Digital Mammography Advancements

Described as a “state-of-the-art-system,” Selenia™ digital mammography from Hologic™ has arrived at Morrow County Hospital.

Radiology Director, Russ Merrin, BS, RT(R)(N), CNMT, NCT, said, “This will give our radiologists more tools to help make a better diagnosis.” He explained images can be magnified, contrast can be increased or decreased, and the black and white values can be inverted while reading the images. “These features allow the radiologist to evaluate micro-calcifications and focus on areas of concern,” said Russ.

Concurring was Dr. Vincent Trago, board-certified radiologist, who stated, most mammograms read by him are those of women ages 40 and older. He added, “lots of women have calcium in their breasts, but only a few have a ‘concerning’ kind of calcium which triggers the recommendation for a biopsy.” With this new equipment, a radiologist can manipulate a clearer image and, if the image needs to be sent to

(continued on page 2)
prior to exercising for about an hour on 2-3 pieces of exercise equipment. At least a five-minute cool down is completed after the exercise cycle.” During their rehab session, patients are given educational information through videos and written handouts about their diet and medications, in addition to their progress in their exercise program. “They want to know how to eat right, and many have been leading sedentary lifestyles,” said Karen. “Patients want to know how to be healthier and are very receptive to instruction.”

Each patient is encouraged to participate in as many Cardiac Rehab sessions as needed. “Of course, patients have co-pays, some have to submit out-of-pocket payments, and some have deductibles,” said Karen. “We work closely with each patient and their insurance payer so there are no surprises.”

The Cardiac Rehab program is very similar to the hospital’s Pulmonary Rehab program and shares the same area. Working with Karen, is Judy Baker, RRT, who is a respiratory therapist.

The Phase III Cardiac Rehab Program is for those patients who have completed the Phase II program and want to continue to exercise for maintenance and endurance. Although there is a charge to continue this program, federal grant monies are available for those who qualify.

A registered nurse for 40 years, Karen has worked in home health, nursing homes, doctor offices, in addition to in-hospital nursing care. “I enjoy teaching adults,” said Karen. “Cardiac Rehab gives me a lot of satisfaction seeing the patient’s progress, and it’s very rewarding.”

Karen, and her husband, Carl, reside in Ashland and have four adult children and 10 grandchildren. Carl recently retired from teaching at Ashland City High School and continues to be a high school football coach. He recently accepted a position working with Ashland City Schools through a federal physical education (PEP) grant for students in kindergarten through grade 12.

To learn more about Morrow County Hospital’s Cardiac Rehab programs, please call: (419) 949-3017.

Digital Mammography Advancements
(continued from front cover)

Digital mammography is a powerful tool that translates into more efficient workflow, expedited exam times, and improved patient care.

To schedule a mammogram and to learn more about Selenia™ digital mammography at Morrow County Hospital, contact your physician or MCH Radiology Services – (419) 949-3090.
**EVOTECH™ Enhances Cleaning Scopes**

The EVOTECH™ system, a new Endo-cleaning machine and reprocessor, has been installed in the surgery department’s central supply area at Morrow County Hospital. The system’s enhanced technology replaces the hospital’s previous endoscope cleaning processor. It is operated through a touch screen in the center of the machine’s top front panel. “The efficiency of the system has the capability to clean two scopes at a time with its high-level disinfection process,” said Sharon Agin, RN, BSN, Perioperative Director. Sharon praises the system for its ability to complete many actions in one cycle. It automatically detects leaks, eliminating the inconsistencies of manual inspections and concludes by flushing the scopes with alcohol to ensure proper drying in a time span of 30 minutes.

With one staff member handling the sterilization process, this enhanced process helps save time, increases productivity and allows staff to focus on patient care. Minor remodeling was required to install the system which was completed in December.

**Hospital Purchases Medical Office Building**

Purchase of the building and property at 245 Neal Avenue, Mt. Gilead, was approved by the Morrow County Hospital Board of Trustees during their November meeting. The Morrow County Commissioners approved the purchase in December. “This facility currently houses Dr. Ken Bains’ medical practice and the Morrow County Hospital Home Health office,” said Diana Fisher, MCH President and CEO. Future plans for the building include the establishment of a rural health clinic.

**Memorial Gifts For Cafeteria**

Two flat-screen VIZIO® television sets, a 42-inch LCD and a 22-inch LCD, have been mounted in the hospital’s cafeteria for people to view while dining. They were suggested by the Nutrition Services staff and purchased with monies from Sharon Galonski memorial gifts. Sharon, who was an avid OSU fan and spectator, served as the hospital’s Nutrition Services Manager for 22 years until her passing on January 5, 2007.

*Showing off the new 42” television are Nutrition Service staff members – Margery Smith, Malinda Webb, Bonny Millisor and Diana Morris.*
Hospital Board Member Appointed

Bonnie Fisher has been appointed to the Morrow County Hospital Board of Trustees to fill the unexpired term of Joel Garverick which expires March 7, 2016. The action was taken by the Morrow County Commissioners during their regular meeting held October 27, 2010, and Bonnie’s term was effective immediately.

A Morrow County native, Bonnie lived in Iberia and attended Northmor High School. The daughter of Dwight McClarren, Morrow County treasurer for many years, Bonnie was involved with county activities as a youngster. Blessed with musical talents, she began singing and playing the piano at the Iberia Presbyterian Church where she attended with her family.

Following graduation from Ashland University, Bonnie began her career as an elementary music teacher in Crestline (OH) for four years. Moving to Columbus where she lived for the past 30 years, Bonnie began a new career as a computer systems analyst for the State of Ohio’s Department of Administrative Services. Simultaneously, she fulfilled her love of music as a full-time music director at a church in Hilliard (OH) for 19 years, and then served in the same capacity at a church in northwest Columbus for 11 years.

Bonnie and her husband, Dave, returned to Morrow County in 2009 when they purchased a business, Hope Cabins and Banquet, in northern Morrow County, where they now reside. Continuing her involvement in music at the Ontario United Methodist Church, Bonnie is the organist, pianist and has started three choirs – a women’s, a men’s and a handbell. She combines this with enjoying the serenity of living on 63 acres, having a 2.5-mile nature trail, cabins and a banquet facility in the county where she grew up.

As a Morrow County Hospital Board of Trustees member, Bonnie will be working with Joyce Ray (Board Chair), Pat Drouhard (Vice Chair), Pat Anthony (Secretary), Dennis Leader, Marilyn Smith, Jackie Weaver and Bob Willeke.
Progress Continues On Storm Sewer Replacement

The Storm Sewer Replacement project, which began November 18, is progressing and, upon its completion, the front yard ditch will be ground level to the road. The project involves replacing the water line that runs across the front of the hospital property, and beginning west of the hospital driveway, box culverts will be placed. “Eventually the box culverts will cross State Route 95,” said Mike Gale, Facilities Manager with Morrow County Hospital.

A left-turn lane is also being added to the hospital’s west driveway. As part of the project, a standing light pole will be relocated. The project is being funded through the Ohio Public Works Issue #1 (State Capital Improvement Dollars), and it is being coordinated by the Village of Mt. Gilead. Total cost of the project is $469,265 which includes the water line, enclosure and the turn lane. The cost to Morrow County Hospital is $61,004 and the cost to the Village of Mt. Gilead is also $61,004. Completion date for the project is May 31, 2011.

Now Accepting New Patients

Dr. Slomsky is the newest member of Morrow County Hospital’s Medical Staff and will see patients in the Medical Specialty Center West on Wednesdays and Fridays.

A graduate of St. Louis University, Dr. Slomsky earned his DPM (Doctor of Podiatric Medicine) degree at the Ohio College of Podiatric Medicine in Cleveland, OH, and has extensive post-graduate training. He completed a fellowship in Surgical Reconstruction of the Foot and Ankle at St. Ann’s Hospital in Westerville, OH. He is one of a select group of podiatrists who is certified by both the American Board of Podiatric Surgery and the American Board of Podiatric Orthopedics.

In practice since 1989, Dr. Slomsky specializes in quality foot care for the entire family – from newborns with congenital foot deformities to senior citizens who are no longer able to provide their own foot care. Although most foot and ankle conditions can be treated without surgery, when necessary, Dr. Slomsky will perform the latest surgical techniques in the operating suites at Morrow County Hospital.

For more information, or to schedule an appointment, please call the Morrow County Hospital Medical Specialty Center West – (419) 947-1707.
### February

#### Heartsaver CPR

**Tuesday/February 8 • 4-7 p.m. • MCH Room A**  
Certification/Recertification - $35  
Book with CD - $25

Registration Required • Book Required  
Minimum Class Size: 6 participants

Learn basic adult and pediatric life support techniques. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

#### First Aid Class

**Tuesday/February 15 • 4-7 p.m. • MCH Room A**  
Registration Fee - $30  
Book - $15

Registration Required • Minimum Class Size: 6 participants

This American Heart Association First Aid Class will teach participants (anyone over the age of 14 years) to identify medical emergencies and how to provide proper first aid. Community members wishing to register for a first aid class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

#### American Red Cross Bloodmobile

**Wednesday/February 23 • 10 a.m.-4 p.m. • MCH Room A**

Please bring photo identification showing your social security number.  
Call MCH Public Relations to schedule an appointment – (419) 949-3089

#### Healthcare Provider CPR

**Thursday/February 24 • 8 a.m.-12 p.m. • MCH Room A**  
Certification/Recertification - $45  
Book with CD - $25

Registration Required • Minimum Class Size: 6 participants

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

### March

#### Diabetes Education

**Registration Required • Free Program**  
Minimum Class Size: 10 participants

**Tuesday/March 1 • 6-8:30 p.m. • MCH Room C**  
**Thursday/March 3 • 6-8:30 p.m. • MCH Room C**  
**Tuesday/March 8 • 6-8:30 p.m. • MCH Room C**  
**Thursday/March 10 • 6-8:30 p.m. • MCH Room C**

This four-part/ten-hour program is for recently-diagnosed diabetics. Each night of this twice-a-week/two-week course, a different aspect of the diabetes disease process will be discussed. **You must attend all four classes to complete this course.**

#### “MCH Health Awareness” Blood Profiles

**No appointment necessary! • 6-9:30 a.m.**  
Eligibility: Anyone age 18 and over

**Tuesday/March 8 • Cardington Community Center**  
(111 W. Second St. • Cardington)

**Tuesday/March 22 • Northmor High School Activity Room**  
(5353 Co. Rd. 29 • Galion)

Morrow County Hospital’s laboratory personnel will offer **$20 “MCH Health Awareness” blood profiles**, which include a battery of **27 tests** – cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatinine, sodium, potassium, chloride, carbon dioxide, AST, ALT, GGT, total bilirubin, total protein, albumin, calcium, alkaline phosphatase, iron, white blood count, red blood count, platelet count, hemoglobin/hematocrit, mean cell volume and mean cell hemoglobin concentration.

**Remember** –

- An 8 to 10-hour fast is necessary for accurate results – no eating.  
- Drink moderate amounts of water.  
- Take your medications with moderate amounts of water.

For an additional **$20**, you may also receive a **TSH (thyroid stimulating hormone) test.**

**Absolutely… No physicians’ orders for additional tests will be accepted at this screening.** The **$20 blood profile** will only be available at the site listed!

#### Healthcare Provider CPR

**Wednesday/March 9 • 7:30-11:30 a.m. • MCH Room A**  
Certification/Recertification - $45  
Book with CD - $25

Registration Required • Minimum Class Size: 6 participants

This class is for healthcare professionals and teaches all aspects of basic life support. Community members wishing to register for a CPR class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.
April

“MCH Health Awareness” Blood Profiles
No appointment necessary! • 6-9:30 a.m.
Eligibility: Anyone age 18 and over

Saturday/April 2 • Morrow County Hospital (Room A)
(Use “Receiving Entrance”)

Thursday/April 14 • Marengo United Methodist Church
(8 N. Main St. • Marengo)

Tuesday/April 26 • Perry Cook Memorial Library
(7406 Co. Rd. 242 • Shauck)

Morrow County Hospital’s laboratory personnel will offer $20 “MCH Health Awareness” blood profiles, which include a battery of 27 tests – cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatinine, sodium, potassium, chloride, carbon dioxide, AST, ALT, GGT, total bilirubin, total protein, albumin, calcium, alkaline phosphatase, iron, white blood count, red blood count, platelet count, hemoglobin/hematocrit, mean cell volume and mean cell hemoglobin concentration.

Remember –
• An 8 to 10-hour fast is necessary for accurate results – no eating.
• Drink moderate amounts of water.
• Take your medications with moderate amounts of water.

For an additional $20, you may also receive a TSH (thyroid stimulating hormone) test.

Absolutely…No physicians’ orders for additional tests will be accepted at this screening. The $20 blood profile will only be available at the site listed!

Compassionate,
Personalized,
High-Tech Care

April

Advanced Cardiac Life Support (ACLS)
Friday/April 15 • 8 a.m.-5:30 p.m. • MCH Rooms A & C
Maximum Class Size: 12

Friday/April 29 • 8 a.m.-5:30 p.m. • MCH Rooms A & C
Maximum Class Size: 24

Please note: For recertification, you only need to attend the April 29 class.

Prerequisites:
• ACLS Certification - Current Healthcare Provider CPR Certification
• ACLS Recertification - Current ACLS Certification & Current Healthcare Provider CPR Certification
• Completion of ACLS Pretest Required

Community Registration Fees:
Certification - $175/Recertification - $125
Book with CD - $40/Handbook - $25
Registration Required

This class is for healthcare professionals and teaches all aspects of advanced life support. You will need to provide proof of required prerequisites at class registration. Community members wishing to register for an ACLS class are required to pre-pay their registration fee (non-refundable) seven days prior to the class date, or their name will be removed from the class roster.

Safe Sitter
Saturday/April 16 • 9 a.m.-3 p.m. • MCH Room A
Registration Fee - $10 (for student manual)
Lunch Provided • Minimum Class Size: 8 participants

Morrow County Hospital is a teaching site for “Safe Sitter” which is a medically-accurate program designed to prepare 11-13 year olds to be safe and nurturing babysitters. Instructors will teach life skills – business, medical, safe habits – in this high-quality course. The registration fee covers all costs!

American Red Cross Bloodmobile
Monday/April 25 • 10 a.m.-4 p.m. • MCH Room A
Please bring photo identification showing your social security number. Call MCH Public Relations to schedule an appointment – (419) 949-3089.
Hospital Levy RENEWAL Passes

Special thanks to Morrow County voters for passage of the hospital’s 2.5-mill/5-year operating levy on November 2, 2010. The 58.35% approval of the levy means “no additional taxes” and will help to improve services by upgrading equipment, technology and facilities. According to Diana Fisher, MCH President and CEO, “A county with a healthy growing hospital offers hope and security for our people. Over 58 years ago, the people of this county worked hard to raise the funds to make our hospital a reality. Since 1986, our voters have continued their support to ensure the financial resources to deliver modern medical care.”

“MCH Health Awareness” Blood Profiles

No appointment necessary! • 6-9:30 a.m. • Eligibility: Anyone age 18 and over

Morrow County Hospital’s laboratory personnel will offer $20 “MCH Health Awareness” blood profiles, which include a battery of 27 tests – cholesterol, triglycerides, HDL, LDL, VLDL, glucose, BUN (blood urea nitrogen), creatinine, sodium, potassium, chloride, carbon dioxide, AST, ALT, GGT, total bilirubin, total protein, albumin, calcium, alkaline phosphatase, iron, white blood count, red blood count, platelet count, hemoglobin/hematocrit, mean cell volume and mean cell hemoglobin concentration.

Remember –
• An 8 to 10-hour fast is necessary for accurate results – no eating.
• Drink moderate amounts of water.
• Take your medications with moderate amounts of water.

For an additional $20, you may also receive a TSH (thyroid stimulating hormone) test.

Absolutely… No physicians’ orders for additional tests will be accepted at these screenings.
The $20 blood profile will only be available at the site listed!

2011 Collection Sites

Listed below are the dates and locations through July where these profiles will be offered in 2011 from 6-9:30 a.m.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday/March 8</td>
<td>Cardington Community Center</td>
<td>111 W. Second St. • Cardington</td>
</tr>
<tr>
<td>Tuesday/March 22</td>
<td>Northmor High School Activity Room*</td>
<td>5353 Co. Rd. 29 • Galion</td>
</tr>
<tr>
<td>Saturday/April 2</td>
<td>Morrow County Hospital (Room A)</td>
<td>651 W. Marion Rd. • Mt. Gilead</td>
</tr>
<tr>
<td>Thursday/April 14</td>
<td>Marengo United Methodist Church</td>
<td>8 N. Main St. • Marengo</td>
</tr>
<tr>
<td>Tuesday/April 26</td>
<td>Perry Cook Memorial Library</td>
<td>7406 Co. Rd. 242 • Shauck</td>
</tr>
<tr>
<td>Tuesday/May 24</td>
<td>Seniors-On-Center</td>
<td>41 W. Center St. • Mt. Gilead</td>
</tr>
<tr>
<td>Saturday/June 18</td>
<td>Morrow County Hospital (Room A)</td>
<td>651 W. Marion Rd. • Mt. Gilead</td>
</tr>
<tr>
<td>Tuesday/July 26</td>
<td>Heartland Alliance Church</td>
<td>6385 St. Rt. 314 • North Woodbury</td>
</tr>
</tbody>
</table>

*If school is canceled, the blood profiles will be canceled.