



Community Connection

Licking Memorial Health Systems

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



Volume 2, Issue 12

December 2005

Measurably Different ... for Your Health!

Holiday Treats!



Enjoy the holidays – with healthy holiday treats!

‘Tis the holiday season! With the hustle and bustle of this time of year, it’s difficult to get a healthy meal. According to AnnMarie Thacker, a registered dietitian with Licking Memorial Health Systems, “On average, people tend to gain 5 to 10 pounds during the holiday season.”

To help you better combat the battle of the bulge this time of year, below are a few tips for healthier eating during the holiday season.

- Be realistic – trying to lose weight during the holidays may be a self-defeating goal. Instead, try to maintain your weight.
- Balance party eating with other meals – eat small, lower calorie meals during the day, so in the evening you can enjoy the party food without overdoing your energy intake for the day.
- Take the edge off your hunger – eat a small, low calorie snack, such as a piece of fruit or bagel. If you go to a party **(continued on page 8)**

Two LMHS Main Street Collection Pieces Unveiled

Each year, Licking Memorial Hospital (LMH) hosts a reception to honor those in the community who have supported the Hospital by pledging an annual gift of \$100 or more. These groups of generous individuals, who make up the Community Cornerstone Club, receive specially-created, wooden building figures to signify their level of giving. At this year’s reception, two new building figures to the Licking Memorial Health Systems (LMHS) Main Street Collection were unveiled – Shepherd Hill Hospital and the Pataskala Health Campus.

Veronica Link, LMHS Vice President of Development and Public Relations, explained that LMHS employees have their own Cornerstone branch for charitable giving called Cornerstone PRIDE (Providing Resources in Dedicated Employees). Veronica reported that employee pledges now exceed \$330,000 throughout a three-year commitment.

The Licking Memorial Development Council founded the Community Cornerstone Club in June 1987 to recognize their gratitude to LMHS supporters. The LMHS Main Street Collection now includes eight pieces to represent

(continued on page 2)

Remember a Friend or Loved One With a Special Tribute

A meaningful way to honor someone special, living or deceased, is through a commemorative gift in his or her name to Licking Memorial Health Foundation. The honoree, next of kin, or a person whom you designate, will be notified that you have made a gift (amount not included). You will receive an acknowledgement from the Foundation that your gift has been received.

All Honorary and Memorial Gifts are recorded in the Tribute Book displayed in the Hospital’s Main Lobby. Honorary and Memorial Gifts can be made starting at \$25.

To make an Honorary or Memorial Gift, please complete the form on page 2, and return to:

Licking Memorial Health Foundation
1320 West Main Street
Newark, Ohio 43055

(continued on page 2)



Main Street Collection pieces are a token of our appreciation for Community Cornerstone Club members.

**Remember a Friend or Loved One With a Special Tribute
(continued from front)**

Honorary or Memorial Gift Form

I wish to make an Honorary or Memorial Gift of:

\$250 \$100 \$50 \$25 \$ _____

In honor of _____

In memory of _____

Send acknowledgement to

Address _____

City _____

State _____

Zip _____

Phone _____

Check Enclosed MasterCard Visa

Your name (as on credit card) _____

Credit Card Number _____

Expiration Date _____

Address _____

City _____

State _____ Zip _____

Phone _____

**Contributions are tax deductible as allowed by law.
Please use the enclosed self-addressed, stamped envelope.
Thank you for your contribution.**

**Two LMHS Main Street Collection
Pieces Unveiled (continued
from front)**

the following buildings and
contribution levels:

- Front entrance view of LMH (new member)
- 1906-1914 Newark City Hospital (member who has reached \$500 milestone)
- 1914-1966 Newark City Hospital (\$1,000 milestone)
- West Main Street view of LMH (\$1,500 milestone)
- Licking Memorial Family Practice East (\$2,000 milestone)
- Caduceus Fountain (\$2,500 milestone)
- Shepherd Hill Hospital (\$3,000 milestone)
- Pataskala Health Campus (\$3,500 milestone)



The new Shepherd Hill Hospital piece of the Main Street Collection recognizes a \$3,000 donation to Licking Memorial Hospital.

“These are tokens of our appreciation, something to look at and talk about with your family,” LMHS President Bill Andrews explained. “When you look at these pieces, you’ll be able to reflect upon all that’s happening at the Hospital, and the role your contribution is playing.”

Ashley Wade, chairman of the 2005-2006 Community Cornerstone Campaign, said that her work with LMHS is deeply rewarding. “My family asks me, ‘With all the things you do, why volunteer your time for the Development Council?’” she said. “I tell them, the Hospital is doing such good things, and the people I work with are great – it’s so easy to give of my time!”

(continued on page 10)

Quality Care ... Close to Home

A New Mother's Experience at LMH

The birth of her baby may be an overwhelming experience for a first-time mother. However, Tara Dales had a very comforting experience at Licking Memorial Hospital (LMH) when she delivered her son, Aiden, in September. "I was very surprised with the level of care that I received at the Hospital ... the nurses were extremely nice," said Tara. She was especially complimentary of the care that she received from Nikki Finan, R.N., who took time to answer all her questions. "It would be 3:00 a.m., and she would sit down with me and answer any question as I was feeding Aiden. That meant a lot to me. As a first-time mom, I had a lot of questions," said Tara.



Aiden was born at Licking Memorial Hospital in September 2005.

Marcia Fisher, Director of First Impressions, said, "We take a lot of pride in the quality of care that our nurses provide to our new moms. I think that this is one of the benefits that set us apart from other hospitals." Tara's father, David Dales, also witnessed the high level of care that his daughter and grandson received at LMH. "I had another grandchild born the next day at a different

hospital, and the quality of care was incomparable. The treatment and compassion that Tara received was top-notch. I am very thankful for everyone who took care of them at LMH," said David.

Overall, Tara and her family were very happy and impressed with the care that she received at LMH. "I felt very at home while I was in the Hospital," said Tara. "We were very happy with the high level of care that she received so close to home," said David.

To learn more about our exceptional maternity services at Licking Memorial Hospital, consider attending one of our upcoming First Impressions Maternity Tours, or for more information, visit the Licking Memorial Health Systems Web site at www.LMHealth.org.

Development Council Spotlight: Calvin E. Roebuck



Calvin E. Roebuck

Newark resident Calvin "Cal" E. Roebuck became involved with Licking Memorial Hospital (LMH) 18 years ago. Why he became involved then is the same reason he remains active to this day, "I thought and I still think that it's everyone's responsibility to be involved in the community – especially the Hospital," Cal said.

He has been a member of the Licking Memorial Hospital (LMH) Development Council since 1987 – serving as chairman from 1993 to 1997 – and was a member of the LMH Hospital Board of Directors from 1989 to 1995. "I accepted an invitation to join the Development Council because I had great admiration for the Hospital and for LMHS President Bill Andrews."

In 1999, Cal was honored by the LMH Development Council as its Lifetime Achievement Award winner. The prestigious award is presented annually to a citizen

in the community who has given volunteer service for the overall betterment of the community and who has helped to fulfill the mission of Licking Memorial Health Systems by helping to improve the health of the community. This special recognition was created to honor those whose vision, inspiration and leadership have touched and enriched many lives.

In addition to his service to Licking Memorial, Cal has been involved in numerous civic, church and community affairs, including the Licking County Operation Feed campaign, Newark Rotary Club – as president for a year and director for seven years, United Way of Licking County campaign chairman, Newark City Schools levy campaign chairman, the Chairman of Finance at the First United Methodist Church in Newark, and Board of Trustees of the Methodist Theological School in Columbus, Ohio.

In 1998, he received the Grand Illusions Award from Ohio Cancer Research Associates, an independent

(continued on page 4)

statewide, nonprofit organization dedicated to the cure and prevention of cancer and the reduction of its debilitating effects.

Currently employed at the campus of Central Ohio Technical College and The Ohio State University – Newark, Cal is the Development Officer. He retired from State Farm Insurance in 2000 after nearly 40 years with that company. The Macon, Missouri, native has a Bachelor of Science degree from Truman State University in Kirksville, Missouri. He is Vice President of the Truman State University Foundation Board of Directors, is a member of Truman's Joseph Baldwin Society and served on that university's Magruder Hall Campaign Committee. In 2003, he was honored as Truman's Alumnus of the Year.

Cal also is a graduate of the Life Insurance Marketing Institute of Purdue University in West Lafayette, Indiana. He and his wife, Lydia Ann (Evans) Roebuck, have an adult son, James, daughter-in-law, Jayne, and two grandchildren, Stanley Calvin and Erin Elizabeth.

Donors

Community Cornerstone

Ms. Julie Ketner Barrett
Dr. and Mrs. Steve Barrickman
Ms. Barbara J. Cunningham
Mr. and Mrs. Stephen Dimon
Mr. and Mrs. Jonathan Downes
Mr. and Mrs. Patrick Guanciale
Mr. and Mrs. Nelson McCray
Mr. and Mrs. David Trautman

Britney McGhee
Tammy Morningstar
Holly Nauer
Christy Norris
Dianna Olinger
Brittany Santo
Sarah Shipley
April Walker
Debra Walters

PRIDE Cornerstone Silver

Mary Fornadley

Golf Gala

Licking County Family YMCA

PRIDE Cornerstone Gold

Dawn Powell

PRIDE Cornerstone Bronze

Courtney Crist
Alissa Gorby
Elizabeth Hamner
Barbara Held
Shana Marty

Memorial Gift

Catherine Smithberger by
Marilyn Steinman

Volunteer Spotlight: Phyllis Sturm



Phyllis Sturm is a long-time volunteer for Licking Memorial Hospital (LMH). She has volunteered since 1978.

Phyllis Sturm has volunteered at Licking Memorial Hospital since 1978. She has volunteered more than 3,695 hours for the Hospital. She is also a member of TWIGS 24. "I was originally a member of TWIGS 12, but they have since dissolved, and I joined TWIGS 24,"

said Phyllis. She currently works on special projects for the Volunteer Department. Phyllis has also volunteered at the evening juice cart, Radiology Department and as a messenger. "I really liked getting out delivering flowers and running errands for the Hospital," said Phyllis.

Phyllis worked at Ohio Power for 10 years before starting her family. She and her husband have four children, eight grandchildren and four step-grandchildren. "They keep me busy – I love when they come to visit and go to lunch or shopping," said Phyllis. In her spare time, Phyllis does crafts, reads and sews.

"I really enjoy volunteering at the Hospital and helping people. I think that volunteering does more good for me by getting me out of the house than I can do for the Hospital. The people are great!" said Phyllis.

Licking Memorial Health Systems' (LMHS) commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

If you are interested in volunteering your time and talents at LMHS, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.

Retiree Spotlight: Nancy Swigeart



Nancy Swigeart

Although Nancy Swigeart retired, she has not slowed down a bit. “The things I do now are the things that I couldn’t always do while I was working. I do them now by choice,” said Nancy. Nancy volunteers for the Clem Reads program at John Clem Elementary (Newark City Schools). She goes to the school and has a student read to her.

“It is very rewarding to be able to work with the children,” stated Nancy, “especially since I spend most of my time with older people.” Nancy is also very active in her church, Neal Avenue United Methodist Church. She is in the adult bell choir, co-chair of the bereavement council, president of the senior group, ‘Young at Heart,’ helps prepare and service a monthly community dinner committee and occasionally performs hand-puppet shows for the junior church members. Nancy also enjoys getting together with other Hospital retirees. “I really enjoy getting to visit with them,” said Nancy.

Nancy has two grown children and four grandchildren. “I have been taking computer classes at Zerger Hall to stay up-to-date on computers. Since my grandchildren

live out of state, I can keep in contact with them through instant messages and e-mails,” said Nancy. Nancy also enjoys working out four to five days per week. In their spare time, Nancy and her husband, Harold (Zeke), and their two golden retrievers enjoy spending time in what they refer to as their “vacation land” farm. “Around retirement time, we purchased 80 acres north of Frazeyburg (Ohio) where we can go to have family get-togethers, ride around in golf carts or go there to sit on the porch and just watch everything go by,” said Nancy.

After 38 years of service, Nancy retired from Licking Memorial Hospital in 1998. She began working for the Hospital in July 1960 as a staff technologist. Throughout her years of service, Nancy served as Supervisor of Special Chemistry, Chief Technologist and Director of the Laboratory Department. “I worked as Director for the last six to seven years of service at the Hospital,” she explained.

“The best part about working at the Hospital was the people. The patients, employees and physicians were fabulous to work with,” said Nancy. “I have so many happy memories of the Hospital.”

Dr. Fondriest Named 2005 Physician of the Year



Joseph
Fondriest, M.D.

Radiologist Joseph E. Fondriest, M.D., was selected by his peers as Licking Memorial Hospital’s (LMH) 2005 Physician of the Year. The announcement was made during the annual LMH Medical Staff Reception on Wednesday, October 5. All 135 members of the Hospital’s active medical staff were eligible for nomination and voting.

“It’s an honor and a pleasure,” Dr. Fondriest said of receiving the recognition. “There is an old adage that it’s important to keep company with those who can make you better. I’ve always had that opportunity here at Licking Memorial.”

As Physician of the Year, Dr. Fondriest will have his name added to a commemorative board located in the Doctors’ Lounge on the first floor of the Hospital; he will receive a personalized plaque, and he was given a \$300 gift certificate. “That I practice medicine is my true reward,” Dr. Fondriest said.

Currently Vice Chief of the LMH Medical Staff and Chief of Radiology, Dr. Fondriest previously was Vice Chief of Radiology and a member at large of the Medical Staff Executive Committee. He joined the Hospital in July 1994. “My father always said to study hard, work diligently, and do your best,” Dr. Fondriest said of his accomplishments.

Dr. Fondriest earned his Medical Degree from the University of Cincinnati (Ohio), and has both a Master of Science degree in nuclear engineering and a Bachelor of Science degree in engineering physics from The Ohio State University in Columbus, Ohio. The Dover, Ohio, native completed both his residency in diagnostic radiology and his internship in internal medicine at the University of Arizona University Medical Center in Tucson, Arizona.

He and his wife, Jean, are the parents of four children: Joe, 15; Sara, 13; Jacob, 11; and Steven, 8. The entire family enjoys cross-country running and is active in the Licking County Family YMCA, where Dr. Fondriest serves on the board of directors.

In addition to Dr. Fondriest, nominees for Physician of the Year were pediatrician Richard A. Baltisberger, M.D., and obstetrician/gynecologist Nicholas E. Reed, M.D.

According to award criteria, nominees must excel in the following areas:

- care and concern for patients;
- clinical knowledge;
- relationships with peers; and
- relationships with hospital staff.

Physician Spotlight: Phillip Borders, M.D.



Phillip
Borders, M.D.

Phillip Borders, M.D., is a psychiatrist who provides services to adults and older adolescents. Dr. Borders is certified by the American Board of Psychiatry and Neurology. He has worked at Licking Memorial Hospital (LMH) for the past six years and has served as the Medical Director of Psychiatric Services at Shepherd Hill, a department of LMH, and as the Chairman of Behavioral Health. “I am originally from the Central Ohio area. I am a 1983 graduate of Gahanna Lincoln High School and I wanted to be closer to my family who still lives here. Also, I was impressed with the good reputation of Shepherd Hill in the Behavioral Health Community,” said Dr. Borders.

The Mental Health Association of Licking County recently selected Dr. Borders as Physician of the Year. He was honored at the Mental Health Association’s (MHA) Annual Celebration Dinner in November. The Mental Health MHA Board of Directors established the annual award in 1991 to recognize a physician who is dedicated to the mental health of Licking County. Nominations are taken from mental health consumers, MHA staff and board members, and the general public. An agency com-

mittee determines the award recipient. Established in 1953, the Mental Health Association of Licking County has been actively involved in the community by providing mental wellness through prevention, education and advocacy.

Prior to joining LMH, Dr. Borders was in private practice with Intercare Behavioral Health in Pittsburgh, Pennsylvania. He completed a combined Bachelor of Science degree in Integrated Life Science from Kent State University, in Kent, Ohio. He received his Medical Doctorate degree from Northeastern Ohio Universities College of Medicine (NEOUCOM) in Akron, Ohio. Dr. Borders completed a residency in psychiatry at the NEOUCOM – Integrated Psychiatry Residency Program. Dr. Borders received his Board Certification in Psychiatry from the American Board of Psychiatry and Neurology in 1999.

Dr. Borders is a member of the Central Ohio Psychiatric Association and the American Psychiatric Association, which does a significant amount of public service.

Ask-a-Doc Question: Phillip Borders, M.D.

Question: During the winter months, I tend to feel a little more depressed, especially when I leave for work, it is dark and when I come home from work, it is dark. Lately, I have been hearing a lot about seasonal depression – could I have this?

Answer: It is possible. Seasonal Affective Disorder (SAD) is a mood disorder that occurs in late fall or in winter months due to a lack of sunlight. January and February are the worst months for SAD. The depressive symptoms usually go away in the spring and summer months. Up to 6 percent of the population is affected by this disorder. Symptoms of SAD may include:

- Depressed mood;
- Increased appetite;
- Increased need for sleep;
- Craving for sweets;
- Weight gain;
- Decreased energy;
- Irritability;
- Lack of enjoyment;
- Decreased concentration; and,
- In more severe cases, suicidal thoughts.

Usually, SAD occurs for at least two years in a row. There is a wide range of severity from mild to severe

symptoms. Milder symptoms result in minimal decreased functioning, while severe symptoms can result in quite poor functioning – even inability to work.

The cause of SAD is believed to be related to a change in the level of chemicals in the brain (melatonin and serotonin) that regulate sleep-wake cycles, energy and mood in response to a lack of sunlight. These chemicals are thought to regulate the biologic internal clock or circadian rhythm.

Risk factors for SAD include a history of depression, a family history of depression, age (particularly older teens), gender (female) and stress.

There are several treatment options depending on the severity of symptoms. For milder symptoms, increasing one’s exposure to light can help. One may take a walk or exercise during the daylight hours. Using full spectrum light bulbs or “daylight” light bulbs can bring more light into the home. Arranging your home or office to receive more light can be useful. Maintaining a healthy diet and a regular sleep pattern may help decrease the symptoms of SAD. For more severe symptoms, light therapy, phototherapy, may help. A special white fluorescent lamp that filters out ultraviolet (UV) radiation can be bought from different manufacturers and on the Internet. Tanning beds are not a good option because of the

(continued on page 7)

potentially harmful effects of UV radiation. In some cases, psychotherapy (talk therapy) and medications are used to treat SAD.

If you suspect you have SAD, consult your primary care physician who will perform a physical and may obtain lab work to rule out other illnesses such as mononucleosis (mono), hypothyroidism (low thyroid), hypoglycemia (low blood sugar) and several other illnesses.

If you suspect a loved one has SAD, particularly a teen, take it seriously and be sure to have him/her see a doctor, encourage exercise and a regular sleep pattern and be patient because the symptoms will not resolve right away.

For further information you can contact your physician, or your local Mental Health Association.

Addition to the LMH Active Medical Staff

Licking Memorial Hospital welcomes the addition of the following physician to its Active Medical Staff.



David R.
Lawrence, D.O.

Dr. Lawrence Joins Surgical Interventions, L.L.C

Howard Reeves, D.O., and Licking Memorial Hospital are pleased to welcome vascular surgeon David R. Lawrence, D.O., to the health-care community.

Dr. Lawrence received his Doctor of Osteopathy Degree from the Kirksville College of Osteopathic Medicine in Kirksville, Missouri. He then completed an internship, a general surgery residency and a general vascular surgery residency, all at Doctors Hospital in Columbus, Ohio. He is board certified in general surgery and in general vascular surgery.

His areas of special interest are peripheral vascular and endovascular surgery, as well as chest and laparoscopic surgery.

He and his wife, Karen, are the parents of four children.

Dr. Lawrence is accepting new patients at Surgical Interventions, L.L.C. in Newark. Appointments can be made by calling (740) 348-1985.

Managerial Appointment

Licking Memorial Health Systems is pleased to announce the appointment of Jeanne Emmons to its management staff.



Jeanne Emmons,
B.S., M.T. (A.M.T.)

LMH Names New Infection Control Manager

Licking Memorial Hospital (LMH) is pleased to announce the appointment of Jeanne Emmons, B.S., M.T. (A.M.T.), to the position of Infection Control Manager. The Infection Control Program at LMH operates under the auspices of the Laboratory Department and strives to prevent the spread of health

care-acquired infections in patients, health care workers, visitors and others in the Hospital.

A new resident of Powell, Ohio, Jeanne graduated from Marion-Harding High School in Marion, Ohio, earned an Associate degree in applied science from Columbus Technical Institute in Columbus, Ohio, and has a Bachelor of Science degree in health care administration from Franklin University in Columbus. She is a member of the Association for Professionals in Infection Control.

Jeanne is an active distance runner and has participated in several 5K runs. She also enjoys boating and aerobics. She and her husband, Mitch, are the parents of two daughters, Lauren and Erin.

Administrative Spotlight: Marty Chaney



Marty Chaney,
R.C.P., R.R.T.

Licking Memorial Hospital (LMH) Director of Respiratory Therapy, Marty Chaney, R.C.P., R.R.T., is proud to be part of the local community Hospital. “LMH has so much to offer the people of Licking and surrounding counties, and I love being able to touch the lives of our patients,” Marty said. “As a respiratory therapist, I see people of all ages whose lives are touched by lung disease. To be able to provide help and comfort is such a rewarding experience.”

Marty joined LMH in 1978 as a staff respiratory therapist. She was promoted to manager in 1988 and to director in 1996. She is a respiratory care practitioner (R.C.P.) and a registered respiratory therapist (R.R.T). Marty obtained her Associate degree from the Muskingum School of Respiratory Therapy in Zanesville, Ohio.

Her pride in her work is reflected in her membership in PRIDE – Providing Resources in Dedicated Employees – as a William Schaffner Society member. PRIDE is a group of Licking Memorial Health Systems (LMHS) employees who support the Hospital financially every payday. Schaffner Society members commit to giving a minimum of \$10,000 to the Hospital within a 10-year period.

Holiday Treats! (continued from front page)

hungry, even the best willpower might be tempted.

- Ask for sparkling water with a lime twist – sparkling water doesn’t add calories and is a good substitute for wine, champagne or mixed drinks.
- Move your socialization away from the buffet table – conversations take your attention away from food and unconscious nibbling.
- If you are bringing a dish, make it a healthy one – you will know there is something more healthy to eat.
- Have fun! Enjoying a traditional holiday meal or party foods with family and friends doesn’t need to destroy the healthy food habits you have followed all year long.

As mentioned before, if you are bringing food to a party, make it healthy. That way, you know there is something there for you to eat. Following are a few recipes for healthy holiday treats.

Marty has been actively involved at LMHS in the following areas: Cardiac and Critical Care Committee, Safety Device Committee, and as past chairman of Operation Feed, Employee Bingo Night and LMHS United Way campaigns. She has coordinated LMHS’ participation in the Kids with Special Needs Christmas campaign for the past 12 years and has participated in LMH Asthma Camp for seven years.

Marty is a facilitator for the Coalition for Honoring Life’s Choices and a member of the Licking County Tobacco Free Coalition, the Ohio Society for Respiratory Care, and the American Association for Respiratory Care and Central Ohio Respiratory Manager’s Association.

Her goal is to become a certified asthma educator. “This will allow me to better educate those whose lives are affected by asthma,” Marty said.

Marty enjoys spending time with her two children and grandson, as well as focusing on her hobby – competitive in-line skating. She has completed five in-line skating marathons in the past five years.

Low-Sugar Cranberry Orange Bread

Ingredients:

2 cups all-purpose flour
1 cup Quaker Oats (quick or old-fashioned, uncooked)
1/4 cup granulated sugar or 2 tablespoons fructose or heat-stable sugar substitute equal to 1/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt (optional)
3/4 cup fat-free milk
3/4 cup egg substitute or 3 whole eggs
1/3 cup orange juice
1/4 cup vegetable oil
1 tablespoon grated orange peel
1/2 cup chopped cranberries, fresh or frozen (thawed)
1/4 cup chopped nuts (optional)

Note:

Quaker Oats products can be substituted with any other oat cereal product. Nutritional contents might be different from those listed at the end.

(continued on page 9)

Holiday Treats! (continued from page 8)

Directions:

Heat oven to 350 degrees. Grease and flour 9 x 5-inch loaf pan.

In large bowl, combine flour, oats, sugar or sweetener, baking powder, baking soda and salt; mix well. In medium bowl, combine milk, egg substitute, orange juice, oil and orange peel; blend well. Add to dry ingredients all at once; stir just until dry ingredients are moistened. (Do not overmix.) Stir in cranberries and nuts. Pour batter into pan.

Bake 60 to 70 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely. Store tightly wrapped.

Nutritional information per serving:

1 loaf yields 16 servings

Calories: 130

Fat: 4 g

Saturated Fat: 0.5 g

Cholesterol: 0 mg

Sodium: 80 mg

Dietary Fiber: 1 g

Protein: 4 g

Carbohydrates: 20 g

Turkey Sweet Potato Hash A “Leftovers” Recipe

Ingredients:

1-1/2 cups sweet potato – baked or boiled, peeled and chopped

2-1/2 cups turkey – cooked, chopped

1/4 cup chicken broth

1 teaspoon canned diced mild green chiles

3 tablespoons fresh cilantro, chopped

1 large egg white

1 teaspoon salt

1 tablespoon oil

1 tablespoon butter

2 scallions, chopped

1/8 teaspoon black pepper

1/4 cup roasted sweet red pepper

Preparation:

Preheat oven to 400 degrees.

Boil or bake sweet potatoes, peel and chop into cubes.

Take 1 cup of the sweet potatoes and mash them and set aside for now. Chop sweet red pepper into thin strips about an inch long. Chop chiles, scallions and cilantro. Chop turkey into cubes.

Mix together the mashed sweet potatoes, cubed sweet potatoes, cubed turkey, red pepper strips, chopped chiles, 2 tablespoons chopped cilantro, 1 chopped scallion, egg white, chicken broth, salt and pepper.

Heat skillet on medium heat and add oil and butter. When hot, add the hash mixture to the skillet. Cook for 3 minutes until the bottom sets. Turn it once and cook for another 2 minutes.

Turn into a baking dish (unless you are using an oven-proof skillet) and bake for 10 minutes.

Serve topped with the remaining cilantro and scallions. Serve with salsa on the side.

Nutritional information per serving:

Serves 4

Calories: 285

Fat: 10.95 g

Saturated Fat: 3.75 g

Cholesterol: 74.27 mg

Sodium: 745.80 mg

Dietary Fiber: 1.86 g

Protein: 28.58 g

Carbohydrates: 17.43 g

Chocolate Chip Cookies

Ingredients:

2/3 cup butter or margarine, softened

2/3 cup brown sugar, firmly packed

2/3 cup Splenda granular

2 teaspoons vanilla

2 eggs

1-1/2 cups all-purpose flour

1 teaspoon baking soda

1/4 teaspoon salt

1 cup semi-sweet chocolate chips

Directions:

Preheat oven to 350 degrees.

Cream butter, brown sugar, Splenda granular and vanilla together in a mixing bowl. Mix until well blended and creamy. Add eggs, one at a time, mixing well after each addition. Scrap sides of bowl. Add flour, baking soda and salt. Mix until well blended. Stir in chocolate chips.

Place tablespoon of cookie dough on an ungreased cookie sheet. Bake 10 to 12 minutes or until golden brown. Remove from oven and cool on a wire cooling rack.

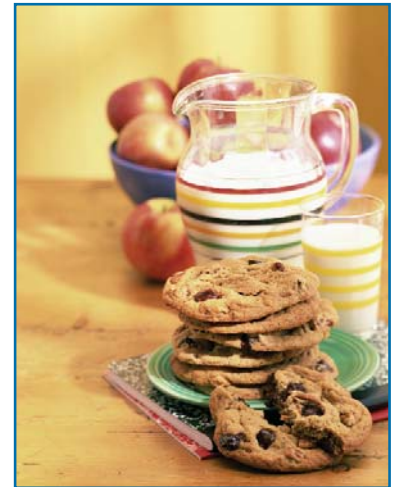
Nutritional Information per serving:

Serves 36

Calories: 90

Fat: 5 g

Saturated Fat: 3 g



Enjoy the holidays – with healthy chocolate chip cookies!

Holiday Treats! (continued from front page)

Cholesterol: 20 mg
Sodium: 55 mg
Dietary Fiber: 0 g
Protein: 1 g
Carbohydrates: 11 g

Pumpkin Pie

Ingredients:

1 prepared pie crust

Filling:

1 15-ounce can pumpkin puree
3/4 cup Splenda granular
2 tablespoons cornstarch
1/2 teaspoon cinnamon
1-1/2 teaspoon pumpkin pie spice
1/8 teaspoon salt
2 eggs
1 egg white
1/3 cup fat-free half and half
3 tablespoons heavy cream
1 tablespoon vanilla
1 teaspoon sugar-free maple syrup



Enjoy the holidays – with pumpkin pie!

Pour pumpkin filling into a prepared pie crust. Bake for 35 to 40 minutes or until set in center and crust is golden brown.

Nutritional Information per serving:

1 nine-inch pie serves 8

Calories: 160

Fat: 8 g

Saturated Fat: 2.5 g

Cholesterol: 60 mg

Sodium: 170 mg

Dietary Fiber: 3 g

Protein: 4 g

Carbohydrates: 17 g

Directions:

Preheat oven to 400 degrees.

Blend pumpkin puree, Splenda, cornstarch, spices and salt in medium bowl. Mix until all ingredients are well blended. In a separate bowl, mix together the remaining ingredients. Stir well. Add to pumpkin mixture and stir well.

Two LMHS Main Street Collection Pieces Unveiled (continued from page 2)

My husband and I both grew up here in Licking County. Along with all the greenery, the attractions and the businesses, the Hospital reminds me why we chose to return to Licking County to live.”

Members of the 2005 LMHS Development Council Executive Committee are Chairman Robert McGaughy; Vice Chair David Shull, Glenn Abel, John Gard, Thomas Hall, M.D., Patrick Jeffries, Charles Johnston, Bonnie Manning, Robert O’Neill, Stuart Parsons, Judy Pierce (ex officio member), Cindy Steen, Ashley Wade and Omar Whisman.

To make a gift or to support an LMHS program, please contact Veronica Link at (740) 348-4102.



The newly-unveiled Pataskala Health Campus piece of the Main Street Collection recognizes a cumulative \$3,500 donation to Licking Memorial Hospital.

2005 FLU CLINIC

The LMH Flu Clinic is for Licking County residents age 18 years and older. Parents of children needing flu vaccines should contact their pediatrician.

When

8:00 a.m. to 4:00 p.m.
Tuesdays and Thursdays,
through December 8, or
until further notice

Where

Located near Entrance B,
by Goody's, at the Indian Mound
Mall in Heath.

Cost

\$20, or present Medicare (part B),
current Medicaid or Licking
Memorial Health Plan card.

For More Information

Call (740) 348-1899 for a recorded
message about the Licking
Memorial Hospital Flu Clinic.



Licking Memorial Hospital

(740) 348-4000 • www.LMHealth.org



**Licking Memorial
Health Systems**

Upcoming Dates

For more information about any LMHS event, please call (740) 348-4000, or visit www.LMHealth.org

First Impressions – Maternal/Child

Childbirth Education Classes

Thursday, December 1, and Thursday, December 8
Friday, December 2, 6:00 to 9:00 p.m. and Saturday,
December 3, 9:00 a.m. to 12:00 noon
Cost: \$52

Stork Tours

Tuesday, December 6, 6:30 p.m.

Ask the Doc

Saturdays, December 3, 10, and 17
9:00 to 10:00 a.m.
Shepherd Hill Auditorium, 200 Messimer Drive, Newark, Ohio

Registration is not required. No charge for these sessions.
For further information, call (740) 348-4878.

Diabetes Self Management Classes

Tuesdays, December 6, 13, 20 and 27 9:00 to 11:00 a.m. or 1:00 to 3:00 p.m.
Licking Memorial Health Systems, 1915 Tamarack Road, Newark

Wednesday, December, 7, 14, 21, and 28 1:00 to 3:00 p.m. or 7:00 to 9:00
p.m. Licking Memorial Health Systems, 1915 Tamarack Road, Newark

Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management. Registration and physician referral required. To register for the class, call (740) 348-4722 or for further information, call (740) 348-1450.



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, OH 43055

Non-Profit Org.
U.S. Postage
PAID
Columbus, Ohio
Permit No. 8757

Please take a few minutes to read
this month's **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 at (740) 348-1572.

Please contact the Public Relations
Department to receive future mailings.



1998, 1999, 2000,
2001, 2002, 2003