



Community Connection

Licking Memorial Health Systems

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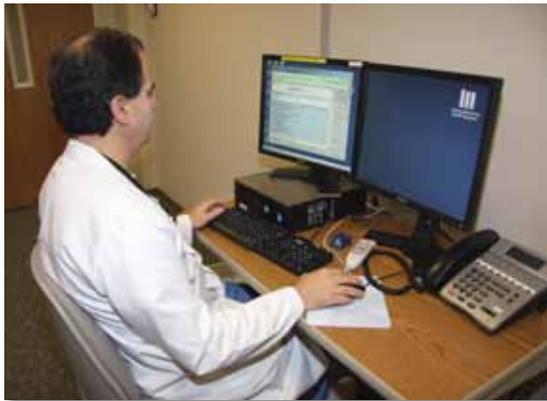
Volume 9, Issue 3

May/June 2012

Measurably Different ... for Your Health!

LMH's Electronic Medical Records Development Among Nation's Top

Licking Memorial Hospital (LMH) received recognition on March 2 signifying that the organization is among the top 5.9 percent of U.S. hospitals in its development of electronic medical records (EMR). According to HIMSS Analytics, LMH became the 316th hospital, out of 5,300 hospitals nationwide, to achieve Stage 6 of its HIMSS EMR Adoption ModelSM. The levels of achievement range from Stage 0 to Stage 7. HIMSS Analytics developed the EMR Adoption Model in 2005 as a way to evaluate the progress and impact of hospitals' emerging paperless EMR systems.



Hospitalist Bassam Kret, M.D., uses the electronic medical records (EMR) to coordinate his care with patients' other physicians. Licking Memorial Hospital has received recognition for its advanced use of EMR technology.

"The delivery of health care is a complex process that requires the sharing of accurate and

LMH's Electronic Medical Records Development Among Nation's Top (continued on page 2)

LMHS Heart to Play Program Continues to Save Young Lives

From May through July, Licking Memorial Health Systems (LMHS) will once again offer free pre-participation sports screenings to Licking County's youth in grades 7 through 12. Student athletes, band members, Licking County All-Stars football players and students in C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible to participate. The screening program, which is now in its seventh year, provides free baseline concussion screenings and electrocardiogram (ECG) testing in addition to the sports physical examination.



LMHS has offered pre-participation sports screenings to Licking County's student athletes in grades 7 through 12 for seven years, and has expanded the program over the years to include ECG screenings as well as ImPACT Concussion screenings that will further protect the students' health.

Heart to Play Program Continues to Save Young Lives (continued on page 3)

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

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

COMMUNITY EDUCATION

Language Development

Date: Tuesday, May 22
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Traci Dupler, M.A., CCC-SLP
(continued on page 6)

Skin Cancer Awareness

Date: Thursday, May 24
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Bethany Wyles, D.O.
(continued on page 4)

Hearing Loss

Date: Tuesday, May 29
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Cheryl Barker, Au.D., CCC-A
(continued on page 5)

Losing Weight the Safe and Effective Way

Date: Tuesday, June 5
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Aundra Parker, R.D., L.D., Kerri Marks, P.T.
(continued on page 5)

Better Breathing

Date: Thursday, June 14
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Eric Pacht, M.D.
(continued on page 9)

timely information between many healthcare providers," stated Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). "Information technology has the ability to vastly improve the way that critical clinical information, such as a patient's medication history, is shared with providers. Our paperless, EMR initiatives have already resulted in improvements in patient safety, clinical quality and operational efficiency. It is exciting to learn that we are among the top 5.9 percent of all U.S. hospitals to develop this important advancement."

By awarding the Stage 6 recognition, HIMSS Analytics attests that LMH:

- Has achieved significant advancement in its information technology capabilities
- Created strategic alignments with its medical staff, nurses, and other patient care providers to effectively utilize information technology to improve the patient safety environment
- Has almost fully automated/paperless medical records by implementing information technology applications across multiple inpatient care settings
- Uses data to drive improvements in patient care
- Has made significant executive commitments and investments to reach this stage
- Appears to have a significant advantage over competitors for patient safety, clinician support, clinician recruitment, and competitive marketing for both consumers and nurse recruitment
- Is well positioned to provide data to patients, physicians, employees and governmental agencies to support the use of electronic health records and the exchange of health information, within patient privacy guidelines

Sallie Arnett, M.S., RHIA, Vice President Information Systems, explained that LMHS began its transition to EMR technology years before many other facilities. "LMH formed a dedicated multi-disciplinary team comprised of clinical and technical experts to advance the use of information technology," she said.

"Working closely with the LMH Medical Staff, nurses, pharmacists, radiology staff, health information staff and other clinical departments, this team has focused on eliminating traditional paper-based documentation and film-based imaging, and replacing these traditional forms of documentation with state-of-the-art technology that improves the delivery of patient care."

Examples of LMH's paperless advanced clinical technologies are:

- Electronic Medical Record and Document Imaging System, available to all care providers
- Computerized Provider Order Entry (CPOE), used for all physician orders, including medications, lab work, radiology services and cardiology procedures
- Bedside Medication Verification (BMV), using barcode technology to ensure medications are administered correctly
- Picture Archival and Communication System (PACS) in Radiology, acquiring and storing all images electronically
- Electronic Medication Administration Record (EMAR), providing real-time documentation of medications
- Clinical decision support, making recommendations to physicians, pharmacists and nurses, based upon patient specific data in the computer system
- Voice Recognition (VR) technology, used to create clinical documentation
- Biometric fingerprint authentication for computer systems, ensuring that only authorized personnel have access to electronic medical records

HIMSS Analytics reports that Stage 6 hospitals have advanced capabilities to address many of the current industry changes, such as meaningful use criteria in the American Recovery and Reinvestment Act, claims attachments for the Health Insurance Portability and Accountability Act, and government quality reporting programs. HIMSS Analytics collects and analyzes healthcare data related to information technology. The company is a wholly owned, not-for-profit subsidiary of the Healthcare Information and Management Systems Society, based in Chicago, Illinois.



INSIST ON LMH

When your physician recommends a medical procedure, request Licking Memorial Hospital for your medical care.

LMH offers advanced medical technology – typically found in large metropolitan hospitals, superior care, excellent patient outcomes and proven quality measures. LMH has been named on the national 100 Top Hospitals list by Thomson Reuters ten times, and as a Best Regional Hospital by U.S. News and World Report.



Licking Memorial Hospital

“We are proud of how successful the pre-participation sports screenings have been since they were implemented seven years ago,” said Rob Montagnese, LMHS President & CEO. “As we have expanded the program to include ECG and concussion screenings, several young lives have been saved, and we are confident that we are doing everything we can to protect student athletes in the Licking County community.”



Diane LeMay, M.D., reviews a student's ECG results from LMHS' Heart to Play pre-participation sports screenings.

LMHS' baseline concussion screening, known as ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) was added to the program in 2011 and is coordinated by Licking Memorial Pediatrician Shelley Gittens, M.D. ImPACT is a computerized evaluation system that assesses the brain's cognitive functions, such as memory, attention span and reaction times. Each student completes a computer test to establish a cognitive baseline. If a student suffers an acute head injury, and a concussion is suspected, he/she should be examined by a primary care or emergency room physician. The ImPACT test is re-administered within 24-72 hours after the injury, and the new, post-injury results are compared to the baseline computer test. The difference in the two scores, along with serial examinations, will help physicians determine the amount of time that the athlete will need make a safe, full recovery.

Licking Memorial Pediatrician Diane LeMay, M.D., coordinates the ECG portion of the screenings, which has been successful in finding previously undetected heart problems since 2008. Since that time, four Licking County students have been discovered to have a potentially fatal heart condition known as Wolff-Parkinson-White Syndrome and were referred to a cardiologist for treatment. In 2011, 1,087 ECG screenings were administered, and 49 students were referred for follow-up with their primary care physician. Three students had abnormal ECG results upon further evaluation and were referred for treatment with cardiology specialists.

ECG tests will be offered free of charge to students in grades 7 through 12 who did not receive one in 2011. They also will be offered to any student athlete who is identified as having high risk symptoms, a family history, or examination findings, despite their participation in the ECG screenings the previous year. The painless ECG displays the heart's electrical impulses and can

identify common heart conditions that place the athlete at risk for sudden cardiac death even when there are no symptoms. A satisfactory ECG result for each athlete is required every two years for LMHS to give clearance for the student to participate in activities.

The ECGs will be performed by LMHS clinical staff on the night of the pre-participation sports screenings and will be read at no cost by local cardiologists. The student's clearance

is dependent on three factors: the student's medical history, the examination and the ECG test results. If a student does not clear any part of the process, a referral will be made for the student to visit a primary care physician for further evaluation prior to clearance to participate in strenuous activities.

LMHS also offers free physical examinations. The Ohio High School Athletic Association (OHSAA) requires all student athletes to complete a screening history and screening examination annually. A parent or guardian must complete a questionnaire containing more than 50 questions, including a medical and family history. The physical screening portion of the exam will be completed by LMHS medical personnel. If the student has had a checkup with a primary care physician within the past year, the student may submit the OHSAA form to the primary care physician's office to have it signed. In that case, the student does not need to attend the pre-participation sports screenings as described. A new OHSAA student athlete form was created for the 2012-2013 school year. The athlete will be required to bring the new form to the pre-participation screenings.

Parents should contact their school's athletic director if they are interested in participating in the free examinations offered by LMHS. School athletic directors will have school-specific screening details and permission forms available for students. A completed permission form is required for the screening and ECG. Middle and high school student athletes who attend a Licking County school that is not participating in the program are also eligible for the free screenings. It is important to note that the LMH sports screenings are not complete physical exams. For more information, please e-mail sportsphysicals@LMHealth.org.



LMH Offers Advanced Endoscopic Technology

Licking County residents who need an advanced endoscopic procedure to treat certain digestive disorders are now able to have the test performed locally. Licking Memorial Hospital (LMH) offers the endoscopic retrograde cholangiopancreatography (ERCP) procedure to treat diseases of the pancreas, liver, gallbladder and bile system.

ERCP is performed by a gastroenterologist in the operating room under general anesthesia using X-rays and a long, flexible tube called an endoscope. The procedure enables the gastroenterologist to view the patient's bile duct, which drains bile from the gallbladder and liver, as well as the pancreatic duct, which drains fluids from the pancreas into the first part of the small intestine, called the duodenum. A blockage of the two ducts by gallstones, pancreatic tumors, or narrowings/strictures is the most common reason that ERCP is performed.

In ERCP procedures, the gastroenterologist gently feeds the endoscope through the patient's mouth, past the stomach, to the opening of the bile ducts. A contrast dye is then injected into the bile ducts through a small catheter to allow X-ray images to reveal any problems. The gastroenterologist is able to perform treatments during the procedure, such as re-opening blocked ducts, implanting drainage stents, and removing gallstones.

Gastroenterologist Ghulam Mujtaba, M.D., who recently joined LMH, mastered the ERCP technique during his three-year fellowship training at The Brooklyn Hospital Center in Brooklyn, New York. Several other Licking Memorial

Gastroenterology staff members attended intensive ERCP instruction and training in Chicago to prepare for the technology's implementation at LMH.

Dr. Mujtaba described the procedure. "During ERCP, I examine the bile and/or pancreatic ducts, looking for abnormalities such as blockages, irregularity in the tissue, problems with the flow of bile or pancreatic fluid, stones, or tumors. If a problem is found, I can perform a treatment right then to improve the condition."

Prior to the development of the ERCP procedure, invasive surgery often was required to treat ailments of the pancreas, liver, gallbladder and bile duct because of their location in the body. "ERCP has replaced surgery as a therapeutic procedure in the treatment of most patients with common bile duct and pancreatic diseases," Dr. Mujtaba explained. "Our patients have been very happy to learn they can have ERCP performed at LMH now. One of my patients had ERCP performed a few years ago in Columbus. When she needed the procedure again recently, she was thrilled to learn that she could have it done here in Newark. She was very happy with our service, and it turned out to be life saving for her."

Licking Memorial Gastroenterology, located on LMH's sixth floor, specializes in the diagnosis and treatment of digestive tract and liver diseases. Appointments can be made with one of the three board-certified gastroenterologists by calling (740) 348-4137.

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



Bethany Wyles,
D.O.



Mushtaq Khan,
M.D.

According to the National Cancer Institute, 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Experts say that the cumulative effects of the sun can begin during childhood years; therefore, development of early sun safety practices against ultraviolet (UV) radiation is critical. Because this type of cancer is so prevalent, Licking Memorial Hospital (LMH) is offering a free educational session to inform community members about the sun's damaging effects and how to prevent dangerous exposure.

Bethany Wyles, D.O., of Licking Memorial Dermatology, will discuss the value of skin protection to prevent skin cancer on Thursday, May 24, at 6:00 p.m., in the LMH First Floor Conference Rooms. Dr. Wyles and Mushtaq Khan, M.D., also of Licking Memorial

Dermatology, will offer free skin cancer screenings following the program to the first 40 registrants. This education program is free; however, registration is required. To register, please call (740) 348-2527.

Community Education – Hearing Loss *(continued from front page)*



Cheryl Barker,
Au.D., CCC-A

Hearing loss is a common condition that affects both children and adults. Approximately 38 million Americans experience some degree of hearing loss. This condition is often hereditary, but chronic exposure to loud noises, certain medications and disease also are common contributing factors. Some hearing loss can be corrected through medications or surgery, and other types can be improved by utilizing amplification or hearing devices. However, in all cases, early diagnosis and treatment can increase quality of life and improve long-term results.

In recognition of Better Hearing and Speech Month during May, Audiologist Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology, will discuss the fundamentals of hearing during an educational session for the community on Tuesday, May 29, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms, located at 1320 West Main Street in Newark. The event is free; however, registration is required. To register, please call (740) 348-2527.

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



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



Kerri Marks,
P.T.

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

Licking Memorial Dietitian Aundrea Parker, R.D., L.D., and Licking Memorial Physical Therapist Kerri Marks, P.T., will discuss the importance of losing weight the safe and effective way during a free educational session for the community. The program will take place on Tuesday, June 5, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. The event is free; however, registration is required. To register, please call (740) 348-2527.

LMHS FAMILY MOVIE NIGHT

Licking Memorial Health Systems invites you to enjoy a free family movie night! The Health Systems will be presenting “Cars,” a Disney/Pixar film on the following date:

Date: Saturday, June 2

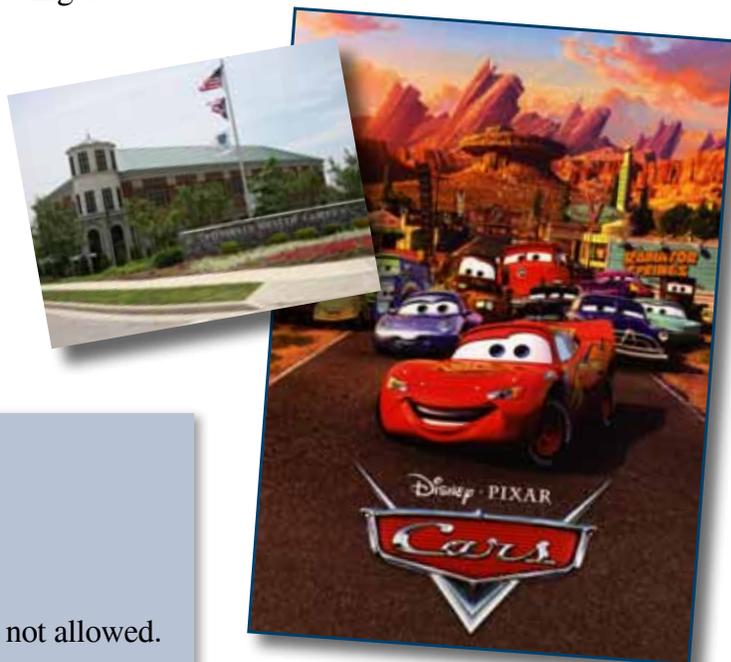
Time: Arrive at 7:30 p.m.

The movie will begin at dusk.

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

In the event of rain, the movie will be shown on Saturday, June 9.

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



Licking Memorial
Health Systems

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

New Technology Tailors Knee Surgery to Each Patient



John D. Quimjian, M.D., is the first orthopedic surgeon at Licking Memorial Hospital to utilize Zimmer® Patient Specific Instruments (PSI) to customize the total knee replacement procedure for the patient based on his/her unique anatomy.

Licking Memorial Hospital (LMH) and Orthopedic Surgeon John D. Quimjian, M.D., recently began offering Zimmer® Patient Specific Instruments (PSI) – an innovative surgical technology for qualifying patients who are in need of total knee replacement. Utilizing traditional total knee implants, Zimmer PSI uses MRI technology and pre-operative planning tools to create customized cutting guides that are tailored to a patient’s unique anatomy.

The process begins with an MRI image of the patient’s entire lower extremity (from hip to ankle). A 3-dimensional model is then formed to identify the true anatomy of the patient, and the computer assists the surgeon in achieving optimal alignment of the implant. Mechanical axis-based guides are created by Zimmer that conform precisely to the patient’s anatomy. The guides are used during surgery to custom fit the knee implant based on the patient’s specific needs.

Zimmer PSI is designed to ensure accurate placement of the knee implant and support increased accuracy and safety during the procedures. Utilizing PSI also assists in expediting the total knee replacement for both the patient and the surgeon by streamlining the surgical procedure, eliminating several steps and potentially increasing efficiency in the operating room.

Even slight variations in the way a knee implant fits can result in pain, stiffness and instability, and can greatly affect the

outcome of the total knee replacement. Because knee joints differ due to factors including age, gender, ethnicity and lifestyle, achieving proper alignment often can be challenging.

“Studies have demonstrated that mal-alignment of the joint can increase wear on the implant and cause premature implant failure,” said Dr. Quimjian. “When the procedure is customized based on a patient’s individual anatomy, he/she will benefit from increased alignment of the leg and knee, which is crucial to improving long-term comfort and functionality, as well as longevity for the implant.”

Due to increased accuracy when utilizing PSI, patients also benefit from a less invasive procedure that eliminates the need for traditional alignment rods and reduces post-operative bleeding. Before Zimmer PSI, alignment of the implant was determined by inserting an alignment rod into the shaft of the femur and tibia. This puts pressure on the bones, and in rare cases, can lead to pulmonary embolism – a blood clot in the leg that dislodges and travels to the lungs, creating a blockage in one of the major blood vessels.

PSI simplifies the total knee replacement process from start to finish without compromising surgical decision-making, technique or flexibility by using pre-operative surgeon planner software. Surgical planning provides the surgeon an opportunity to view the patient’s anatomy in its purest geometrical form and develop a customized surgical plan for each patient. Completing a computerized simulation of each patient’s specific procedure prior to surgery allows the surgeon to create a surgical template that not only customizes the alignment, size and type of the implant, but also prepares the surgeon to address any difficulties that may arise. “Pre-operative planning with Zimmer PSI software means that I am wholly prepared for any irregularities that might arise in the operating room, which can reduce the amount of time a patient is in surgery and potentially allow for a quicker recovery,” Dr. Quimjian said.

Dr. Quimjian joined the LMH Active Medical Staff in 1986, and is board certified in Orthopedic Surgery. He received his Doctor of Medicine Degree from The Ohio State University, and completed a residency in orthopedic surgery and a rotating internship at Mount Carmel Health Systems. Dr. Quimjian is part of Orthopedic Specialists, Inc., in Newark.

Community Education – Language Development *(continued from front page)*



Traci Dupler,
M.A., CCC-SLP

The development of oral language is one of the most impressive accomplishments for a child. For most children, language begins early and is acquired through experience, practice and the gradual awareness of language rules. Although development varies in children, knowing when a child’s language is developing normally and when to seek help is important.

In recognition of Better Hearing and Speech Month in May, Speech Language Pathologist Traci Dupler, M.A., CCC-SLP, of Licking Memorial Speech Therapy, will present a free community education program to discuss the fundamentals of language development. The program will take place on Tuesday, May 22, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. Registration is required for this program, and space is limited. Please call (740) 348-2527 to register or for more information.

Dr. Abdelmessih Receives Recognition for Outstanding Immunization Rates

The Licking County Health Department recently presented special recognition to Pediatrician Hanaa Abdelmessih, M.D., and her staff, for outstanding success in immunizing her young patients. Dr. Abdelmessih practices at the Tamarack Road location of Licking Memorial Pediatrics.

The Licking County Health Department strives for the same goals as the Centers for Disease Control and Prevention (CDC), ensuring that 90 percent of children are fully immunized by 24 months of age. In 2011, 90 percent of Dr. Abdelmessih's patients in that age group were completely up-to-date on all immunizations.

Joe Ebel, Licking County Health Commissioner, presented recognition awards to Dr. Abdelmessih and her staff and said, "An immunization rate of 90 percent is difficult to achieve, and we congratulate this team on achieving such an honor. Based on the statistics, it shows they are doing a good job of communicating the importance of the vaccinations to the parents."

Rob Montagnese, LMHS President & CEO, said, "We congratulate Dr. Abdelmessih on her accomplishment and leadership in being the fourth physician within the Health Systems to lead in this area of immunizations. This further demonstrates the pride that Licking Memorial Pediatrics takes in improving the health of the community."

In the late 1980s, an outbreak of measles in the United States revealed that many 2-year-old children had not received the recommended vaccinations for infants and toddlers. The CDC recommends that by the age of 2 years, children should be protected against hepatitis A, hepatitis B, rotavirus, diphtheria, tetanus, pertussis, influenza, hemophilus influenza type B, pneumococcal disease, polio, measles, mumps, rubella and chicken pox.



Shown are (left to right): Licking County Health Commissioner Joe Ebel, Diane Kintner of the Licking County Health Department, Hanaa Abdelmessih, M.D., Vice President Physician Practices Christine McGee and LMHS President & CEO Rob Montagnese.

Echocardiography Lab Receives Renewed Accreditation from IAC

The Licking Memorial Hospital (LMH) Echocardiography Lab recently was granted re-accreditation in the area of Adult Transthoracic and Adult Stress Echocardiography by the Intersocietal Accreditation Commission (IAC). The IAC reserves this three-year accreditation for facilities that provide quality patient care in compliance with national standards. A panel of experts completed a thorough review of the LMH Echocardiography Lab's operational and technical components before granting the re-accreditation.



(Left to right) Imaging Specialists Pat Smith and Samantha Hobbs work with Cardiologist Debra Heldman, M.D., in the LMH Echocardiography Lab to provide and interpret results of the non-invasive test that is used to detect heart disease.

According to statistics from the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the United States for both men and women. "We understand the need for excellent heart care in our community, and we take pride in providing excellent cardiovascular services," said Debbie Young, Vice President Patient Care Services. "The LMH Echocardiography Lab's re-accreditation helps provide a heightened level of confidence in the health care that we provide to our patients."

Echocardiography is an ultrasound procedure used in the early detection of life-threatening heart diseases. Factors such as the skill of the echocardiography sonographer performing the examination, the type of equipment used, the background and knowledge of the interpreting physician and quality assurance measures are critical factors that contribute to quality patient testing.

The LMH Echocardiography Lab was first accredited in 2002. It was one of the first 240 echocardiography labs in the United States, Canada and Puerto Rico to receive the recognition.

Montagnese Named Hometown Hero

Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS), has been recognized as a Hometown Hero by American Red Cross of Licking County. Rob and nine other community leaders received a special version of the award at the annual Heroes' Breakfast on March 14 at the Cherry Valley Lodge.

Rob has been at the helm of LMHS since 2007. He first joined the organization on a full-time basis as an Accounting Manager in 1993, and subsequently served as Controller, Senior Vice President Financial Services, and Executive Vice President.

Rob earned a Bachelor of Arts degree in business administration with a concentration in accounting from Wittenberg University and a Masters degree in healthcare administration from The Ohio State University. Additionally, he is a certified public accountant and a member of the Ohio Society of CPAs and the Healthcare Financial Management Association.

He currently serves as a member of the Ohio Hospital Association Board of Trustees, Treasurer of the Big Brothers Big Sisters Foundation Board, and Board Member (past President) of the Salvation Army of Licking County Advisory Board. In addition, he serves as a Board Member of First Federal Savings and Loan, Midland Theatre, The Works, the Newark Campus Development Fund and Our Futures in Licking County. Rob is a member of the Newark Rotary Club, a former Board Member and past President of Big Brothers Big Sisters of Licking & Perry Counties, a former Board Member of Kendal at Granville, and serves as Chairman for the Salvation Army of Licking County's Capital Campaign. He was also Chairman for Citizens for Parks, Paths & Trails (Licking Park District Levy Campaign).



LMHS President & CEO Rob Montagnese (left) was recognized by Rod Cook (right), Executive Director of the American Red Cross of Licking County, as a Hometown Hero at the annual Heroes' Breakfast.

Photo courtesy The Advocate and NewarkAdvocate.com.

Rob and his wife, Lauren, live in Pataskala with their daughter, Ashley, and two sons, Robby and Brady.

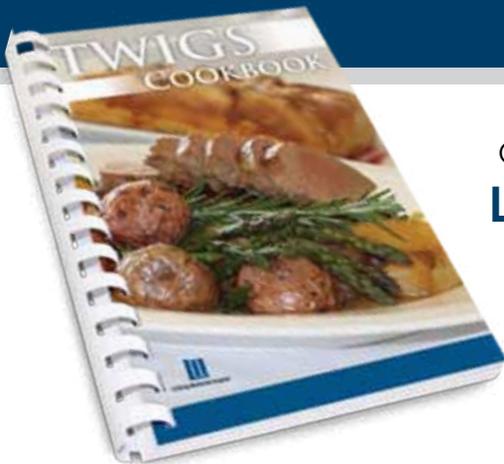
The Hometown Hero Award is bestowed on individuals who have had a positive impact on the Licking County community. The award was established in 2002, and is usually given to one individual each year. To celebrate the award's 10th anniversary in 2012, the American Red Cross hosted a special "Ten for Ten" version of the award by recognizing 10 individuals

who have made a positive impact in the community for the past 10 years. The awardees included:

- Tim Bubb, Licking County Commissioner
- Eschol Curl, retired, Vice President of State Farm Insurance
- Dan DeLawder, Chairman of Park National Corporation
- Cheri Hottinger, President of Licking County Chamber of Commerce
- Paddy Kutz, Executive Director of Mental Health America
- Lew Mollica, Ph.D., Director of Our Futures in Licking County
- Rob Montagnese, President & CEO of Licking Memorial Health Systems
- Kay Murphy, local philanthropist
- Patrick Scarpitti, M.D., physician and co-founder of Community Health Clinic
- Sarah Wallace, Chairman of First Federal Savings

The American Red Cross is a national humanitarian organization led by volunteers who provide relief to disaster victims, and respond to emergencies. The organization also provides health and safety classes. In 2011, more than 600 volunteers contributed more than 8,000 hours at the Licking County Chapter.

TWIGS COOKBOOK



Cookbooks are available for purchase at the cost of \$16 each at:
Licking Memorial Hospital Volunteer Office

Located on the ground floor of the Hospital.

All proceeds benefit Licking Memorial Hospital.



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

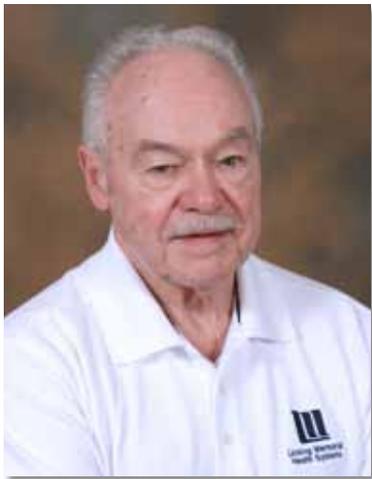


Licking Memorial Hospital
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2012 Golf Gala Will Take Place on June 25

The Licking Memorial Hospital (LMH) Development Council will sponsor the 2012 Golf Gala on Monday, June 25, at the Granville Golf Course, located at 555 Newark-Granville Road in Granville. Check-in and lunch are at 12:00 Noon, followed by a shotgun start at 1:00 p.m.

This year's honorary chairman is Walter C. Gemmell of Heath. Walt served on the LMH Board of Directors from 1999 to 2005. He is now a member of the Licking Memorial Health Systems (LMHS) Board of Directors, where he has served since 2005.



Walter C. Gemmell is honorary chairman of the 2012 Golf Gala to benefit Licking Memorial Hospital.

Walt was born in Brownsville, Pennsylvania, and moved to Licking County in 1960. He was the Chairman and CEO of W.A. Wallace Company, which he later sold to Dawson, Coleman & Wallace Insurance Agency, Inc. He is now retired, and has served on two regional advisory boards and one national advisory board for major insurance companies. He is a member of the Independent Insurance Agents Association of Ohio. Walt earned a Bachelor of Science degree in

education from the University of Virginia, and has 32 years of combined active and reserve service to the United States Army Air Corp, United States Air Force.

Throughout the years, Walt has served in various roles for community, civic and service organizations, including: Chairman of the Heath Civil Service Commission, board member and founder of the Language Experience Center (LEC), board member for the Licking County Republican Central Committee, Licking County Republican Executive Committee and Beyond 2000 Task Force – Heath City Schools, as well as former coach for the Heath Sertoma Little League Baseball team. Currently, Walt serves

on the American Red Cross of Licking County Board of Directors and is a lifetime member of the Heath Sertoma Club. In addition, he has received the American Red Cross Clara Barton Award and the first Heath Sertoma Service to Youth Award.

Together, Walt and his wife, Marjorie, have eight grown children and numerous grandchildren and great-grandchildren. In his spare time, he enjoys golf, ballroom dance, walking and spending time with his family.

The LMH Development Council is proud to acknowledge and thank the four Ace Sponsors for the 2012 Golf Gala: MedBen, Park National Bank, Stedman Flooring, Inc. and Turner Construction, as well as the eight Eagle Sponsors for the event, including: CS Construction, Gutridge Plumbing, Inc., The Jerry McClain Companies, Limbach Company, LLC, Newark Advocate Media, Summit Custom Cabinets, Surgical Interventions and U.S. Foodservice.

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

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

Participation is limited to the first 128 players who register. Please contact the Development Office at (740) 348-4102 by Friday, June 8, to register. The cost is \$125 per person or \$500 for the team. A prize package will be awarded to the winning team. Other prize categories include: Hole in One, Longest Drive and the Closest to the Pin.

Senior golfers who are 65 years and older and all female golfers are permitted to play from the white tees. However, all players who are competing for the “Hole in One” prize must play from the blue tee. Participants are invited to a buffet dinner and awards ceremony following the event.

Proceeds from the 2012 Golf Gala will be used to offset the cost of the Hematology/Oncology Department Renovation Project at LMH. For more information about the 2012 Golf Gala, or to register for the event, please contact the Development Office at (740) 348-4102.

Community Education – Better Breathing *(continued from front page)*



Eric Pacht, M.D.

One of the most profound and frightening symptoms of lung disease is the inability to breathe well. Whether you have asthma, bronchitis, COPD, or any other type of lung disease, breathing issues can impact your life at every level. When you cannot breathe well, everyday routines become difficult, if not impossible.

Eric Pacht, M.D., of Licking Memorial Pulmonology, will discuss the factors of better breathing during an educational session for the community on Thursday, June 14, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. The education program is free; however, registration is required, and space is limited. Please call (740) 348-2527 to register or for more information.

LMHS Family Movie Night

Licking Memorial Health Systems (LMHS) will again host the popular Family Movie Night series throughout the summer months of 2012. The first event will take place on Saturday, June 2, at the Pataskala Health Campus, located at One Healthy Place, off Broad Street, in Pataskala.

Community members are invited to bring blankets and lawn chairs, beginning at 7:30 p.m., to watch the Disney/Pixar feature film, "Cars," on a large inflatable screen under the stars. The free movie screening will begin at dusk. Prior to the movie, LMHS clinical staff will offer free blood pressure and body mass index screenings.

LMHS Family Movie Night will take place weather permitting. The rain date for this event will be Saturday, June 9. Guests should dress appropriately for the temperature conditions. Children must be accompanied by an adult. Alcoholic beverages, tobacco products and pets are not allowed. Future LMHS Family Movie Night events are planned in Pataskala and Granville. For more information, please contact LMHS Public Relations at (740) 348-1503.



Easter Bunny Visits Pediatric Patients

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

Pediatric Surgery Patients Will Benefit from Charitable Donation

On March 23, Greg Wallis, Director of Surgical Services (pictured on the left), accepted a generous donation of 17,000 collectors' cards on behalf of Licking Memorial Hospital (LMH). The cards, which are a mixture of baseball, football, basketball and Looney Tunes collectibles, were donated by Gary Hummel (pictured on the right). Gary has been a card collector since the early 1980s, and said he values the opportunity to share his collection with others, especially children, who enjoy them as much as he does. The cards will be distributed in packs of 50 to pediatric patients in LMH's Surgery Department.





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 take place at 1:00 p.m., unless otherwise noted, and are free to the public; however, registration is required, and space is limited. Please call (740) 348-2527 to register.

Wednesday, May 30

Activity and Diabetes – Regular activity for those with diabetes can help control blood glucose levels, stimulate weight loss and decrease risk for other chronic diseases. However, certain activities also can carry risks for those with diabetes. Join Sandra Gienger, R.N., C.D.E., Licking Memorial diabetes educator, to discuss the planning and preparation needed to ensure safety and maximum benefits when combining diabetes and activity.

Wednesday, June 6

Preventing Heat Stroke – Although heat-related illness and death are preventable, each year many succumb to the effects of the extreme heat. Learn how to safely enjoy the warmth of summer while protecting yourself and loved ones from heat-related danger. Join Tamara Mills, PA-C, physician assistant from Licking Memorial Family Practice in Hebron, for an informal program on recognizing and preventing heat stroke. This program will take place at 5:00 p.m.

Wednesday, June 13

Easing the Fear of Cancer – Most people respond to the diagnosis of cancer with some degree of fear. Fear is a natural response to threat and can motivate us toward positive change. However, fear can be emotionally draining, leaving you exhausted and ill-equipped to deal with the challenges of cancer. Join Cynthia Land, R.N., B.S.N., from Licking Memorial Hematology/Oncology, to discuss how to deal with the fear of cancer.

Wednesday, June 20

Asthma and Allergies – Asthma and allergy symptoms typically worsen during certain seasons of the year. However, with careful planning and precautions, warm weather allergens and triggers need not threaten summer enjoyment. Join Licking Memorial Respiratory Therapist Ken Justice, R.C.P., C.R.T., for an informal discussion on how to deal with asthma and allergies during the warm summer months.

Wednesday, June 27

Summer Food Safety – The rising summer temperatures bring outdoor fun with family and friends, but also create an ideal environment for bacterial growth in food. Join Licking Memorial Health Systems Director of Food Service Brian Merritt for an informal program that will provide helpful tips to protect your loved ones from foodborne illness during the summer months.

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.

A Tribute to Mothers . . .

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



March 2011

Mickayla, who celebrated her first birthday on March 4, keeps mom, Amanda Landon, very busy.



April 2011

Casey Hardy sits with her smiling baby girl, Presley, born on April 24.



May 2011

Maysi, who was born on May 29, snuggles up to mom, Mechelle McKee.



September 2011

Kristen Musick cuddles up to daughter, Madison, who was born on September 18.



October 2011

Born on October 11, Will grins ear-to-ear with mom, Mindy Labac.



November 2011

Thankful mother, Shelby Gaul, welcomed her daughter, Henleigh, just before Thanksgiving on November 6.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public. There were 974 babies born at Licking Memorial Hospital this past year.



June 2011

Raegan poses with mom, Jordan Frazier, who welcomed her into the world on June 13.



July 2011

Holly Slaughter shows off handsome son, Cooper, born on July 15.



August 2011

Berkley, cheek-to-cheek with mom, Sarah Huffman, was born on August 4.



December 2011

Born on December 16, Marlie was able to celebrate her first holiday season with mom, Patricia Forgrave.



January 2012

Jessica Williamson welcomed son, Brooks, into the family on January 23.



February 2012

Born just after Valentine's Day on February 15, Makena is cherished by mother, Deana Bennett.



Patient Story – Jesse Buchanan

Jesse Buchanan of Heath is known to joke around a lot. However, for several months in 2011, the merriment stopped as 80-year-old Jesse faced one serious health crisis after another. “I feel like I lost that whole summer,” he recalled. “I can joke about it now, because laughing is better than crying, but I was one sick man.”

Jesse first noticed some fatigue, shortness of breath and a racing pulse while trimming the lawn with a walk-behind mower last spring.

The symptoms subsided with a brief rest period each time, so he disregarded them as a minor inconvenience. Besides, Nancy, his wife of 61 years, was scheduled to have knee replacement surgery, and he was focusing on preparations for her post-surgical home care.

Shortly after Nancy returned home from surgery, Jesse became ill and was diagnosed with pneumonia. Just a couple of weeks after treatment, he told Nancy he was feeling unwell again. “I was so cold, even though it was 85 degrees outside,” he explained.

“Our daughter, Cheryl is an anesthesiologist in Florida, so I called her for advice,” Nancy said. “She told me to check Jesse’s temperature, which I did. It was 99 degrees, but I checked again five minutes later, and it had already spiked to 102 degrees. Cheryl told me to call 9-1-1 to get Jesse to the hospital as quickly as possible.”

At Licking Memorial Hospital (LMH), Jesse was once again diagnosed with pneumonia, along with fungal pneumonia and interstitial lung disease, and was admitted to the Intensive Care Unit. Pulmonologist Eric R. Pacht, M.D., told Jesse that both pneumonia conditions could be cured with aggressive antibiotic therapy, but any scarring caused by the interstitial lung disease would be irreversible.

Interstitial lung disease is a group of illnesses that cause scarring in the tissue between the lungs’ small air sacs. As a result, the lungs are not able to deliver oxygen to the blood stream efficiently. The underlying cause of interstitial lung disease is unknown in most cases.

“Dr. Pacht asked me what my goals were – as far as my health was concerned,” Jesse recalled. “I told him that I wanted to be able to do three things: to be able to run the sweeper to help



Respiratory Therapist Rita Allen, R.C.P., C.R.T., monitors Jesse Buchanan as he uses the NuStep machine.

my wife, to be able to play golf again, and to be able to cut the grass by myself. Dr. Pacht told me that although the scarring in my lungs will not get better, I can prevent it from getting worse if I keep my body in good shape. He encouraged me to exercise so that I could reach my goals.”

Jesse started attending Pulmonary Rehabilitation at LMH two days a week. “I have built my way up to 30 minutes on the treadmill at 2 mph. I also work out on the

NuStep exercise machine, the recumbent bike and the arm ergometer. Even though I have a treadmill at home, I look forward to my sessions in Rehab because they have such nice machines, and I am breathing 100 percent oxygen the whole time. It also is reassuring to have someone to watch over me while I am exercising. Before I do anything, the respiratory therapists check my blood pressure and blood oxygen level. Sometimes I go at it too vigorously, and then I get short of breath. When that happens, they have me rest and do some ‘pursed-lip’ breathing – breathing in through my nose and out through my mouth with my lips pursed. It is 100 percent better to exercise in Rehab than alone at home,” he attested.

Jesse’s family could tell that he was feeling better when the jokes began to return. He good-naturedly teased the respiratory therapists about demanding too much exertion, but in reality, he was pushing himself to the limit. “It is nice to have him back to his old ways,” Nancy said.

Jesse said, “Dr. Pacht told me that I was going to have to start taking things slower, but I have always been one to need to do things ‘right now.’ Just a few months ago, I was weak as a pup, and my son had to help me in the front door of my home. Now, I have a lot of my strength back. I played nine holes of golf the other day!”

In February 2012, Jesse discovered that he had yet another respiratory condition. “Dr. Pacht sent me to the Sleep Lab at LMH for a sleep study,” Jesse said. “The results showed that I had sleep apnea, and I had stopped breathing 55 times during the first hour I was asleep. Now I am sleeping with a continuous positive air pressure (CPAP) machine, and it is working out well for me. Dr. Pacht is the greatest – he is such a knowledgeable doctor!”

Patient Story – Jesse Buchanan (continued on page 18)

Respiratory Care – How do we compare?

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

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

1 In addition to causing cancer and many respiratory problems, tobacco smoking has been shown to increase the risk of complications for patients who have other serious illnesses. Licking Memorial Hospital (LMH) counsels inpatients who smoke to quit smoking and refers them to Quit for Your Health, LMH's free tobacco cessation program. As part of the Hospital's internal referral process, LMH's Respiratory Department staff spoke about smoking cessation with more than 2,529 patients who smoked in 2011.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Smoking cessation education provided to:				
AMI patients	100%	100%	100%	100%
Pneumonia patients	99%	100%	100%	98%
Heart failure patients	100%	100%	100%	99%
Stroke patients	100%	100%	100%	LMH Goal greater than 90%

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

	LMHP Pulmonology 2009	LMHP Pulmonology 2010	LMHP Pulmonology 2011	National ⁽²⁾
Smoking cessation advised for Licking Memorial Pulmonology patients who smoke	99%	99%	100%	74%

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

	LMHP Pulmonology 2009	LMHP Pulmonology 2010	LMHP Pulmonology 2011	National ⁽²⁾
Asthma patients assessed for appropriate inhaled corticosteroid	100%	100%	100%	93%

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

	LMH 2009	LMH 2010	LMH 2011	National ⁽³⁾
Pneumonia infection rate of ICU patients on ventilators	1.3	1.4	1.5*	1.2

* The rates above reflect one patient infection per calendar year.

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

	LMH 2009	LMH 2010	LMH 2011	Goal
Complete ventilator bundle used for patients on ventilators	95%	96%	99%	greater than 90%

Data footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) National Committee for Quality Assurance, “The State of Health Care Quality 2011.” (3) National Healthcare Safety Network Report, Data Summary for 2010, Device-associated Module (Medical-Surgical ICU<15 beds).



Quality Reporting to the Community

Patient Story and Benchmarks for Behavioral Health Care



Patient Story – Paul R. *(At the patient's request, his full name is being withheld to protect his identity.)*

Living in Licking County has a different rhythm now for Paul R. than it did when he was growing up as a boy in Granville. As a teenager in the 1970s, he marched to a different beat than many of his classmates, by paying little attention to school assignments or activities. Instead, he focused on his drum set, drinking with friends and getting high on the weekends. His alcohol and drug abuse escalated over the next 25 years, reaching a dangerous crescendo before Paul sought help through Shepherd Hill to become sober and find a calm inner peace.



drinking heavily. I also was struggling to make ends meet, so I sublet my apartment. Out of the blue, I received a phone call from one of my former Granville High School classmates. She wanted to let me know about our upcoming 25-year reunion.”

Paul boarded a bus and headed home to Granville. He attended the reunion, enjoying the opportunity

to reconnect with former classmates, including the one who called him in New York. Then, in keeping with Paul's usual habits, he drank heavily and blacked out. That is when the new cadence in Paul's life began.

Paul left Granville shortly after his high school graduation to live with his father in New York City. Just 18 years old, he had dreams of finding success in the Big Apple as a rock star, with all the luxuries and excitement that accompany fame. “Music has always been a part of my life, and I was now completely in the right place, doing what I love to do. I was living in New York City, playing in a band, learning about the music world, and networking with other musicians. It was an exciting time,” Paul reminisced. Unfortunately, his drinking and drug use escalated along with his success. “I was drinking and smoking marijuana more, plus I began taking prescription and ‘street’ pills,” he said.

The classmate who called Paul in New York, had previously been married to an alcoholic, and she recognized the signs of his addiction. She approached his family and told them that she thought he needed help. Paul's family offered the opportunity for him to remain in Granville while he received treatment. They contacted a family friend who was a member of a local 12-Step Program, and Paul accompanied him to a meeting. Paul's family also made arrangements for a meeting with the staff at Shepherd Hill, the Behavioral Health facility at Licking Memorial Hospital.

Paul tried to quit using drugs and alcohol on his own a few times, but the addictions were too strong to overcome. “Every time I tried to control my use, or quit altogether, I just picked up where I left off and began using again,” he said. “It is a slow, but progressive disease, and I got sicker and sicker.

Paul met first with Cindy Barbour, R.N., B.S.N., CARN, for the initial assessment, and then with Addiction Medicine Physician Frederick N. Karaffa, M.D., to evaluate his overall medical condition and formulate a treatment plan. “Dr. Karaffa is a long-time friend and had been my family's physician when I was a kid, so it was really comforting to be talking to him again in this stressful situation,” Paul said.

“In the late 1990s, my band returned to New York City after a tour in Europe. The very same day we got back, our management company told us that we needed to leave immediately for a two-week tour on the East Coast,” Paul recalled. “That afternoon, we headed toward Albany, New York, for a radio show to promote the tour, and we got into a bad accident on the way. I had a severe back injury with two ruptured discs – one at the base of my neck and the other in the lumbar region – which caused a great deal of chronic pain.” Paul's physician prescribed Vicodin to ease the back pain, but it worsened and required increasing doses of the opiate medication.

Paul had compiled a list of items that he considered symptoms of his illness. The list began with “insomnia” and outlined several other issues that Paul believed needed to be treated. He slid the paper across the desk to Dr. Karaffa, who carefully considered the list, then pushed it back across the desk to Paul. He pointed to the last item and said, “That is your problem.” The last item read, “Drinking too much.”

In pain, and unable to work, Paul's life fell into discord. He said, “I started taking more and more Vicodin, and I was

Paul immediately began the intensive six-week outpatient program, arriving just after breakfast four days each week. He was assigned a counselor and attended daily lectures that focused on addiction information, disease models, manifestations of addiction, and recovery. Along with other Shepherd Hill patients, Paul participated in daily “tasks” that

Patient Story – Paul R. (continued on page 19)

Behavioral Health Care – How do we compare?

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

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

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

	LMH 2009	LMH 2010	LMH 2011	Goal
Psychiatric readmissions	2.4%	4.0%	5.1%	less than 5.6%

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

	LMH 2009	LMH 2010	LMH 2011	Goal
Patients with complete treatment	68%	72%	70%	greater than 75%

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

	LMH 2009	LMH 2010	LMH 2011	Goal
Patients remaining abstinent	82%	76%	88%	greater than 85%
Improvement in quality of relationships	92%	93%	92%	greater than 85%
Improvement in overall physical and mental health	91%	90%	95%	greater than 85%
Improvement in overall quality of life	92%	90%	90%	greater than 85%

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

	LMH 2009	LMH 2010	LMH 2011	Goal
Average length of stay – alcohol treatment	2.6	2.5	2.7	less than 3 days
Average length of stay – opiate treatment	2.6	2.6	2.6	less than 4 days
Average length of stay – tranquilizer treatment	3.4	3.1	2.7	less than 5 days

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

	LMH 2009	LMH 2010	LMH 2011	Goal
Medication education provided for patients and/or family	99%	99%	100%	greater than 97%

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

	LMH 2009	LMH 2010	LMH 2011	Goal
Social work/family meeting during patient stay	97%	93%	97%	greater than 95%

BiPAP Technology Improves Patients' Breathing

Technology that Licking Memorial Hospital (LMH) has been using to successfully treat patients with respiratory failure prevents many inpatients from needing invasive ventilator therapy. The non-invasive bi-level positive airway pressure (BiPAP) machine eliminates most of the risks associated with ventilators, such as pneumonia and other infections.

“BiPAP technology has tremendous advantages for patients who are having difficulty breathing,” explained Pulmonologist Eric R. Pacht, M.D. “It gives the physician another tool to customize the best treatment plan for each individual case.”

Through a respiratory mask, the BiPAP machine delivers air under two varying levels of pressure – higher pressure when the patient inhales, and lower pressure when the patient exhales. BiPAPs are useful in treating patients with respiratory failure, chronic obstructive pulmonary disease (COPD), pneumonia and heart failure.

Dr. Pacht said, “The BiPAP is especially therapeutic for patients who cannot clear enough carbon dioxide from their lungs, and they usually show marked improvement in



Respiratory Therapist Ken Justice, R.C.P., C.R.T., adjusts the settings of a BiPAP machine to deliver optimal levels of pressurized air.

their blood gas levels after using it. The BiPAP takes over much of the effort of breathing. Our aim is to improve the patient’s respiratory muscle strength and to allow the lungs to rest and heal. The patient can be weaned from the BiPAP when pulmonary medications begin to take effect.”

In contrast to the dual pressure levels of the BiPAP, the continuous positive airway pressure (CPAP) machine that is commonly used to treat sleep apnea emits a steady flow of pressurized air, regardless of whether the patient is inhaling or exhaling. In some cases, the BiPAP machine is used to replace

the CPAP machine for treatment of sleep apnea. “If patients find it uncomfortable to exhale against the pressure of a CPAP machine, they may not use it every night as they sleep. They may be more compliant if they find the BiPAP machine is more comfortable for them. Both machines are excellent therapies, but only if the patients use them consistently.” Dr. Pacht stated.

BiPAP machines at LMH are titrated by licensed respiratory therapists under the direction of a physician. The Respiratory Therapy Department provides care for patients of all ages, 24 hours a day.

10 Tips to Travel Safely with Asthma

Patients with asthma can safely travel if they plan ahead and closely monitor their conditions. Here are some tips to help asthma patients enjoy their summer vacations, without running into a medical emergency:

- Visit your physician before departure to ensure your asthma is well controlled.
- Ensure that your influenza, pneumonia and whooping cough immunizations are up to date.
- Make a list of your “triggers” and research your destination to customize your travel plans to avoid the triggers.
- If smoke and pet dander are among your triggers, reserve a smoke-free and pet-free hotel room.
- If you are staying with friends or family, ask ahead of your visit

if there are indoor pets in their home. If you are allergic to any of their pets, arrange to stay elsewhere. The extra expense will be minimal compared to an emergency room visit.

- Pack an adequate supply of controller and rescue medications. (Ask your insurance company if early refills are covered for travel purposes.)
- Pack your asthma action plan, peak flow meter, and spacer.
- Pack hand sanitizer, and use it often to prevent infection with a respiratory illness.
- Let your travel companions know your condition, and what should be done in case you need help during an attack.
- Research your destination to know the closest medical facility in case you have an emergency. Also pack your local physician’s contact information.

Patient Story – Jesse Buchanan (continued from page 14)

Close family relationships have also played an important role in Jesse’s recovery. While Nancy and Jesse were both recuperating, their sons, Jeff and Matt, spent many hours by their hospital beds and taking care of details around their home. Cheryl also flew home from Florida every weekend for several weeks to lend her support. “My family was there for me every step of the way,” Jesse said. “This all would have been a lot tougher without them.”

Jesse still attends Pulmonary Rehabilitation sessions on Tuesdays and Thursdays. “I always receive great care –

everybody is great. I have been recommending LMH to everybody. I tell them, ‘If you have a problem, go to LMH and they will take care of you.’”

The LMH CardioPulmonary Rehabilitation Center is located on the Hospital’s first floor, near the Cardiology Department. It is staffed by certified Respiratory Therapists who work with patients with acute or chronic respiratory illnesses to improve their health and quality of life. For more information about Pulmonary Rehabilitation services at LMH, call (740) 348-4189.

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

	LMHP 2009	LMHP 2010	LMH 2011	Goal
Appropriate testing complete for patients taking valproic acid (such as Depakote)	97%	96%	94%	greater than 90%
Appropriate testing complete for patients taking lithium (such as Lithobid)	97%	97%	94%	greater than 90%

Patient Story – Paul R. (continued from page 16)

were designed to help them develop sobriety-building skills. “For me, the tasks were the most valuable part of the program,” Paul said. “They helped me develop skills that I use in my everyday life, such as solving conflicts in a non-confrontational manner. My peers were an important factor in my recovery process. We were all very supportive of each other.”

Dr. Karaffa showed Paul that he was inadvertently exacerbating his back pain by taking large amounts of Vicodin. “He explained that the mixture of alcohol and Vicodin can cause back pain, so as I increased the amount of pain medication, I was ironically creating more pain.” Paul said. “Dr. Karaffa told me that if I stopped taking the Vicodin, the pain would subside on its own pretty quickly. He was right. The pain let up in a short amount of time, and that really jump started my recovery. Now, when the back pain flares up, I take ibuprofen, and it takes care of the worst part of it. That is quite a difference from the invasive back surgery that my former physicians recommended.”

Following the six-week outpatient program, Paul started Shepherd Hill’s 52-week aftercare program that offers facilitated group sessions. During that time, he also began to perform clerical work as a volunteer in Shepherd Hill’s office. Paul said, “Volunteering was completely unknown to me, and I enjoyed the opportunity to help. It was a constructive way to spend my free time, and gave me a way to connect with the world again.”

He added, “Dr. Karaffa suggested that I consider teaching music. A couple of days later, I applied at a music store,

and got a job providing music lessons. I still give private lessons today, and I also teach at a college and play in several bands with talented local artists. I had no idea when I got sober that these things would still be a part of my life. To be able to take my God-given talents and share them with others and to make a living to provide for my family is incredible!”

Paul reflects on his life with an appreciation for its newly controlled tempo. “I have a deep sense of gratitude to my physicians, counselors, peers, techs and all the other people at Shepherd Hill. They truly saved my life,” he said. “I have had tremendous support from everyone, especially my family. I have a whole litany of principles and people who continue to help me in my recovery.”

Paul continues to serve as a sponsor to other 12-Step Program members. He explained, “Because I am sober today, I can look back at my journey with pride, and use those experiences to help others. The past can be a strong asset to helping others.”

After achieving sobriety, Paul’s life began to harmonize again. He married the classmate who had called him in New York, and became a step-father to two daughters. He and his wife recently observed their 10th anniversary by renewing their vows in a church celebration as his family and 12-Step Program sponsor sat nearby in unwavering support.

Shepherd Hill is a nationally accredited treatment center. For more information, visit the Web site, www.shepherdhill.net, or call (740) 348-4870 or (800) 223-6410 (toll-free).



- Traditional and extended residential chemical dependency treatment
- Health professional program
- 72-hour residential evaluation program
- Treatment for co-occurring disorders
- Outpatient psychiatric services
- Outpatient chemical dependency program
- On-site aftercare and caduceus meetings

Golden Years Are Sometimes Marred by Depression

It is a sad fact that suicide is the 11th leading cause of death in the United States, as an estimated 80 Americans take their own lives each day. Senior citizens, age 65 years and older, comprise one of the highest risk groups for suicide.

Understanding risk factors and warning signs can help healthcare workers identify patients who are facing a crisis and may be in danger of harming themselves.

“Adults who are 65 years and older comprise 13 percent of the population, but they account for 19 percent of all suicides,” cited Craig B. Cairns, M.D., M.P.H., Vice President Medical Affairs at Licking Memorial Health Systems. “Seniors face unique challenges that may be overwhelming to them and can contribute to the development of depression. Complicating the problem, seniors are much less likely to seek a mental health professional’s help.”

Licking Memorial Hospital (LMH) is partnering with Pathways of Central Ohio to identify patients of all ages who may be at risk for suicide, and referring them for follow-up care. “Our staff members in the Emergency Department and



on the patient floors are trained to look for warning signs,” Dr. Cairns said. “When a patient exhibits warning signs, the staff initiates a caring conversation with the patient and asks if it is okay for someone from Pathway’s 2-1-1 Crisis Hotline to contact them with a follow-up phone call after they are discharged from LMH. That follow-up phone call can be a life preserver for patients until they can make an appointment with a mental health professional. It is a reminder that other people care about them, as well as an opportunity to talk about their feelings of sadness and hopelessness.”

Factors that can place an older adult at risk for suicide include:

- Diagnosis of a serious illness
- Alcohol or drug abuse
- Chronic pain
- Death of a loved one
- Personal losses
- Financial trouble
- Housing problems
- Family difficulties
- Isolation and loneliness

“There is a common misconception that depression is a normal part of aging, but that is completely untrue,” Dr. Cairns said. “Depression is a treatable illness at any age, and remarkable improvements in the quality of life are possible. Studies have shown that it is extremely important for older adults to have an active social network and circles of friends. Joining a club or volunteering can be very uplifting for their mental health.”

Pathways of Central Ohio’s 2-1-1 Crisis Hotline is affiliated with the National Suicide Prevention Lifeline. It can be reached by calling 2-1-1 on most phones in Licking County, or toll-free at (800) 544-1601. All calls are confidential. The 2-1-1 Crisis Hotline welcomes callers of all ages, and can make recommendations to friends and family who are concerned that a loved one may be at risk of suicide.

Signs That Someone You Know May Be in Danger of a Suicide Attempt

Suicide is a major public health problem in the United States, responsible for the deaths of an estimated 32,000 adolescents and adults each year. The National Suicide Prevention Lifeline has compiled a list of the warning signs that may indicate that someone you know is contemplating taking his or her own life:

Warning Signs of Suicide

- Talking about wanting to die
- Looking for a way to kill oneself
- Feeling hopeless or having no purpose
- Increased use of drugs or alcohol
- Feeling burdensome to others
- Feeling trapped or in unbearable pain
- Sleeping too little or too much

- Withdrawal or isolation
- Anxiety, agitation or recklessness
- Feelings of rage
- Extreme mood swings
- Talking about seeking revenge

What to do

- If someone you know exhibits warning signs of suicide:
- Do not leave the person alone.
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt.
- Call the U.S. National Suicide Prevention Lifeline at (800) 273-TALK (8255).
- Take the person to an emergency department, or seek help from a medical or mental health professional.

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 January and February 2012.

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Obiaghanwa Ugbana, M.D.

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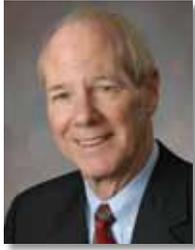
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LMHS Board of Directors Welcomes New Member



Patrick M. Jeffries

At the annual meeting of the Licking Memorial Health Systems (LMHS) Association on April 3, Patrick M. Jeffries was seated to his first elected 3-year term on the LMHS Board of Directors. As the newly installed Chairman of the Licking Memorial Hospital (LMH) Board of Directors, Linda Dalgarn also has joined the LMHS Board of Directors as a voting ex officio member. New officers also were elected for 2012-2013. The LMHS

Board of Directors is comprised of 11 individuals, including a physician advisor, who set policy and guide the Health Systems through its day-to-day operations.

Patrick was previously a voting ex officio member of the LMHS Board of Directors as Chairman of the Licking Memorial Hospital (LMH) Board of Directors, where he served as a member from 2004 to 2012. He also is a member of the LMH Development Council's Executive Committee. He retired after 38 years as Personnel Director and Manager of Learning & Development from State Farm, and is currently a management, leadership and training consultant. He is Past Chairman of the Facility Governing Board of the Licking Muskingum Community Corrections Center, Host President

of the Babe Ruth 16- to 18-Year-Old World Series, a board member of the Licking County Family YMCA, a member of Woodland's Foundation Board of Directors, Past President of the Newark Board of Education, Past President of Newark Rotary, Past President and Past Campaign Manager of United Way of Licking County, and Past Chairman of the Licking/Knox Goodwill Industries, Inc. Board of Directors. He also served on the Board of Directors for the Newark Granville Symphony Orchestra. Pat graduated from The Ohio State University with a degree in finance. He also earned a Master of Business Administration degree from Xavier University. Pat and his wife, Linda, reside in Newark.

The Board expressed its appreciation to John Hinderer for his service to LMHS. John completed his term on the LMHS Board of Directors this year after serving for nine years. He also previously served on the LMH Board of Directors from 1999 to 2003.

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

Members of the 2012 LMHS Board of Directors include:

William N. Mann – Chairman
Judith B. Pierce – Vice Chairman
Gary A. Ryan – Secretary/Treasurer
Walter C. Gemmell
Patrick M. Jeffries
Lewis R. Mollica, Ph.D.

P. David Shull
Gordon D. Wilken
Linda K. Dalgarn – LMH Board Chairman
Gerald R. Ehram, M.D. – Physician Advisor
Robert A. Montagnese – LMHS President & CEO

LMH Board Welcomes New Members

Licking Memorial Hospital is pleased to announce the addition of three new members to the Board of Directors. At the annual meeting on April 25, Deborah A. Kohman, Joyce L. Malainy, Ed.D., and Bart M. Weiler joined the 15-member Board of Directors, including the LMH Chief of Staff, that guides the Hospital's daily operations and policies. The three new members replaced Patrick Jeffries, Bonnie Manning and Richard Reed as they completed their terms on the LMH Board this year. The Board also elected new officers for the 2012-2013 year.



Deborah A. Kohman

Deborah A. Kohman

Deborah, a certified public accountant with Schaefer & Associates, Inc., in Columbus, has been a Licking County resident all her life. She graduated from Northridge High School in Johnstown, before attending Otterbein College, and The Ohio State University, where she earned a Bachelor of Science degree in agricultural economics. Deborah then studied abroad with the Semester at Sea program through the University of Colorado.

She currently serves as treasurer of the Pataskala Area Chamber of Commerce, finance chairperson of the Johnstown United Methodist Church, and treasurer-elect of the Parent Association of Columbus Academy. She previously served on various committees at Southwest Licking Schools. She is a member of the American Institute of CPAs and the Ohio Society of CPAs. Deborah lives in Pataskala and has one son, Tyler, and one daughter, Andrea Derby.



Joyce L. Malainy

Joyce L. Malainy

Joyce is the Superintendent of the Career & Technology Education Centers (C-TEC) in Licking County. She has a Bachelor of Arts degree in Home Economics and a Master of Education degree from The Ohio State University, as well as a Doctorate of Education degree from the University of Sarasota in Florida.

She is involved with several professional organizations, including the Buckeye Association of School Administrators, the Ohio and National Association of Career Technical

LMH Board Welcomes New Members (continued on page 23)

Education, and the Ohio Association of Career Technical Superintendents. She is an active member of the Newark Rotary Club. Joyce and her husband, John Wagner, live in Johnstown.



Bart M. Weiler

Bart M. Weiler

Bart is a financial advisor and founder of Weiler Financial Group in Pataskala. He is a Registered Principal and branch manager with LPL Financial and has more than 10 years' financial service experience with securities registrations in 10 states. Bart graduated from Tri-Valley High School in Dresden, Ohio. He earned a degree in

Criminology from West Liberty University in West Virginia, and a degree in finance from Franklin University in Columbus.

He is active in various community groups, including the Rotary Club of Pataskala, and St. Luke's Episcopal Church in Granville. He serves as a Board Member of the Pataskala Area Chamber of Commerce, and the Heath-Newark-Licking County Port Authority Governing Board, and the Central Ohio Technical College Advisory Board. He lives in Pataskala with his wife, Juliana, and their two children, Isabella and John-Luke.

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

Members of the 2012 LMH Board of Directors include:

Linda K. Dalgarn – Chairman

Patrick D. Guanciale – Vice Chairman

Craig R. Baldwin – Secretary

Kim D. Fleming – Treasurer

Gus A. Andrews

C. Gene Branstool

Michael D. Cantlin

Deborah A. Kohman

Joyce L. Malainy

Thomas A. Mullady

Nancy G. Neely

F. Jennifer Utrevis

Bart M. Weiler

Robert A. Montagnese – LMHS President & CEO

Peter T. Nock, D.O., LMH Chief of Staff

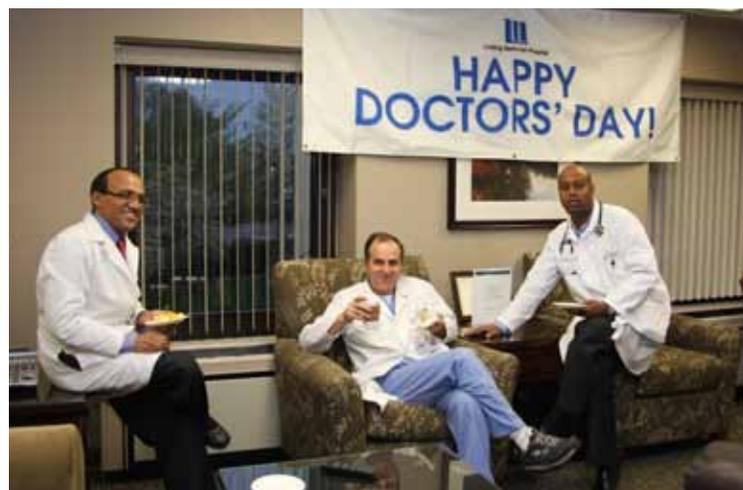
LMHS Physicians Honored on National Doctors' Day

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

“National Doctors' Day is a great opportunity to express our sincere appreciation to the hardworking physicians on our Medical Staff for the dedication they show year round to providing excellent medical care to Licking County residents,” said LMHS President & CEO Rob Montagnese. “We are proud to celebrate their commitment to improving the health of the community on Doctors' Day and every day.”

At LMHS, the celebration began on March 23 when the members of the Medical Staff were invited to a catered gourmet lunch, which was served at the Hospital in their honor. On Doctors' Day, March 30, the physicians were treated to an honorary breakfast and free massages in appreciation for their dedication to the community. The Health Systems publicly thanked the Medical Staff through an advertising campaign, and many members of the community joined the celebration by making a donation to the Licking Memorial Health Foundation (LMHF) in honor of their physicians. The honorary donations will be used to offset the cost of the Oncology Department Renovation Project at LMH.

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



(From left to right) Hints A. Tewoldemedhin, M.D., Bassam Kret, M.D., and Mohamud S.A. Mohamed, M.D., enjoy a special breakfast in the Doctors' Lounge to celebrate National Doctors' Day on March 30.



Community Meets New Physicians

To familiarize patients with new physicians, the Licking Memorial Development Council hosted the first New Physician Reception on February 26. Members of the public had an opportunity to meet physicians who have recently joined Licking Memorial Health Professionals.

Licking Memorial Health Professionals is a group of more than 100 medical professionals, encompassing 24 medical/surgical specialties. New additions include:

- David A. Bartnick, M.D., Licking Memorial Family Practice – Heath
- Abdul-Karim Elhabyan, M.D., Licking Memorial Hospitalists
- Donald J. Fairbanks, M.D., Licking Memorial Family Practice – North Newark
- Matthew J. Farrell, M.D., Licking Memorial Family Practice – Granville
- Aruna C. Gowda, M.D., Licking Memorial Hematology/Oncology
- Kevin T. Graham, M.D., Licking Memorial Family Practice – Granville
- Enoch K. Gray, M.D., Licking Memorial Hospitalists
- Mushtaq A. Khan, M.D., Licking Memorial Dermatology
- Mindy M. Labac, M.D., Licking Memorial Pediatrics (hospital-based)
- Ghulam Mujtaba, M.D., Licking Memorial Gastroenterology
- Hassan Rajjoub, M.D., Licking Memorial Heart Center
- Jamie A. Rhodes, D.O., Licking Memorial Hospitalists
- Linqun Sun, M.D., Licking Memorial Neurology
- Martha Zorko Szabo, M.D., Licking Memorial Anesthesiology
- Obiaghanwa S. Ugbana, M.D., Licking Memorial Pediatrics (hospital-based)
- Gregory L. Vrabell, M.D., Licking Memorial Anesthesiology
- Linda Yu, D.O., Licking Memorial Women’s Health

“We are fortunate to have the finest physicians at Licking Memorial Hospital. More than 90 percent of the Medical Staff are board certified, which indicates their high level of training. That is a measure of expertise that would be remarkable anywhere, and is particularly outstanding for a community hospital,” commented Rob Montagnese, President & CEO of Licking Memorial Health Systems.

“We are honored that these skilled physicians have chosen to dedicate themselves to providing care for our community,” Development Council Chairman Robert McGaughy said. “We are proud to know that our family, friends and neighbors are receiving the best care that is available anywhere.”

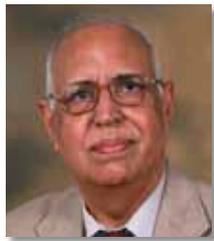
Licking Memorial Health Professionals have offices conveniently located throughout Licking County. They welcome new patients and accept most insurance plans. For more information about Licking Memorial Health Professionals physicians, visit www.LMHealth.org, or call the Physician Referral Line at (740) 348-4014.

New Appointment



Sheila M. Wayland,
has been named
Director of Development
at Licking Memorial Hospital.

Physician Spotlight – Mushtaq A. Khan, M.D.



Mushtaq A. Khan,
M.D.

Dermatologist Mushtaq A. Khan, M.D., received his Medical Degree from the King Edward Medical College of Punjab University in Lahore, Pakistan. He completed an internship at Kuakini Medical Center of University of Hawaii College of Medicine in Honolulu, Hawaii, a pathology residency at Bronx Municipal Hospital Center of Albert Einstein College of Medicine in Bronx, New York, and a dermatology residency at University Hospitals of Case Western University School of Medicine in Cleveland.

Dr. Khan is board certified in dermatology, dermatopathology, and anatomic and clinical pathology. He specializes in office management of most of the common skin disorders in all age groups. His particular field of interest is early detection and treatment of skin cancers. He is accepting new patients at his Licking Memorial Dermatology office located at 1272 West Main Street, Building 2, upper level, in Newark, Ohio.

Ask a Doc – Poison Ivy with Mushtaq A. Khan, M.D.

Question: Last year, I suffered with a poison ivy rash for weeks after gardening in my backyard. Is there anything I can do to prevent a similar reaction this summer?

Answer: Poison ivy grows readily in every county of Ohio. Like poison oak and poison sumac, every part of the plant contains a toxic oil called urushiol that causes an allergic reaction in most people.

Poison ivy is identified by its green leaves that are made up of three individual leaflets. It can grow as a small shrub, or a woody vine in woods and unmowed areas. The plants may exhibit small, greenish flowers or small, white berries. In the fall, poison ivy leaves turn yellow, orange or bright red and then fall off the stem. Urushiol is present even in the dead leaves and bare vines.

The rash develops after a person's skin comes into direct contact with the urushiol oil. This can happen in a variety of ways, such as: brushing against the poison ivy plant, handling tools that have touched poison ivy, touching a pet that has run through poison ivy or shaking hands with someone who has recently touched poison ivy. It is important not to burn poison ivy, because urushiol oil can be carried in smoke, and can cause serious injury to the lungs if inhaled.

Most people are allergic to poison ivy to some degree, and break out into a bumpy, red, itchy rash that develops 12 to 72 hours after initial contact. It usually subsides on its own in a few weeks. The following home remedies are often effective in relieving the rash's intense itching:

- Applying hydrocortisone cream or calamine lotion, unless contraindicated by your physician
- Taking an antihistamine, unless contraindicated by your physician
- Using a cool, damp compress
- Taking a cool shower
- Taking a lukewarm bath with oatmeal or baking soda



Poison ivy has three leaflets that make up each leaf.

Many people mistakenly believe that scratching can spread the rash. The truth is that poison ivy rashes cannot spread on your body or to other people – even if the rash is seeping. Different parts of the body may take longer to react to the urushiol oil, so it may appear as though the rash is spreading when, in reality, it is simply a delayed reaction. However, it is still important to avoid scratching to prevent the development of a bacterial infection.

If you have a severe reaction to poison ivy, or if the rash does not clear up within a few weeks, you should make an appointment with your physician. Signs that you should see a physician include:

- Severe itching persists, despite use of the home remedies described earlier
 - Pain, swelling or warmth develops in the rash area
 - Rash develops on the face, especially around eyes or in mouth
- If you have trouble breathing, call 9-1-1 for immediate assistance.

There are no reliable products to prevent an allergic reaction to the urushiol oil contained in poison ivy, oak or sumac. Patients often ask me about injections that were once intended to desensitize poison ivy allergy; however, that therapy was shown to be ineffective for most patients and was removed from the market. Inexpensive barrier creams are available in most drug stores, and receive mixed reviews about their ability to prevent urushiol from absorbing into the skin.

By far, the most effective preventive measure for poison ivy, oak or sumac is to avoid any contact with the plants or their oils. Learn to recognize the plants, and if you are going to be walking in unmowed areas or woods, wear long sleeves, long pants, gloves and heavy shoes. Do not allow pets to run free because they can carry the oil on their fur. Urushiol completely absorbs into skin within 30 minutes, so it is important to wash with soap and water immediately after exposure – even a quick rinse in a stream may help if you are not near a building with running water. Furthermore, be careful to avoid recontamination by thoroughly washing clothing and tools that may have urushiol oil on them.

Development Spotlight – Brian Mortellaro



Brian Mortellaro

Brian Mortellaro recently joined the Licking Memorial Hospital (LMH) Development Council and serves on the Community Relations Committee. Brian owns and operates six McDonald's restaurants in the Newark/Mount Vernon area and also runs seven additional McDonald's that are part of the family business started by his father. Currently, Brian serves as a member of the Newark/Heath Rotary and the McDonald's

Ohio Operators Association. He is the vice president of the McDonald's of Central Ohio Co-Op and serves on the board of directors for the Licking County Family YMCA, the Midland Theatre and the Newark Area Soccer Association (NASA). He is a member of the finance committee for the Licking County Foundation and also is a certified public accountant.

Brian believes that a quality community hospital and well-established local businesses are assets to any community.

His goal as a member of the Community Relations Committee is to ensure that LMH remains an excellent healthcare provider for the Licking County area.

“As the operator of 13 local restaurants, I have the opportunity to interact with approximately 1,400 daily customers and more than 800 employees, which allows me to hear a variety of viewpoints,” Brian said. “I recognize the value of this information, and I hope that by sharing it with the Community Relations Committee, I can further the Development Council's mission and ensure that the Hospital continues to excel in providing quality care to the community.”

Brian is a graduate of Mount Vernon High School and earned his bachelor's degree in accounting from John Carroll University in Northeast Ohio. He currently resides in Granville with his wife, Janine, and their three daughters, Emma, Abby and Sarah. Brian is an avid runner and has completed 13 half marathons and 3 full marathons in the past five years. He also coaches youth girls basketball in his spare time.

Corporate Breakfast Discussion Outlines LMHS' 2011 Successes

During the Licking Memorial Hospital (LMH) Development Council's quarterly Corporate Breakfast in February, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese summarized the organization's accomplishments throughout the previous year. “2011 was another fantastic year at LMHS, and we were able to continue building on our reputation as one of the leading hospitals of any size in Central Ohio,” Rob stated. “We have been at the forefront in adopting many technologies and services, and our efforts have been recognized on the local and national levels.”



LMHS President & CEO Rob Montagnese outlined the Health Systems' accomplishments and activities during the LMH Development Council's Corporate Breakfast in February.

An LMH Wellness Center satellite branch opened at C-TEC last summer and has been very successful. Rob said, “The LMH Wellness Center at C-TEC has been a great

partnership and has given the Hospital a strong presence in the northwestern part of Newark. We are always trying to promote health and wellness, and this center targets C-TEC students at a time when they are forming lifelong nutritional and exercise habits. In addition, the C-TEC Wellness Center welcomes adult members of the community to use the cardiovascular conditioning and muscular strengthening equipment.”

LMHS opened three physician practices in 2011:

- Licking Memorial Family Practice – Heath, 687 Hopewell Drive (Building 2), staffed by David A. Bartnick, M.D.
 - Licking Memorial Family Practice – North Newark, 270 Goosepond Road, staffed by Donald Fairbanks, M.D.
 - Licking Memorial Neurology, 1272 W. Main Street (Building 2), staffed by Linquan Sun, M.D.
- All three physicians are board certified and accepting new patients.

“LMH continues to be a healthcare leader in Central Ohio by providing state-of-art technology and innovative programs,” Rob said. New technologies that were added in 2011 include:

- Balloon Sinuplasty™ technology by Acclarent to treat chronic sinusitis
- RF Surgical Detection system to locate surgical sponges
- CellaVision® analyzer that aids medical technologists with cell classification
- Arctic Sun® temperature management system for cardiac arrest patients in the Intensive Care Unit
- Endoscopic retrograde cholangiopancreatography (ERCP) procedures in the Gastroenterology Department to diagnose digestive disorders

*Corporate Breakfast Discussion Outlines LMHS' 2011 Successes
(continued on page 27)*

Rob pointed out that LMH has a unique tobacco cessation program. Quit for Your Health provides free counseling and tobacco cessation products to members of the community who want to quit smoking or any other form of tobacco use. "LMH is the only Central Ohio organization that provides tobacco cessation to the community free of charge. We chose to underwrite the expense because we want to take all the obstacles out of the way to quit smoking. This is a significant way that we can fulfill our mission to improve the health of the community," he explained.

A record number of students attended LMHS' sixth annual Heart to Play program that offers free pre-participation sports screenings to all Licking County students in grades 7 through 12 who participate in sports and marching band, or C-TEC's Criminal Justice, Fire and Physical Therapy programs. Of the 1,267 students who attended, one student was discovered to have Wolff-Parkinson-White syndrome, a potentially deadly heart condition, and 49 other students were advised to receive further evaluation for possible heart abnormalities. "By providing free electrocardiograms for these students, we were able to alert them to possible cardiac problems that could have had tragic results," Rob explained.

Along with Heart to Play's success, other benefits of LMH's ongoing initiative to prevent cardiac deaths were clearly demonstrated in 2011. In November, an LMH-donated automated external defibrillator (AED) was used to resuscitate two patients who collapsed from sudden cardiac arrest in separate incidents after exercising at the Licking County Family YMCA.

LMHS received the following recognitions in 2011:

- U.S. News & World Report's list of Best Regional Hospitals for ear, nose and throat procedures

- Columbus Business First's Best Places to Work for the third consecutive year – placing in top five in the large business category
- John D. Applegate, D.O., of Licking Memorial Pediatrics – Pataskala, recognition from the Licking County Health Department for outstanding success in immunizing his patients
- Richard A. Baltisberger, M.D., of Licking Memorial Pediatrics, recognition from the Licking County Health Department for outstanding success in immunizing his patients

Cancer care at LMH took a leap forward during 2011. Cancer survivors in Licking County were invited to the first annual LMH Cancer Survivors Picnic. Attendees were congratulated for their courage and apprised of work that had begun on the \$1.5 million Hematology/Oncology Department renovation project. Founder-level donors Jim and Amy Matesich pledged \$100,000 over 10 years to provide the Department with the floor-to-ceiling Rod Callander Memorial Aquarium, along with renovations to the registration and waiting area, chemotherapy infusion area, patient exam rooms and clinical staff area. "All of these amenities contribute to the healing environment," Rob said. "Although these details are not medically necessary, they are valuable to the overall patient experience."

The LMH Development Council hosts four Corporate Breakfasts each year to share information about the Hospital with community leaders. The LMH Development Council, which is comprised of approximately 80 members, was established in 1987 to increase charitable giving to the Hospital and to promote good community relations.

FIRST IMPRESSIONS MATERNAL CARE

FEATURING PRIVATE SUITES FOR MOTHERS AND NEWBORNS

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

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



Licking Memorial Hospital



first impressions



LMH Pastoral Care Invites Local Clergy to Annual Dinner

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

"We are very appreciative of the LMH administration, healthcare professionals and the local clergy for their support of the Pastoral Care program here at the Hospital," said Jeff Smith, Director of Pastoral Care. "We are glad to have the opportunity to work with local members of the clergy in caring for our patients, and we hope that these programs offer an opportunity to prepare for the challenges that are often faced in a hospital setting."

This year's program topic, The Physical, Mental and Spiritual Aspects of Death & Dying, was presented by Licking Memorial Inpatient Medicine Physician Phillip Savage, D.O., Hospice of Central Ohio Nurse Cathy Duncan, R.N., CHPN, and Licking



Licking Memorial Chaplain Cory Campbell presented the Spiritual Aspects of Death & Dying to an audience of local clergy at the annual Pastoral Care Dinner in March.

Memorial Chaplain Cory Campbell. The program provided insight into recognizing the physical and mental signs of the dying process and emphasized the importance of spiritual guidance for patients who are near death, as well as the family and friends who are there in support.

Cathy, who presented the Mental Aspects of Death & Dying segment, conveyed that spiritual guidance can help both the patient and family understand

that death is not a choice to give up, and it does not have to be a fearful time. "I have witnessed the exchange of many wonderful words, actions and emotions that are often facilitated by chaplains, nurses, friends or family members," Cathy said. "Death is a letting go process for everyone, and it can be a very special memory for everyone involved."

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

LEARNING MORE ABOUT COSMETIC PROCEDURES

True or False?

Breast reduction surgery is considered a cosmetic procedure, and is never covered by insurance.

FALSE. For women with female breast hypertrophy, or breasts that are beyond normal proportions, breast reduction surgery has been shown to consistently improve physical symptoms and quality of life. There are differing opinions between the medical community and insurance companies about how to characterize, and ultimately fund the surgery.

For a patient who is not experiencing negative effects due to large breasts, and is seeking breast reduction surgery to improve her overall appearance, the surgery would be considered cosmetic. Because it is a cosmetic procedure, it would not be covered by insurance.

For women who have not received relief from conservative measures for symptoms such as back, neck, and shoulder pain, rashes and headaches, the procedure would be deemed a medically necessary, reconstructive procedure. In this case, the surgery would be covered by insurance.

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



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

- Breast surgery
- Abdominoplasty (tummy tuck)
- Liposuction (SmartLipo™)
- Blepharoplasty (eyelid surgery)
- Botox®, Juvéderm®, Radiesse®, and Latisse®
- Lesion removal
- Wound care management



Licking Memorial
Reconstructive & Cosmetic Services

Volunteer Spotlight – Ed Ziegler



Ed Ziegler

Ed Ziegler spent his professional career as an educator within the Northridge Local School District. He taught American history courses at the high school for a number of years before transferring to the elementary school, where he served as a long-term substitute, and assisted in the training of student teachers. Ed also coached during cross country and track and field seasons, and served as a certified Ohio

High School Athletic Association track official during his tenure. In addition to his teaching and coaching positions, Ed also worked part-time for Sears in Heath. He retired from Northridge schools in 1999.

In 2009, Ed was invited by his daughter, Megan, to join her for an outing to a “surprise destination.” After arriving at Licking Memorial Hospital (LMH), she guided him to the Volunteer Department office to meet Carol Barnes, Director of Volunteers, TWIGS and Events. Ed’s family had decided that he needed to be involved with worthwhile activities and would be a natural fit as a volunteer at LMH

due to his outgoing personality traits. Initially, he was hesitant, but trusted his family’s recommendation. Since the beginning of 2010, he has served in the Volunteer Department, Laboratory and Outpatient Surgery areas. Ed assists with deliveries from the Laboratory and Outpatient Surgery to other areas throughout the Hospital, in addition to assembling education folders in the Volunteer Department office.

“Ed is a people person who is able to connect with patients and families regardless of age. He is always positive and has a great sense of humor that is contagious to all around him,” Carol said. “He is a great benefit to have as a volunteer and is always willing to serve wherever needed.”

Ed grew up in Gettysburg, Pennsylvania, and served in the armed forces. He and his wife, Penny, have one daughter, Megan, who is a computer engineer. In addition to his volunteer duties, Ed enjoys reading and still works on a part-time basis for Sears. He is a member of the Johnstown Community Sportsmen's Club and is active with Heroes at Home, an organization that assists wounded veterans with home construction.

90th Birthday Celebration for LMH Volunteer

Licking Memorial Hospital (LMH) recently celebrated long-time volunteer Terry Miller’s 90th birthday with friends, fellow LMH volunteers and staff who gathered at a party in her honor. Terry began volunteering at LMH in 1956 and is one of the original Hospital volunteers. She has provided more than 9,420 volunteer hours, and serves in the Oncology Department.



Hospital and Healthcare Week

Licking Memorial Health Systems (LMHS) will celebrate Hospital and Healthcare Week during the second week of May. From Monday, May 7 to Friday, May 11, employees will be honored with various events and recognitions.

“Hospital and Healthcare Week is a great opportunity to recognize the hard work and dedication that our staff shows to providing excellent care to our patients and visitors year round,” said Rob Montagnese, LMHS President & CEO. “We appreciate our employees’ service to the Health Systems and the community, and I am proud to celebrate their devotion during this week.”

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

Local Quilters Honor Babies Born at LMH



Guild members Susie Frahn and Sandy Francis present a commemorative quilt to the first baby boy born on National Quilting Day, Brayden, and mom, Jennifer Cox.

To celebrate National Quilting Day, the Heart of Ohio Quilters Guild recently donated homemade commemorative quilts to a baby boy and girl born at Licking Memorial Hospital (LMH). The third Saturday of March is designated as National Quilting Day.

Baby Brayden became the first quilt recipient when he was born at 1:03 a.m., on March 17, to Jennifer and Joseph Cox of Utica. Heart of Ohio Quilters Guild members Susie Frahn and Sandy Francis presented Jennifer with a crib-sized patchwork quilt.

“The quilt is so beautiful and soft – I think he will enjoy it,” Jennifer said as she admired the quilt laid upon her sleeping son. “I appreciate the Guild for their thoughtfulness.”

Baby Lily became the baby girl recipient when she was born a couple days later on March 19, at 7:27 a.m., to Kristin and David Harmon of Newark. Susie and Sandy returned to present another crib-sized patchwork quilt to the family. “Growing up, my mother always made us quilts,” David said. “She did not have time to make one this year for Lily, so this is a real blessing.”

Susie made both of the quilts that were presented to the babies. “We create these quilts yearly as a service project for National Quilting Day. I hope the families enjoy the quilts for years to come,” she said.



Guild members Susie Frahn and Sandy Francis present a quilt to David and Kristin Harmon for their new daughter, Lily, to commemorate National Quilting Day 2012.

Retiree Spotlight – Sherry Staggers



Sherry Staggers

During her career, Sherry Staggers was devoted to her passion of providing care for mothers and their newborns. She began serving at Licking Memorial Hospital (LMH) in 1981 as a registered nurse in the Maternal Child Department where she remained throughout her 30-year career. As a nurse, she served in the Labor & Delivery, Mother Child, and Nursery areas. In 1988, Sherry received her nursing certification in

inpatient obstetrics. She later utilized her obstetrics nursing background when promoted as Project Coordinator for the Maternal Child Department. Her knowledge and experience provided unique insight from an obstetric nursing perspective as she assisted in two major projects: the coordination of home health visits with new mothers and the integration of the computer system within the Maternal Child Department.

“While serving at LMH, I greatly enjoyed the personal contact with the community. I still savor my experiences

with women who were transformed through motherhood and the privilege of sharing those precious first moments with their newborns,” said Sherry while reflecting back on her years of service. “My career was not only about serving the community, but also about building lifelong relationships with families and fellow employees.”

Since retiring in the fall of 2011, Sherry has enjoyed traveling to Gatlinburg, Tennessee and Florida. She spends much of her time with family, assisting in the care of her grandson. Sherry continues to benefit the local healthcare community through her service on the LMH Development Council, involvement with TWIGS 24, and as chairman of the TWIGS Executive Board. Sherry enjoys gardening and has some future remodeling plans for the Licking County home where she was raised.



Licking Memorial Hospital

"Building A Healthier Community Award" Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County that has undertaken a non-profit project with a specific initiative that has improved the health of the community. The award will be presented at the 2012 Lifetime Achievement Reception. Please note, multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations at (740) 348-4109.

Nomination Form

Nominee's Name (individual or group): _____

Address: _____

Present employer or vocational status of individual or description of group/organization: _____

Description of project/initiative: (Please feel free to use additional paper and/or attach relevant documents.)

Explanation of how project/initiative helps Improve the Health of the Community:

Additional comments:

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee's activities. Thank you.

Your Name

Address

Phone Number

All nominations must be received in the Development Office,
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055
by June 28, 2012, at 5:00 p.m.



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.

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

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Community Events

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

Betsy Eaton O'Neill Health Resource Center Education Programs

Licking Memorial Hospital – first floor, off main lobby.
1320 West Main Street, Newark
No charge. Reservations are required. Call (740) 348-2527 to register.

- **Activity and Diabetes** – Wednesday, May 30, at 1:00 p.m.
- **Preventing Heat Stroke** – Wednesday, June 6, at 5:00 p.m.
- **Easing the Fear of Cancer** – Wednesday, June 13, at 1:00 p.m.
- **Asthma and Allergies** – Wednesday, June 20, at 1:00 p.m.
- **Summer Food Safety** – Wednesday, June 27, at 1:00 p.m.

LMHS Family Movie Night Presenting Disney/Pixar's "Cars"

Rated G for all audiences

Saturday, June 2
Pataskala Health Campus
One Healthy Place, off Broad Street in Pataskala
Arrive at 7:30 p.m. The movie begins at dusk.
No charge.

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

Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC
150 Price Road, Newark

Second Thursday of each month: blood glucose screenings
Fourth Thursday of each month: blood pressure screenings
1:00 to 3:00 p.m.

Screenings are free of charge, and no appointment is required.
For more information, please call (740) 364-2720.

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
- Maternity Tour
- Stork Tour
- Breastfeeding Class
- Infant and Child CPR
- Sibling Preparation Class
- Newborn Basics Class

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