



Licking Memorial Health Systems

Community Connection

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Saving Lives Through High-tech Sepsis Monitoring

page 2

Antibiotic Stewardship
page 7

LMHS Receives Modern Healthcare Recognition
page 11

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

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



Measurably Different ... for Your Health!

Saving Lives Through High-tech Sepsis Monitoring

Last year, Licking Memorial Health Systems (LMHS) began a campaign to significantly reduce the mortality rate from sepsis. By using new technologies, standardizing care and raising awareness among the staff, an estimated 62 lives were saved in 2016. Much of the success of the campaign is credited to collaboration among a newly created sepsis team that includes physicians, nurses, pharmacy and laboratory personnel, and members of the Process Improvement and Information Systems Departments. The team identified ways to recognize patients at risk for sepsis to ensure a quick response.

Sepsis is a body's overwhelming and life-threatening response to an initial infection of bacterial, viral or fungal microbes. Sepsis occurs when chemicals released into the bloodstream to fight infection trigger inflammatory responses throughout the body. This inflammation can trigger a cascade of changes that can damage multiple organ systems, leading to internal complications. Nationally, 750,000 cases and 258,000 deaths are reported annually – which is approximately 700 deaths per day. More people die from sepsis than breast, prostate and lung cancers combined. Eighty percent of sepsis-

related deaths can be prevented with rapid diagnosis and treatment.

In 2015, the mortality rate for sepsis at Licking Memorial Hospital (LMH) was 27.1 percent – above the statewide average of 19.4 percent. LMH joined the Ohio Hospital Association's Institute for Health Innovation and the Sepsis Alliance to sharply reduce the number of sepsis-related deaths by 30 percent in two years. Just one year after the start of the campaign, the mortality rate from sepsis dropped to 8.9 percent – nearly a 70 percent decrease.

Leveraging data stored in the Hospital's advanced electronic health record (EHR), relevant clinical data about a patient is compiled into a single location – the Sepsis Visual Smart Board – and then categorized and color coded based on the person's risk for sepsis. An algorithm within the Smart Board, which is based on the Surviving Sepsis Campaign framework, monitors the EHR for signs of possible infection, vital signs and laboratory values in real-time so that nurses and physicians can see a patient's current condition. If a patient meets the criteria for severe sepsis or septic shock, an alert is automatically sent to the physician using a HIPAA-compliant secure text messaging system and the nursing staff is alerted within the EHR.

Treatment can be started right away using protocols and orders put into place. Within three hours, staff is expected to administer broad spectrum antibiotics to fight infection and aggressive fluid

resuscitation using intravenous fluids. Specific tests are sent to the laboratory to identify possible causes for the infection. Within six hours, if the patient meets certain clinical criteria, more tests are administered to ensure the patient is responding to treatment or to determine if vasopressors – medicines that contract blood vessels and raise blood pressure – are needed.

The Sepsis Visual Smart Board is only one of a number of technical initiatives being used to reduce the mortality rate from sepsis. All inpatients and observation patients are monitored using EarlySense – a contact-free device placed under the mattress that tracks heart and respiratory rates. The EHR also is leveraged in multiple ways including a sepsis-specific nursing assessment, sepsis-specific order sets for ease of physician ordering, and sepsis-specific progress notes for physician documentation.

The sepsis team continues to review the processes already put in place. Education also has played a large part in the success of the campaign to date. The team urges everyone to recognize the symptoms of sepsis. To remember the symptoms of sepsis, use the word itself:

- S** – Shivering, fever or very cold
- E** – Extreme Pain or general discomfort (“worst ever”)
- P** – Pale or discolored skin
- S** – Sleepy, difficult to rouse, confused
- I** – “I feel like I might die”
- S** – Short of breath

LMH Special Care Nursery Reunion Reconnects Families and Staff

Licking Memorial Hospital (LMH) recently hosted a reunion event for the families of former Special Care Nursery patients. The Reunion offered an opportunity for families to reconnect with Hospital staff and meet fellow community members with shared experiences.

The Special Care Nursery Reunion was held on May 4 in the LMH Café. Twenty-five families were represented, including mothers, guests and 26 children. Activity tables were available with information about breastfeeding, safety, nutrition and handwashing. Young guests enjoyed coloring and photos with Scrubs, the Hospital mascot.

The event also featured dinner and several speakers, including Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese, Licking Memorial Pediatrician Brian T. Klima, M.D., and Averi Mason, parent of a former LMH Special Care Nursery patient. Dr. Klima discussed post-patient education, offered motivation and encouragement to the families of Special Care Nursery patients, and expressed pride in the excellent care provided by LMH staff.

Averi Mason spoke about her experience at LMH as the proud mother of new daughter, Harper, who was born prematurely on April 8, 2016. Harper weighed 4 pounds, 6 ounces after Averi suffered numerous complications during pregnancy. After delivery, Harper was unable to sustain a normal body



temperature, and she received care for seventeen days in the LMH Special Care Nursery where medical staff helped her grow strong enough to go home. Harper recently celebrated her first birthday with her family. Averi expressed appreciation to LMH Maternity staff members for delivering personalized and high quality care while Harper was a patient. “I felt like the staff was always available to help answer questions about Harper,” said Averi. “Even when I went home to get some rest, there was never a time I couldn't call to check on how my baby was doing.”

Maternity Department and Nursery staff visited with families and answered questions during the event. “It was very meaningful for our nurses to see the families as well as the children they cared for as babies,” said Lynda

Hoffman, Director of Maternity Services. “Our Nursery staff enjoyed catching up with the families and it was wonderful to witness the reconnection between the mothers whose children had been in the Nursery together. These families share a unique bond and LMH is proud that the Special Care Nursery is at the heart of it.”

LMH's Special Care Nursery is accredited as a Level II facility to provide care for moderately ill newborns. Critically ill newborns who need more intensive care at a Level III facility in Columbus may be transferred back to LMH as their conditions improve, which saves the infants' families the inconvenience and expense of a long commute. The Special Care Nursery Reunion is hosted annually by LMH, as well as the Inpatient Rehabilitation and Interventional Cardiology reunions.



Behind the Scenes – Anesthesiologists

Anesthesiologists are physicians (M.D. or D.O.) who have chosen to specialize in anesthesia, pain management and critical care medicine. According to the American Society of Anesthesiologists (ASA), physician anesthesiologists provide or guide nearly 90 percent of the anesthetics used in the more than 100 million procedures performed every year in the United States. With 12 to 14 years of education and 12,000 to 16,000 hours of clinical training, these physician specialists are experts in managing pain. Many times, the anesthesiologist is considered the “hidden physician,” however, they play a vital role in patient care. Physician anesthesiologists have the education and training to evaluate, diagnose, treat and manage the entire spectrum of medical conditions and patients’ needs, including potentially life-threatening complications that can happen suddenly during surgery.

The Licking Memorial Hospital (LMH) Anesthesiology Department is comprised of 8 board-certified physicians and 10 Certified Registered Nurse Anesthetists (CRNA). CRNAs are advanced registered nurses who specialize in anesthesia. After completing extensive education and training, they are nationally certified. The CRNAs provide anesthesia care under the medical direction of the anesthesiologist, who is present for key portions of anesthesia care, including induction, emergence and recovery.

There are many types of anesthesia available to help patients feel comfortable during medical tests and procedures. Sedation involves medication which relaxes the patient, sometimes making them fall asleep. Monitored Anesthesia

Care (MAC) typically is used for minor surgeries or shorter, less complicated procedures, such as biopsies, or the use of a scope to examine the stomach or colon, to diagnose or treat medical conditions. Sedation medications usually are provided through an IV placed in a vein. Depending on the procedure, the level of sedation may range from minimal — drowsy, but able to talk; to deep — patients typically will not remember the procedure.

Local anesthesia involves one or more injections to numb a small area of the body. Another type of anesthesia is regional, which numbs a larger part of the body. During the use of regional anesthesia, often provided through an injection or a small tube called a catheter, patients are awake, but unable to feel the area that is numbed. This method is often used for childbirth and for surgeries of the arm, leg or abdomen. Local and regional anesthesia may be combined with IV sedation for pain relief.

General anesthesia is provided through an anesthesia mask or breathing tube and induces unconsciousness. It is used for most operations, including abdominal and orthopedic surgeries. The type of anesthesia received depends on a variety of factors, including the procedure, current patient health and in some cases, the patient’s preferences.

Anesthesiologists provide a wide variety of medical care to patients, including preoperative evaluation, consultation with the surgical team, creation of a tailored plan for each patient, airway management, intraoperative life support and provision of pain control, intraoperative medical

stabilization, and proper post-operative management of patients. Outside the operating room, an anesthesiologist’s spectrum of action includes in-hospital and pre-hospital emergencies, intensive care units, acute pain units and chronic pain consultations.

In addition to anesthesia care, LMH anesthesia providers offer the latest in pain care through medications, therapies and minimally invasive pain management procedures at the LMH Pain Clinic. A board-certified physician in Pain Management performs more than twenty procedures on an average day, managing common ailments such as back, joint, shoulder, muscle and neck pain.

A typical day for an anesthesia provider could last from 8 to 24 hours, depending on the volume of surgeries and emergent cases. As a whole, the LMH Anesthesiology Department could be involved in as many as one thousand cases each month. “Utilizing a team approach and combining staff resources, helps us to provide a safe, high standard of care,” explained KW Tim Park, M.D., LMH Anesthesiology Medical Director and Department Chair. “We have an excellent pool of talent and many of us have additional training in subspecialties,” added Ann Govier, M.D.

As Medical Director and Department Chairman, Dr. Park has developed many of the Department policies. He also affirms the maintenance of all required practice guidelines. Monthly staff meetings include reviews of evidence-based medicine. The valuable information learned then is adapted to LMH guidelines. “Set guidelines and continual communication of such ensures staff awareness of expectations. Additionally, guidelines enable us to maintain uniformity in management and patient care,” he explained. Under the guidance of Dr. Park, LMH anesthesiologists and CRNAs are vigilant about fulfilling the requirements to maintain their skills and knowledge. He coordinates the department’s Continuing Medical Education (CME) as well as monthly conferences which feature review of literature and cases of interest. “We use this opportunity to further educate ourselves and I am proud to say that the

lecture series and this style of education is an uncommon offering for a community hospital. This practice truly enables us to provide a very high level of patient care,” Dr. Park remarked. Dr. Govier added that all of the LMH providers are board certified. “We are fortunate to have this group and their collective skills set.”

The anesthesia providers also are involved outside of the operating room by facilitating procedures in various other departments such as Endoscopy, Labor & Delivery and Psychiatry. Endoscopy procedures performed under anesthesia-provided sedation are approaching 4,000 cases a year. Of note, the Anesthesiology Department is collaborating with Psychiatry to provide novel therapeutic measures for depression and PTSD (post-traumatic stress disorder). For major depression, modified electroconvulsive therapy under general anesthesia is being offered, as well as the use of certain euphorogenic anesthetics such as nitrous oxide and ketamine. Recently, it has been found that a right-sided stellate ganglion block can be beneficial in PTSD and this modality has achieved some success.

The Anesthesiology Department maintains active participation in various Hospital committees, including the Medical Staff Executive Committee, Cardiac and Critical Care Committee, Medicine Quality Improvement Committee, Education Committee, Pharmacy and Therapeutics Committee, Transfusion Committee and Perinatal Committee. The Department directs the Procedural Sedation Committee for non-anesthesia medical staff who administer conscious or deep procedural sedation, presenting guidelines, fielding questions and offering education.

Project SEARCH Interns Graduate from Program

Licking Memorial Health Systems (LMHS) recently held a graduation ceremony for eight students who participated in the inaugural Project SEARCH program. LMHS staff members who worked with the interns, as well as the students’ families, attended the event where each intern was given a certificate and had an opportunity to share what they learned.

Initiated at LMHS in 2016, Project SEARCH is a business-led collaboration that enables young adults with disabilities to gain and maintain employment through training and career exploration. Aiming to achieve competitive employment, these students participated in a one-year internship program where they spent their school day learning skills from LMHS staff members on-site.

“There has been an amazing positive energy throughout the entire program,” said Assistant Vice President Human Resources Holly Slaughter. “It is a meaningful experience for the interns, their families, and LMHS staff who worked with the students to see them graduate from the program.” Project SEARCH allowed the students total immersion in the LMHS environment. Participating departments at LMHS included: Cardiology, Pulmonary Rehabilitation, Labor and Delivery, 4th and 5th Floor Nursing Units, Acute Inpatient Rehabilitation, Environmental Services, Surgery/Sterile Processing, Culinary Services and Engineering, Health Information, Emergency Department, Purchasing, Laboratory, and Licking Memorial Health Professionals.

LMHS managers collaborated with Project SEARCH staff and job coaches to support the interns.

During the ceremony, LMHS President and CEO Rob Montagnese congratulated the graduates on their achievement. “LMHS benefited just as much as the interns from having this fantastic group of talented individuals interact with us,” said Rob. “Our staff enjoyed their smiling faces and appreciated their hard work as they completed their internships.” Rob went on to announce that a number of the graduates chose to pursue employment with LMHS and were hired into various departments.

The graduates each took the stage during the event to explain the departments with which they worked, what they learned, and their favorite aspects of the program. “I like patient care and interacting with others,” said Catherine Dunkin of Granville High School. “I liked working in Labor and Delivery the most!” Bryce Carmer of Newark High School said, “Project SEARCH taught me how to work in the real world.” Both Catherine and Bryce are among the four graduates hired by LMHS.

The goal of the program, upon completion, is competitive employment utilizing the skills learned during the internships and throughout the program. The local organizations that partnered with LMHS to make Project SEARCH possible include: Licking County Board of Developmental Disabilities, Opportunities for Ohioans with Disabilities, Licking County Educational Service Center and Greenleaf Job Training Services, Inc.



Project SEARCH graduates (left to right): Catherine Dunkin of Granville High School, Brittany Shepherd of Southwest Licking High School, David Grover of Newark High School, Bryce Carmer of Newark High School, Max McDaid of Licking Heights High School, Andrey McCoy of Heath High School, Maggie Phillips of Newark High School, and Stephen Krupp of Newark High School.

Celebrating Life After Cancer

Nearly 15.5 million Americans with a history of cancer were alive on January 1, 2016. Some of these individuals were diagnosed recently and are undergoing treatment, while most were diagnosed many years ago with no current evidence of cancer. On June 4, Licking Memorial Hospital (LMH) celebrated cancer survivors for facing each day with courage and dignity and serving as an inspiration to their community. Approximately 200 Licking County residents, including the cancer survivors along with their families, caregivers and friends, attended the seventh annual LMH Cancer Survivors Picnic on the front lawn of the Hospital grounds.

Rob Montagnese, President & CEO of Licking Memorial Health Systems, welcomed the guests, saying, "Cancer survivorship begins at diagnosis. It includes people who no longer have evidence of cancer, as well as those who continue treatment. No matter how it is defined, survivorship is unique for each person. As a survivor or a caregiver, we should all remember to take time to let go. Let go of the worries, concerns and stress of the diagnosis and of everyday life. Today, we are providing you with an opportunity to do just that through this picnic. We hope that we have arranged an environment for you to let go and enjoy some summer fun."

In 2016, Licking Memorial Hematology/Oncology provided care for 201 patients with newly diagnosed malignancies, averaging approximately 17 new patients every month. Aruna Gowda, M.D., who joined Licking Memorial Hematology/Oncology in 2012, explained that 18 percent of these patients are enrolled in a clinical trial, which gives them access to the newest and most advanced treatments available. Dr. Gowda, board certified in internal medicine, hematology and oncology, takes a special interest in managing different types of malignancies – especially breast cancer, lung cancer and lymphoma. "On behalf of the entire oncology team, I would like to extend our appreciation to each of you for your role – survivor and support person alike – in cancer survivorship," said Dr. Gowda.

In addition to providing ongoing educational support to LMH patients, the Oncology Navigators helped 79 cancer patients find resources, such as transportation to medical appointments and financial assistance, in 2016. Genetic testing is a significant advancement now offered at LMH. In her role as Genetics Navigator, Susan Fantini supports physicians in identifying and managing hereditary cancer patients, assists patients in navigating the insurance requirements and testing involved in their care, and educates patients and the community on hereditary cancer syndromes. "It is revolutionary for a community hospital to provide these services," Susan

commented. "I am proud to contribute toward cancer education, early detection and ultimately, prevention." She holds a Bachelor of Science degree in Microbiology from University of Pittsburgh School of Medicine and is board certified by the American Society of Clinical Pathologists and the National Certification Agency in Medical Technology. Susan also attained a Master of Science degree in Molecular Genetics and Biochemistry. LMH has provided testing for over 1,100 Women's Health and Oncology patients since the program began.

Guests were treated to the delightful talents of Mary Miller, comedian, singer, author and inspirational humorous speaker. A cancer survivor herself, she shared her firsthand knowledge of the health benefits of laughter and music. "Laughter massages your insides. It is like exercising, but considerably more enjoyable," she commented. "Always be on the lookout for funny." Mary shared some jokes and led joyful renditions of "Don't Worry, Be Happy," including kazoo accompaniment by the guests, and "You are My Sunshine."

The LMH Cancer Survivors Picnic is planned each year in recognition of the American Cancer Society's National Cancer Survivors' Day. Participants in both events unite to demonstrate that life after a cancer diagnosis can be meaningful and productive.

Antibiotic Stewardship

Antibiotics have transformed the practice of medicine, making once life-threatening infections readily treatable. The prompt initiation of antibiotics to treat infections has been proven to save lives. The example of proper antibiotic use is in the management of sepsis.

Also known as antimicrobial drugs, antibiotics are medications that fight infections caused by bacteria. Antibiotics fight these infections either by killing the bacteria or making it difficult for the bacteria to multiply and grow. Bacteria are single-celled organisms found all over the inside and outside of our bodies. Many bacteria are not harmful. In fact, some are actually helpful, such as the majority of bacteria that live in our intestines. However, disease-causing bacteria can produce illnesses such as strep throat.

Viruses, on the other hand, are microbes that are even smaller than bacteria and cannot survive outside the body's cells. Such microbes cause illness by invading healthy cells. Antibiotics do not have any effect on viruses and should not be used as treatment for such. Overuse and misuse of antibiotics can promote the development of antibiotic-resistant bacteria. Every time a person takes antibiotics, sensitive bacteria are killed, but resistant bacteria are left to multiply and grow. Widespread use of antibiotics to treat viral illnesses such as the common cold, flu, or sore throats, is an example of misuse of antibiotics that can promote the spread of resistance. This can adversely impact the health and outcomes of other patients who have not yet been exposed to resistant organisms. The Centers for Disease Control and Prevention (CDC) estimates more than two million people are infected with antibiotic-resistant organisms, resulting in approximately 23,000 deaths annually.

Considered one of the most serious and growing threats to public health, antibiotic resistance occurs when bacteria change in a way that reduces the effectiveness of medications, chemicals, or other agents designed to cure or prevent infections. The bacteria survive and continue to multiply, causing more harm. Antibiotic resistance can cause illnesses that once were easily treatable with antibiotics to

become dangerous infections, prolonging suffering. To avoid promoting resistance, it is important for patients to follow their healthcare provider's instructions exactly when prescribed an antibiotic. All doses should be taken in the correct manner and at the correct time until treatment is finished. Antibiotics should not be saved and patients should never use antibiotics prescribed for someone else.

A growing body of evidence demonstrates that hospital-based programs dedicated to improving antibiotic use, commonly referred to as Antibiotic Stewardship Programs (ASPs), can both optimize the treatment of infections and reduce adverse events associated with antibiotic use. Antibiotic stewardship refers to coordinated interventions designed to improve and measure the appropriate use of antibiotics by promoting the selection of the optimal antibiotic drug regimen, dose, duration of therapy, and route of administration. ASPs help clinicians improve the quality of patient care and patient safety by increasing infection cure rates and reducing treatment failures. They also significantly reduce the rate of hospital acquired infections and antibiotic resistance. Moreover, these programs often achieve these benefits while saving hospitals money.

Licking Memorial Hospital (LMH) initiated an ASP two years ago. The program is a sub-committee of the Pharmacy and Therapeutics Committee and works closely with the facility's Infection Control Committee as well. Meeting quarterly, this committee strives to ensure the best antibiotic treatment for each patient without promoting resistance. This multi-disciplinary approach includes physicians, pharmacists, representatives from our laboratory and microbiology, wound care, pathology, critical care, process improvement and information technology. "We are continually expanding our program to include additional knowledgeable staff who offer valuable information and resources and work collaboratively," Pharmacist Tracy Wasem, noted. "Integrating each of these areas into the ASP, enables LMH to thoroughly address the impending threat of antibiotic resistance and better protect patients in our community,"

As part of the ASP, LMH recently purchased MedMined, a software surveillance package developed by CareFusion. MedMined generates real-time, live data, to assist medical staff in determining optimal selection, dose and duration of antibiotic treatment. "We are in the beginning stages of learning and implementing the program," commented Pharmacist Carol Jonard. "The monitoring, tracking and reporting features will produce beneficial information on antibiotic prescribing and resistance patterns for our physicians, nurses and all key partners in our stewardship efforts."

"It is vitally important to preserve the antibiotics currently available," pharmacist Kristin Casebolt explained. The development of new antibiotics has slowed tremendously over the years, so maintaining the integrity of those that we currently have is top priority," she continued. "Streamlining prescribing patterns and dosing will slow, and ultimately, prevent further emergence of antibiotic resistance."

Beginning on January 1, 2017, the Joint Commission required hospitals to facilitate an antibiotic stewardship program. In 2018, hospitals will be graded on their antibiotic stewardship efforts.



LMHS Celebrates National Hospital & Healthcare Week



In an annual observance of National Hospital & Healthcare Week, Licking Memorial Health Systems (LMHS) paid tribute to the 2,000-plus employees who contribute to the Health Systems' award-winning care. The five-day celebration at LMHS in May included exercise demonstrations, healthy eating tips, an employee health fair, ice cream deliveries to outbuildings, award reception, and cookout including mini golf, corn hole, caricature drawings, and a sundae bar. Additionally, LMHS held its annual Employee Recognition Event at the end of the month.



Jayne Bryan, Critical Care Patient Care Manager, is a Registered Nurse who has served at LMHS for 26 years. Leading by example is one of the many reasons Jayne was nominated for the award. She takes the time to listen to her staff and is an advocate, not only for her patients, but also for her staff. Dedicated to her team, she frequently can be seen assisting with transporting patients, helping with a bath, or administering medication – all while managing her other tasks.



Clarissa Ann Howard Nursing Award for Clinical Excellence

The Clarissa Ann Howard Nursing Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for their expertise, professionalism and clinical excellence while providing patient care. The 2017 award recipients are Tracy Biller, R.N., and Natosha Westbrook, R.N.

Tracy earned an associate degree in nursing from Central Ohio Technical College and plans to attend Chamberlain College in Fall 2017 to pursue a bachelor degree in nursing. She joined LMH 4-South in 2013 and currently works in Endocrinology, where she has served since 2015. Tracy and her husband, Kevin, have three children – Corey, Aubrey and Blake. She enjoys spending time with family, gardening and reading in her free time.

Tracy is described as having excellent clinical skills, good critical thinking and decision making when triaging patient calls. She is caring and compassionate and always puts the patients first. Tracy goes above and beyond what is expected to advocate for her patients. She is an excellent teacher and helps patients learn new skills to improve their health.

Natosha received her associate degree in nursing from Ohio University in 2001. She then started working at LMH as a Labor and Delivery nurse. Natosha is certified in obstetrics, fetal monitoring and is a Career Ladder nurse. She was promoted to Clinical Coordinator for Maternity Services in 2015.

Natosha is described as highly skilled, an excellent educator, mentor and patient advocate. She coordinates the onboarding of all new maternity staff and has developed methodical, detailed comprehensive training to ensure high level competencies in the LMH nursing staff.

MVP Awards

As part of Hospital & Healthcare Week, LMHS recognized 30 MVP Award recipients who were selected for their consistent demonstration of LMHS' values: compassion, accountability, respect and excellence. The 2017 MVPs are featured on [pages 28 through 31](#).



"Our success depends greatly upon the contributions and dedication of our staff," LMHS President & CEO Rob Montagnese said. "We value the significant contributions our employees have made to Licking Memorial Health Systems. Our excellent reputation within the healthcare industry is a reflection of the high standards that our employees uphold daily. We are grateful to them for sharing their time and talents to help us improve the health of the community."

48th Annual LMHS Employee Service Recognition Event

LMHS employees who are observing anniversaries in 5-year increments in 2017 were invited to The Ohio State University – Newark Reese Center for the annual LMHS Employee Recognition Event, which featured a game show theme and offered honorees the opportunity to win prizes. The 290 honored employees, the most ever in one year, represented 3,320 combined years of service.



Four employees were honored for providing 40 years of service: Norma Bennett of Behavioral Health, Polly Dougherty of Behavioral Health, Diana Hall of Information Systems, and Sue Swinehart of Human Resources. Each received a framed proclamation and gift to mark their special employment anniversary.

Manager of the Year

Rob also presented the Manager of the Year Award during the Employee Recognition Event. Established in 1987, the award recognizes a management employee who has demonstrated fair and consistent leadership in his or her area of responsibility. The nominee should demonstrate an ability to inspire his or her employees beyond the ordinary requirements of their jobs. Two managers were honored this year – Jayne Bryan and Sheila Miller.

According to her staff, she is easy to communicate with and is very knowledgeable. Rather than just doing a job, Jayne demonstrates that she truly cares about her staff personally, as well as her patients. She stays current with her education, maintaining her Critical Care Certification and ACLS. Jayne has been named an LMHS MVP and is a past recipient of the Clarissa Ann Howard Nursing Award.

Sheila Miller, Director of Development, joined LMHS in 1998 as a Physician Center Clerk and has been part of the Development and Public Relations team since 2004. She received an MVP Award in 2008. Raised in Fresno, California, Sheila moved to Newark in 1983 and attended The Ohio State University – Newark and Columbus State.

She became a Director in 2012 and has the ability to coordinate her team and numerous volunteers to orchestrate major events. Sheila manages many special projects in the community on behalf of LMHS and is excellent at hosting members of the community at the Hospital and making them feel welcome and appreciated. Some of her events include Corporate Breakfast meetings, the Golf Gala, the "For Your Health" 5K Run/Walk and 1-mile Fun Walk, Lifetime Achievement Reception, Baby Expo, Cancer Survivors Picnic and appreciation dinners for various groups.



Active•Fit Event and Prize Winners

Active•Fit participants and their families recently enjoyed two annual events, both held in the western Licking County area. In May, families joined Licking Memorial Health Systems (LMHS) at the Pataskala Health Campus for an evening of active play on a variety of inflatable fun areas, as well as healthy snacks, prizes and health screenings. Afterward, attendees enjoyed an outdoor screening of the Disney/PIXAR animated film, *Finding Dory*. Over 550 community members joined LMHS for the event.

LMHS and the City of Pataskala sponsored the Active•Fit Mini-triathlon event, held in June for youth, ages 6 to 12. The event offered an opportunity to participate in a 2.5K bike ride, 1K run, and 1-lap swim at the Pataskala Municipal Park. More than 75 participants received a special certificate to recognize their accomplishment.

Additionally, LMHS recently recognized the Active•Fit prize winners from Period 2. Participants in the Youth Wellness Program who completed their fitness goals between January 1 and April 30 were entered into a special drawing. Winners and their families received their prizes from the Health Systems as special recognition for their achievements.

The Active•Fit program has registered more than 3,000 participants who select health-related goals and track their progress at www.ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 3 for 2017 began May 1 and continues through August 31. Upcoming Active•Fit summer events include bowling on July 26 and a Fun Run at the "For Your Health" 5K Run/Walk and Fun Walk on July 29. All Active•Fit events are open to youth ages 6 to 12. To register for an event, please call LMHS Public Relations at (220) 564-1560. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.



Period 2 Winners Honored

- Xbox One with Kinect & fitness software**
Evan Senter, Pataskala Elementary
- Xbox One with Kinect & fitness software**
Connor Rhodes, Oregon Elementary
- Bicycle**
Hannah Berisford, Licking Valley Intermediate
- Bicycle**
Chloe Wilson, Utica Elementary
- Nike Shoes & iPod Nano with iTunes Gift Card**
Tyler Liggett, Northridge Primary
- Nike Shoes & iPod Nano with iTunes Gift Card**
Justin Duffy, Newton Elementary
- iPod Nano with iTunes Gift Card**
Alyssa Hofacker, Licking Valley Intermediate
- iPod Nano with iTunes Gift Card**
Rowan Nessel, Marburn Academy
- \$100 Dick's Sporting Goods Gift Card**
Alexis Stimmel, Hebron Elementary
- \$100 Dick's Sporting Goods Gift Card**
Kameron May, Licking Valley Elementary
- \$100 Dick's Sporting Goods Gift Card**
Rylee Lohr, Licking Valley Elementary
- \$100 Dick's Sporting Goods Gift Card**
Austin Rush, Saint Paul
- \$100 Dick's Sporting Goods Gift Card**
Klair Madison, Legend Elementary
- \$100 Dick's Sporting Goods Gift Card**
Daniel Prokop, Granville Elementary
- \$50 Dick's Sporting Goods Gift Card**
Alyssa Evens, Northridge Primary
- \$50 Dick's Sporting Goods Gift Card**
Kyleigh Taylor, Newton Elementary
- \$50 Dick's Sporting Goods Gift Card**
Luke Crego, Licking Valley Elementary
- \$50 Dick's Sporting Goods Gift Card**
Rebekah Prokop, Granville Elementary
- \$50 Dick's Sporting Goods Gift Card**
Kyra Madison, Legend Elementary
- \$50 Dick's Sporting Goods Gift Card**
Madilyn Wilson, Northridge Primary

LMHS and John W. Alford Center for Service Learning at Denison University invite you to Family Movie Night for a FREE outdoor screening of:

REMEMBER THE TITANS

Date: Friday, September 19

Time: Arrive at 7:00 p.m.

The movie will begin at dusk

Location: The Denison University Fine Arts Quad Grounds, off Broadway in Granville

- 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.

Note: In the event of rain, the movie will be shown in the Mitchell Recreation and Athletics Center on the Denison University Campus.
For more information, call (220) 564-1560.



LMHS Receives Modern Healthcare Recognition

For a fourth year, Licking Memorial Health Systems (LMHS) has been named to Modern Healthcare's Best Places to Work in Healthcare, a listing of the nation's top 100 healthcare-related employers. The recognition, now in its tenth year, honors workplaces throughout the healthcare industry that empower employees to provide patients and customers with the best possible care, products and services. LMHS, which includes Licking Memorial Hospital, Licking Memorial Health Professionals and Licking Memorial Health Foundation, was one of five healthcare providers in the state of Ohio to be included in the list.

"Inclusion on Modern Healthcare's Best Places to Work in Healthcare list is a great honor for our

organization," said Rob Montagnese, LMHS President & CEO. "This award recognizes our dedication to ensuring excellent benefits and a positive work environment for our employees, which in turn, helps our staff provide high quality health care, and reinforces our commitment to the community."

The list was released after healthcare employers and employees responded to survey questions regarding key measures that are based on the following eight core areas:

- Leadership and planning
- Corporate culture and communications
- Role satisfaction
- Work environment
- Relationship with supervisor
- Training, development and resources
- Pay and benefits
- Overall engagement



Four Laboratory Locations Available to Patients

Laboratory collection services currently are available at Licking Memorial Health Systems' (LMHS) most-recently constructed facility located in Downtown Newark. Offering a full complement of clinical Laboratory and Pathology tests, this location is one of four accessible to LMHS patients.

Among the sites available, Licking Memorial Hospital (LMH) – Tamarack and Pataskala Health Campus satellite locations offer patients laboratory collection services without an appointment; however, patients are required to have a signed order from a physician and also should present their insurance information.



Locations:

LMH Hospital Laboratory Services
Licking Memorial Hospital, First Floor
1320 West Main Street
Newark, Ohio 43055
24 hours/day, Everyday

LMH Laboratory Services – Tamarack
2000 Tamarack Road, First Floor
Newark, Ohio 43055
8:00 a.m. – 4:30 p.m. (M-F)

LMH Laboratory Services – Downtown Newark
20 West Locust Street
Newark, Ohio 43055
8:30 a.m. – 5:00 p.m. (M-F)

Pataskala Health Campus
One Healthy Place, First Floor
Pataskala, Ohio 43062
7:30 a.m. – 4:00 p.m. (M-F)

Physician Spotlight

Asegid H. Kebede, M.D., joined Licking Memorial Pulmonology and Sleep Medicine in May 2014. Dr. Kebede received his Doctor of Medicine degree from Jimma University in Jimma, Ethiopia. He completed an internal medicine residency at St. Johns Episcopal Hospital/State University of New York. He also completed a fellowship in pulmonary and critical care medicine at the State University of New York. In addition, he has traveled to Switzerland for further training. His major areas of interests include lung cancer, pleural disease, critical care, lung procedures and bronchoscopy.

Dr. Kebede is a fellow of the American College of Chest Physicians, the American Thoracic Society and the American College of Physicians. He is board certified in pulmonary disease, critical care medicine, internal medicine and sleep medicine.



Ask a Doc – Sleep Deprivation with Asegid H. Kebede, M.D.

Question: How can lack of sleep affect my overall health?

Answer: The recommended amount of sleep for an adult is seven or more hours per night. This recommendation is vital to good health because lack of sleep significantly affects alertness and cognitive ability as well as physical wellbeing. Occasional sleep interruptions are generally no more than a nuisance, but continuous sleep deprivation can lead to serious consequences including emotional difficulties, memory impairment, poor job performance, clumsiness, and obesity.

First, it is important to understand the body's need for sleep. While many view the hours of rest as a waste of time or hours that can be used for other activities, the body needs this period to work to restore itself. During sleep, the body releases hormones that increase alertness while awake, consolidates memories, repairs muscle, and regulates the hormones that play a role in growth and appetite. Sleep also contributes to a healthy immune system. A person who has been awake for 16 hours experiences slower reaction times, and 24 hours without sleep causes impairments similar to being intoxicated.

It is not unusual to experience sleepless nights due to the stresses of daily life; however, the concern is continuous sleep deprivation. The main symptom of ongoing sleep loss is excessive daytime sleepiness, but could also include, moodiness, irritability, depression, forgetfulness, clumsiness, and increased appetite and cravings. The body does attempt to balance the need for sleep through short sleep attacks (microsleeps). The uncontrollable brain response renders a person unable to process environmental stimulation and sensory information for a brief amount of time leading to a blank, "zoned out" state. The attacks are sudden, and could be dangerous to someone driving or operating heavy machinery. Microsleeps can begin after being awake for 16 hours. If sleep deprivation continues for long periods of time, it can lead to emotional problems, hormone imbalances and other chronic illnesses.

When a body misses out on sleep, it does not release the hormones necessary to regulate growth and appetite, and instead may produce stress chemicals. The ability to reason and control emotions weakens leading to the abnormal processing of emotions. It becomes difficult to concentrate and form new memories or even learn new concepts. Someone experiencing sleep loss also might become unable to think positively or control impulses. If sleep deprivation is not treated and the growth and appetite hormones go unregulated, serious medical issues can begin to develop such as high blood pressure, obesity, heart failure or stroke. Reduced sleep time is a greater mortality risk than smoking, high blood pressure and heart disease.

It seems simplistic, but the treatment for sleep deprivation is sufficient sleep. The body must satisfy the biological needs to restore brain function and needed hormone levels. Positive effects of restful sleep will be felt quickly. The best advice is to form good sleep habits including the following:

- Go to bed when tired
- Follow a consistent routine every day of the week
- Engage in regular exercise during the day
- Keep the bedroom quiet, dark and a comfortably cool temperature
- Turn off electronic devices when you go to bed

Sometimes following good sleep habits is not sufficient to end sleep deprivation. There are a number of sleep disorders including insomnia and sleep apnea that require evaluation by a physician. If you are experiencing continued loss of sleep, see your primary care physician or consult a sleep specialist.

Community Education – Healthier for Life Workshop

Date: Thursday, August 10
Thursday, August 17
Thursday, August 24
and Thursday, August 31

Time: 6:00 to 8:00 p.m.
Speakers: Aundrea Parker, L.D., R.D.
Donya Hageman, P.T.A., C-PT, CFNS
Debra Y. Larabee, R.N., B.S.N.

Location: LMH First Floor Conference Rooms

Weight loss organizations often promise significant results to participants who adhere to their plans or purchase their services. Yet, 33 percent of American adults remain overweight and the numbers continue to climb. Diets and weight loss services frequently fail, leaving participants feeling deflated, deprived and still struggling to lose weight.

Dietitian Aundrea Parker, R.D., L.D.; ACE Certified Personal Trainer and Physical Therapy Assistant Donya Hageman, P.T.A., C-PT, CFNS; and Patient Educator Debra Y. Larabee, R.N., B.S.N., invite you to discover a different way to view weight loss. Sustained weight loss is often the result of positive change focused on health, not pounds – a personalized lifestyle instead of a weight loss plan. Through this unique event, attendees will learn to successfully confront common stumbling blocks to exercise and menu planning, such as grocery shopping, motivation, unwanted eating behaviors, recipe modification, and more. Participants who complete the program will acquire practical guidelines for beginning a new, healthier lifestyle.

Healthier for Life is a four-part program and will be held on four consecutive Thursday evenings, August 10, 17, 24 and 31, from 6:00 to 8:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. The program is free; however, space is limited and registration is required. To register, please call (220) 564-2527.



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



Donya Hageman,
P.T.A., C-PT, CFNS



Debra Y. Larabee,
R.N., B.S.N.

Quality Reporting to the Community

Patient Story and Benchmarks for Emergency Care

Patient Story – Maggie Barno

After a chest X-ray, Jamie Rhodes, D.O., confirmed a diagnosis of pneumonia, an inflammatory condition of the lung affecting primarily the microscopic air sacs known as alveoli. Usually caused by infection with viruses or bacteria, typical signs and symptoms of pneumonia include a varying severity and combination of productive or dry cough, chest pain, fever and difficulty breathing. Blood work and several breathing treatments followed before Maggie was admitted.

She spent six days in the Hospital, was prescribed two antibiotics and received breathing treatments every three hours. "I experienced positive encounters with everyone – the 5-South staff, radiology, respiratory therapy, culinary services and the chaplains." Maggie's excessive coughing had induced laryngitis, so she was forced to whisper throughout her stay. "The nurses were so patient with me, readily coming closer so that they could hear what I had to say." Since she could not talk audibly, staff also assisted Maggie with her meal orders.

Licking Memorial Pulmonologist Asegid Kebede, M.D., saw Maggie during her stay at LMH. The Hospitalist prescribed medication to be utilized with a nebulizer – a delivery device that administers medication in the form of a mist inhaled into the lungs. Nebulizers are commonly used for the treatment of various respiratory diseases or disorders.

LMH medical staff scheduled a follow-up with Dr. Kebede and suggested she also see her family physician Michael Barth, M.D., upon her release. During that appointment, Dr. Kebede performed

a lung evaluation and follow-up chest X-ray. He recommended that she contact him immediately at the onset of a cough in the future.

Approximately six weeks after becoming ill, Maggie returned to work. She is a part-time marketing associate for local State Farm Agent Aaron May. She also serves as the Granville Township Clerk and is the past Executive Director of the Granville Area Chamber of Commerce, where she remains an active member. Appointed to the Licking Memorial Hospital Development Council in 2011, Maggie recently volunteered at the annual Golf Gala.

The LMH ED managed 55,991 patient visits in 2016. The Emergency Department is open 24 hours a day, seven days a week, for patients who have serious or life-threatening injuries and illnesses. LMH also operates three urgent care facilities, conveniently located throughout the county, in Pataskala, at One Healthy Place off Broad Street, in Granville, at 14 Westgate Drive off of Route 16 and the newest location, 20 West Locust Street in Downtown Newark. Wait times in the ED can be lengthy for patients with minor symptoms, since those with the most acute conditions must be seen first. Patients with minor symptoms may find shorter wait times, as well as lower costs, at one of the Urgent Care facilities. Please visit the home page of LMH's website, www.LMHealth.org, to check the approximate number of patients waiting at each facility.



After suffering from intense sinus symptoms for several weeks, Maggie Barno visited Licking Memorial Urgent Care – Granville this past February. She was examined and received a prescription with orders to return if her symptoms did not improve. Unfortunately, Maggie was back in the office just a few days later, assuming her illness had progressed into bronchitis. Her cough had become extremely disruptive, uncomfortable and caused labored breathing. Concerned with her decline despite antibiotics and additional symptoms, medical staff recommended she immediately be seen at the Licking Memorial Hospital (LMH) Emergency Department (ED). Maggie's examination indicated pneumonia and the staff stressed the urgency of the situation.

"I was prepared to receive some fluids and go home, but as I waited, I could feel myself losing energy quickly and came to the realization that my condition was much worse than I had thought," she explained.

Maggie praised the Emergency Department staff that cared for her, especially Randy Jones, M.D., Paige Brownlee, Dan Fandrey and Seth Montgomery. "Everyone was wonderful, very kind and considerate. I received such a high level of attention," she shared. "I felt like I was the only patient they had that day and that means so much."

Emergency Care – How do we compare?

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

1. During 2016, there were 55,991 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
Median length of stay in the ED for all patients*	175 min.	185 min.	175 min.	279 min. ⁽¹⁾
Median length of stay in the ED for patients discharged home*	160 min.	170 min.	161 min.	160 min. ⁽²⁾
Median length of stay in the ED for patients admitted to the Hospital*	245 min.	245 min.	230 min.	295 min. ⁽²⁾
Median length of time from arrival until seen by a physician*	31 min.	27 min.	23 min.	27 min. ⁽²⁾
Median length of time from the ED physician's decision to admit a patient until the patient arrives in their Hospital room	84 min.	83 min.	69 min.	115 min. ⁽²⁾
Percentage of patients who are in the ED for more than 6 hours	5.3%	5.7%	4.2%	7.1% ⁽¹⁾

*LMH data represented on this table reflect nearly 100 percent of all ED visits, while goals reference Centers for Medicare & Medicaid Services hospital comparative data, which use a small sampling of all U.S. emergency department patients.

2. In 2016, LMH operated two urgent care facilities: Licking Memorial Urgent Care – Pataskala and Licking Memorial Urgent Care – Granville. Patients are encouraged to visit Urgent Care rather than the ED when they have illnesses and injuries that are not life threatening, but need immediate attention, such as ear infections, minor fractures and minor animal bites. Urgent Care visits usually require less time and lower costs than visits to the ED. During 2016, there were 23,624 visits to Licking Memorial Urgent Care – Granville, and 8,275 visits to Licking Memorial Urgent Care – Pataskala.

	LMH 2014	LMH 2015	LMH 2016	Goal
Granville Urgent Care time to see physician	26 min.	19 min.	21 min.	less than 30 min.
Pataskala Urgent Care time to see physician	19 min.	17 min.	19 min.	less than 30 min.
Granville Urgent Care average length of stay	54 min.	49 min.	50 min.	less than 120 min.
Pataskala Urgent Care average length of stay	48 min.	47 min.	47 min.	less than 120 min.

3. Emergency angioplasty restores blood flow in a blocked heart artery by inserting a catheter with a balloon into the artery to open the vessel. The procedure has been proven to save lives during a heart attack, and it is most effective when performed within 90 minutes of the patient's arrival to the ED to minimize irreversible damage from the heart attack.

	LMH 2014	LMH 2015	LMH 2016	Goal
Average time to opened artery	56 min.	60 min.	53 min.	61 min.
Percentage of patients with arteries opened within 90 minutes	100%	100%	100%	96%
Median time from arrival to completion of EKG	2.0 min.	4.0 min.	2.0 min.	National⁽²⁾ 7 min.

4. Patients who are seen in the ED and return home sometimes can develop further problems that warrant a return to the ED. A high number of patients who return to the ED within 24 hours after being seen can possibly signal a problem with patient care and an ED's ability to accurately diagnose and treat a patient's condition. For this reason, LMH measures the rate of patients who return to the ED within 24 hours to ensure that they have their conditions managed correctly. LMH sets aggressively stringent goals for this, as listed below.

	LMH 2014	LMH 2015	LMH 2016	Goal
ED patients who return to the ED within 24 hours of discharge	1.2%	1.3%	1.4%	less than 2%

Emergency Care – How do we compare? (continued on page 16)

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

5. A high rate of patients who return to the hospital within 72 hours after an ED visit and are admitted can possibly signal a problem with patient care. These cases are very heavily reviewed and scrutinized, and LMH sets aggressively stringent goals for this indicator, as listed below.

	LMH 2014	LMH 2015	LMH 2016	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.7%	0.7%	0.7%	less than 1%

6. For personal reasons, some patients may elect to leave the ED prior to completing any recommended treatment. Doing so can place the patient at serious health risk. As a measure of ensuring patient safety, LMH measures the percentage of patients who elect to leave the ED prior to completing their treatment.

	LMH 2014	LMH 2015	LMH 2016	Goal
ED patients who leave before treatment is complete	6.6%	6.3%	4.4%	less than 3%

7. Understanding a patient's pain level is important to LMH, and patients who arrive in the ED will be asked to describe their level of pain when first seen by a doctor or nurse. This helps to ensure quick identification of patients experiencing pain which allows for faster pain control.

	LMH 2014	LMH 2015	LMH 2016	Goal
Assessment of pain completed	95%	96.4%	96.3%	greater than 95%

Data Footnotes: (1) Comparative data from the Midas Comparative Database. (2) Centers for Medicare/Medicaid Services, HospitalCompare Website results.

When to Call 911

A medical crisis can quickly turn life-threatening, making it difficult for some to think clearly about the best way to get treatment for themselves or a loved one. The Licking Memorial Hospital (LMH) Emergency Department always is open to patients who need immediate care for serious injuries and illnesses, but it is important to know when to drive to the hospital or call for an ambulance. Calling 911 may seem like an overreaction, but in certain cases, it could save a life.

The first concern about driving to the hospital is speed

attention. If a person is too sick, hurt or distraught to drive, calling for help reduces the chance of an accident while traveling to the hospital. An ambulance is the safest way to travel to the Emergency Department because first responders are highly trained for emergent situations and have quick access to the hospital.

Second, some medical emergencies require treatment as quickly as possible. At LMH, fifty percent of patients experiencing a serious heart attack arrive by private vehicle. Those patients have a better chance of survival if treatment can be started right away. Paramedics and emergency medical technicians (EMTs) have the knowledge and equipment needed to monitor the heart and keep the patient stabilized until they arrive at the hospital. They also can better communicate the needs of the patient to hospital staff before arrival.

The same is true for a patient having a stroke. The EMTs can begin evaluating the patient and offer treatment to reduce the damage to the brain caused by the stroke. Always call 911 if you suspect a heart attack or stroke.

Third, a patient who is seriously injured or ill could get worse on the way to the hospital. For example, a severe laceration could cause a person to bleed heavily. En route, the patient could experience complications from blood loss. Again, paramedics and EMTs would be able to dress the wound and start intravenous fluids to keep the patient from going into shock.

Consider the following American College of Emergency Physicians guidelines about medical emergencies before calling 911:

- Does the condition seem life-threatening?
- Could it get worse on the way to the hospital?
- If you try to move the person, will it likely lead to more harm?

If you do call an ambulance, be sure to speak slowly, calmly and clearly. Give as much information as you can about the patient and your location. Stay on the line with the dispatcher until help arrives.

Camp Feelin' Fine Provides Asthma Education and Summer Fun

To help local children care for their asthma, Licking Memorial Hospital (LMH) sponsors Camp Feelin' Fine, an annual day camp comprised of educational games and activities. Twenty children attended this year's event on June 2 at Infirmary Mound Park, south of Granville. The event schedule included dinosaur-themed activities and presentations designed to help participants learn more about asthma, manage their symptoms and interact with others who also have the condition.

Licking Memorial Pediatrician Richard A. Baltisberger, M.D., members of the Licking Memorial Respiratory Therapy Department, and other Hospital staff taught participants ways to avoid common "triggers" of an asthma attack, such as pollen, strenuous exercise, dust and pet dander. The Respiratory Therapy Department at LMH is staffed with state-licensed respiratory care professionals, who work under the direction of a physician and assist with the diagnosis, treatment and management of patients with pulmonary disorders.

Asthma is a condition that inflames and obstructs the airways in the lungs. Acute attacks, in which airflow is severely restricted, can be life-threatening, if left untreated. Symptoms of an asthma attack can include coughing, irregular or labored breathing, wheezing, frequent clearing of the throat, and chest tightness. If a child who has not previously been diagnosed with asthma exhibits these symptoms, consult a pediatrician or family physician for a complete evaluation.



LMHS Honored as Top Contributor in Operation Feed Campaign

The 2017 Licking Memorial Health Systems (LMHS) Operation Feed campaign raised \$20,311 to benefit the Food Pantry Network of Licking County. In April, the Food Pantry Network presented the Grand Gourmet Award to LMHS at an awards banquet. The award signifies the top overall campaign contributor in Licking County. LMHS has received this honor for the past eight consecutive years. Janelle Osborne (left), Kalani Friend (middle right) and Steve Schlicher (right) accepted the award on behalf of LMHS from Food Pantry Network Executive Director Charles Moore (middle left). The Food Pantry's Operation Feed Campaign provides LMHS and other area employers, churches, and schools with the opportunity to help community members in the Licking County area. LMHS employees have been participating in the campaign for more than 20 years.

To raise funds for the cause, LMHS hosted the eleventh annual FEEDbay, an online employee auction that was posted on

the LMHS Employee Portal for a one week period. Licking Memorial Hospital donated gently used items for the auction. Proceeds totaled \$1,400, and were added to LMHS' total campaign donation. In addition to FEEDbay, employees were able to contribute money to the campaign directly or through a one-time payroll donation.





Quality Reporting to the Community

Patient Story and Benchmarks for Stroke Care

Patient Story – Joyce Bendick

Joyce did not experience any other symptoms and her episode lasted only five to ten minutes. “When I was able to speak correctly again, I called the emergency squad, and they took me to Licking Memorial Hospital (LMH),” she recalled. “They treat you like you are the most important person in the world. I do not think I could have gotten better care,” she commented. Once at LMH, medical staff evaluated her vital signs and performed assessments of her vision, muscle strength, speech and thinking. A magnetic resonance imaging (MRI) scan was completed to assess blood flow and brain tissue for signs of stiffening or blockage. She was kept overnight for observation and was referred to Even Wang, M.D., of Licking Memorial Neurology for additional treatment.

“The nurses are absolutely wonderful! I firmly believe the quality of nursing care determines the overall quality of care at a hospital,” Joyce said. She went on to describe how nurses are very in touch with the patients since they see them more often. She pointed out that relationships formed with patients allow nurses to gain a comprehensive understanding of each patient so that they can clearly express needs to the physicians. “LMH nurses are compassionate, skilled and committed to their patients.”

Joyce did not experience any preliminary signs of a TIA or stroke, though her age and high cholesterol placed her at risk. She remarked that she was extremely exhausted at the time of her episode. Joyce recently had completed a long, tedious drive through the mountains from North Carolina and that day, had just returned home from her weekly grocery shopping trip as a volunteer for the Granville Meals on Wheels program.

Hospital test results revealed that Joyce’s LDL cholesterol was slightly elevated the day of her episode. Dr. Wang monitored her LDL and encouraged her to maintain a level below 70. She successfully sustained a healthy LDL and has been released from his care. She also is attentive to her diet and takes a low-dose aspirin daily.

Joyce returned to normal activities quickly. She resumed her weekly meal preparation and grocery shopping responsibilities for Meals on Wheels, coordinated by Centenary United Methodist Church. She also continued her part-time job with Home Instead where she works fifteen hours a week as a caregiver. “After my husband’s stroke, it was important for me to be able to care for him in the comfort of our own home. After his death, I decided I wanted to do something to help people stay in their homes. I am thankful for the care I have received and grateful I can offer comfort to others.”

Even F. Wang, M.D., joined Licking Memorial Neurology in 2015 and provides comprehensive stroke care throughout every stage of the process. He works quickly to determine the best treatment plan for each patient when they arrive in the LMH Emergency Department, and he meets with patients at LMH daily until they begin rehabilitation. Because it is so important to receive immediate medical care following a stroke, Dr. Wang’s ability to provide these services locally is a valuable benefit to the Licking County community. Dr. Wang currently is working toward building upon the LMH’s stroke care practices in order to continuously improve efficiency and ensure that patients receive high-quality care as quickly as possible, ultimately saving brain function.

Joyce Bendick was reading aloud to her sister when she immediately recognized what was happening to her. “I knew what I was reading, but what I was hearing was completely garbled,” she explained. “I remember hearing the radio in the background. They were talking about (Former House of Representatives Speaker) John Boehner. Any other time, I could tell you exactly who he is, but during those moments, I could not remember who he was.”

Joyce was suffering from a transient ischemic attack (TIA). Often labeled as “mini-strokes,” TIAs can be relatively benign in terms of immediate consequences. But the term “warning stroke” is more appropriate for these temporary episodes, because they can indicate the likelihood of a coming stroke. Like most strokes, TIAs are caused by a clot or blockage in the brain and should be taken very seriously. Blockage is short-term or temporary during a TIA. The symptoms are similar to an ischemic stroke, but TIA symptoms usually last less than 24 hours. When a TIA is over, that particular blockage usually causes no permanent injury to the brain.

“Unfortunately, I am familiar with stroke symptoms from personal experience,” Joyce said. “My husband suffered a stroke in 2001. He was paralyzed on his right side, and his speech was severely damaged.” Three years ago, her sister experienced a stroke. She now lives with Joyce who cares for her. “I am careful to keep an eye out for people who may be suffering from a stroke. I carry a card in my purse with common stroke signs.”

Stroke Care – How do we compare?

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

1. Thrombolytic drugs, sometimes called “clot-busters” often are effective in treating strokes in progress, and may even reverse some of the neurological damage. However, thrombolytic drugs can have dangerous side effects. To lower the risk of complications, thrombolytic drugs can be given only to patients who have arrived at the Emergency Department (ED) quickly enough to have the drugs initiated within three hours of their first symptoms of having a stroke.

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
Eligible stroke patients who received timely thrombolytic drugs in the ED	100%	86%	83%	87%

2. Quick access to brain scan results is critical to physicians when treating a patient with a suspected stroke. Clot-buster medications can be administered, but only for a short period of time after the patient’s stroke symptoms began, and the medications may not be given until a brain scan is completed. Quick completion of a brain scan upon the patient’s arrival can reduce the amount of time elapsed before these important medicines can be given, which then increases the patient’s chance for improved recovery from a stroke.

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
Stroke patients in the ED with brain scan results within 45 minutes	76%	46%	74%	69%

3. Ischemic Stroke is a type of stroke that results in damage to the brain caused by an interruption or blockage in blood flow. It is the most common type of stroke. A stroke can result in death, so seeking medical attention quickly is vitally important. Licking Memorial Hospital measures the rate of in-hospital death from patients suffering an ischemic stroke. Prompt and comprehensive stroke treatment can reduce the risk of death and long-term complications.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Ischemic stroke – inpatient mortality rate	N/A	1.23%	0.85%	2.44%

4. The “incidence/prevalence rate” is a measure of how often ischemic strokes occur in our community, as compared to national averages. It is measured as the number of patients that are admitted with a stroke, out of every 1,000 admitted patients. Rates higher than average mean that more patients are admitted to the Hospital with strokes than national average, while lower rates indicate fewer strokes occur in the community than national average.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Incidence/prevalence rate	N/A	26.99	20.72	18.73

5. Atrial fibrillation, also known as “AFib,” is a condition in which the heart does not pump blood effectively. Patients with AFib are five times more likely to suffer a stroke than the general population, and many patients may be unaware that they have it. Patients with AFib are at risk of having blood clots form inside their heart, which can travel to the brain, causing a stroke. This measure reflects the percentage of patients, diagnosed with stroke who had underlying AFib. Patients with AFib typically are treated with blood thinners to help reduce the likelihood of clots forming inside the heart.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Ischemic stroke – percentage with AFib	N/A	20.37%	25.64%	25.10%

6. In some cases, after the immediate crisis is stabilized and the patient no longer requires hospital care, ongoing care may be needed depending on the needs of the patient. Patients may be transferred to post-hospital care settings such as inpatient rehabilitation, skilled nursing facilities or home health agencies. A goal we work toward is for the patient to return to baseline functioning and be discharged directly home from the Hospital.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Ischemic stroke – percent discharged home	N/A	45.06%	41.03%	49.62%

Data Footnotes: (1) Comparative data from www.hospitalcompare.hhs.gov. (2) American Heart Association/American Stroke Association/National Committee for Quality Assurance Heart/Stroke Recognition Program. (3) Comparative data from the Midas Comparative Database.



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

Risk Factors of Stroke May Need Medical Treatment

Eighty percent of strokes are preventable. The key to preventing a stroke is knowing the risk factors and taking action to manage them. Many of the risk factors, including high blood pressure and high cholesterol, can be controlled by lifestyle changes such as healthy eating and exercise. It also is important to be diligent in treating medical conditions that can lead to stroke as well, including atrial fibrillation (AFib) and transient ischemic attacks (TIAs).

About 15 percent of strokes are a result of untreated atrial fibrillation – an irregular heartbeat. The top two chambers of the heart, known as the atria, quiver or flutter instead of fully contracting causing the heart to beat rapidly and out of sync. When the heart is not pumping correctly, blood can pool inside the atria and form clots. Once a clot is released into the blood stream, there is a chance it could lodge in a blood vessel in the brain, stopping the blood flow and causing a stroke.

AFib is not always easy to detect. Some patients may not experience symptoms of the condition, and only discover the irregular heartbeat during a routine checkup. On the other hand, some patients report feeling the heart flutter or a thumping in the chest. Other symptoms can include general fatigue, fatigue while exercising, weakness, faintness or confusion, dizziness and shortness of

breath. If you are experiencing chest pain or pressure, call 911 immediately. To diagnose AFib, hospital staff may perform an echocardiogram or electrocardiogram to determine how the heart is functioning and whether it is beating irregularly. The goal of treatment is to restore the heart to a normal rhythm and reduce the overly high heart rate. The condition can be treated with electric shock or by implanting a pacemaker. Anticoagulants can be used to prevent blood clots from forming and also reduce the risk for stroke. Smoking or using stimulants can hinder recovery.

AFib can be a contributing factor in TIA, which often leads to stroke. Forty percent of patients who have had a TIA also have a severe stroke within a year. During a TIA, a blood vessel is blocked temporarily, keeping blood from getting to the brain, and typically lasts only a few minutes. The symptoms include confusion, difficulty speaking, numbness on one side, dizziness, difficulty walking, and loss of balance. The damage to the brain usually is not permanent, and the effects last less than 24 hours. A TIA often is referred to as a “warning stroke.” It is difficult to determine if the symptoms are from a TIA or a stroke, so it is important to go to a hospital immediately. A prompt evaluation – within 60 minutes – is necessary to identify the cause of the TIA and determine appropriate treatment. TIAs usually are caused by one of

three things – low blood flow at a narrow part of a major artery carrying blood to the brain, a blood clot that blocks a blood vessel in the brain, or narrowing of the smaller blood vessel in the brain, blocking blood flow for a short period of time.

Depending on medical history and the results of a medical examination, a physician may recommend drug therapy or surgery to reduce the risk of stroke in people who have had a TIA. The use of antiplatelet agents, particularly aspirin, is a standard treatment for patients. Again, living a healthy lifestyle, including quitting smoking, eating healthy and exercising, can reduce the risks of TIAs. The goal is to prevent future strokes. Talk to a primary care physician about stroke factors and managing the risks.



Even Wang, M.D.

Community Education – Parkinson’s Disease

Date: Tuesday, August 15

Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.

Speakers: Even Wang, M.D.

Potentially difficult to diagnose, Parkinson’s Disease affects approximately 60,000 people in the United States each year. Parkinson’s Disease is a progressive neuromuscular disorder that results in the loss of muscle function, balance and coordination. While there is no cure for Parkinson’s Disease, there are medications, therapies and surgical treatment options to help slow the progression of this disease and maintain quality of life.

To learn more about Parkinson’s Disease, please join neurologist Even F. Wang, M.D., and the National Parkinson Foundation on Tuesday, August 15, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, space is limited and registration is required. To register, please visit www.LMHealth.org or call (220) 564-2527.

Medication Therapy Clinic Providing Treatment Plans within New Location

The Licking Memorial Hospital (LMH) Medication Therapy Clinic has moved to a new location. The Clinic moved from the Hospital to 88 McMillen Drive in May 2017 to offer additional exam rooms and more convenient parking for patients.

The Medication Therapy Clinic has been working with patients since 2003 to assist with education and management of the use of medications such as Coumadin®. The staff includes pharmacists, technicians and nurses focused on teaching correct dosing, the importance of monitoring patient condition and even lifestyle changes needed to sustain good health. Currently, more than 1,300 patients utilize the services on a monthly basis.

The Clinic was created because Licking Memorial Health Systems (LMHS) physicians and pharmacists were concerned about avoidable and preventable injuries or deaths caused by improper medication management. The goal is to offer patients more personal, one-on-one care by providing time with pharmacists who can better explain drug interactions, diet and other health issues that affect medication effectiveness. The staff works with primary and specialty care physicians, surgeons, and patients to ensure safe and accurate medication dosing. The Clinic manages patients using warfarin and those with the following disease states: anemia due to chronic kidney



disease, heart failure, and diabetes. The goal is to assist physicians with managing a patient’s condition by providing close monitoring and patient education to reduce adverse events and hospitalizations.

Moving to the new location enables the staff to accommodate more patients. Currently, the Clinic only takes referrals for diabetic patients from physicians at Licking Memorial Endocrinology, but plans to begin accepting referrals from all physicians throughout LMHS.

Some Cardiology Services Relocated to Second Floor

Some of the services provided by the Licking Memorial Cardiac Services Department have been relocated to the second floor of Licking Memorial Hospital (LMH). The Heart Failure Clinic was included in the move and is now located in the former offices of the Medication Therapy Clinic. The Heart Failure Clinic provides education, assessment, monitoring and advice to heart failure patients in order to help them make the lifestyle changes necessary to lead longer and healthier lives. In addition, patients needing echocardiograms, electrocardiograms (EKG), a cardiac monitor and cardiology procedures such as a cardioversion, tilt-table testing or transesophageal echocardiogram (TEE) can receive these services on the second floor.

The Heart Center offices of Hassan Rajjoub, M.D., Fikadu G. Tekleyes, M.D., along with the offices of Debra A. Heldman, M.D., Bryce I. Morrice, M.D., and Patty S. Merrick will remain on the first floor. Patients in need of stress testing or those who participate in cardiac/pulmonary rehabilitation can register at the Radiology desk on the first floor.



Donors Recognized for Contributions to Licking Memorial Health Foundation

New donors recently were recognized for their generous contributions to Licking Memorial Health Foundation (LMHF). The contributions assist Licking Memorial Hospital (LMH) in providing excellent, quality health care for the community with state-of-the-art technology and facilities.

Benefactor Level

Benefactors are special friends of Licking Memorial Health Systems (LMHS). Comprised of individuals, businesses and organizations, Benefactors support the LMHS mission to improve the health of the community by pledging between \$50,000 and \$99,999 over a period of ten years.

Newark Area Club of Zonta International 704

LMHS Vice President Development & Public Relations Veronica Link (middle) recognized the Zonta Club of Newark for the organization's generous commitment at the Benefactor Level. President Pam Froelich (left) and Immediate Past President and current Vice President Judith DeBevoise (right) accepted a glass recognition piece as a token of LMHS' appreciation.

With the goal of enriching the health and wellbeing of women, the Zonta Club has made an annual donation to LMHS for

two decades. By raising funds through its annual Champaign Luncheon and other fundraising activities, Zonta has contributed more than \$64,000 to benefit Licking Memorial Women's Health since 1998. The Newark Area Club was founded in June 1972, and the local group works to promote a better life for women and girls through their service and advocacy in the community.



The Platinum Circle

The Platinum Circle is a distinguished list of business and corporate donors that have made a total commitment of \$25,000 or more to LMH. Participation in the Platinum Circle signifies a company's alliance with LMH to ensure the continuation of excellent healthcare services in the community.

Shumaker Construction, Ltd.

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized Chad and Shanna Shumaker of Shumaker Construction, Ltd., for the company's inclusion in The Platinum Circle. Shumaker Construction has completed many local projects, including numerous new construction and renovation projects at LMH.

Chad is the owner of Shumaker Construction and oversees the daily operations, as well as estimates and sales. He is a graduate of Licking Valley High School and Central Ohio Technical College. Chad is a member of the City of Newark Board of Zoning Appeals, the Wyatt Adkins Memorial Park Building Committee and the Newark Rotary.

Shanna is a graduate of Licking Valley High School and continues to serve her alma mater as a member of the athletic boosters. She is the manager of New Life Nutrition in New Albany, a nutrition club which she and Chad own that helps people reach their health and fitness goals.

Chad and Shanna reside in Newark and are members of More Life Church where he has served as an elder and past Board member. They have three children: Zack, 22; Grant, 19; and Regan, 11.



LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMHF are tax-deductible to the extent allowed by law. Contributions are used for capital expansion, renovation projects or equipment needs. Contributions are not used for operating expenses, salaries or other day-to-day expenditures.

Donors

Undesignated contributions to Licking Memorial Health Foundation benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts, which were recently received.

Capital Improvement Fund

TWIGS 6

Community Cornerstone Club

Nick Adams
Aldridge-Mead Chiropractic, Inc.
Jerry Angeletti Insurance Agency
Jerry and Betty Ashcraft
Stephanie and Alex Atnan
Steve and Mary Kay Barickman
Tom and Beth Beattie
Corey A. Biller
Thomas A. Brannon, O.D.
Randy and Sara Brlas
John and Dorothy Brown
William J. Burkamp
Brady and Ann Burt
Craig and Karen (D) Cairns
Capuano's Pizza
Central Ohio Technical College
Chapel Grove Inn
Christy's Pizza
Claypool Electric
Al and Judy Clovis
Bob and Nancy Crist
Luke and Stacy Davis
David and Vivian Dernberger
James W. DeSapri, D.O.
Deborah Dingus and David Chapman
Trevor and Brooke Donaldson
Mr. and Mrs. Joe Ebel
Echo 24, Incorporated
Robert and Sally Elfreich
Englefield Oil Company
Monsignor Paul P. Enke
Terry K. and Terrie L. Frame
Mr. and Mrs. Jim Fulk
Douglas and Diane Gordon
L. James Gordon
Mr. and Mrs. John Grayson
Greystone Healthcare Management
Jeff and Helen Hall
Kevin and Teresa Hansell
Larry and Jill Harer
Steven Hazelcorn, D.O.
Dave and Sandy Hiatt
Judge Michael F. Higgins
David and Angie Hile
Eriech Horvath
Hsien J. Hsu, M.D.
Marsha and Jerry Hurt
Carmen and Jeff James
George J. Cook and John K. Johnson
Robert Justice
Scott Kennedy
Deborah Kohman
William and Virginia Lavelle
Ed and Laura Lewis
Licking 387 Memorial Education Charity
Gary and Donna Loveday
Randy and Kim Lust
Mark A. Mauter
Mike and Pat Massaro
Mathis Moving and Storage
Daryl and Heather McClain
Thelma McCurdy
Gary and Martha McDonald
Mark and Laura McPeek
Linda Miller
Matt and Alison Miller
Ryan and Tammy Mills
Christopher P. Mooney
MPW Industrial Services, Inc.
Jack and Ann Oberfield
Herb Odle
Daniel and Joan Omlor

Mr. and Mrs. Charles R. Ott
Wanda Patterson
Scott Peterson of Kaeser & Blair
Rick Platt
Erin Prescott
Ms. Barbara J. Quackenbush
Dave and Darlene Queen
Recharge It, Inc.
Red Oak Pub
Rotary Club of Newark-Heath Ohio
Sanfillipo Produce Company
Scott Shipley
Dave and Tickie Shull
Jane Simmons
Sleep Care, Incorporated
Mr. and Mrs. Alan Smith
Noble and Kathleen Snow
Cheryl and Charles Snyder
Jon Spahr
St. Luke's Church
Stacy Engle Insurance Agency
Ms. Jane M. Stare
Robert and Mary Beth Stedman
J. Thomas Swank
Mary and Joseph Tebben
Richard and Darla Thompson
Tom and Jennie Thompson
Gretchen M. Treneff
TrueCore Federal Credit Union
TrueCore Foundation
Mr. and Mrs. John Uible
Brendan Underwood
Terry L. and Carolyn J. Watson
Barbara and John Weaver
Bart Weiler
James and Pattie Weisent
WHTH WNKO Radio
Williamson Insurance of Newark
David and Marlene Wolfe
Wayne and Judy Wright
Joe and Sue Yee
Harry and Beth Yocum

Cradle Roll

In honor of Bryce Farnsworth
By: Licking Memorial Hospital
In honor of Kinsley Kintz-Ford
By: Elma M. Kintz
In honor of Collin James Leighton
By: Licking Memorial Hospital
In honor of Briar Elizabeth Matthews
By: Licking Memorial Hospital
In honor of Willow Teresa Sager
By: Licking Memorial Hospital

Doctors' Day

In honor of Suellywn Stewart, M.D.
By: Terry Holmes

General

Anonymous
Hugh Price & Associates

Grants

Ohio Network of Children's Advocacy Centers

John Alford Fellowship

Janae Davis, M.D. and Family

Memorial

In memory of Karen Cairns
By: Diane and Gary Ryan
By: Susan and Stephen Schlicher

Paving Our Future

Friends of Susan Lonsinger
Ms. Carol A. Morris

Supporter Spotlight

Angie and Walt Greenfield

Angie and Walt Greenfield have an extensive history of supporting Licking Memorial Health Systems (LMHS) through dedicated service, generosity and as local advocates. The Greenfields are members of The William Schaffner Society, which is comprised of Licking Memorial Health Foundation (LMHF) donors who pledge at least \$10,000 over the course of 10 years. Walt and Angie have made many memorial and Doctors' Day gifts, and were members of the Community Cornerstone program for numerous years before advancing to the Schaffner Society. They also have actively participated in LMHS events over the years and assisted with fundraising.

"Walt and Angie Greenfield have been generous supporters and provided their time and expertise to LMHS for many years," said LMHS Vice President Development & Public Relations Veronica Link. "The Greenfields have assisted us in our mission to improve the health of the community in so many ways, and we truly appreciate their commitment and support."

Along with providing financial support, the Greenfields served as honorary chairs of the 2014 Golf Gala, an annual golf outing to raise funds for enhancing technology and services at Licking Memorial Hospital (LMH). Greenfield/Lewis Investment Counsel, LLC has been a supporter of the Golf Gala for many years and has served as the exclusive Links sponsor since the inception of the sponsorship.

Angie also has professional experience at LMHS, previously serving as Vice President Development and Public Relations in the 1980s and 1990s. She also offered her expertise to the Licking County community, having served as Executive Director of the Licking County Foundation and the Newark Campus Development Fund. In recent years, she served as a consultant in the LMH Development Department, where she assisted with grant writing, donations and supporting LMH Development Council initiatives. Walt also was involved as a member of the Development Council from 1990 to 1995, where he assisted the Annual Support Committee with overseeing fundraising events and soliciting donations.

In 1995, the Greenfields moved to Hilton Head Island, South Carolina. Angie has served as the President of Liberty Savings Bank's South Carolina Region and currently is the owner of Greenfield Consultants. She earned a Bachelor of Science degree from Century University in Albuquerque, New Mexico. Angie is active in her community and served as Vice Chair of The Children's Center, Treasurer of the Association of Sea Pines Property Owners, governing board member for the Community Services Associates, Chair of the Greater Island Council, and Chair of the Bluffton Okatie Business Council.

Walt is the President and CEO of Greenfield/Lewis Investment Counsel, LLC, where he is an Investment Advisor. The company has been recognized for its commitment to the LMHF Golden

Corporate Honor Roll, a \$10,000 giving club for businesses. He earned a Bachelor of Science Degree in Business and a Master of Business Administration and Finance from Miami University. In 1985, Walt was recognized as a Miami University Outstanding Alumni. He is a Certified Public Accountant (CPA) in both Ohio and South Carolina, as well as a National Association of Securities Dealers (NASD) Series 65 Registered Investment Adviser. Walt is a member of the American Institute of Certified Public Accountants (AICPA), and formerly served as the Licking County United Way Chairman, member of the Licking County Chamber of Commerce and Past President of Moundbuilders Country Club.

Angie and Walt split their time between Granville and South Carolina. Together they have four grown children, and six grandchildren. In her spare time, Angie enjoys lap swimming, walking the beach, bike riding, playing the piano and spending time with her family. Walt enjoys golfing, walking the beach, playing piano and bike riding.



Inky Johnson Inspires at LMH Corporate Breakfast

Community leaders gathered in May to attend the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast. The event featured speaker Inquoris "Inky" Johnson, who shared his inspirational story about overcoming the obstacles in his life and encouraging others to live life to the fullest.

September 9, 2006, started as a normal game day for Inky, who was a senior at the University of Tennessee. However, the game changed his life forever when a routine tackle turned into a life-threatening injury and prevented Inky from playing professional football. His right arm was paralyzed and he would experience physical challenges the rest of his life.

While Inky's dream always had been to play professional sports, rather than letting his injury crush his spirit, his motivation grew stronger than ever. With a resilient willpower which he loves to convey to others, Inky explained his triumph over an underprivileged past and personal tragedy. "I am a firm believer that perspective affects performance," said Inky. "We have to live each day like

it matters and be grateful. Life is about who we become and what we give."

Inky believes that, many times, people become more concerned with a destination than relating to the people around them. He challenges those who hear him speak to interact with others and make connections. "The question is 'why do we do what we do and where is it taking us?'" Inky asked. "It's up to you to make positive encounters. You have the opportunity to make an impact every day."

Devoting much of his time to mentoring underprivileged youth and athletes,

Inky holds a master's degree in sports psychology from the University of Tennessee. He resides in Atlanta, Georgia, with his wife, Allison, and their children, Jada and Inky Jr.

Corporate Breakfasts are sponsored by the LMH Development Council to educate community leaders on a variety of featured topics. The Development Council was established in 1987 to increase charitable giving to the Hospital and to promote positive community relations. Approximately 75 distinguished members of the community volunteer their time to serve on the Development Council.



Shred Day Donation Benefits LMH



Park National Bank (PNB) and Shred-it invited the community to drop-off shredding and recycling at the Downtown Newark PNB location during Community Shred Day in May. Community members were offered an opportunity to bring their sensitive documents and records to be shredded at no cost.

"Park National Bank and Shred-it provide a great service to Licking County by hosting Community Shred Day," said Licking Memorial Health Systems President & CEO Rob Montagnese (pictured at left). "Protecting personal information is extremely important and we are grateful these organizations give all area residents this annual opportunity to dispose of their private documents securely."

Although there was no fee for the shredding services, donations were accepted on behalf of Licking Memorial Hospital (LMH). After collecting \$1,808 in donations, PNB President David Trautman (right) recently presented Rob with a check in that amount to benefit new technology at LMH.

Walk with a Doc

Local residents were able to enjoy the spring weather and participate in an informative discussion on health-related issues at a pair of recent Walk with a Doc events. The monthly program gives participants the opportunity to ask general questions concerning a featured topic during a casual 40-minute walk at scenic locations throughout Licking County.

In May, Phillip G. Savage, D.O. (top), of Licking Memorial Hospitalists, provided information about sepsis, while leading attendees on the Cherry Valley Road bike path in Newark. As part of the Rotary Club of Newark's 100 Year Celebration in June, Thomas Hall, M.D. (bottom), discussed Emergency and Urgent Care during a walk that began at Rotary Park in Newark.

The Walk with a Doc series will continue throughout the upcoming months with a variety of guest physician speakers, topics and walk locations. More details regarding the Walk with a Doc events are available on the back page of [Community Connection](#).



Retiree Spotlight

Kathy Bradley was not always a Licking County resident, but she has no regrets about moving to Newark in the early 1970s. She was born in Nashville, Tennessee, and spent most of her early life in Kentucky, but it was in Licking County



that she found her career path. After working 33 years at Licking Memorial Hospital, Kathy retired in December 2016. Kathy was the Director of Medical Staff Services, a position she grew into as the needs of the Hospital increased.

In 1984, while working on an administrative degree at Central Ohio Technical College, she was hired as secretary for the Vice President of Medical Affairs, Ralph E. Pickett, M.D., and also for the chaplain at Licking Memorial Hospital, Rich Clark. After she earned her degree, she became the Medical Staff Coordinator, working with physicians on credentialing and ensuring they met the Continuing Medical Education standards. As the Hospital grew and the number of physicians increased, Kathy moved into a management role, taking on more responsibility to ensure the Hospital's medical staff met and exceeded National and State requirements to practice medicine.

As standards for credentialing became more stringent, Kathy worked hard to keep abreast of the

changing policies and procedures. Kathy says her greatest accomplishment was the continuous learning process and growth she underwent to verify every physician's experience, expertise, interest and willingness to provide medical care to the Licking County community. The demands and responsibilities of the job continued to grow, especially after the creation of Licking Memorial Health Professionals – a group that now consists of over 100 physicians in various practices located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark and Pataskala. Kathy soon became the first Director of Medical Staff Services and was able to hire staff members to help her with the credentialing process. She was named LMHS manager of the year in 2003.

Now that she is retired, Kathy says she misses the daily interactions with her staff and the physicians. "I cannot say enough how much I loved my job. The physicians were always kind and respectful, stopping in my office to say hello and chat with me. I am very proud of the people I hired to work with me as well. The continually

changing standards can be overwhelming, but everyone took on the challenge with enthusiasm." While she misses the people at LMH, Kathy says retirement is a blessing, and she enjoys having an open schedule. She and her husband, Tom, have already taken a couple of trips and are planning many more, including visiting National Parks, as they enjoy nature hiking.

Kathy looks forward to the opportunity to spend more time with her son, Jason, two step-sons, Jon and Chris, and eight grandchildren, Lauren, Alex, Collin, Cooper, Cain, Isaac, Paige and Blair. All of them live in or near Licking County, and she says she will be attending as many of the children's sporting events as she can. She also plans to be more active with her church, Community Wesleyan Church in Newark. She and Tom host a small group in their home, working to help members of the congregation make connections and create new friendships. In addition, Kathy looks forward to flower gardening, walking, reading and decorating.

TWIGS Recognition Dinner

Licking Memorial Hospital (LMH) hosted a special recognition dinner in May to thank the four active TWIGS groups for all of their fundraising efforts. TWIGS contributed \$123,815 to the Hospital in 2016, and the organization has raised more than \$5.2 million toward equipment needs and capital purchases at LMH throughout its 67-year history.

Licking Memorial Health Systems President & CEO Rob Montagnese expressed his appreciation to the attendees for their dedication and support. "The high level of care we are able to provide our patients would not be possible without your hard work," Rob said. "The funds you raise help us maintain a welcoming campus and facility,

and invest in equipment and services to provide excellent care to the community."

TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. The four TWIGS chapters at LMH are comprised of community members who raise funds for LMH year-round with special events and sales, and operation of the TWIGS 8 Gift Shop at LMH and the TWIGS 6 Granville Thrift Shop on Tamarack Road.

The TWIGS Executive Board Members are: Steve Schlicher, Chairman and Corresponding Secretary; Nancy Barber, Vice Chairman and Recording Secretary; Darlene Baker, Treasurer; and Kate Hannum, Assistant Treasurer. For information about becoming a TWIGS member, please call (220) 564-4079.



Volunteer Spotlight

Sue Wolfe has been making a difference at Licking Memorial Hospital (LMH) through her volunteer service for ten years. She volunteers five hours per week, usually on Friday, selling Licking Memorial Health Systems (LMHS) merchandise, promotional items and clothing outside the Café, where she sees many people regularly. "Each time I work, I make new friends and we are always glad to see each other. I enjoy visiting with the employees and the patients' families. Many of them are so talkative and I have heard some very interesting stories," she commented. "Everyone here is so friendly."

Sue was born and raised in Miami County, Ohio, but also lived in Hancock County, Indiana, for several years. During her career there, she worked in the medical field as an office manager for an internal

medicine practice and in the billing department at a local community hospital. In 1976, her family moved to Reynoldsburg and she now resides in Heath. "When we were new to the neighborhood after moving into town, I thought volunteering at LMH would be enjoyable and a wonderful way to meet people," Sue explained. "I liked the hospital environment."

Sue and her husband, Jerry, have been married 54 years and have two sons and five grandchildren. The couple spends winters in Florida, south of Fort Myers, where they enjoy playing cards and bowling with friends. Sue also likes reading, particularly mysteries and dog stories. "I am an animal lover," she declared, "and I have always been especially fond of dogs." Sue has a two-year old Shih Tzu named Willow. She enjoys the challenge of Sudoku puzzles

and cheering for the Buckeyes. "Jerry attended Ohio State and took me to my first football game in 1963. We have been to many football games over the years," she said. Another of Sue's hobbies is gardening, and she particularly enjoys creating flower pots. Sue stays active and walks regularly with a friend. "I complain about it on a daily basis, but I still go," she commented. "My friend is very dedicated and I am thankful for her."

Sue attends the mandatory volunteer education program annually. "We are well-prepared to fulfill our positions as LMH volunteers," she stated. The comprehensive session includes updates on Hospital codes, procedures and services, while also providing volunteers with helpful information for patients and their families.



New Appointments



Cassandra L. Ferguson, C.N.P., of Hospice of Central Ohio, joined the LMH Medical Staff.

Licking Memorial Health Systems' 2017 MVPs

Licking Memorial Health Systems' 2017 MVPs were chosen for their consistent demonstration of the LMHS CARE values: compassion, accountability, respect and excellence.



Dustin Alspach, CRNA
Anesthesia

Dustin received his Master of Science in Nursing at St. Elizabeth Health Center School for Nurse Anesthetists at Youngstown State University. He received his Bachelor of Science in Nursing at Kent State University. He is certified as a registered nurse anesthetist by the National Board of Certification and Recertification for Nurse Anesthetists. Dustin has been working for LMHS since 2014. He is a member of the Ohio State Association of Nurse Anesthetists and the American Association of Nurse Anesthetists. He lives in Pataskala with his wife, Lauren, and children, Caston, Elle and Quinn.



Chris Ault
Licensed Independent Social Worker

Chris joined LMHS in 2002. She currently works in Case Management helping create discharge plans for patients and addressing reports of abuse, neglect or exploitation of children and seniors. Originally from Lima, Ohio, Chris earned her bachelor's degree in psychology from Miami University and her master's degree in social work from The Ohio State University. She lives in Newark with her partner, Claudia Scheetz, and six year-old son, Braxton. Chris enjoys watching the Buckeyes and the Steelers, hiking, kayaking, and gardening.



David A. Bartnick, M.D.
Physician

Dr. Bartnick joined LMHS in 2011 as a family physician for Licking Memorial Family Practice – Heath. He was born in North Dakota and earned his Bachelor of Science and Medical degrees from the University of South Dakota. Dr. Bartnick has been a member of the American Academy of Family Physicians, American Medical Association and the Ohio State Medical Association. He is a board certified family practice physician. He lives in Buckeye Lake with his wife, JoAnne, and enjoys spending time with his grandchildren.



Amanda Betts
Outpatient Chemical Dependency

Amanda has worked for the LMHS Outpatient Chemical Dependency Department since 2014. Amanda was born at Licking Memorial Hospital and is a lifelong resident of Licking County. After graduating from Newark Catholic High School, she earned a Bachelor of Science in Nursing degree from The Ohio State University. Amanda lives in Etna with her husband, Michael, son, Aidan, and daughters, Brooke and Harper. She enjoys reading, fishing, and watching her children play sports.



Leigh Anne Bingham
Point-of-Care Technician, 5-South

Leigh Anne began working at LMHS in 2011 as a Point-of-Care Technician on 5-South where she cares for medical and surgical patients. She currently is attending Central Ohio Technical College to earn an associate degree in nursing and hopes to pursue a bachelor's degree in the future. Leigh Anne spends most of her free time with her 7-year-old daughter, Rilynn, and her miniature dachshund, Beef. She enjoys hiking, fishing, camping and cooking.



Callan Bousquet
Clinical Applications Analyst II

Callan is a lifelong resident of Licking County. She graduated from Heath High School and received an associate degree in radiology from the Central Ohio Technical College. She is board certified by the American Registry of Radiologic Technologist in the areas of Radiologic Technology (X-Ray), Computed Tomography (CT), and Magnetic Resonance Imaging (MRI). Callan lives in St. Louisville with her husband, Joe, and two sons, Brayden and Brett. She enjoys camping, kayaking and reading.



Shelly Bragg, R.N.
Registered Nurse, Radiology

Shelly was hired in 2004 and works in the LMH Radiology Department assisting patients. She also serves as a Basic Life Support instructor for the Department. Shelly earned an associate degree from Central Ohio Technical College and will begin working toward a bachelor's degree in nursing this fall. As a member of Jacksontown United Methodist Church, Shelly has participated in a number of mission trips including Manna Meals in Charleston, West Virginia and Samaritan's Purse in Boone, North Carolina. She and her husband, Tyler, have four children.



Audra Brothers
Project Coordinator

Audra celebrates her 20 year anniversary at LMHS this year, having been hired in 1997. She currently works as a Project Coordinator for Interventional Cardiology where she oversees and manages the cardiovascular information systems. Born and raised in Licking County, Audra graduated from Utica High School and received her associate degree in radiologic technology from the Central Ohio Technical College. She is board certified by the American Registry of Radiologic Technologist. Audra lives in Newark with her husband, Bruce, and daughters, Alexis and Madelynn. She is an active volunteer at St. Francis de Sales School and Newark Catholic High School.



Penny Dassylva
Physician Center Clerk

Penny joined LMHS in 2011. She is a lifelong resident of Licking County and a graduate of Utica High School. Penny serves as a Physician Center Clerk at Licking Memorial Family Practice – West Main, where she assists patients with check-in and maintains the physicians' schedule. Penny also serves as the Treasurer for the youth club at Licking Valley Church of Christ. She lives in Newark with her husband, Mike. The couple has five children, five grandchildren and is awaiting the arrival of a sixth grandchild.



Felizardo dela Cruz
Transporter

Felizardo was born in Manila, Philippines. He moved to Licking County 34 years ago, and began his career at LMHS in 2008. Felizardo has worked in a number of departments including Environmental Service, the Gastrointestinal Laboratory and Surgical Department. He currently transports patients for the Radiology Department. Felizardo along with his two grown daughters and two grandchildren are residents of Heath.



Scott Devoll
Point of Care Technician

Scott has been a Point of Care Technician at LMH since 2015. He assists with rooming patients, specimen collection and resulting, obtaining vital signs, and splinting at Urgent Care – Granville. A graduate of Newark High School, he also attended Central Ohio Technical College. Scott lives in Newark with his wife of eight years, Lisa, along with their 4-year-old daughter, Vivian, and 1-year-old son, Dylan. He attends St. Francis de Sales parish and enjoys spending time with his family, as well as outdoor activities such as hunting, fishing and sports.



Matt Fuller
Pharmacist

As an LMH pharmacist, Matt manages and monitors inpatient pharmacotherapy. He also assists in the Medication Therapy Clinic, Oncology, the Outpatient Pharmacy and the Emergency Department. Born in Zanesville, Matt is a graduate of Newark High School. He earned a Bachelor of Science in Pharmaceutical Sciences from The Ohio State University and a Doctor of Pharmacy from Northeast Ohio Medical University before joining LMH in 2013. Matt resides in Newark with his wife, Toshia, and their daughter, Hadley, 4. His hobbies include spending time with family and friends, sports, hiking, and fishing.



Gregory Gant
Physical Therapy Assistant

Greg joined the LMH Physical Therapy Department in 1994. A lifelong resident of Licking County, he is a graduate of Newark High School and earned his associate degree from Central Ohio Technical College. Greg and his wife, Tammy, have two sons – Joshua, 19, and Jacob, 13. He is a member of the Vineyard of Licking County church and serves as Board Member for Mound City Little League and Babe Ruth baseball. Greg's hobbies include weightlifting and coaching baseball.



Colin Green
Stationary Engineer

Colin joined LMH in 2011 and transferred to Plant Operations as a stationary engineer in 2013. He is responsible for operating and maintaining the boilers and auxiliary equipment that supply heating and cooling to the building. Colin graduated from Utica High School and resides in Newark with his wife, Megan, and their children, Hunter, 8, and Mia, 5. In his spare time, Colin enjoys spending time with his family and watching his children play sports. He also is an avid Cincinnati Reds and Ohio State Buckeyes fan.



Samantha Lantz
Culinary Specialist

Samantha has worked in Culinary Services since 2015. She assists patients with meal selections and assembles and delivers patient meals. Samantha also operates the cash register at both the Hospital and Tamarack 2000 Cafés. She is a lifelong resident of Licking County and a 2012 graduate of Newark High School. Samantha recently earned her associate degree in human services. A member of More Life Church, she enjoys geocaching, traveling, volunteering and playing on her church softball team.



Crystal Pool
Certified Medical Assistant (C.M.A.)

Crystal's primary responsibilities include rooming patients, taking vitals and entering information digitally for patient medical records at Licking Memorial Family Practice – Downtown Newark. A graduate of Licking Valley High School, Crystal joined LMHS in August 2009. Crystal and her husband, Michael, have three children. In her free time, she enjoys weight training, volleyball, biking and spending time with family.



Rhonda Simon
Environmental Services Assistant

Rhonda joined LMHS Environmental Services in 2014 and is primarily responsible for maintaining a clean, safe facility for patients, staff and visitors. She is a graduate of Northridge High School, has completed training courses in banking and attended COTC for business administration. Rhonda is an active member of Apostolic Christian Church, where she serves as a women's support group leader. She enjoys spending time with family and friends, gardening and working in her yard.



Mindy Harris, R.N.
Registered Nurse

A twelve-year LMH employee, Mindy serves as a charge nurse and preceptor and also assists with procedures in the Endoscopy Diagnostic Lab. Born in Zanesville, she graduated from Tri-Valley High School, Mid-East Vocational School and Central Ohio Technical College. Mindy is currently pursuing a Bachelor of Science Degree in Nursing at Western Governors University. She resides in Newark with her husband, Ryan, and their two children, Kerstin, 18, and Evan, 10. Mindy coordinates numerous fundraisers for her son's Cub Scout troop.



Kim Mathis
Quality Specialist

Kim joined LMHS in 2011 and is the International Organization for Standardization (ISO) Coordinator responsible for internal ISO audits. She maintains administrative policies and processes and also provides support with accreditation and certification activities. A graduate of Newark High School, Kim received a medical assistant certificate from Licking County Joint Vocational School. She and her husband, Brandon, have two children, Jacob, 18, and Emma, 6. She attends Spring Hills Baptist Church and is a member of the Fern Hill book club. Kim enjoys spending time with her family and playing with Walter, their Great Dane. She also likes vacationing in Lake Leelanau, Michigan, and completing word puzzles.



Curtis Pyle
Information Technology Support 3

Curtis joined LMHS Information Systems (I.S.) in 2006 and is responsible for maintenance and support of computer systems within LMHS, as well as leading the hardware team in I.S. He is a graduate of Heath High School and served as Sergeant E5 in the U.S. Marine Corps where he worked on encryption and decryption of classified messages. Curtis and his wife, Nikkee, live in Heath with their three children.



Kim Swartz
Physician Center Clerk

Kim joined Licking Valley Medical Center in 2008 and is responsible for providing support to the patient care team. She holds a bachelor's degree in business administration from Ohio University and served as a Specialist for the Army National Guard. Kim and her husband, Mike, have four children and four grandchildren. She enjoys spending time with family and friends, reading, riding her bike, and cooking.



Heidi Hewitt
Senior Administrative Assistant

Heidi joined LMHS in 2008 and serves in the office of the Assistant Vice President of Inpatient Services. She also supports management from several other departments. A lifelong resident of Licking County, Heidi was born at LMH and is a 2000 graduate of Licking Valley High School. She earned an associate degree in human services and social work from Central Ohio Technical College. Heidi and her significant other, Quincy Jackson, reside in Newark with their daughter, Jaylen. She is co-founder and Vice President of Newark Youth Softball and also attends Shiloh Missionary Baptist Church. Heidi enjoys reading, watching her daughter play sports, and spending time with family and friends.



Jennifer Nethers
Clinical Nurse Supervisor – Maternity

Jennifer provides direct nursing care and also mentors and educates staff. A 16-year employee of LMH, she graduated from East Knox High School, earned an associate degree in applied science from Central Ohio Technical College and a Bachelor of Science in Nursing from Ohio University. Jennifer and her husband, Kevin, have two daughters, Katelynn, 19, and Madison, 15. She has volunteered as a 4-H advisor for ten years and also is a Neonatal Resuscitation Program (NRP) and Basic Life Support (BLS) instructor. Born in Virginia, she resides in Hanover and enjoys spending time with family, the outdoors, and trail riding.



Amanda Reichard, HTL(ASCP)^{CM}
Histology/Cytology Supervisor

Amanda joined the LMH Laboratory in 2011 and is responsible for overseeing the Histology and Cytology Departments. She is a graduate of Watkins Memorial High School and Ohio University, where she earned a Bachelor of Specialized Studies in Biological and Geological Sciences. Amanda and her husband, Larry, live in New Albany with their two sons, Leo and Max. She enjoys spending time with family and friends, pontoon boating and fishing on Hoover Reservoir, golfing, playing sand volleyball, and wine tasting.



Brandon Wilson, R.N., B.S.N.
Registered Nurse

Brandon joined LMH in 2012 working in 4-South, and has served in Oncology since 2016, where he is responsible for administering blood products and various chemotherapy drugs to hematology/oncology patients. A graduate of Granville High School, Brandon earned an associate degree in nursing from Central Ohio Technical College and a bachelor's degree in nursing from Ohio University. Brandon lives in Newark with his fiancée, Lauren, and their son, Bennett. He enjoys spending time with family, working out, and traveling in his free time.



Eric Shauck
Hemodynamic Tech

Eric joined LMH Surgical Services in 2011 where he assists anesthesia providers with patient care as well as provides patient positioning for a variety of surgeries. Eric has been a resident of Newark for 30 years and is a graduate of Newark Catholic High School. In his free time, Eric enjoys fishing, sailing on Lake Erie, and spending time with his 7-year-old son, Connor, family and friends.



Peggy Lamb, R.N.
Registered Nurse

Peggy joined LMH in 2014 caring for medical surgical patients and later transferred to 2-West. Born in Zanesville, she holds an associate degree in healthcare administration as well as nursing. Peggy is planning to pursue Family Nurse Practitioner certification. She and her spouse, Gary, have been married for 27 years and have four children: Sausha, 28, Keyle, 27, Gary, 26, and Chazarik, 23. Peggy enjoys spending time with family and exercising.



Kevin M. Ouweleen, M.D.
Physician

Dr. Ouweleen joined Licking Memorial Orthopedic Surgery in August 2015. He received his Doctor of Medicine degree at The Ohio State University. Dr. Ouweleen completed an internship and residency in orthopedic surgery at Mount Carmel Medical Center. He is a member of the American Medical Association, American Academy of Orthopedic Surgery, and American College of Sports Medicine. Dr. Ouweleen is board certified in orthopedic surgery. He and his wife, Jennifer, live in Granville with their five children. Dr. Ouweleen enjoys model aviation and recreational biking in his spare time.



Rhonda Shaw
Registrar for Hematology/Oncology

Rhonda joined LMHS in 1974 and is a graduate of Lakewood High School. Rhonda is a past recipient of the LMH Cares Award. Her primary responsibilities include registering patients for the Hematology/Oncology office and the Infusion Clinic. In addition, she maintains the appointment calendar for the clinic and performs other clerical duties. Rhonda attends Community Wesleyan Church, and enjoys reading, Bible study, and shopping and eating out with her sister, Sarah.



Elizabeth A. Yoder, D.O.
Physician

Dr. Yoder joined Licking Memorial Outpatient Psychiatric Services in October 2014. She received her Doctor of Osteopathic Medicine degree at the Ohio University College of Osteopathic Medicine in Athens, Ohio. Dr. Yoder completed a categorical psychiatry internship and a general psychiatry residency at Naval Medical Center Portsmouth in Portsmouth, Virginia. She is board certified in psychiatry, and she is a member of the American Psychiatric Association. Dr. Yoder and her husband, Grant Yoder, D.O., live in New Albany with their two children.



Licking Memorial Health Systems

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Newark, Ohio 43055

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Community Events

Active•Senior Brunch Walk

Tuesday, August 22, 9:00 a.m.
Rotary Park, Sharon Valley Road, Newark

Participants will enjoy a walk beginning at Rotary Park Pavillion as Even Wang, M.D., of Licking Memorial Neurology, discusses Dementia. A healthy brunch will follow the walk. To register, please call LMHS Public Relations at (220) 564-1560.

First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Newborn Basics Class
- Stork Tour
- Breastfeeding Class
- Friends and Family Infant CPR
- Sibling Preparation Class

For more information or to register, call (220) 564-2527 or visit www.LMHealth.org.

Community Blood Pressure Screenings

Second and Fourth Thursdays of each month, 1:00 to 3:00 p.m.
Licking Memorial Wellness Center at C-TEC
150 Price Road in Newark
No charge. Open to the public.

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

Diabetes Self-Management (a four-class series)

Every Wednesday, 12:00 Noon to 2:00 p.m.
Licking Memorial Diabetes Learning Center
1865 Tamarack Road in Newark

Registration and physician referral are required. To register, please call (220) 564-4722. For information on course fees, call (220) 564-4915. Fees vary depending on insurance coverage.

Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.
No charge. Open to the public.
Shepherd Hill, 200 Messimer Drive in Newark

A physician will answer questions about chemical dependency and treatment options. Call (220) 564-4877 for more information.

For more information about any LMHS event, please call (220) 564-1560, or visit www.LMHealth.org.

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 (220) 564-1561 to receive future mailings.

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