranked in

the top 10 percentile. He completed emergency and trauma medicine training, and an obstetrics/gynecology residency through Damascus University Medical School, and an internal medicine residency at St. Joseph Mercy – Oakland in Pontiac, Michigan. He is board certified in internal medicine.

When Dr. Kret joined Licking Memorial Health Systems (LMHS) in 2002, he was among the first physicians to establish LMH's progressive hospitalist program. Hospitalists are hospital-based physicians who coordinate care for inpatients, and partner with their primary care physicians for optimum continuity of care after their release. The 10 members of the LMH Hospitalist team provide 24-hour, on-site coverage for patients' safety.

"Dr. Kret is very deserving of the Physician of the Year Award," stated Rob Montagnese, LMHS President & CEO. "He is a gifted and compassionate physician who cares for patients with a wide range of illnesses and injuries on a daily basis. He was instrumental in developing LMH's Hospitalist team, which has had a tremendous effect in advancing patient care and safety."

Dr. Kret and his wife, Najwa, reside in Newark with their two young daughters, Zaina and Rita. In addition to English, he is fluent in Arabic and French. His hobbies include basketball, soccer and camping.

New Appointments



Deborah L. Coates, D.O.,
has joined Licking Memorial
Pain Management Clinic.



Valerie D. Collins, M.D.,
has joined Licking Memorial
Anesthesiology.



Ngozi V. Ibe, M.D.,
has joined Licking Memorial
Women's Health.



**Matthew Shayne
Miller, CRNA,**
has joined Licking Memorial
Anesthesiology.



Suellywn Stewart, M.D.,
has joined Licking Memorial
Family Practice – Johnstown.



**Michael A.
Vaccariello, M.D.,**
of Orthopaedic Specialists and Sports
Medicine, Inc., joined Licking Memorial
Hospital's Active Medical Staff.



**Pavan K. Dantinani
Venkata, M.D.,**
has joined Licking Memorial
Outpatient Psychiatric Services.

LMH Physicians Recognized for Years of Service to the Community



At the annual LMH Medical Staff Recognition Dinner, Charles F. Sinsabaugh, M.D., was honored for providing 60 years of dedicated care to the community.

Licking Memorial Hospital (LMH) hosts an annual Medical Staff Recognition Dinner to honor the physicians who provide dedicated care to the community. The LMH Active Medical Staff includes more than 150 physicians who encompass nearly 50 areas of medical specialties.

During the 2012 Medical Staff Recognition Dinner in October, new physicians who joined the LMH Active Medical Staff throughout the past year were introduced. In addition, special tribute was given to physicians who are observing 5-year increment anniversaries of their service to the Licking County community.

2012 Service Awards

Physicians who were honored at the 2012 Medical Staff Recognition Dinner for their years of service include:

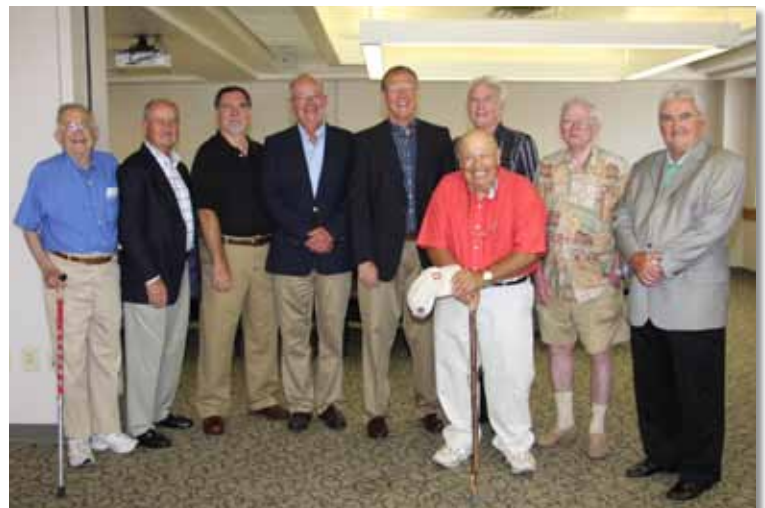
- | | | |
|--|--|---|
| 60 years – Charles F. Sinsabaugh, M.D. | 20 years – Scott D. Gurwin, D.P.M.
Debra A. Heldman, M.D.
Mark S. Law, M.D. | 5 years – Maria M. Defante, M.D.
Pamela A. Dull, M.D.
Venkatarama R. Gaddam, M.D.
Eric M. Layne, M.D.
Bradley R. Lewis, M.D.
Teferi G. Mengesha, M.D.
N. Samantha Pham, M.D.
William A. Stallworth, M.D.
Mary J. Torchia, M.D.
Vijaya Venkataraman, M.D.
William A. Wilmer, M.D.
Jason M. Winterhouse, M.D. |
| 50 years – Mieczyslaw A. Bulas, M.D. | 15 years – Mark J. Becker, M.D.
Chuck C. Cho, M.D.
Thomas K. Petryk, M.D. | |
| 40 years – Michael P. Ratterman, M.D.
Nicholas E. Reed, M.D. | 10 years – John D. Applegate, D.O.
Subbarao Cherukuri, M.D.
Randy E. Jones, M.D.
Bassam Kret, M.D.
Todd F. Lemmon, M.D. | |
| 35 years – Craig B. Cairns, M.D.
Elliot Davidoff, M.D. | | |
| 30 years – Timothy R. Gatens, M.D.
Bruce P. Miller, M.D. | | |
| 25 years – Darryl R. Cherdron, M.D. | | |

Honorary Medical Staff Luncheon

Licking Memorial Hospital (LMH) hosted the sixth annual Honorary Medical Staff luncheon in September to pay tribute to physicians who dedicated their lives to providing care in Licking County. Members of the LMH Honorary Medical Staff are physicians who retired after long-time service on the LMH Active Medical Staff. The luncheon provides a way for Honorary Medical Staff members to maintain friendships and to keep abreast of developments within Licking Memorial Health Systems (LMHS).

LMHS President & CEO Rob Montagnese addressed the luncheon attendees, saying, “It is such a pleasure to welcome you back each year to reminisce and catch up on each others’ lives. Your knowledge and experience are still highly valued. LMH is an excellent facility today because of the strong foundation you helped to build through your long hours and devotion to the community.”

There are currently 31 retired physicians who are members of the LMH Honorary Medical Staff. LMHS is proud to thank them for their service in the past and their continued support of the Health Systems.



Retired physicians who attended the 2012 Honorary Medical Staff Luncheon at LMH are (left to right): Charles Sinsabaugh, M.D., Tom Mills, M.D., Robert Kamps, M.D., Donald Harris, D.O., Tom Hall, M.D., Edward Starinchak, M.D., Robert Raker, M.D., John Houser, M.D., and Zdravko Nikolovski, M.D.

Licking Memorial Kids Place Celebrates Grand Re-Opening

Licking Memorial Hospital (LMH) and the Licking County Kids' Team recently celebrated the grand re-opening of the Licking Memorial Kids' Place at a ribbon cutting ceremony. Kids' Place provides comprehensive, multi-disciplinary evaluations of children who are suspected victims of sexual abuse, physical abuse and/or neglect. The ceremony was an opportunity for professionals from local agencies involved in Kids' Team to explore the new facility.

Through the support of Licking Memorial Health Systems (LMHS), Kids' Place was established in 1999 as a coordinated community project. Community professionals identified the need to combine local resources to improve the identification, investigation, prosecution and treatment of child abuse in Licking County. Collaborative community agencies that provide services for the Licking Memorial Kids' Place include:

- Licking County Department of Job & Family Services/Child Protective Services
- Licking County Adult Court Services
- Licking County Prosecutor's Office
- Licking County Sheriff's Office
- Licking Memorial Health Systems
- Local Law Enforcement Agencies
- Moundbuilders Guidance Center

The new, centralized location for Kids' Place was made possible by a donation of more than \$75,000 from LMHS. The facility is newly renovated and designed to offer children and families the support and resources they need to begin the healing process. "As advocates for child abuse and neglect victims,



(Left to Right): Bill Weaver, President of the Kids' Team Board of Directors, Debbie Young, LMHS Vice President Patient Care Services, Cami Packham, an LMH Scrub Technician and Sexual Assault Response Team Coordinator, and Courtney Tomolonis, Kids' Team Coordinator and Victim Advocate, participate in a ribbon cutting ceremony at the grand re-opening of the Licking Memorial Kids' Place.

we recognize that Kids' Team plays an important role in keeping our children safe," said Debbie Young, LMHS Vice President Patient Care Services. "The Health Systems' mission is to improve the health of the community, and we are proud to have the opportunity to support such a worthy organization that exemplifies that same commitment. Our hope is that the new location provides a more comfortable environment for the victims, as well as the Kids' Team members involved in the care of each child."

A child entering the facility is greeted with a welcoming toy-filled reception area and professionals trained to meet the unique needs of each child. After the child is examined

by an LMH physician or certified nurse practitioner in one of the state-of-the-art exam rooms, he/she is interviewed one-on-one by a trained Kids' Team representative while other integral members of the multidisciplinary Kids' Team watch behind the scenes from a confidential, detached observation room. Members of the team then share information, discuss the outcomes of the medical exam and forensic interview and determine a course of action that is in the best interest of the child. The new facility is designed to support critical investigation services while providing a comfortable and confidential environment that limits any additional trauma that the child may experience.

To report a suspected case of child abuse or neglect, contact the Licking County Job & Family Services abuse and neglect hotline at (740) 670-8888, Monday through Friday, from 8:00 a.m. to 5:00 p.m. After hours and on weekends and holidays, contact the Licking County Sheriff's Office at (740) 670-5500.

Final LMHS Family Movie Night at Denison

The final LMHS Family Movie Night for 2012 was held on the Fine Arts Quad at Denison University in Granville on Saturday, September 8. This event was presented in partnership with the John W. Alford Center for Service Learning at Denison University. Community members attended and enjoyed a free screening of *The Princess Bride*, along with free health screenings and refreshments. The event also featured Active•Fit Youth Wellness Program activities prior to the featured film.



Physician Spotlight – Diane LeMay, M.D., FAAP



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

Diane LeMay, M.D., FAAP, earned her Medical Degree from Wright State University School of Medicine in Dayton, Ohio. She completed her internship and residency at Children's Hospital in Columbus. She is board-certified by the American Board of Pediatrics.

Dr. LeMay is a fellow of the American Academy of Pediatrics, serves on the Advisory Board of Big Brothers-Big Sisters of Licking County, and is a member of the Central Ohio Pediatric Society. She also serves as Practice Management Committee Chairperson for the Ohio Chapter of the American Academy of Pediatrics.

Dr. LeMay has a special interest in sports medicine and spearheaded Licking Memorial Health Systems' Heart to Play pre-participation sports screenings for Licking County middle and high school students in 2006, with the addition of an electrocardiogram screening program in 2008, and baseline concussion screenings in 2011. Dr. LeMay was named a Healthcare Hero by Business First in July 2008, and received Licking County's Woman of Achievement Award in 2009. In April, the Centers for Disease Control and Prevention (CDC) selected Dr. LeMay to receive the national CDC Childhood Immunization Champion Award to recognize individuals who have made outstanding achievements in promoting children's vaccinations against preventable disease.

Ask a Doc – Healthy Holiday Gifts for Youth

with Diane LeMay, M.D., FAAP

Question: I'd like to buy Christmas gifts for my kids that will encourage them to be active. Do you have any suggestions regarding exercise equipment for children?

Answer: Purchasing fitness equipment as gifts for your kids is a great way to get them excited about being active. By choosing one of the many available options, parents can help to ensure that their children get the recommended 60 minutes of physical activity each day.

Miniature versions of standard exercise equipment, such as treadmills, ellipticals, and rowers, are available for children. While these machines do offer an opportunity for children to work on aerobic and muscle-strengthening activities, they are expensive and can require a lot of space. In addition, children quickly can become bored with the monotonous exercise routines they provide. It is also important to keep in mind that most children will outgrow these costly machines quickly, which may only be used for a short amount of time.

There are plenty of more practical options such as balance boards, resistance bands, or stability balls. These options are significantly less expensive and can be used in a variety of areas by most youth age groups. As such, they are a good way to involve the whole family in a fun exercise routine. However, these items might not offer the "excitement" factor that a parent looks for in a Christmas gift.

There are many gift alternatives that combine fun and practicality while still encouraging physical activity. These options include fitness video games, jump ropes, hula hoops, bikes, pogo sticks, roller skates, and even basic items such as basketballs or soccer balls. All of these options provide children with the means to get active while having fun.

Fitness video games are a great way to encourage kids to use the gaming consoles that they already utilize, but with a healthier focus. For kids who have an Xbox Kinect™, look for games that will require active play, such as Dance Central,

Wipeout: In The Zone, or Spongebob's Surf & Skate Roadtrip. Active games for the Nintendo Wii™ include Nickelodeon Dance or Mario & Sonic at The Olympic Games. There are even options for handheld gaming devices, such as PokéWalker for Nintendo DS™ or the Geocaching app for iPhone.

Parents also may be interested in purchasing lessons for their children in gymnastics, dance, or other sports as a way of encouraging them to try new things and make new friends while being active.

When purchasing fitness equipment, be sure to look for age-appropriate options. Many items will have an age range listed on the package. Make sure to invest in proper safety equipment such as helmets and protective padding. Finally, while it is always important to find a good price, it is equally important to find high quality items in order to ensure the safety of your children. Through online research and reviewing product ratings, parents can find options that are safe and effective while staying within their budget.

Purchasing fitness equipment for your children this holiday season is a great way to lay the foundation for a healthy lifestyle by encouraging them to enjoy their fitness endeavors. For parents seeking a free opportunity to encourage their children's healthy and active lifestyles, Licking Memorial Health Systems (LMHS) and Newark Advocate Media offer a new wellness program called Active•Fit for youth ages 6 to 12. Participants in the Active•Fit program have the opportunity to choose eight fitness- and nutrition-related goals during each four-month period. Those who complete their goals will be entered into a drawing to win prizes including a bicycle, an Xbox Kinect with a fitness game, an iPod Nano with exercise software, and sporting goods store gift cards.

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



Patient Story – Deborah Lewis

Deborah Lewis does not have many pleasant memories of Mothers Day 2012. She had been coping with a cough for a few months, and on that day, she developed a fever and felt as though she could not breathe.

Sick and in pain, the 55-year-old Newark resident was confused by her symptoms. “I did not know what was happening to me, although I had an idea that it was related to smoking,” she explained. “I had started smoking as a teenager, and was smoking one-and-a-half packs a day.”

Fortunately, Deborah’s daughter, Tricia, recognized that her mother needed immediate medical care, and on this Mothers Day, the child took charge of the parent. “She just told me, ‘We are going to the Hospital,’” Deborah recalled, “and then she drove me to the Emergency Department at Licking Memorial Hospital (LMH).”

Deborah was promptly triaged upon her arrival and diagnosed with viral pneumonia in both lungs while she was still in the Emergency Department. “It was pretty quick,” Deborah said, describing the efficient and compassionate care she received. “I had really good care all the way around, and the nurses were amazing – they made the illness bearable.”

After intravenous medications were initiated and her condition stabilized, Deborah was transferred to the Intensive Care Unit (ICU) on LMH’s second floor. “I still had quite a bit of pain in my chest from the pneumonia, and I could tell I was very sick. I felt like I could have died – that was pretty scary,” she said, “but the staff in the ICU was so caring and uplifting. They were fantastic. The first time that I met Dr. Pacht (Pulmonologist Eric R. Pacht, M.D.) was in the ICU,” she recalled.



This X-ray image shows an area of pneumonia infection on the patient’s right lung (left side of photo). *File photo.*

“When I first saw Deborah in the ICU, she was clearly apprehensive and feeling very sick,” Dr. Pacht remembered. “I assured her that her condition was treatable, and that she would get better although it could take several months for her to feel that she was back to normal. Pneumonia is a very serious disease, and it takes the body some time to recover from it.”

Deborah did begin to feel better as she and the medications fought the infection in her lungs. Respiratory therapists visited frequently to clear her lungs, and the Hospital staff began

to impress upon her how important it was to quit smoking to reduce her risk of developing another case of pneumonia in the future.

Deborah said, “There was one student nurse who practically begged me to quit smoking. She was so sweet and seemed really worried about all the health risks associated with smoking. She asked me never to smoke again, and I agreed.” After a total of eight days in the Hospital, Deborah was able to return to her Newark home with her husband, Kenny, and some assistance from Tricia. She continues to visit Dr. Pacht and practices deep breathing exercises at home.

“Deborah had a follow-up CT scan performed in August, and it showed that the pneumonia infection is cleared from her lungs,” Dr. Pacht said. “The fact that she quit smoking tobacco definitely helped in her recovery. I expect that she will continue to feel better since her body is no longer being exposed to the dangerous chemicals in cigarettes.”

Deborah has kept the promise that she made to the student nurse – she has not lit up a single cigarette since her hospitalization. That important lifestyle change will improve her chances of having many happy Mothers Days in the future.

Risk Factors for Contracting Pneumonia

Pneumonia, a serious disease, is an infection in one or both of the lungs that causes the air sacs to become inflamed. Anyone can develop pneumonia, but certain individuals are at higher risk. Characteristics that elevate the risk for pneumonia include:

- 65 years of age or older
- 2 years of age or younger
- A weakened immune system
- Recent surgery
- Inability to cough deeply
- Under heavy sedation
- Tobacco smoking
- Serious chronic disease, such as diabetes, heart disease and sickle cell anemia
- Organ or bone marrow transplant recipient
- Lung disease, such as cystic fibrosis, asthma or chronic obstructive pulmonary disease
- Undernourishment or malnourishment
- Exposure to pollutants or toxic fumes
- Ventilator therapy
- Chemotherapy treatments
- Alcohol abuse
- Recent bout of cold or flu
- Long-term steroid therapy
- Difficulty with swallowing

Those who have elevated risk for pneumonia are advised to consult with their physician about receiving a pneumonia vaccine. Patients may still develop pneumococcal pneumonia in spite of receiving the vaccine, but the severity of the disease is usually milder in those cases.

Pneumonia 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.

1 National pneumonia treatment guidelines recommend that the first dose of an antibiotic be given to pneumonia patients within six hours of arrival at the hospital. This “door-to-antibiotic” time also includes diagnostic testing.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Patients receiving antibiotic dose within 6 hours	97%	99%	98%	96%

2 Best practice in pneumonia care says that a blood culture should be collected before any antibiotics are given to a pneumonia patient to determine more accurately which microorganism is causing the pneumonia.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Patients receiving blood cultures prior to antibiotics	96%	97%	100%	97%
Pneumonia patients given the most appropriate initial antibiotic	85%	93%	97%	94%

3 Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine, if appropriate.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Pneumonia patients screened for the pneumonia vaccine	95%	100%	99%	95%
Pneumonia patients screened for the influenza vaccine	94%	98%	98%	93%

4 Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses are also screened and vaccinated as appropriate. LMHP physicians strongly encourage patients over the age of 65 years to receive a one-time dose of pneumonia vaccine and an annual influenza vaccine during each “flu season,” which runs from October to March.

	LMHP 2009	LMHP 2010	LMHP 2011	National ⁽²⁾
Physician office patients over 65 years receiving the pneumonia vaccine	88%	88%	87%	69%
Physician office patients over 65 years receiving the influenza vaccine	LMHP 2009-2010 84%	LMHP 2010-2011 83%	LMHP 2011-2012 85%	National ⁽²⁾ 68%

5 LMHS is committed to providing and encouraging free, easily accessible flu vaccines to all employees. In order to provide the safest care to our community, LMHS recognizes the importance of keeping the staff healthy.

	LMHS 2009	LMHS 2010	LMHS 2011	National ⁽³⁾	LMHS Goal
LMHS employees receiving the influenza vaccine	85%	85%	86%	62%	greater than 80%

Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010. (3) Centers for Disease Control and Prevention (CDC). Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care Personnel. MMWR April 2, 2010/59 (12); pages 357-362.



Quality Reporting to the Community

Patient Story and Benchmarks for Surgical Care



Patient Story – Tim Bubb

As a Licking County Commissioner, Tim Bubb regards Licking Memorial Hospital (LMH) from a different perspective than most local residents. In part, he views LMH as a valuable community asset that not only provides excellent care, but also is valuable in attracting new business and industry to the area. “When we are trying to ‘sell’ Licking County to businesses that are considering locating here, they want to know about quality-of-life factors, such as having a local hospital and public recreation opportunities. It is a big plus to be able to tell them about LMH’s excellent services, so the Hospital has far-reaching economic benefits for the county,” he said. In May 2012, Tim’s opinion of LMH added a new personal perspective when he had high-tech arthroscopic surgery on his knee.



Licking County Commissioner Tim Bubb was able to return to the bike path shortly after receiving arthroscopic knee surgery at Licking Memorial Hospital.

“My wife, Marianne, and I used to walk on the bike paths in Newark and Heath until a couple of years ago when I developed a sore left knee,” Tim explained. “We switched from walking to riding bicycles because bicycling is a low impact form of exercise. I thought that if I was easy on my knee for a while, I could just ‘tough it out.’ However, as older adults, we do not recover from minor injuries like we might have as a younger person, and my knee did not improve on its own.” In fact, it gradually became swollen and more painful, to the point that Tim was no longer able to mow the lawn or stand for long periods of time.

Finally, Tim consulted with his family physician, Vincent Walsh, D.O., about the knee pain. Dr. Walsh determined that it was more serious than a temporary condition that would ease on its own, and referred Tim to Orthopedic Surgeon David M. Jackson, M.D., of Orthopaedic Specialists & Sports Medicine, Inc., in Newark. Dr. Jackson ordered a magnetic resonance imaging (MRI) scan of Tim’s knee, and it confirmed Dr. Jackson’s diagnosis of a tear in the meniscus, which is a disc of cartilage that stabilizes and cushions the bones of the knee. Dr. Jackson recommended an arthroscopic procedure to trim the torn tissue, and also to clean out some areas of osteoarthritis.

Tim scheduled the outpatient procedure at LMH for the Friday before Memorial Day so that he could stay off his feet a few days before returning to work. “I met with an anesthesiologist during a pre-op visit a week before the surgery,” Tim said.

“He explained that I would be given a general anesthetic so that I would be completely ‘out’ during the surgery. I had never had surgery before, so this visit was very helpful to me and gave me an opportunity to ask questions. The anesthesiologist explained that it was important for me not to eat before surgery.” At the end of the pre-op visit, Tim was given a prescription for an antibiotic to take before surgery, and a special antibacterial scrub to use at home before the procedure.

When Tim arrived at LMH, he noticed that the staff meticulously used a checklist to avoid any possible errors. He said, “They kept asking me, ‘What are you here for? Which knee is being operated on?’ because they wanted to hear me say it. Then they would check my answer against the information in my chart. They even marked my left knee to make it obvious which knee needed surgery. I was very glad that they were being so careful.”

After surgery, Tim returned to his room to find Marianne already there. “In addition to the excellent care that I received, Marianne felt that the friendly staff attended to her, as well. She really appreciated the ‘big board’ patient status screens in the surgical waiting area that used coded information to let her know my whereabouts at all times,” he remarked.

After a few hours in recovery, Tim was able to leave the Hospital. He said, “It was an excellent experience – I arrived in the late morning, and left in the early afternoon with no problems at all. Arthroscopic surgery is very patient friendly.”

He was able to return to work the next week, and was back to other normal activity without pain or stiffness within one or two weeks. “If I had it to do all over again, I would never wait so long to have the procedure done,” he said. “My advice to others is not to tolerate the pain. Do not allow pain to dictate your lifestyle to you because there is technology that can help you. This surgery has made a huge improvement in my lifestyle. I feel like I got a little of my life back.”

“Convenience was a big factor for me in choosing LMH for my surgery,” Tim commented. “They have the qualified

Patient Story – Tim Bubb (continued on page 18)

Surgical Care – How do we compare?

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- 1** Conscious sedation allows patients to tolerate unpleasant procedures while maintaining adequate breathing and the ability to respond to stimulation. Most drugs used in conscious sedation can be reversed fully or partially, if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in conscious sedation.

	LMH 2009	LMH 2010	LMH 2011	LMH Goal
Use of reversal agent for GI procedures	0.15%	0.04%	0.08%	less than 0.90%

- 2** The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site, and final verification in the operating room. In 2011, more than 6,672 surgeries were performed at LMH.

	LMH 2009	LMH 2010	LMH 2011	LMH Goal
Wrong-site surgeries	0	0	1*	0
Surgical site verification checklist completed	99%	99%	99%	100%

*Following a non-incisional urinary-tract surgery, an error was discovered while the patient was in recovery. A corrective, non-incisional procedure was immediately performed with favorable results. The patient did not experience any harm from the additional procedure.

- 3** Receiving the appropriate antibiotic within an hour before surgery reduces a patient's risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient's risk of developing antibiotic-resistant bacterial infections. Medical studies have shown that the use of certain antibiotics, specific to each surgery type, can be most effective at preventing infections after surgery.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Antibiotic received within 1 hour	95%	95%	98%	98%
Antibiotic selection accurate per national recommendations	99%	98%	98%	98%
Antibiotic discontinued within 24 hours	95%	96%	98%	97%

- 4** The removal of hair from the site of surgery is an important way to prevent infection. Using a razor to remove hair can cause tiny breaks in the skin which increase the risk of infection after surgery. This measure tracks the percentage of times that patients had hair removal performed by clippers or other means that are less likely to cause infection than razors. In certain instances, clippers may not be the ideal form of hair removal, and razors may be used.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Appropriate hair removal performed	99.5%	99.3%	99.7%	100%

- 5** Some surgeries require the temporary insertion of a catheter into the patient's bladder. The catheter can enable the patient to evacuate the bladder even when unconscious or otherwise incapacitated. However, leaving a catheter in the bladder for too long can increase the risk for a urinary tract infection. Ideally, catheters will be removed within 2 days following surgery to minimize the risk for this type of infection after surgery.

	LMH 2009 ⁽²⁾	LMH 2010	LMH 2011	National ⁽¹⁾
Urinary catheter removed within two days after surgery	61%	89%	97%	93%

- 6** Medical studies have shown that if patients experience hypothermia (low body temperature) during and after surgery, they have a greater risk of developing complications. Effectively warming patients during surgery can ensure their body temperatures remain in normal range. This measure tracks the percentage of patients at LMH who had a normal body temperature immediately after surgery.

	LMH 2009 ⁽²⁾	LMH 2010	LMH 2011	National ⁽¹⁾
Peri-operative temperature within normal range	100%	99%	100%	99%

7 VTE, or venous thromboembolism, is the medical term for a blood clot that forms in a vein. Surgery increases the risk of VTE, and while most clots can be treated, some can be life-threatening. It is recommended that hospitals use medications and mechanical devices to prevent the formation of blood clots. While all patients receive at least one form of intervention, primarily mechanical, LMH tracks the percentage of patients who correctly had these interventions activated, based on CMS guidelines, within 24 hours of surgery.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
VTE prophylaxis ordered	80%	95%	96%	97%
VTE prophylaxis started within 24 hours of surgery	64%	91%	94%	96%

8 LMH tracks surgery patients who appropriately receive beta-blocker medications during the peri-operative period. Studies show that in selected patients undergoing non-cardiac surgery, beta-blocker medication can reduce the incidence of heart attack and death.⁽³⁾

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Beta blocker prior to admission and peri-operatively	88%	94%	95%	96%

9 Patients undergoing certain surgical procedures as outpatients (not admitted to the hospital) should receive antibiotics before their procedure. Using the correct antibiotics and taking them at the correct time can reduce the risk of infections after the procedure.

	LMH 2009 ⁽²⁾	LMH 2010	LMH 2011	National ⁽¹⁾
Outpatient procedure patients with antibiotic received within one hour	59%	84%	85%	96%
Outpatient procedure patients with correct antibiotic prescribed	91%	94%	84%	96%

Data Footnotes: (1) *Hospitalcompare.hhs.gov national benchmarks.* (2) *National data collection began in 2009.* (3) *Specifications Manual for National Hospital Inpatient Quality Measures, 2012.*

Patient Story – Tim Bubb (continued from page 16)

Medical Staff. The facility and equipment are so state-of-the-art that people from other areas want to come to LMH to have their surgeries performed. There is no need to go outside the county. My and Marianne’s parents received their care here, and two of my three sons were born here. It is a community hospital, but LMH is also our family hospital.”

With his knee completely healed, Tim has been concentrating on rebuilding strength and endurance. He has increased his bike rides to one hour, which allows him to make a round-trip between Hopewell Drive and Lakewood High School or between Newark and Johnstown at a moderate pace. The tiny surgery scars on Tim’s left knee are barely visible now, but he has found that his improved activity level is clearly obvious.

Health Tips - Differences Between Flu and Pneumonia

Pneumonia and influenza share many of the same symptoms; however, they are separate diseases. Influenza is caused by a virus, whereas pneumonia can be caused by either a virus or bacteria. Pneumonia, an infection of the lungs, can develop after a bout of influenza has weakened the body’s immune system.

A mild case of influenza can usually be treated at home and will improve within several days. However, if symptoms are severe or worsening, a physician should be consulted.

Symptoms of influenza include:

- Fever
- Chills
- Cough
- Fatigue
- Vomiting/diarrhea (more common in children than adults)
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache

Symptoms of pneumonia include:

- Fever
- Chills
- Cough
- Fatigue
- Nausea/vomiting
- Shortness of breath
- Chest pain
- Abdominal pain

Pneumonia Vaccines Decrease Risk of Deadly Disease



Pneumonia vaccines are recommended for seniors, age 65 years and older, as well as many younger adults and children with chronic health conditions.

According to some estimates, 1 to 3 percent of the world's population was decimated nearly a century ago when at least 40 to 50 million people died in the influenza pandemic of 1918-1919. Unlike most influenza viruses, the so-called "Spanish flu" caused more deaths in healthy young adults than other age groups. Research has revealed that many of the deaths were not caused by the flu, itself, but were the result of a secondary pneumonia infection. As the patient first fell sick, the flu virus damaged the protective lining of the bronchial tubes and lungs, which often allowed deadly pneumonia bacteria to reach the lungs and cause the patient's death approximately two weeks after first contracting the flu.

"Pneumococcal bacteria normally inhabit the nose and throat every day without adverse consequences, but a bout of the flu can pave the way for a dangerous pneumonia infection," stated Eric R. Pacht, M.D., of Licking Memorial Pulmonology. "It is a common misconception that pneumonia is a bad case of the flu. They are actually two separate diseases; however, influenza does elevate a person's risk for pneumonia."

The most common sources of pneumonia are bacterial and viral. Although there is no pneumonia vaccine to ward off the viral strain, the Pneumovax® 23 serum that is dispensed by Licking Memorial Health Systems providers immunizes against the 23 most common strains of pneumococcal pneumonia. The vaccine is 60 to 70 percent effective in producing antibodies in healthy patients. Even if a patient does develop pneumonia after a vaccination, the illness is likely to be much less severe than if no pneumonia vaccine had been received.

Infants and young children are at elevated risk for pneumonia. A pediatric vaccine, Prevnar 13®, is approved to immunize children, age 6 weeks through 5 years, against the 13 most common strains of pneumococcal pneumonia that affect children.

The Centers for Disease Control and Prevention (CDC) recommends the following pneumonia vaccination schedule for children and adults:

- All adults, 65 years of age and older
- Anyone, 2 through 64 years of age, who has a long-term health problem, such as heart disease, lung disease, sickle

cell disease, diabetes, alcoholism, cirrhosis, leaks of cerebrospinal fluid or cochlear implant

- Anyone, 2 through 64 years of age, who has a disease or condition that lowers the body's resistance to infection, such as Hodgkin's disease, lymphoma or leukemia, kidney failure, multiple myeloma, nephrotic syndrome, HIV infection or AIDS, damaged spleen, removed spleen or organ transplant
- Anyone, 2 through 64 years of age, who is taking a drug or treatment that lowers the body's resistance to infection, such as long-term steroids, certain cancer drugs or radiation therapy
- Any adult, age 19 through 64, who is a smoker or has asthma

A single dose of pneumonia vaccine is usually recommended for patients who are 65 years or older. A second dose is recommended for patients over the age of 65 if they received their first dose before the age of 65, and at least 5 years have passed since that first dose.

A second dose of pneumonia vaccine is recommended for children and adults, age 2 through 64 years, if at least five years have passed since their first dose, and they:

- Have a damaged spleen or no spleen
- Have sickle-cell disease
- Have HIV infection or AIDS
- Have cancer, leukemia, lymphoma, or multiple myeloma
- Have nephrotic syndrome
- Have had an organ or bone marrow transplant
- Are taking medication that lowers immunity, such as chemotherapy or long-term steroids

The CDC also recommends an annual flu immunization for everyone over the age of 6 months, except for those who have had a severe reaction to flu vaccine in the past, those who have had a severe allergy to chicken eggs, or those who are currently sick with a fever. Each year, global influenza trends are re-evaluated, and the flu vaccine's content is reformulated to protect against the specific strains of the virus that are anticipated to emerge.

The pneumonia vaccine is considered very safe – it is made from inactivated forms of the bacteria, so it cannot cause the disease to develop. The most common side effects are mild redness or tenderness near the injection site. However, evidence is insufficient to determine its safety for pregnant women and their unborn babies; therefore, pneumonia immunizations should be given before pregnancy, if possible.

Dr. Pacht said, "Influenza and pneumonia remain a leading cause of death in the U.S. Antibiotic-resistant forms of pneumonia have emerged, so prevention through immunization is more important than ever."

The cost of the pneumonia vaccine is covered by Medicare and most insurance providers. Patients who have questions regarding protection from pneumonia are encouraged to ask their family physicians about immunization.

Oridion Microstream® Capnography Adds Layer of Safety for Patients

Licking Memorial Hospital (LMH) uses a combination of safeguards to ensure patients' optimal safety before, during and after surgery. Although all medical procedures have some amount of risk, LMH successfully implements many tools and procedures to ensure the best outcome possible. One valuable tool that was added in 2010 is Oridion Microstream® capnography that averts serious breathing problems by monitoring the patient's carbon dioxide levels.

Capnography equipment is used at LMH during surgical procedures involving general anesthesia, monitored sedation and conscious sedation. It also is used in recovery units and patient rooms where patient-controlled analgesia (PCA) pumps are available to deliver pain medications. The capnography equipment measures the patient's end tidal carbon dioxide levels to assess the patient's breathing. If there is a problem with ventilation, such as respiratory depression, airway obstruction or apnea, the capnography technology will detect the difficulty before the condition develops into a crisis for the patient. On the patient floors, the capnography machine alarms are linked directly to the call light system, so that the nurses are



Capnography technology at LMH has made surgical procedures even safer through additional monitoring of patients' breathing quality.

automatically notified via their voice-activated Vocera pagers when immediate attention is needed to check a patient's breathing.

“By adopting the Oridion Microstream capnography technology, LMH is employing the highest standards of safety for our patients,” said Debbie Young, Vice President Patient Care Services. “Although most hospitals in the U.S. are using some form of carbon dioxide monitoring in

the operating room, LMH is taking the added precaution of extending that protection into the recovery room and patient rooms where PCA pumps are in use. We believe that the additional layer of protection is well worth the investment.”

Nearly 6,700 surgical procedures were performed at LMH in 2011. Prior to scheduled surgeries, a member of the Anesthesiology team meets with the patient to discuss anesthesia options and explain the many safeguards that are in place, including capnography, to provide the highest quality of care.

LiveRoof Offers Energy Savings, Better Aesthetics

Licking Memorial Hospital recently became the first facility in Newark to install a LiveRoof® hybrid green roof system. The plant-based system provides a lush, natural covering to an area that is visible from the Maternal Child Department on the third floor, as well as some patient rooms on 4-South and 5-South.

Plant modules were placed directly on a thin rubber membrane that protects the roof's surface. The LiveRoof is made up of assorted sedum and allium plants that were selected for their year-round attractiveness, as well as their low-maintenance requirements. The green roof system will provide a cooling effect to that area of the roof in the summer and is expected to result in energy savings.





LMHS Meat Donation to Salvation Army

In August, Licking Memorial Health Systems (LMHS) purchased the Hartford Fair's 1,307-pound grand champion market steer owned by Cole Floor, a member of Boots-n-Buckles 4-H Club. LMHS recently donated the 500 pounds of processed meat from the steer to the Salvation Army, located at 250 East Main Street in Newark. The meat will be used

in their soup kitchens and food pantry to benefit community members in need. Pictured are (left to right) Salvation Army Executive Director Major Ronald DeMichael, Major Diana DeMichael, LMHS President & CEO Rob Montagnese, and LMHS employees Jim Redman and Michael Cochran.



Art from the Heart Reception Showcases Youth Artists

The Art from the Heart reception took place on October 15 in the Licking Memorial Hospital (LMH) Café, with more than 30 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 and learn about heart health at The Works in February. The young artists and their families received special invitations to attend the art reception at the Hospital. This year, the children

created more than 125 pieces of original art that were used to create a slideshow presentation, which was presented during the reception. The Art from the Heart slideshow is currently available for viewing on the Howard LeFevre Electronic Wall in the John & Mary Alford Pavilion, and is on the LMHS Web site – www.LMHealth.org.

Pataskala Parade

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese, along with John Applegate, D.O., of Licking Memorial Pediatrics – Pataskala, and Joel Anders, D.O., of Licking Memorial Emergency Medicine, participated in the Pataskala Street Fair Parade on August 18 to promote the Urgent Care and Pediatric services provided at the Pataskala Health Campus. Throughout the week, LMHS also provided an information booth at the Pataskala Street Fair to create awareness about the additional services offered at the Pataskala Health Campus, which include Family Practice, Outpatient Psychiatric Services, Physical Therapy and Women’s Health.



Former Board Members Recognized at Annual Dinner

In October, Licking Memorial Health Systems (LMHS) hosted the annual Former Board Member Dinner to honor those who previously served on the Boards of Directors for both LMHS and Licking Memorial Hospital (LMH). This group of volunteer community leaders willingly contributes its talents and guides the operations and policies of the Health Systems.



LMHS recently hosted the annual Former Board Member Dinner to acknowledge the individuals who volunteered many hours to ensure the community receives excellent healthcare services. Among those attending were (left to right): seated – Betty Barnes. Middle row – Robert Barnes, Ph.D., Jack Crockford, Beverly Crockford, Patricia McGaughy, Robert McGaughy, Doris Carlson, Robin Pierce and Judith Pierce. Back row – John Carlson.

in the community because of the dedication and progressive thinking of our Boards of Directors. As former Board members, you worked tirelessly to guide our daily operations and policies to ensure that patients received excellent care and the Hospital and the Health Systems remained financially stable. To this day, our community receives better care because of the foundation you helped to create."

“LMHS is well known for providing a wide range of benefits” said Rob Montagnese, LMHS President & CEO. “It is not as well known that the Health Systems and the Hospital are able to be so proactive

LMH was established in 1898 at the original North Third Street location in Newark, and has been governed by a Board since that time. The LMHS Board of Directors was formed in 1984.

Former Board Members (Since 1966)

Those who graciously served the community as former board members of Licking Memorial Hospital or Licking Memorial Health Systems include:

Mr. Glenn Abel
 Mr. Donn Alspach
 Mr. Royce C. Amos
 George Andrews, D.D.S.*
 Robert Barnes, Ph.D.
 Mr. Joseph Bernat*
 Mr. Robert I. Bull*
 Mr. John Carlson
 Mr. Ron Celnar
 Mrs. John Chilcote*
 Mrs. Nancy Chiles-Dix
 Jack Crockford
 Mr. Joseph Dager
 Mr. C. Daniel DeLawder
 Mr. Daniel Dupps
 Mrs. William Englefield
 Gerald Ehrsam, M.D.
 Mr. Tim Evans
 Joseph Fondriest, M.D.
 Mrs. Karl Foster*
 Rev. Joseph A. Garshaw*
 Mr. John Gates*
 Mr. John R. Goodwin
 Julius Greenstein, Ph.D.

Mr. Robert Griffith*
 Mrs. Donald Gunnerson*
 Mr. John E. Gutknecht
 Mr. Paul F. Hahn
 Mr. Larry Harrington*
 Mr. Earl Hawkins
 Mr. Douglas Hiatt
 Mr. Bennie Hill*
 John F. Hinderer
 Henry L. Hook, M.D.
 John Houser, M.D.
 James Johnson, Jr., M.D.*
 Ms. Shirley Johnson
 Donald G. Jones, M.D.
 Mrs. John David Jones*
 Ms. Ann Munro Kennedy*
 Mr. Robert Kent
 Mr. John Kutil*
 Mr. David Lane
 Mr. Howard E. LeFevre*
 Mr. J. Richard Lemyre
 Mr. Charles Lonsinger*
 Mrs. Sara (Sally) Lytle
 Bonnie L. Manning

Mrs. John Mantonya*
 Mr. James Matesich
 Mrs. Matthew Matesich*
 Rev. Carl E. McAllister*
 Mr. Richard McClain
 Mr. William McConnell
 Ms. Mary Jane McDonald
 Robert McGaughy
 Rev. Thad McGehee
 Mr. L.A. Messimer*
 T. Thomas Mill, M.D.
 Mark Mitchell, M.D.
 Lewis Mollica, Ph.D.
 Mr. Roger Morgan
 Mr. Eugene Murphy*
 Mr. Frank Murphy
 Mr. Albert J. Nerny*
 Mrs. John. J. O’Neill*
 Mr. Robert O’Neill
 Mrs. Ruth Owen
 Mr. Stuart Parsons
 Mr. C. Homer Price*
 Mr. Robert Pricer*
 Richard P. Reed

Mr. J. Gilbert Reese
 Mr. Calvin Roebuck*
 Mr. Roger Roth*
 Mr. Gary Ryan
 Mr. Robert Schenk*
 Mr. Ted Schonberg*
 Ms. Donna Shipley
 Mr. Victor Shirley
 Mrs. Allen Simison
 Charles Sinsabaugh, M.D.
 Mr. Norman Sleight*
 Karen L. Smith-Silone, D.O.
 Mr. Gregg Stegar
 Mr. Rod W. Swank
 Robert F. Sylvester, M.D.*
 Mr. Joseph M. Szollosi
 Mr. Richard Vockel*
 Mr. Edwin Ware
 Mr. John Weaver
 William M. Wells, M.D.*
 Mr. Wilber W. Wilson
 Mrs. Nancy Wright

**Denotes deceased member*

Spirituality in Healthcare

Presented By:

Jeff Smith

Director of Pastoral Care

Licking Memorial Health Systems

September 25, 2012



Corporate Breakfast Discussion at LMH Focuses on Pastoral Care

During the Licking Memorial Hospital (LMH) Development Council's quarterly Corporate Breakfast program on September 25, the focus was on the LMH Pastoral Care Department. Jeff Smith, M.Div., Director of Pastoral Care at LMH, presented "Spirituality in Healthcare," which outlined the benefits of Pastoral Care for patients.

The purpose of Pastoral Care is to identify, address and meet the spiritual needs of patients, families and staff at Licking Memorial Health Systems (LMHS). "At LMH, we believe that a patient's spiritual beliefs play a large role in physical health," Jeff said. "By incorporating a person's unique spiritual beliefs and cultural practices into health care, we can have a profound effect on the healing process, both physically and emotionally."

During the program, Jeff explained that the Pastoral Care Department provides comprehensive spiritual care to a diversity of faiths and spiritual backgrounds at LMHS. "Our goal is to assist the people we counsel on their individual spiritual journeys based on their personal faith and religious background. We want to help them gain perspective and understand how to best cope with stress and frustration as they move into the next chapter of their life," Jeff said.

Pastoral Care is comprised of three chaplains: Jeff Smith, who has worked for LMH since 1988 and was named Director of Pastoral Care in 2007, Cory Campbell, who joined the team in 2009 and works full time at LMH, and Rebecca Taylor, who joined the team in 2012 and is contracted as needed. The chaplains collaborate with the Medical Staff and act as a

liaison between the Hospital and local clergy. Upon request, the Pastoral Care staff will notify a patient's minister, priest or rabbi of the patient's Hospital stay, and extend an invitation to lead the counseling process at LMH.

Pastoral Care staff members also are helpful in accessing resources for social work, home care services, power of attorney and living will, and are available to provide spiritual and emotional support as it relates to medical decision-making, patient rights and medical ethics. In addition, the Department also provides religious services for patients, visitors, employees and volunteers on holidays and special occasions.

Since January of this year, the Pastoral Care staff has provided assistance to more than 12,400 patients, family members, employees and clergy members. "I am grateful for the hard work and dedication that each member of the Department has demonstrated to build a successful program," said Rob Montagnese, LMHS President & CEO. "This service is an extension of our mission, to improve the health of the community, and I am extremely proud that LMH is able to offer this enhanced level of healing to those who are feeling vulnerable due to physical pain, stress or grief."

The Pastoral Care Department is located on the first floor of LMH. Chaplains are available Monday through Friday from 8:00 a.m. to 4:30 p.m., and after hours in the evenings and on weekends for emergencies. The Pastoral Care Department can be reached at (740) 348-PRAY (7729) during regular business hours.

Donors Recognized for Contributions to the Licking Memorial Health Foundation

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



LMHS President & CEO Rob Montagnese (left) presents Pat and Linda Jeffries with a glass recognition piece in honor of their generous commitment to The William Schaffner Society.

Pat and Linda Jeffries

Pat and Linda Jeffries were honored for their recent commitment to The William Schaffner Society. The Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over the course of 10 years.

Pat serves as Vice-Chairman of the Licking Memorial Health Foundation, Vice-Chairman of the LMHS Professional Corporation, a member of the LMHS Board of Directors, a member of the LMH Development Council Executive and Community Relations Committees and Chairman of the LMHS Lifetime Achievement Awards Committee. He is past chairman of the Licking Memorial Hospital Board of Directors and also has served on the Licking County Hospital Commission. Pat retired from State Farm Insurance in 2003 after 38 years of service. At State Farm, he served as Personnel Director and ultimately, the Manager of Learning & Development. After leaving State Farm, he held the position of Academic Director over Business, Engineering, Public Services and Technology and Dean of Arts, Sciences & Integrated Studies at Central Ohio Technical College.

He is a graduate of The Ohio State University where he earned a bachelor's degree in finance. He also earned a Master of Business Administration degree from Xavier University where he graduated first in his class.

Pat is very active in the community and has served on numerous boards and committees throughout Licking County. He also has earned many awards and recognitions. Currently, he is the Secretary

of the Midland Theatre Board of Directors and 2nd Vice-President of the Licking County Family YMCA Board of Directors.

Linda also worked at State Farm Insurance for 10 years prior to starting their family. She currently volunteers throughout the community. She has been a member of LMH TWIGS 8 for 14 years and spends numerous hours assisting in the LMH TWIGS Gift Shop. In her spare time, she enjoys golfing with her friends and also with Pat.

Pat and Linda are lifelong residents of Licking County. They both graduated from Newark High School, where they were high school sweethearts. Pat and Linda celebrated their 45th wedding anniversary this year. Together they have three children: Corey, Mikal and Jennifer, and five grandchildren.



LMHS President & CEO Rob Montagnese (right) recognizes Bonnie Manning, the Vice Chairman of the LMH Development Council's Education and Membership Committee for her membership in The William Schaffner Society.

Bonnie Manning

Bonnie Manning also was recognized for her commitment to The William Schaffner Society. Bonnie served on the LMH Board of Directors from 2003 to 2012. She has served on the LMH Development Council Education & Membership Committee since 1997, where she currently serves as Vice Chairman. She is a former Church Administrator for the First Baptist Church of Granville, and worked as a Public Relations Consultant at Manning Communications from 1989 to 1992 where her clients included a local title company and major housing development. She also served as the Public Relations Coordinator for Honda of America Manufacturing, Inc., in Marysville, Ohio, where her responsibilities included media consulting, acting as a liaison to the state and local government, as well as administering investments and major contributions to charitable organizations for the Honda of America Foundation.

Originally from Maysville, Kentucky, Bonnie moved to Licking County in 1992. She attended Miami University where

Donors Recognized for Contributions to the LMHF (continued on page 25)

she studied Elementary Education, and later studied Education at Monroe Community College in Rochester, New York, and Brockport State Teachers College in Brockport, New York.

Bonnie is active in the community having served as co-president and treasurer of Granville Elementary PTO, participating on several Granville Village School District levy campaigns, as well as serving on the Licking County Business/Community Advisory Council on Education. She has held various offices in the Union County United Way Board of Trustees and Marysville Civil Service Commission and is a past member of the Union County Community Concert Association Board of Directors, Mothers Study Service League, Althea Society, Union County Women's Republican Club and the International Family Center Board of Directors. Bonnie was awarded the Friend of Education Award by the Marysville Education Association in 1992.

Bonnie and her husband, George Manning, currently reside in Granville. They have five grown children: Heather, Robert, Jamey, Lyssa and Chas.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of Licking Memorial Hospital.



LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council Executive Committee David Shull (right) present Ghulam Mujtaba, M.D., with a glass recognition piece in honor of his recent membership in The Caduceus Society.

Ghulam Mujtaba, M.D.

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

Dr. Mujtaba joined LMHS in 2011 as a gastroenterologist. He received his Doctor of Medicine degree in 1999 at Nishtar Medical College at Bahauddin Zakariya University in Multan, Pakistan. He completed a residency in internal medicine and a fellowship in gastroenterology at The Brooklyn Hospital

Center in Brooklyn, New York, affiliate of Weill Medical College at Cornell University, New York, New York. He is board certified in internal medicine and gastroenterology.

Dr. Mujtaba and his wife, Noreen, have three daughters: Sania, Liaba and Hafsa. In his spare time, he enjoys reading books, running and badminton.



Brent M. Savage, M.D., (center) is recognized for his commitment to The Caduceus Society by LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council Executive Committee David Shull (right).

Brent M. Savage, M.D.

Brent M. Savage, M.D., also was honored for his recent commitment to The Caduceus Society. Dr. Savage joined LMHS as a general surgeon in 2010. Born in Columbus, Ohio, Brent is a graduate of St. Francis DeSales High School. He earned a bachelor's degree in molecular genetics from The Ohio State University and a Medical Degree from Northwestern Ohio University College of Medicine in Rootstown, Ohio. Dr. Savage completed an internship in pediatrics at Children's Hospital Center of Akron in Akron, Ohio, as well as an internship and residency in general surgery at Wright State University School of Medicine in Dayton, Ohio. He is board certified in general surgery.

Dr. Savage recently was recognized as a 2012 Licking Memorial MVP. He lives in Granville and has three children: Claire, Mia and Carter. In his spare time, he enjoys reading, running and outdoor activities.

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

Rhonda Maddern

Rhonda Maddern, R.N., Director of Case Management, was honored for her recent commitment to the John Alford Fellowship. Membership is reserved for individuals who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging

a minimum of \$25,000 to LMHF over a period of 10 years. Rhonda previously completed a commitment to The William Schaffner Society.



Vice President Development & Public Relations Veronica Link (left) and LMHS President & CEO Rob Montagnese (right) recognize Rhonda Maddern for her generous commitment to support LMHF.

Rhonda joined Licking Memorial Hospital (LMH) as the Director of Medical/Surgical Nursing in December 2001. In 2004, her role was expanded to include management of the critical care units (ICU and CCU) as Director of Acute Care Services. In 2006, Rhonda was named Director of Case

Management. In her current role, Rhonda is responsible for inpatient case management, community case management and practice management for the Hospitalist program and Sleep Lab services.

She previously was employed by LMH from 1987 through 1989 as a staff registered nurse and has nursing experience in intensive care, coronary care, acute care and general medicine in various hospital settings. Rhonda earned a bachelor's degree in management from Bellevue University in Bellevue, Nebraska, and an associate degree in science and nursing from Central Ohio Technical College. She is a Newark High School graduate. Rhonda and her husband, Ed, reside in Newark with their daughters, Emily and Elizabeth.

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

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.

Donors

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

2012 GOLF GALA

Mr. Terry Frame
Mr. Robert McGaughy
Mr. Richard Reed

CADUCEUS SOCIETY

Anonymous
Dr. Maria Defante and Dr. Brad Lewis
Samar Farghaly, M.D.
Dr. Todd F. Lemmon
Mr. Kevin and Dr. Megan Miller
Ghulam Mujtaba, M.D.
Brent Savage, M.D.
Dr. Martha and Mr. Richard Szabo
Drs. Latha and Jagadish Urs
Linda Yu, D.O.

CAPITAL IMPROVEMENT FUND

Goodwill Industries
TWIGS 6
TWIGS 8

COMMUNITY CORNERSTONE CLUB

Tony and Rita Adams
Jim and Linda Brucker
Shari L. Gallup
Elliott and Barbara Gerber

William D. and Virginia P. Lavelle
Christine Lindskog
Geraldine D. Marston
Nelson and Kathy McCray
Lew Mounts and Sue Henry-Mounts
Jack and Ann Oberfield
Calvin K. Prine
Richard Reed – Reed-Egan Funeral Home
Lila B. Saunders
Phil and Mary Fran Shannon
Orville and Vi Varasso
Mr. and Mrs. Tim White
Carol Wollenburg
Verna Zelein

CORPORATIONS

Waste Away Systems, LLC

GENERAL

Anonymous
Ms. Jennifer L. Grower
Danielle Schubach

HONORARY

In honor of David Claypool and the
LMH Fiscal Department
by Steven C. Zima

JOHN ALFORD FELLOWSHIP

Edward and Rhonda Maddern

MEMORIAL

In memory of Larry Fowler
by Local Union No. 301, International
Association of Iron Workers

In memory of Mary Pruzinsky
by Robert and Patricia McGaughy

THE WILLIAM SCHAFFNER SOCIETY

Mary Albright
Thomas and Kathryn Cumiskey
John and Elaine Gard
Pat and Linda Jeffries

Strong Financial Support Allows LMHS to Meet Community Needs

The Development Council of Licking Memorial Hospital (LMH) hosted two annual events, the Donor Appreciation Reception and the PRIDE Appreciation Reception, in September to thank those who made generous financial contributions throughout the past year. As a non-profit community Hospital, LMH does not receive any government funding and relies on private charitable donations to provide amenities at the Hospital, as well as important community programs that promote health and wellness.



Tom Cummiskey, LMH Development Council Chairman (left) and LMHS President & CEO Rob Montagnese (right), unveiled the newest piece of the Main Street Collection. It is a likeness of the Gib and Lou Reese Pavilion Fountain, and is presented to donors who have reached the \$7,000 level of giving.

field. These kinds of success stories remind us of LMHS' important role in protecting the community," Rob added.

At the recent Donor Appreciation Reception, Rob also outlined another program designed to protect the health of Licking County's youth – Active•Fit, which is being conducted in partnership with Newark Advocate Media. The Active•Fit Program aims to ensure healthy lifestyles and habits by motivating youth to make positive life-long changes that include exercise, healthy eating and proper rest.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese said that he is most proud of LMHS' Heart to Play sports pre-participation screenings for Licking County's middle and high school student athletes. "The program began offering free ECG screenings to the students in 2008. Since that time, several boys and girls were discovered to have a dangerous heart condition known as Wolff-Parkinson-White Syndrome. The condition is treatable with a minimally invasive ablation procedure, and the students usually can return to competitive sports a couple of weeks after the procedure. Without the Heart to Play screenings, these students could have become a tragic statistic and collapsed on the playing

The LMH Development Council hosted the annual PRIDE Appreciation Reception on September 11 to thank LMHS employees who support the Health Systems through their contributions to PRIDE. Veronica Link, Vice President Development & Public Relations, reported that the two recent PRIDE Bay Auctions each raised more than \$6,000, which was used toward the Oncology Renovation Project and new furnishings in the Main Lobby. Currently, PRIDE has 575 members, which is 35 percent of the employee population. Since its inception 25 years ago, PRIDE has raised nearly \$1.9 million to fund major projects and capital improvements at LMH.

Development Spotlight – Jack Stickle II



Jack Stickle II

Jack Stickle II recently joined the Licking Memorial Hospital (LMH) Development Council and serves on the Annual Support Committee. Jack is the Owner and Funeral Director at Henderson-Van Atta-Stickle Funeral & Cremation Service, which has locations in Newark and Heath. He is a board member of the Licking County Chamber of Commerce and the Licking County Prayer Partners, and serves as Vice-President of OSU's

Farmhouse Fraternity Alumni Association. In addition, he is an active member of the Newark Rotary Club, where he serves on the Membership Committee, the Knights of Columbus #721, the Boy Scouts of America Simon Kenton Council Eagle Scout Board of Review Committee, as well as the Church of the Blessed Sacrament.

As a lifelong resident of Licking County, Jack has always been a staunch supporter of the Hospital. He was driven to

become a member of the Development Council because he recognized that his involvement in the community, as well as his passion for and experience with fundraising could be beneficial to furthering the Licking Memorial Health Systems' mission to improve the health of the community.

"Growing up here, and being an active member of this community, I recognize the benefit of having a quality healthcare provider such as Licking Memorial Hospital," Jack said. "My goal is to spread the word about the great things that the Hospital does for our community, as well as assist the Development Council in obtaining the resources necessary to ensure that LMH can continue to excel in providing quality care."

Jack has a Bachelor of Science degree in agriculture with a minor in Business Finance and Entrepreneurial Science from The Ohio State University (OSU). He also is a graduate of the Cincinnati College of Mortuary Science.



Celebrate the Holidays with Healthy Recipes

During the holiday season, large meals, decadent cookies, candies and desserts are often a trademark of family gatherings and celebrations. It is easy to understand how making healthy choices can be challenging during this season. Chef Brian Merritt, Director of Food Services at Licking Memorial Health Systems, has created the following healthy recipes that are perfect for holiday gatherings. We hope that you and your family enjoy these recipes in good health!

Rolled Flank Steak with Red Sauce

Serves: 8

By Chef Brian Merritt

Red Sauce:

Ingredients:

- 1 whole onion, chopped
- 4 cloves garlic, chopped
- 3 Tablespoons of extra virgin olive oil
- 1 Tablespoon dry oregano
- 1 28-ounce can of diced tomatoes
- ½ cup roasted red pepper, canned
- 2 Tablespoons tomato paste
- 1 cup red wine vinegar
- 1 Tablespoon hot sauce
- ¾ cup granulated sugar

Directions:

Combine all ingredients in a blender or food processor, and purée until smooth.

Flank Steak:

Ingredients:

- 1 ½ pounds of flank steak pounded to ½-inch thickness
- ½ cup dry bread crumbs
- ½ cup skim milk
- ¼ cup golden raisins
- ¼ cup pine nuts
- 3 cups arugula leaves (loosely packed)
- ¼ cup grated parmesan cheese
- 1 cup red wine
- 2 Tablespoons canola oil
- 2 Tablespoons fresh parsley

Additional Items:

- Kitchen twine

Directions:

Soak the bread crumbs in milk for 10 minutes. Place the pounded flank steak on the cutting board and coat one side with the soaked bread crumbs. Combine the raisins, pine nuts, arugula and grated parmesan, and evenly sprinkle the mixture across the top of the bread crumbs. Tightly roll the flank steak width-wise, starting on one of the shortest sides. Using the kitchen twine, tie the rolled steak four times – once on each end and twice in the middle.

Preheat the oven to 325 degrees Fahrenheit (F). Heat an oven-safe, heavy bottom pan, such as a Dutch oven, on medium high heat. Add the canola oil and then the rolled flank steak to the heated pan. Sear the steak until it is browned on all sides. Reduce the heat to medium low, and add the red wine. Allow the liquid to simmer until it has reduced by half. Add the red sauce to the pan, making sure to coat the exposed meat.

Transfer the pan to the middle rack of the oven. Bake for 1 hour or until the internal temperature of the meat reaches 155 to 160 degrees F. Be sure to baste the meat every 15 minutes during the baking process.

Remove the pan from the oven. Cover loosely with an aluminum foil tent to keep warm, and let it rest for 8 to 10 minutes. Slice the meat into 1-inch rounds and remove the twine.

To serve, spoon the red sauce over the slices of rolled flank steak, and garnish with fresh parsley. This entrée pairs well with roasted vegetables, broiled asparagus, whole grain rice pilaf, roasted mushrooms or boiled gold potatoes.

Nutritional Information:

Per serving: 360 calories, 17g fat, 21g protein, 21g carbohydrates, 1g dietary fiber, 45mg cholesterol and 310mg sodium

Bittersweet Chocolate Pudding with Fresh Berries

Serves: 6

By Chef Brian Merritt

Ingredients:

- 3 cups cold skim milk, divided
- 1 ounce* (3 Tablespoons) bittersweet chocolate
- 4 ½ ounces* (½ cup and 2 Tablespoons) granulated sugar, divided
- 1 ½ ounces* (6 Tablespoons and 1 teaspoon) cornstarch
- 1 ounce* (3 Tablespoons and 2 teaspoons) cocoa powder
- 1 teaspoons vanilla extract
- 12 ounces* (2 cups) mixed fresh berries, washed and sliced if necessary

* Please note:

For best results, the above ingredients that are measured in ounces should be measured by weight using a food scale. This allows for increased accuracy when preparing the recipe, as well as calculating the nutritional content.

Directions:

Combine 2 cups of milk, 2 ounces (⅓ cup) of sugar and the chocolate in a heavy saucepan, and place over medium heat. Bring the mixture to a simmer so that the sugar dissolves and the chocolate melts. Meanwhile, sift together the cornstarch, remaining sugar and cocoa powder into a mixing bowl. Gradually add the remaining 1 cup of cold milk into the sifted ingredients. Whisk thoroughly to avoid lumps.

Remove the simmering milk mixture from the stove, and gradually pour into the mixing bowl with the cold milk mixture. Return the entire mixture to the saucepan, and once again, place over medium heat. Bring the mixture to a boil, stirring constantly. Once the mixture is boiling, remove from the heat, and pour it into a clean mixing bowl. Set the mixing bowl into an ice bath until the mixture is cooled to lukewarm. While the mixture is cooling, stir in the vanilla.

Pour the mixture into individual decorative serving vessels of your choice, and place in the refrigerator until the pudding is completely set. Before serving, garnish each dish with an equal amount of mixed fresh berries.

Nutritional Information:

Per serving: 195 calories, 4g fat, 6g protein, 39g carbohydrates, 4g dietary fiber, 2mg cholesterol and 66mg sodium

Retiree Spotlight – Carl D. Waggoner, M.D.



Carl D. Waggoner,
M.D.

Carl Waggoner, M.D., served with Newark Family Physicians Incorporated, part of American Health Network, until joining Licking Memorial Health Professionals in 1999. After serving the community for 23 years, he retired from Licking Memorial Health Systems (LMHS) in 2006. However, he has not ceased to practice medicine. He now administers Palliative and Hospice care through Hospice of Central Ohio.

“As a family practice physician, I had the joy of serving families from birth to end of life,” Dr. Waggoner said. “Being part of a healthcare organization so deeply rooted in the community, I had the privilege of witnessing families grow.

Now I have the honor of caring for many of those same families as their loved ones face death, and provide them with the best quality of life possible.”

Dr. Waggoner is the son of a Christian missionary couple, who were serving in Kenya when he was born. Prior to serving within LMHS, Dr. Waggoner served as a medical missionary at the Tenwek Hospital in Bomet, Kenya. He and his wife of 42 years, Lois, have three children – all of whom have carried on the family legacy of ministering to others throughout the world – including Steven, a pastor in Illinois, Nathan, a missionary in Albania, and Rebecca, who serves with Stop Hunger Now. They also are the proud grandparents of ten. The Waggoners are members of Faith Memorial Church in Lancaster. They enjoy boating, flower gardening, and traveling.

Volunteer Spotlight – Mary Lucas



Mary Lucas

Each Thursday, Licking Memorial Hospital (LMH) Volunteer Mary Lucas spends her morning delivering blood samples from the Hematology/Oncology Department on the fifth floor of the Hospital to the Laboratory area on the first floor. The precious cargo she carries will be used to determine the next treatment step for many LMH patients with cancer.

Mary was born and raised in Lancaster, Ohio. During her youth, she watched her father and mother work hard, ensuring that their eight children were supported. She adopted this character trait into her marriage with Earl, a young man whom she knew from childhood, and who had lived in her neighborhood. The couple worked various jobs to support their young, developing family. They relocated to Sarasota, Florida, where Earl worked in the meat department at Winn Dixie Supermarket, and later returned to the Central Ohio area to raise their family. After 35 years of marriage, Earl lost his battle with lung cancer at the age of 53. Mary's strong work ethic compelled her to continue working. Over the years, she has served at various

pharmacies, patient billing departments, and the Ohio Health Consortium. She began volunteering at LMH in 2011.

"I had to make time to volunteer. It always has been something that I knew I needed to do," Mary remarked. "The true joy of volunteering at LMH is meeting new and different people. If I can bring a smile to someone's face and help change their attitude for the better, it has been a good day."

"Mary is always cheerful, energetic, and willing to do any task requested, from helping in the Volunteer office to working with the Hematology/Oncology Department. She is very helpful and kind to all," said Carol Barnes, Director of Volunteers, TWIGS and Events. "We are grateful she adapts easily to new tasks and is always willing to try something new."

Aside from volunteering, Mary keeps her schedule full with family commitments and numerous activities. She has three sons and one daughter, ten grandchildren, and thirteen great-grandchildren. She enjoys singing, riding her bike, and is a member of Heath First Baptist Church. In addition, Mary continues to serve with the Ohio Health Consortium two days per week.

In Memoriam: LMHS Remembers Former Employees

Despite having more than 1,600 employees, the Licking Memorial Health Systems' (LMHS) staff is a closely connected team who depend upon each other to fulfill the Health Systems' mission to improve the health of the community. Therefore, the loss of an employee always affects the organization in a profound way. LMHS would like to honor the following employees who passed away over the last five years while still actively employed by the Health Systems:

Vicky Channel

Patient Accounting, passed away on August 4, 2009, after 5 months of service.

Douglas Mye

Environmental Services, passed away on January 3, 2010, after 2 years of service.

Timothy Jackson

Engineering Services, passed away on August 24, 2010, after 7 years of service.

Teresa Ault

The Registration Department, passed away on January 1, 2011, after 8 years of service.

Kimberly Stevens

4-South, passed away on October 25, 2011, after 3 years of service.

Deborah Pigg

Radiology, passed away on February 15, 2012 after 37 years of service.

Vickie Ford

The Intensive Care Unit (ICU), passed away on April 21, 2012 after 37 years of service.

Michelle Montgomery

Radiology, passed away on August 26, 2012, after 8 years of service.

LMHS is greatly appreciative of the time and talent that each of these employees dedicated to the Health Systems' mission. Please join LMHS in offering continued condolences to their family and friends.



Happy Holidays!

Wishing you a happy and healthy 2013!



Licking Memorial
Health Systems



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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

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

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Community Events

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

Wii Just Dance Party

Saturday, December 8

6:00 to 8:00 p.m.

Licking County Family YMCA – Mitchell Center

Licking County youth, ages 6 to 12, are invited to join the upcoming Active•Fit event for an evening of dancing and fitness fun. Participants will have an opportunity to dance in unison to the popular electronic dance game, which will be projected on a large inflatable screen within the YMCA Mitchell Center. Youth attendees also can sign up as Wii Remote dance contestants, for a chance to win great prizes. Healthy snacks also will be provided. Youth must be accompanied by an adult. Participation at this event will count toward the Active•Fit program goals. To register for the event, please call LMHS Public Relations at (740) 348-1572.

Betsy Eaton O'Neill Health Resource Center Education Programs (See page 9 for details.)

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

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

- **Seasoning Instead of Salt** – Wednesday, November 28
- **Heart Health for the Holidays** – Wednesday, December 5

Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC

150 Price Road, Newark

1:00 to 3:00 p.m. No charge.

Second Thursday of each month: blood glucose screenings

Fourth Thursday of each month: blood pressure screenings

No appointment required. Call (740) 364-2720 for more information.

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m.

No charge. Open to the public.

Shepherd Hill, 200 Messimer Drive, Newark

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

First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tour

Infant and Child CPR

Newborn Basics Class

Maternity Tour

Breastfeeding Class

Sibling Preparation Class

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