

Community Connection

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Lifetime Achievement Reception Honors Distinguished Recipients

In November, the Licking Memorial Hospital (LMH) Development Council hosted the annual Lifetime Achievement Reception at the John Gilbert Reese Center on the campus of Central Ohio Technical College and The Ohio State University at Newark. The presentation of the prestigious Lifetime Achievement and Building a Healthier Community Awards – which honor individuals, groups and organizations whose service to Licking County reflects Licking Memorial Health Systems’ mission to improve the health of the community – highlighted the special event.

Lifetime Achievement Award – William N. Mann



at JVS. His career at JVS continued with positions as Assistant Superintendent and Superintendent, and concluded with his retirement from JVS in 2001. However, he remained in the field of education for an additional four years as Principal of Newark High School.

Bill served on several boards during his sixteen years of service to LMHS, chairing the Health Systems, Hospital, Foundation and Health Professionals boards. His extensive community involvement has included the Newark Kiwanis Club, the Food Pantry Network Board of Directors, Private Industry Council and Central Ohio Regional Center (CORC) Joint Policy Board. He also served as the Education Chair of the Operation Feed Food Pantry. Over the years,

In recognition of his devoted leadership and involvement within the Licking County Community, William (Bill) Mann became the 31st recipient of the Lifetime Achievement Award, which was created in 1989 and is the highest honor LMHS confers each year. A lifelong resident of Central Ohio, Bill graduated from Lancaster High School and earned both his bachelor’s and master’s degrees in education from Ohio University and completed post master’s study at The Ohio State University. Bill is retired after working 38 years in Licking County’s schools – first as the Director of Guidance at Lakewood, then Guidance Supervisor at Licking County Joint Vocational School (JVS), and Director of Pupil Personnel

he has been involved with numerous professional member organizations such as The American Vocational Association, The Ohio Vocational Association and The Buckeye Association of School Administrators, while also contributing his time on the Management Council of the Ohio Education Computer Network Board of Trustees, and as chairperson of the Governing Board of the Licking Area Computer Association.

“Bill’s calm and supportive demeanor is a steadying influence,” noted Rob Montagnese, LMHS President & CEO. “He has consistently demonstrated outstanding leadership capabilities, and worked tirelessly to advance education

in Licking County. His efforts positively impact thousands of students and teachers. A valuable asset to every organization he has represented, Bill has been a significant presence at LMHS, and we embrace the opportunity to pay tribute to his devotion of service to our organization and community.”

Bill and Barbara, his wife of 54 years, have two children and three grandchildren. In his free time, Bill enjoys golf, The Ohio State University athletics and the Cleveland Indians and Browns teams. He also enjoys physical fitness and the theatre.

Past Recipients of the Lifetime Achievement Award

- 1989 – John W. Alford*
- 1990 – Howard E. LeFevre*
- 1991 – Ernestine W. Spencer*
- 1992 – J. Gilbert Reese
- 1993 – John H. Weaver*
- 1994 – Norman R. Sleight*
- 1995 – Robert H. Pricer*
- 1996 – Carl L. Petersilge, M.D.*
- 1997 – Clarissa Ann Howard
- 1998 – Rev. Dr. Charles W. Noble Sr.
- 1999 – Calvin E. Roebuck*
- 2000 – John J. Kutil*
- 2001 – Mary Jane McDonald
- 2002 – William T. and Jane C. McConnell*
- 2003 – Raymond Guy Plummer, M.D.*
- 2004 – Robert N. Kent
- 2005 – Robert A. Barnes, Ph.D.
- 2006 – Stuart N. Parsons
- 2007 – Lewis R. Mollica, Ph.D.
- 2008 – Glenn F. Abel
- 2009 – C. Daniel DeLawder
- 2010 – Robert H. McGaughy
- 2011 – John J. O’Neill*
Dell Christine Warner Powell* (posthumously)
- 2012 – Gerald K. McClain
- 2013 – Eschol Curl, Jr.
- 2014 – Patrick M. Jeffries
- 2015 – David Shull
Judith B. Pierce* (posthumously)
- 2016 – Sarah Reese Wallace

* deceased

Building a Healthier Community Award – Ben Franklin Walking Club

The 13th annual Building a Healthier Community Award was presented to the Ben Franklin Walking Club in recognition of their work to promote the importance of physical fitness and healthy lifestyles to students. Newark City Schools Superintendent Doug Ute and the Ben Franklin Walking Club coaches – Principal Dena Cable-Miller, and teachers Allyson Ray and Lindsey McClellan – accepted the award, which has been given annually since 2005.

Ben Franklin Elementary is located in South Newark and is part of the Newark City School district. Allyson, Lindsey and Dena volunteer their time to organize and implement the Walking Club’s activities. Each week, students in kindergarten through fifth grade are invited to stay after school for 45 minutes to walk around the track located on the school’s property. Students learn a variety of healthy habits that they can incorporate into their daily activities, focusing on physical exercise, healthy eating, sleeping habits and mental health. Parents as well as siblings join, which often results in over 100 students (nearly a third of the school) and their families engaging in physical activity together. Students earn a reward for each mile accumulated throughout the



LMHS President & CEO Rob Montagnese (back row, far right) welcomed recipients of the Lifetime Achievement award to the 2017 reception, including (left to right): front row – Jerry McClain, Stuart Parsons, Clarissa Ann Howard, William Mann, Patrick Jeffries, Robert Kent, and Robert McGaughy; and back row – Robert Barnes, David Shull, Lewis Mollica, Ph.D., and Eschol Curl, Jr.

Walking Club season and may attend a celebration at the conclusion of the school year.

“The Ben Franklin Walking Club supports LMHS’ mission to improve the health of the community by offering a structured school activity that promotes healthy lifestyles to students and their families,” Rob said. “The Club meets after school each Wednesday for 45 minutes, and more than one-third of the student body participates. Perhaps the best aspect of the program is that not only do students enjoy the fun approach to fitness, but family members also attend and participate. By setting a positive example and encouraging physical fitness and camaraderie with family and friends, the program helps area youth form healthy habits.”

Student involvement is a key initiative for Newark City Schools and the Club allows for families to get involved and be active with their students. Family involvement is a goal for the building as well, so the Club also provides families the opportunity to visit the school and engage in healthy behaviors with their students.

This year’s Lifetime Achievement Reception also featured the talents of Joe Everson, who has risen to fame over the past year with his unique performance of the National Anthem. While singing “The Star-Spangled Banner,” Everson simultaneously paints the iconic scene of the American flag being raised after the Battle of Iwo Jima during World War II. Everson has performed in stadiums and arenas throughout the country in 2017, and his videos have generated more than 110 million views on the Internet and more than 2 million shares on social media platforms. The painting also was displayed at LMHS’ Veterans Day Celebration (see page 6).

Past Recipients of the Building a Healthier Community Award

- 2005 – TWIGS of Licking Memorial Hospital
- 2006 – Newark Rotary Club
- 2007 – The Salvation Army
- 2008 – Hospice of Central Ohio
- 2009 – Granville High School Key Club
- 2010 – Twentieth Century Club
- 2011 – American Red Cross of Licking County
- 2012 – Licking County Coalition of Care
- 2013 – Look Up Dental Clinic
- 2014 – The Thomas J. Evans Foundation
- 2015 – Big Brothers Big Sisters of Licking and Perry Counties
- 2016 – Food Pantry Network of Licking County



LMHS Careers Shaped by Military Experience

Licking Memorial Health Systems (LMHS) is proud to honor those who have served or are serving in the Armed Forces. In recognition of Veterans Day, LMHS President & CEO Rob Montagnese, made a special announcement personally thanking the veterans among the staff and volunteers. "I am proud to work with those who served our nation, as we strive to achieve our mission to improve the health of the community. Veterans offer incredible skills to support the LMHS, and they often possess a strong sense of dedication and respect which is appreciated by our patients." In addition to the announcement, a Veterans Day Celebration was held in the Café.

Military service can be challenging, but those who chose to join the Armed Forces generally feel better prepared for a career once they have been discharged from service. Four veterans shared their experiences and how it shaped their career at LMHS.

Dale Boyd United States Navy

Dale Boyd, a Stationary Engineer Assistant in LMH Plant Operations, was just 17 when he enlisted in the Navy. He was born in Syracuse, New York, but spent most of his childhood on a farm in Presque Isle, Maine. There were few career opportunities in the small farming community where his family lived, so Dale decided he would have to leave home in order to find a career. He left for Basic Training just two weeks after graduating from high school.

In the Navy, Dale became a hull technician. His job required him to learn numerous skills including welding, pipe fitting, sheet metal fabrication and plumbing. He spent months at a time caring for naval ships while at sea. During his 21 years of service, Dale experienced four Mediterranean cruises, several trips to the Philippines, and three tours of Afghanistan. He also spent time

in Italy, Virginia, California and Connecticut.

When it was time to retire from service, Dale searched for job opportunities all over the United States. He applied online for a general mechanic position at Licking Memorial Hospital in 2005. Just one week after his release from the Navy, Dale began his career with the Hospital. "I was among a select few who went straight from the military to a job. I have been able to use the skills I learned in the Navy just about every day here at the Hospital." Dale said. "I feel my experience in the military helped me to become a very well-rounded employee." Dale also said he has enjoyed living and serving in the Licking County community.

Kim Swartz Army National Guard

Kim Swartz, a Physician Center Clerk at Licking Memorial Family Practice – Licking Valley, said the military is what brought her to Licking County. She grew up in the Cleveland area, and had never heard of Newark until she went to college. As a student at Ohio University in Athens, Kim was looking for ways to pay for her education. She discovered she could earn money and get tuition assistance if she joined the Army National Guard. The closest Guard Unit to

Athens was in Newark, and she thought the commute was worth the effort to help pay for college.

As a member of the Army National Guard, Kim was sent to Basic Training, then advanced training for a clerical job. Once her military training was complete, Kim returned to Athens to attend classes. Once a month and two weeks in the summer, she reported to her assigned Unit in Newark where she spent six years serving as a Unit Clerk.

Kim eventually moved to the Licking County area with her husband. "I was actually a patient of LMHS before I became an employee. I had been to the Cleveland Clinic and hospitals around Columbus, but I felt the people at LMHS went above and beyond to make me feel cared for and comfortable. I wanted to be part of that," Kim said. She began her career with LMHS in 2008.

As for military service, Kim feels it is something everyone should experience. "The discipline and structure helps you mature and you develop a sense of pride in yourself, your work and your uniform. In a lot of ways, the Hospital is very similar. The leadership sets the tone and creates the feeling of unity. We are one Unit and work

together toward the same mission – to improve the health of the community." Kim also said she continues to use the skills she gained from the Army National Guard in her daily routine.

Kevin J. Finley, M.D. United States Air Force

Education motivated Kevin Finley, M.D., to accept a commission from the United States Air Force. Dr. Finley received a scholarship to attend Wright State University Boonshoft Medical School in Dayton, Ohio. "I was fortunate to receive the scholarship," he said. He was commissioned as Second Lieutenant in the Air Force. After completion of his Medical Degree, he then served four years on Active Duty as a Physician in Primary Care at Wright-Patterson Air Force Base Hospital.

During his service at Wright-Patterson, Dr. Finley was sent to Saudi Arabia in support of Operation Southern Watch. The Air Force's primary mission at the time was to enforce the no fly zone in the area. Dr. Finley served as a primary care physician for the service members at the base, staffing both the emergency room and clinic. "The men and women I cared for were not all combat forces, so the patients I attended to in the emergency room typically sustained an injury from an accident or were suffering from an illness. The accidents, however, could be quite serious. Once a

young man flipped over a truck. I had to put multiple layers of sutures in his scalp." Dr. Finley says moments like those prepared him for employment with Licking Memorial Emergency Medicine by teaching him to remain calm in chaotic situations.

While he enjoyed his time in the service, Dr. Finley's family was his first priority. After the terror attacks on September 11, 2001, the U.S. increased troop deployments to Iraq and Afghanistan. At the time, Dr. Finley and his wife had three young children, so he chose to be discharged from the Air Force once his commitment was complete. A recruiter from LMHS contacted him, and Dr. Finley moved to Licking County. In 2004, he began working as a family practice physician in Granville and also worked part-time in Licking Memorial Emergency Medicine. In July 2010, he transferred to full-time coverage in the Emergency Department and Urgent Care locations. He currently serves as the Department Chief of Urgent Care. Dr. Finley resides in Newark with his wife, Barbra, and their five children – Austin, Mackenna, Zander, Keagan and Nash.

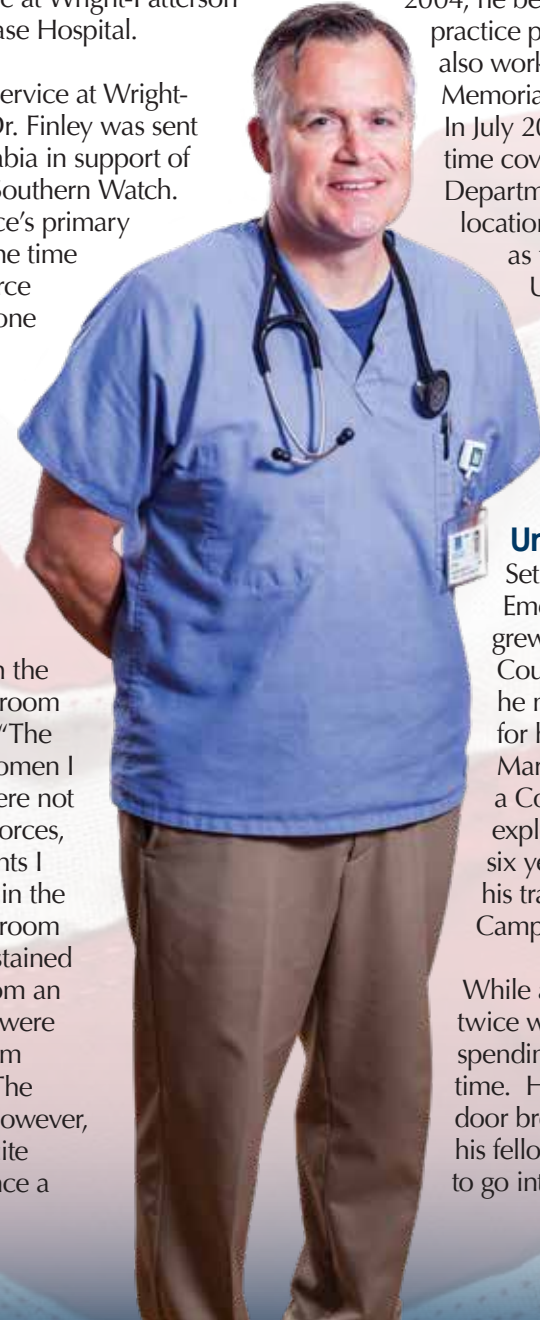
Seth Montgomery United States Marines

Seth Montgomery, an Emergency Department nurse, grew up in Licking and Scioto Counties. After 9/11, he felt he needed to do something for his country. He joined the Marines in 2003 and became a Combat Engineer handling explosives. He spent the next six years on active duty. After his training, he was sent to Camp Lajeune, North Carolina.

While at Camp Lajeune, Seth twice was deployed to Iraq, spending seven months there each time. His job was ground and door breaching – meaning he and his fellow Marines were tasked to go into houses or buildings by

any means necessary. It was during one of his deployments that Seth made the decision to become a nurse after observing a Navy Corpsman – a medical specialist who provides treatment for the Marines. "I spent a lot of time with the Corpsman, and that's when I knew I wanted to take care of people," Seth said.

When his enlistment ended, Seth returned to Central Ohio. He took some time off, but soon began attending classes at Central Ohio Technical College. In 2010, while taking classes to become a Licensed Practical Nurse, Seth was hired as a Point of Care Technician at the Hospital. He was promoted once he completed his courses and received his license. Earlier this year, Seth received his Registered Nurse license, was again promoted, and transferred to the Emergency Department.



LMHS Honors Employees for Military Service

In honor of Veterans Day, Licking Memorial Health Systems (LMHS) would like to recognize employees who have served in the Armed Forces. LMHS observed Veterans Day with a celebration on November 10 to show gratitude to those who have sacrificed for the liberty and security of our nation. Please join LMHS in recognizing the following individuals for their service to our country:

Name	Branch	Department	Name	Branch	Department
Brandi Aber	Air National Guard	Laboratory	Jay McKinney	Navy	Emergency
Brian Adams	Marine Corps	Information Systems	Phil McLellan	Army	Engineering Services
Michael Barker	Air Force	Volunteer	Jeffrey McTerrell	Army	Information Systems
Aubrey Biller	Army National Guard	Volunteers/Concierge	Patience Miller	Air Force	Women's Health
Dick Birtcher	Marine Corps	Transportation	Andrew Molnar	Air National Guard	Laboratory
William Bivins	Air National Guard	Culinary Services	Darlene Montgomery	Army	Public Relations
Matthew Born	Air Force	Intensive Care Unit	Seth Montgomery	Marine Corps	Emergency
John Bowyer	Army	Information Systems	Ben Moran	Army Reserves	Emergency
Dale Boyd	Navy	Plant Operations	Brad Mosher	Navy	Plant Operations
Bob Brooker	Air Force	Volunteer	Robert Mueller, M.D.	Navy	Orthopedic Surgery
D. Roché Brown, CRNA	Army Reserves	Anesthesiology	Jim O'Bryan	Navy Reserves	Environmental Services
Justin Brown	Navy	Emergency	Ralph Offensmeier	Army	Volunteer
Bill Butler	Navy	Volunteer	Tiffany Owens, M.D.	Air Force	Allergy & Asthma
Jason Carrier, CRNA	Army	Anesthesiology	K.W. Tim Park, M.D.	Navy Reserves	Anesthesiology
Philip Cassone	Army	Volunteer	Curtis Pyle	Marine Corps	Information Systems
Eddie Cline	Navy	Volunteer	Charles Roberts	Army	Police
Mike Cochran	Army	Environmental Services	Grant Roberts	Army	Police
Lauri Cunningham	Army	Pediatrics	Alek Rogne	Navy/Navy Reserves	Intensive Care Unit
Elliot Davidoff, M.D.	U.S. Public Health Service	Center For Sight	Ashley Samson	Army	Urgent Care – Granville
Patricia Dunlap	Navy	Coding	Theresa Schumacher	Air Force	Acute Inpatient Rehab
Cameron Evans, PA-C	Army National Guard	Emergency	Andrew Seipel, M.D.	Army National Guard	Family Practice – Licking Valley
Kevin Finley, M.D.	Air Force	Urgent Care – Granville	Debora Shaw	Army	Culinary Services
Pete Fleming	Army	Information Systems	Mark Shaw	Marine Corps	Environmental Services
Ken Friel	National Guard/Marines	Transportation	Bill Sigmon	Air Force	Radiology
Bob Gabe	Air Force	Volunteer	Wyatt Slonaker	Marine Corps	Information Systems
Audrey Garove	Army	Radiology	Darin Smaage	Navy	Information Systems
Percella Gualtieri	Navy	Intensive Care Unit	Doug Smith	Navy	Printing Services
Gary Hamilton	Army	Volunteer	James Smith	Air Force	Emergency
Timothy Hanners	Army National Guard	Culinary Services	Keith Stagers	Marine Corps	Police
Michael Harper	Army	LMHP Administration	Dick Stewart	Army	Volunteer
Malcom Harris	Air Force	Radiology	Scott Stuart	Army	Purchasing
Dustin Hartman	Army National Guard	Emergency	Kimberly Swartz	Army National Guard	Family Practice – Licking Valley
Dave Hiaft	Air Force	Volunteer	Brian Thatcher	Army	Process Improvement
Vincent Hill	Air Force	Police	Allan Thomas, PA-C	Army	Emergency
Matthew Holmes	Marine Corps	Information Systems	Karen Thompson-Snipes	Air Force	Community Case Management
Amanda John, CRNA	Navy	Anesthesiology	Kathy Tittle	Air Force	Pharmacy
Kristen Jones	Army National Guard	Coronary Care Unit	Brenda Tompkins	Air Force/Air National Guard	Volunteer
Mary Klark	Air Force	Case Management	Steve Warren	Army	Urgent Care – Pataskala
Chris Lallathin	Marine Corps	4-South	Edward Westerheide, M.D.	Navy Reserves	Orthopaedic Specialists & Sports Medicine, Inc.
Owen Lee, M.D.	Army	Radiology	James Whitaker	Air Force	Surgery
Victoria Lennon	Army	Home Care	Trent Willard	Army National Guard	Pharmacy
Donald Lewis, M.D.	Army	Urology	Tom Williams	Army	Plant Operations
Camille Mack	Air National Guard	Information Systems	Beth Worstall	Army	Respiratory Therapy
Kateri Marie	Army	Emergency	Elizabeth Yoder, D.O.	Navy	Psychiatric Services
Alissa McConnell	Navy	5-South			

Montagnese Recognized as C-Suite Honoree



Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, recently was recognized as a 2017 Columbus Business First C-Suite Honoree. The award identifies Rob as one of Central Ohio's top executives for his contribution and commitment to the Licking County community and his outstanding professional performance. Forty-one C-level executives of for-profit companies, nonprofits and government agencies were nominated by their colleagues for this year's C-Suite awards. A panel of Ohio business school professors judged the prestigious group of nominees. Nineteen individuals were selected to receive recognition and were honored at an awards gala in early September featuring keynote speaker Jeffrey Wadsworth, President and Chief Executive Officer of Battelle.

Rob joined LMHS on a full-time basis in 1993, and served as Controller and Accounting Manager, Senior Vice President Financial Services, and Executive Vice President before attaining his current position in 2006. Under his leadership, Licking Memorial Hospital (LMH) expanded in recent years with the John & Mary Alford Pavilion surgery and emergency care addition, three community off-campus Urgent Care facilities, the North Newark physician practice location, the Licking Memorial

Medical Campus on West Main Street in Newark, Downtown Newark facility and the acquisition of the Licking Memorial Hospital – Tamarack location. Rob is continually making unique contributions to the organization in an effort to fulfill LMHS' mission to improve the health of the community.



C-level executives include:

- Chief Executive Officer (CEO or Top Officer)
- Chief Financial Officer (CFO)
- Chief Operating Officer (COO)
- Chief Information or Technology Officer (CIO or CTO)
- Chief Marketing Officer (CMO)
- Chief Legal Officers or General Counsel (CLO or GC)
- Chief Human Resources Officer (CHRO)

Heart to Play Program Screens Licking County Students for Heart Defects

Throughout May and June, Licking Memorial Health Systems (LMHS) once again offered free pre-participation screenings to Licking County middle and high school students involved in sports, marching band, or C-TEC's Criminal Justice, Fire, and Physical Therapy programs. The annual screenings included the Heart to Play program, which provides electrocardiograms (EKGs) and echocardiograms free of charge.

further evaluation and treatment after preliminary results indicated possible abnormalities.

"Over the past ten years, Heart to Play EKG and echocardiogram screenings have proven to be invaluable to the health of our community by protecting young lives," said LMHS President & CEO Rob Montagnese. "The testing has detected heart defects that placed 24 students at risk. Early detection and diagnosis of these abnormalities prevented the possibility of sudden tragedy in our community during athletic competition and other strenuous activities. In addition to the state-required

pre-participation screenings and ImPACT concussion testing, we are proud to have offered EKG testing since 2008 and echocardiogram testing since 2015 at no cost to our local youth."

A total of 37 LMHS employees – including pediatricians, other family practice and specialty physicians, advanced nurse practitioners, nurses, and support personnel – staffed the Heart to Play screenings in 2017. The program included a total of 12 screening sessions, which were conducted after regular business hours at the Licking Memorial Pediatrics – Tamarack offices.

In total, the 2017 Heart to Play screenings provided 268 EKGs and echocardiograms to students in grades 7, 9 and 11. Seventeen students were referred for



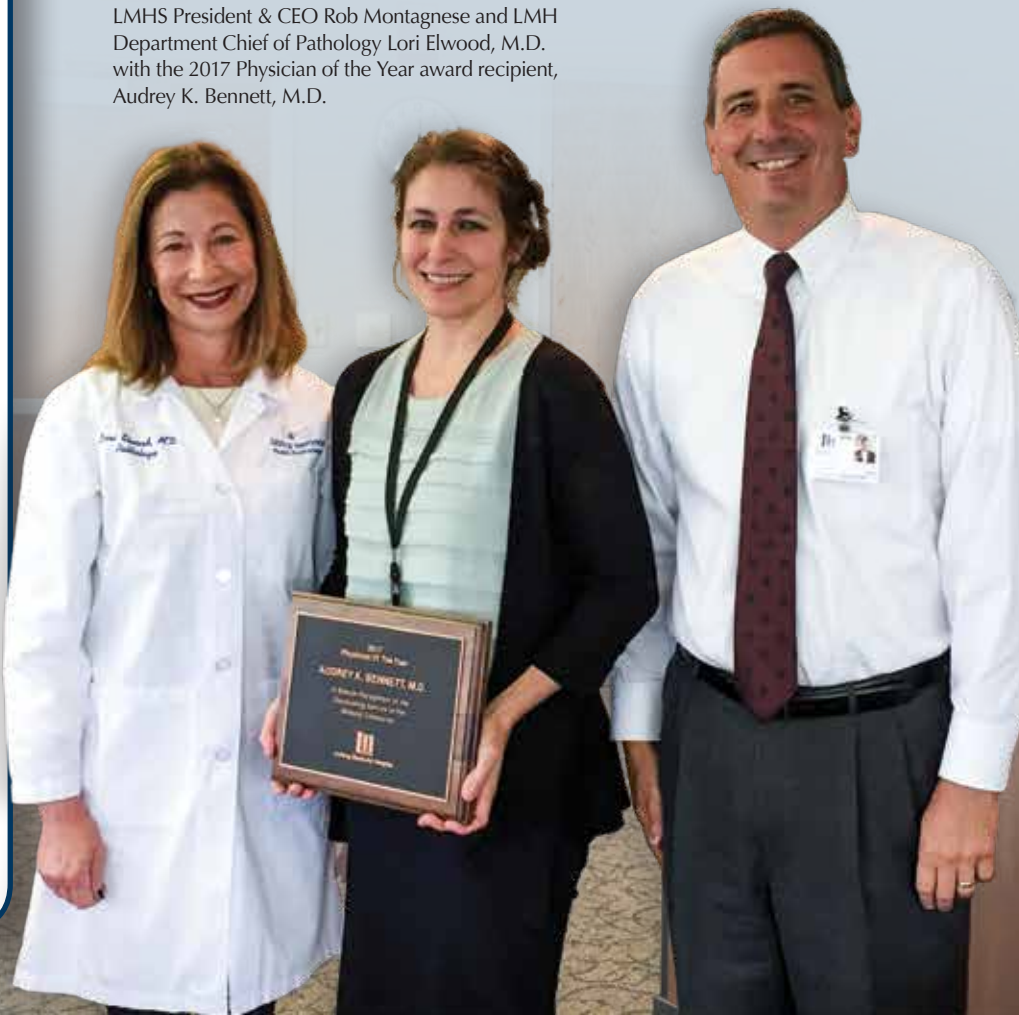
Physicians Recognized at Annual Medical Staff Dinner

The annual Licking Memorial Hospital (LMH) Medical Staff Recognition Dinner was held at Moundbuilders Country Club in October. The event allowed LMH to show its appreciation to Medical Staff members by presenting years of service awards in five-year increments and announcing the 2017 Physician of the Year.

Chief of Staff Talya Greathouse, M.D., welcomed new physicians who have joined the Active Medical Staff over the past year by sharing their biographical information with the dinner guests. Dr. Greathouse then recognized the physicians celebrating five-year service anniversaries in 2017.

2017 Physician Service Awards

- 55 years** – Mieczyslaw A. Bulas, M.D.
- 45 years** – Michael P. Ratterman, M.D.
Nicholas E. Reed, M.D.
- 40 years** – Craig B. Cairns, M.D.
Elliot Davidoff, M.D.
- 35 years** – Timothy R. Gatens, M.D.
Bruce P. Miller, M.D.
- 30 years** – Darryl R. Cherdron, M.D.
- 25 years** – Scott D. Gurwin, D.P.M.
Debra A. Heldman, M.D.
Mark S. Law, M.D.
- 20 years** – Mark J. Becker, M.D.
Chuck C. Cho, M.D.
Thomas K. Petryk, M.D.
- 15 years** – Subbarao Cherukuri, M.D.
Randy E. Jones, M.D.
Bassam Kret, M.D.
Todd F. Lemmon, M.D.
- 10 years** – Maria M. Defante, M.D.
Eric M. Layne, M.D.
Bradley R. Lewis, M.D.
Teferi G. Mengesha, M.D.
William A. Stallworth, M.D.
Mary J. Torchia, M.D.
William A. Wilmer, M.D.
Jason M. Winterhalter, M.D.
- 5 years** – Valerie D. Collins, M.D.
Edward A. Del Grosso, M.D.
Carlos B. Domingo, M.D.
Aruna C. Gowda, M.D.
Lisa A. Maurer, D.O.
Michael A. McFarlane Jr., D.O.
Jill M. Nicholson, M.D.
Suellywn Stewart, M.D.
Obiaghanwa S. Ugbana, M.D.
Pavan K. Venkata, M.D.



To conclude the evening, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese presented the 2017 Physician of the Year award to Audrey K. Bennett, M.D., of Licking Memorial Pathology. Prior to joining LMH in 2008, Dr. Bennett earned a Bachelor of Science degree in combined sciences at Youngstown State University in Youngstown, Ohio, and a Bachelor of Science degree in physical therapy at Cleveland State University in Cleveland. She received her Medical Degree at Northeastern Ohio Universities College of Medicine in Rootstown, Ohio, and completed a residency in anatomic pathology/clinical pathology at the University of Virginia in Charlottesville, Virginia.

Dr. Bennett is board certified in anatomic pathology and clinical pathology. She is a member of the United States and Canadian Academy of Pathology, American Society for Clinical Pathology and College of American Pathologists.

Members of the LMH Active Medical Staff elect the Physician of the Year to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees included Aruna C. Gowda, M.D., of Licking Memorial Hematology/Oncology, and Patrick J. Scarpitti, M.D., of Cherry Westgate Family Practice.

LMH Active Medical Staff physicians represent more than 30 medical specialties. To inquire about physician referrals, patients may call (220) 564-4014 or visit www.LMHealth.org and click on "Find a Doctor."

LMHS President & CEO Rob Montagnese and LMH Department Chief of Pathology Lori Elwood, M.D. with the 2017 Physician of the Year award recipient, Audrey K. Bennett, M.D.



Chief of Staff Talya Greathouse, M.D., Elliot Davidoff, M.D., Craig Cairns, M.D., and LMHS President & CEO Rob Montagnese

Past Recipients of the LMH Physician of the Year Award

Past recipients of the LMH Physician of the Year Award include:

- 1988** – Charles F. Sinsabaugh, M.D.
- 1989** – Craig B. Cairns, M.D.
C. Michael Thorne, M.D.
- 1990** – Mark A. Mitchell, M.D.
- 1991** – Carl L. Petersilge, M.D.
- 1992** – Edward A. Carlin, M.D.
Harold E. Kelch, M.D.
- 1993** – Gerald R. Ehram, M.D.
- 1994** – William K. Rawlinson, M.D.
- 1995** – Pattye A. Whisman, M.D.
- 1996** – J. Michael Wills, M.D.
- 1997** – Terry P. Barber, M.D.
- 1998** – Mary Beth Hall, M.D.
- 1999** – Debra A. Heldman, M.D.
- 2000** – Frederick N. Karaffa, M.D.
- 2001** – Elliot Davidoff, M.D.
Bryce I. Morrice, M.D.
Mark L. Reeder, M.D.
- 2002** – Jacqueline J. Jones, M.D.
- 2003** – Owen Lee, M.D.
- 2004** – Larry N. Pasley, M.D.
- 2005** – Joseph E. Fondriest, M.D.
- 2006** – May-Lee M. Robertson, D.O.
- 2007** – Peter T. Nock, D.O.
- 2008** – Eric R. Pacht, M.D.
- 2009** – Ann V. Govier, M.D.
David E. Subler, M.D.
- 2010** – Richard A. Baltisberger, M.D.
David R. Lawrence, D.O.
- 2011** – Talya R. Greathouse, M.D.
- 2012** – Bassam Kret, M.D.
- 2013** – Shakil A. Karim, D.O.
- 2014** – Brent M. Savage, M.D.
- 2015** – Garth A. Bennington, M.D.
- 2016** – Janae M. Davis, M.D.

Honorary Medical Staff Luncheon

Each September, Licking Memorial Hospital (LMH) welcomes members of its Honorary Medical Staff for a special luncheon in appreciation of the many years they spent providing care to the Licking County community. The annual event, which was established in 2007, offers the retired physicians an opportunity to socialize with one another and is a gesture of LMH's enduring gratitude for their service.

you for all you have done to help make Licking Memorial Hospital the excellent healthcare facility that it is. You set a high standard that our current physicians maintain in the care and services we provide today."

The LMH Honorary Medical Staff currently is comprised of 42 physicians who retired after longtime service on the LMH Active Medical Staff and have maintained an outstanding reputation in the community. Physicians who attended this year's event included (left to right): RR Evans, M.D.; John Quimjian, M.D.; Mark Mitchell, M.D.; Vincent Walsh, D.O.; Larry Pasley, M.D.; John Adams, M.D.; Thomas Hall, M.D.; Zdravko Nikolovski, M.D.; Robert Raker, M.D.; Mary Beth Hall, M.D.; Gerald Ehram, M.D.; Harold Kelch, M.D.; and Donald Jones, M.D.

"The excellent care you provided throughout your careers demonstrated your commitment to Licking County residents. Each and every day, we benefit from the strong foundation you provided as we strive to improve the health of the community," Licking Memorial Health Systems President & CEO Rob Montagnese (pictured far left) said. LMH Chief of Staff Talya Greathouse, M.D., added, "Thank



New Appointments



Brandon J. Chandos, M.D., joined Licking Memorial Neurology.



J. David Leonard III, M.D., joined the Licking Memorial Emergency Department.



Leslie N. Solomon, APRN-CNP, joined the Licking Memorial Heart Center.

Honorary and Memorial Gifts Sustain Loved Ones' Dedication to Community

Licking Memorial Health Systems (LMHS) and its subsidiary, Licking Memorial Hospital (LMH), proudly offer state-of-the-art technology and services to the community. Many national- and state-level awards have acclaimed the high quality of care at LMHS and LMH, including Truven Health Analytics' 12 separate designations as one of the 100 Top Hospitals® in the U.S. As LMHS Vice President Development & Public Relations Veronica Link explained, LMHS' success can be credited not only to excellent patient care, but also to steadfast support from the community. "Our physicians and services rival the best hospitals in Ohio," Veronica stated, "but the warm partnership that we share with the community definitely enriches our organization. Much of LMHS' strength is based on community members' trust to provide their families' care, and the community's enthusiastic support given through gifts of their time and finances."

Every contribution to Licking Memorial Health Foundation (LMHF), whether large or small, is important to the quality of care at LMH. The Foundation has developed a variety of giving programs for the convenience of those who would like to support the Hospital, and the Honorary and Memorial Giving Program is one of several options available. In the first 10 months of 2017, the Foundation received eight honorary or memorial gifts.

Honorary and Memorial contributions allow donors to support LMH while honoring or memorializing a friend or relative. Some families request charitable contributions in lieu of flowers for funerals, and many have paid their respects in this manner. Honorary donations also provide special recognition to living individuals. Honorary and Memorial contributions are listed with the honoree and donor names in the Giving Log located in the Hospital Main Lobby, the LMHS *Community Connection* magazine and the LMHS Annual Report. The honoree, or their family members, are notified by mail that a gift was received in their honor. Directing the donations of interested friends, family and colleagues to the Hospital can be a fitting way to remember family members while giving back to the community.

"Our patients often comment that LMH is unusually advanced for a community hospital. We are able to achieve and maintain this level of excellence because of our gracious donors who want to uphold the level of health care in Licking County. Their contributions allow LMH to focus resources on maintaining state-of-the-art technology and services while still offering amenities, such as comfortable furnishings, beautiful décor, fountains and landscaping features. We are so grateful to our donors, because these extra details greatly enhance our

patients' healing experience," Veronica remarked.

Commemorative bricks, part of the Paving Our Future Campaign, create a distinctive, elegant impression, and are a unique way to offer lasting recognition for a family member, special friend or organization. Offering a personalized tribute, the beige bricks are available with the option of two sizes and are located in the front circle, the John & Mary Alford Pavilion walkway, the Cardiac Rehabilitation walkway and the employee entrance walkway.

There are many ways that families and the business community can come together to support LMH. Donations are a fitting way of remembering their loved one's legacy, and advancing the community's health care at the same time. All charitable contributions to LMHF are tax-deductible to the extent allowed by law. Donations are used for capital expansion, renovation projects or equipment needs, and are not used for operating costs, salaries or other day-to-day expenses. Undesignated gifts received in 2017 benefit the Downtown Newark Urgent Care and Family Practice facility. For more information about charitable giving, please call the Development Department at (220) 564-4102.



Paving Our Future

The Licking Memorial Hospital (LMH) Development Council offers a lasting and unique way to recognize a family member, special friend or organization through a personalized tribute. Commemorative bricks are located at LMH in the Front Circle, the John & Mary Alford Pavilion Walkway, the Cardiac Rehabilitation Walkway and the Employee Entrance Walkway. Your generous gift will help LMH maintain the high standards of medical treatment and care essential to the well-being of our community.

The beige bricks are available with the option of two sizes – 4 inches by 8 inches and 8 inches by 8 inches. The personal brick (4" x 8") will accommodate up to 20 characters per line, including spaces and punctuation, with three lines per brick. The corporate brick (8" x 8") will accommodate up to 20 characters per line, including spaces and punctuation, with five lines per brick. A second option for the corporate brick is to place 20 characters per line, three lines per brick, and a corporate logo.

To purchase a commemorative brick, complete the order form below and return it to: Licking Memorial Health Foundation, 1320 West Main Street, Newark, Ohio 43055. Receipt of your contribution and confirmation of your brick order will be sent by mail immediately. In addition, a letter of acknowledgment will be sent promptly to your designated honoree or the honoree's family. A confirmation letter regarding the installation of your brick and its location also will be sent following project completion.



Order Form

Your gift is a special way to recognize a family member, special friend or organization. By choosing a commemorative brick, you are creating a lasting impression of your support for a loved one or corporation, and ultimately, support for LMH. Commemorative bricks will be placed in one of the following four locations: the Front Circle (Garden Area), Pavilion Walkway, Cardiac Rehab Walkway or the Employee Entrance Walkway. Please mark the location where you would like your brick placed. We will do our best to accommodate your first choice. All characters will be uppercase.

Name

Address

City

State Zip

Phone

Cell phone

Please make checks payable to **Licking Memorial Health Foundation**. Credit/debit card gifts are accepted by phone at (220) 564-4102. (Gifts are tax-deductible to the extent allowed by law.)

Locations

- Front Circle (Garden Area)
- Pavilion Walkway
- Cardiac Rehab Walkway
- Employee Entrance Walkway

Brick Options

Print exactly as you would like the engraving to appear. Use one character/letter per box, leaving a box blank for each space between words.

Personal Brick (4" x 8") - \$250

Corporate Brick (8" x 8") without logo - \$500

Corporate Brick (8" x 8") with logo - \$500

Please call (220) 564-4102 for more information about providing logo artwork.

Logo Will Go Here

Behind the Scenes – Laboratory

Patients may never see Licking Memorial Hospital (LMH) Laboratory Services staff members, but their contributions to the health and wellness of the community are invaluable. The Lab is open around the clock and serves to process the medical tests to aid in the analysis and diagnosis of a patient's condition. A staff of qualified pathologists, medical laboratory scientists, medical laboratory technicians, histotechnologists, histotechnicians, cytologists and phlebotomists offer definitive test results for an individual's care while the administrative assistants help with the overall operation of the Lab. Staff members from the Laboratory also are working along with other Hospital staff members to raise awareness of sepsis, a life-threatening illness caused by your body's response to an infection, and antibiotic stewardship.

The Lab at LMH analyzes specimens from patients throughout Ohio, not only Licking County. The staff works with physician offices, home health care agencies, and extended care facilities. The Lab is accredited by the Joint Commission and the American Association of Blood Banks. To receive accreditation the Lab is inspected often, and the staff must continue their education to ensure they are up-to-date on new procedures and instrumentation. LMH also ensures the instrumentation is the most current available. With continuous advances in technology, the instruments and devices used are continually updated, offering faster performance and accuracy.

For patient wellness, medical testing is vital in assessing possible medical issues. The Lab staff uses the specimens provided to seek answers to a patient's condition.

"The team members are like detectives paying close attention to every detail, looking for the hidden clues. They are often the first to see what is going on inside the patient," said Lorei Reinhard, Director of Laboratory Services. "One of our technicians was preparing a blood sample for testing. Upon visual inspection of the sample, the volume of red blood cells appeared to be lower than normal, so he brought it to the attention of the physician who ordered the testing. The observation aided the physician in ordering additional testing that indicated the patient was anemic and potentially saved the patient's life."

Currently, there are 90 staff members in the Laboratory Services Department. The Department includes three pathologists – Medical Director of Laboratory and Chief Pathologist Lori J. Elwood, M.D., Audrey K. Bennett, M.D., and Latha Urs, M.D. The pathologists work with clinical physicians in the proper ordering and interpretation of laboratory tests and overseeing the operation and quality assurance of laboratory testing. They also diagnose biopsies, pap tests or other cytology specimens. They are all board certified in anatomic pathology and clinical pathology.

Medical laboratory scientists and medical laboratory technicians generally are responsible for a variety of tests including blood and body fluid samples. Medical laboratory scientists earn a bachelor's degree and need to be certified by the American Society for Clinical Pathology (ASCP). Medical Lab Technicians earn an associate degree and also must be certified by ASCP.

Phlebotomists obtain specimens by venipuncture and capillary puncture for inpatients and outpatients.

Phlebotomists need a high school diploma to obtain a position. While the State does not require them to be certified, LMH staff members do take a certification exam to earn a national certification.

Histotechnologists, histotechnicians, and cytologists work to process tissue and fluid specimens to be examined by pathologists for abnormalities, such as malignancies. The Lab staff plays a vital role during outpatient procedures used to detect the early signs of cancer. Physicians use fluoroscopy and ultrasound to locate tumors or nodules, then extract a sample of the tissue using fine needle aspiration. The sample is tested right away. In collaboration with the physician, the technician helps determine the type of cancer. "It is very rewarding to know the patients and physicians have an answer, and that we are helping toward a treatment plan," said Laura Swan, a cytotechnologist. Becoming a histotechnologist or cytotechnologist requires a bachelor's degree and certification with ASCP.

The Lab consists of a number of different areas including the following:

- The Blood Bank which performs typing and compatibility testing and supplies blood for transfusion.
- Chemistry provides a variety of lab tests on blood and urine, such as cardiac tests, metabolic panels, blood gases and drug screens.
- Genetics Navigation provides information about hereditary cancer and genetic testing to healthcare providers, patients, and the public and uses genetic cancer risk assessments to assist medical providers in early identification of individuals at high risk of developing cancer.
- Hematology/Coagulation/Urinalysis provides blood counts, coagulation tests, urinalysis and other procedures.
- Microbiology/Serology performs bacterial identification and determines sensitivities to antibiotics.
- Molecular provides the identification of organisms and the detection of genetic mutations by DNA/RNA assays.
- Point of Care reviews and monitors testing, training personnel and provides consultation for all laboratory testing done Licking Memorial Health Systems, but outside of the LMH Laboratory..

Importance of Vaccination

Vaccines are not only important to the health of an individual, but also to the health of the community. Recent concerns among parents and adults have led to a decrease in the use of vaccinations, which puts the community at risk of the spread of certain diseases. In order to protect the health of the community, vaccinations are essential in the prevention of contracting and spreading these debilitating diseases. To decrease apprehension, it is important to understand how vaccines can provide crucial protection.

To prevent serious illness, the immune system first needs to recognize how to fight the disease. The Center for Disease Control and Prevention (CDC) states that vaccinations contain the same characteristics that cause diseases; however, the diseased cells that are used in vaccines are weakened, or described as being "killed." Therefore, the cells containing the virus are not strong enough to infect an individual when the vaccine is used. The diseased cells within the vaccine attract antibodies that allow the body to be aware of the disease. If the virus is contracted in the future, the immune system knows how to fight the disease in the body because of the vaccination. Even though vaccines cannot completely prevent a disease, the body has a higher chance to overcome the disease in a short amount of time with less severe symptoms, thus creating a healthier outcome for the affected person. If the individual is a child, he or she will be afforded greater safeguards as opposed to facing a disease

without the protection of a vaccine. A vaccine is a much safer option for a child's first exposure to certain preventable diseases. Rather than an introduction to strong virus cells without any preparation, the body knows how to fight the virus because of the vaccine administered into the body.

Craig Cairns, M.D., LMHS Vice President of Medical Affairs, gives an example of the effectiveness and importance of vaccines. "The U.S. Department of Health and Human Services reports that polio was one of America's most feared diseases for children, often causing paralysis or death," said Dr. Cairns. "However, shortly after the introduction of the polio vaccine in 1955, polio cases in the U.S. were eliminated."

Not all vaccine-preventable diseases have been eradicated; therefore, it is vital to the health of the community for children and adults to receive vaccinations. Without vaccination, the opportunity

for the virus to spread will increase among the population, especially those who cannot receive a vaccine for health reasons. Additionally, elderly individuals or young children who contract the disease may have immune systems that have more difficulty fighting the virus versus those who are vaccinated.

All adults are affected by vaccine-preventable diseases and should continue to receive vaccinations throughout their lives. The National Foundation for Infectious Diseases states vaccine-preventable diseases kill more people each year than HIV/AIDS, breast cancer or traffic incidents, resulting in 50,000 adult deaths per year. For adults who do not receive vaccinations, they are more likely to suffer from serious complications from diseases including mumps, chickenpox, and measles.

Not only is it important for adults to receive vaccination for their personal health, but also for the health of their children. Vaccine-preventable diseases can spread from the parents to the child and to those around them, thus putting the community at risk. To completely eradicate preventable diseases and ensure community health, vaccinations need to be consistently utilized. If you have any questions about vaccinations, please contact your healthcare provider. Additional information is also available on the LMHS website. Please visit www.LMHealth.org, and click on "Vaccination Facts" link located under Quick Links.



LMH Reunions Reconnect Former Patients and Staff

Licking Memorial Hospital (LMH) recently held two reunion events for former patients of the Acute Inpatient Rehabilitation Unit and Interventional Cardiology. The reunions offered an opportunity for patients to reconnect with Hospital staff and meet fellow community members with shared experiences. At each event, guests were able to visit a variety of informational tables and enjoy free massages and blood pressure screenings prior to a meal catered by the LMH Culinary Services Department.

Acute Inpatient Rehabilitation Reunion

Former patients of the Licking Memorial Hospital Acute Inpatient Rehabilitation Unit and their guests were treated to a cookout-style meal at LMH in August. The program included remarks from Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations Veronica Link, Medical Director of Acute Inpatient Rehabilitation David W. Koontz, D.O., and former patient Flora Walker.

Flora, a lifelong resident of Licking County, lives in Heath with her husband of 39 years, Harry. The couple has two daughters, Marlene and Krista, three grandchildren and are expecting a fourth grandchild in February. Flora spent two weeks in the LMH Acute Inpatient Rehabilitation Unit. She had been diagnosed with kidney cancer, then fractured a left femur and received a right hip replacement. During her remarks, Flora said Dr. Koontz and the staff took excellent care of her, and she thanked

them wholeheartedly for the support and care she received.

After her time in the Rehab unit, she also received outpatient rehabilitation treatment at Tamarack IV and now exercises twice a week at the LMH Wellness Center. Flora continues to recover and enjoys spending time with her family and grandchildren. She and her husband also like to travel, especially to Tennessee.

The Acute Inpatient Rehabilitation Unit opened in 2012 on the Hospital's sixth floor and is a specialized care center that provides at least three hours of skilled therapy services per day, 5 days per week to patients who have experienced an illness or injury. The care team includes specially trained professionals including nurses, social workers, physicians, dietitians, and physical, occupational, and speech therapists who work to improve the patient's functional status and mobility so that they may return home and live as independently as possible.

Interventional Cardiology Reunion

Interventional Cardiology patients and their guests enjoyed a heart-healthy dinner at LMH in October. At the event, LMHS President & CEO Rob Montagnese offered his thanks to the Cardiology staff and shared how proud he is of the program. Interventional Cardiologist Hassan Rajjoub, M.D., talked to the patients and guests about the importance of exercise and heart health, keeping cholesterol levels under control and taking medication as prescribed. Although there are reported side effects, he emphasized how the benefits of these drugs far outweigh the risks of the side effects. Dr. Rajjoub also spoke of a new injectable lipid-lowering medication that has shown favorable results for patients that may not have responded to typical oral statin drug therapy.

Interventional Cardiology patient Cynthia Ravitsky was a featured speaker and told attendees the remarkable story of how she became a patient at LMH. Cynthia is an adjunct math instructor at The Ohio

State University at Newark campus. As she was driving to work from her home in Westerville earlier this year, she was listening to a radio interview with an author on NPR. The author, Gayle Forman, was discussing her novel "Leave Me" – a fictional story of a woman who suffered a heart attack. Cynthia listened intently as Gayle kept emphasizing the symptoms of a heart attack. The author said that many times women ignore the signs because they are not the same for women as they are for men and they are not always straight-forward, such as extreme pain in the chest. As she listened, Cynthia began to have what she described as a pinching sensation in her chest. Her right arm went numb, but she thought it was because she was leaning on it. Then her left arm started feeling numb. Meanwhile, Gayle Forman kept saying on the radio, "Do not ignore the symptoms." Cynthia began feeling nauseous and broke out into a cold sweat.

She was not far from Licking Memorial Hospital, so she drove there and went to the Emergency Department. As she told the staff she thought she was having a heart attack, she began to feel faint. The staff quickly assessed her situation, and she was taken to the Catheterization Laboratory where Dr. Rajjoub performed an angioplasty. Cynthia says the staff took her seriously and their quick reaction, knowledge and professionalism saved her life. Since her recovery, she worries about another episode, especially since her symptoms seemed so benign. Cynthia urged the physicians, staff, patients and guests to encourage people to pay attention to the symptoms – even the smallest irregularity concerning the heart. "Please tell people not to be afraid to get help. Avoiding the hospital can cost a life."

Attendees to each reunion received a scratch-off card to win various prizes including gift cards to Dick's Sporting Goods, and local spas and garden centers, as well as a Fitbit fitness tracker. The Inpatient Rehabilitation Reunion and Interventional Cardiology Reunions are annual events.

Free Tobacco Cessation Available Through LMH

Smoking cigarettes is a dangerous and unhealthy habit that leads to more than 480,000 deaths in the U.S. per year. Cigarettes contain more than 7,000 chemicals including nicotine, arsenic, lead and tar. Chewing tobacco is another dangerous product that contains nicotine as well as many other carcinogens that can threaten a person's health. Along with cigarettes and chewing tobacco, electronic cigarettes also are known to contain nicotine as well as other substances, such as acetone and lead, that are detrimental to the body. These products provide a serious threat not only to a person's health, but also to others. Secondhand smoke also impacts non-smokers, especially those in higher risk populations such as children and elderly individuals. In addition, the use of cigarettes during pregnancy can be a great risk to both the mother and baby. To counteract those issues, Licking Memorial Hospital (LMH) offers two tobacco cessation programs to improve the health of the community.

The LMH Quit for Your Health Tobacco Cessation Program offers professional counselors who utilize evidence-based techniques to help users develop a plan that will offer an opportunity to become tobacco-free. Following the initial consultation, participants are counseled one-on-one for an average of six to seven sessions. These counseling sessions will provide techniques to cope with the behavioral and lifestyle changes that come when quitting tobacco use.

Some of the cessation aids the Program utilizes are listed below:

- Nicotine replacement therapy
- Motivational interviewing
- Self-management education
- Relapse prevention strategies

As electronic cigarettes have become increasingly popular among youth, the Program also offers counseling to teenagers. Although there are still many unknown factors about the use of electronic cigarettes, the nicotine and chemicals used in these devices provide enough evidence to prove addictive

and unsafe. In many cases, electronic cigarettes are used to decrease the use of smoking cigarettes; however, electronic cigarettes are not a safe alternative to smoking cigarettes.

LMH also offers counseling for pregnant women who smoke through the Quit For You, Quit For Your Baby Program. The Program assists pregnant women to quit tobacco use during and after pregnancy while working to lower the chances of a relapse. In order to help patients stay motivated, the Program rewards patients upon successful completion of each counseling session. Follow-up appointments are made after pregnancy to ensure patients stay tobacco-free not only for their own health, but for their child as well.

To raise further awareness of tobacco cessation in Licking County, LMH promoted the Great American Smoke Out on November 16. Community members were highly encouraged to quit smoking during this day to promote a healthy lifestyle without the use of cigarettes or other tobacco products.

The LMH Tobacco Cessation Programs are free and offered to residents of Licking County, or through a referral by a physician practicing in Licking County. Home visits are offered for those with certain disabilities or qualifying issues. For more information, please call (220) 564-QUIT (7848).



BABY EXPO



In October, Licking Memorial Hospital Development Council hosted the fourth annual Baby Expo. Licking Memorial Health Systems (LMHS) employees and volunteers, as well as local businesses, staffed 31 information tables set up in the John and Mary Alford Pavilion and the Hospital's main conference rooms. Approximately 325 guests, including new parents, expectant mothers, women considering pregnancy and grandparents, attended the event.

The Baby Expo covered a wide variety of topics including childbirth, pediatric healthcare, breastfeeding, infant CPR, nutrition, finance and education. This year, the Hospital staff created a safe nursery display. The area included a crib, changing table, and Pack 'n Play set that included a removable changing table. Staff members of the Licking Memorial Hospital (LMH) Maternal Child Department spoke to attendees about the safety features of the items and

encouraged attendees to practice the following safe sleep habits:

- Sleeping in the same bed with an infant is discouraged.
- Babies should be placed in a crib or bassinet with a flat, firm surface.
- Blankets and other items such as pillows or stuffed animals should not be placed in the crib with an infant.

Safe sleep can help protect your baby from sudden infant death syndrome (SIDS) and other dangers. The safe nursery display also included items for parents to review provided by Buy Buy Baby and car seats provided by State Farm. Staff members encouraged visitors to practice safety while driving with children. Outside the Hospital, car seat safety certified scrub technicians were available to inspect car seats and ensure proper installation.

The day's activities included tours of the Maternal Child Department. In the Labor and Delivery area, staff members took attendees inside a birthing room. They explained what the mother would experience while giving birth, including the use of the monitors, and other tools used to help the birthing process. Guests also were taken inside a post-

partum room where the mother and baby stay until discharged from the Hospital. LMHS encourages both parents to stay in the room and care for their newborn.

The Baby Expo offered guests an opportunity to learn more about products and services available for mothers and babies. Guests also enjoyed light refreshments. The event closed with a door prize raffle of items offered by LMH as well as the participating vendors. Bobbie Sue Hall won a crib, Taylor Hansel, a changing table, and Leyanet Sanliago, a Pack 'n Play. Mikayla Morris was awarded a \$100 Buy Buy Baby gift card provided by LMH.



Physician Spotlight

William A. Stallworth, M.D., joined Licking Memorial Urology in May 2007. Dr. Stallworth received his Bachelor of Science degree in biology from Aurora University in Aurora, Illinois. He received his Medical Degree at the University of Illinois College of Medicine in Chicago, Illinois, and completed a surgery internship at Cook County Hospital in Chicago. He also completed a residency in urology at the University of Chicago Medical Center. Dr. Stallworth is board certified in urology.



Ask a Doc – Urinary Tract Infection Prevention with William A. Stallworth, M.D.

Question: Is there a way to prevent recurring Urinary Tract Infections?

Answer: Talking about urination problems can be discomforting; however, it is important to understand Urinary Tract Infections (UTIs) can cause permanent scarring of the urinary tract or spread to the bloodstream causing a very severe infection. About 40 percent of women and 12 percent of men will have a UTI within their lifetime. These infections account for more than 10 million visits to medical offices and hospitals each year. Treatment typically does require a physician visit and antibiotics, but there are a variety of self-care measures that will help prevent a UTI.

First, it is important to understand how the urinary tract functions. Waste and excess water are removed from blood in the kidneys then eliminated from the body as urine. The two ureters – narrow tubes about 10 inches long – drain the urine from each kidney into the bladder. The bladder collects and stores the urine. The muscles lining the bladder can be voluntarily contracted to expel urine through the urethra – a small tube connecting the bladder with the outside of the body. Any part of this system can become infected by bacteria.

A UTI can involve the kidneys, ureters, bladder or urethra. An infection occurs when bacteria enters into the urine

– typically starting at the opening of the urethra where the urine leaves the body – travels upward into the urinary tract and begins to grow. Most cases of uncomplicated infections are caused by a type of bacteria called Escherichia coli or E. coli. It can be found in the bowel and can come into contact with the urethra as a result of improper wiping. The act of emptying the bladder flushes the bacteria out of the urethra, but if too much bacteria is present, urination may not expel all of it. The bacteria then can travel to the bladder where it can grow and cause an infection. The infection can spread further as the bacteria move up from the bladder via the ureters into the kidneys. A kidney infection can become a very serious condition if not treated promptly.

Symptoms of a Urinary Tract Infection include:

- Pain or burning during urination
- More frequent urination often with only a small amount of urine
- The sensation of having to urinate urgently
- Cloudy, bad-smelling or bloody urine
- Lower abdominal pain or pelvic pressure or pain
- Mild fever or chills

More serious symptoms such as a fairly high fever, shaking chills, nausea,

vomiting, or pain in the back or side will manifest if the kidneys are infected. Medical attention should be sought immediately in such cases.

The usual treatment for a UTI is antibiotics. A physician can typically diagnose the problem with a simple urine test. The following suggestions will help in the prevention of an infection:

- Women and girls should wipe from front to back to prevent bacteria from entering the urethra
- Empty the bladder regularly and completely
- Drink plenty of fluids, especially water

While there are mixed results from medical surveys, there is some proof that cranberry juice can help prevent UTIs. The juice contains a tannin that prevents E. coli from sticking to the walls of the bladder. It is not uncommon for a UTI to recur, and it can become a serious issue. Three or more UTIs a year could require close monitoring by a healthcare professional.

Quality Reporting to the Community

Patient Story and Benchmarks for Rehabilitative Care

Patient Story – Flora Walker

recovery. She had learned of the Unit through a friend whose daughter is a Hospital employee. "I received the best care I could have ever imagined," Flora commented. "It was so comforting to be close to home and convenient for my family members. I just recently transferred to Licking Memorial Hematology/Oncology for my cancer care as well," she continued.

"My first day in the Unit I could not walk, but by day two, they had me up and moving," explained Flora. "I walked the hallways and exercised in the morning and afternoon. The therapists were very patient, re-teaching me how to do so many daily actions, such as reaching, showering and folding clothes." The staff also helped to educate Flora's family. Her husband built a ramp at their home and both daughters assisted with her care.

By Thanksgiving, Flora had learned to walk steadily again and was able to get into the shower and stand up on her own. She continued her therapy, receiving outpatient rehabilitation treatment at Tamarack IV once a week and now exercises twice a week at the LMH Wellness Center. "All the nurses and assistants are really great. The small size of the unit allows the staff to provide such good care and attention to the patients," Flora noted. "Their team approach to my rehabilitation proved very successful."

"Working out at the Wellness Center is fantastic. I love it," said Flora. Staff provide blood pressure checks upon arrival and before departure. They also oversee patients as they

exercise to ensure they are using the machines safely and performing proper movements. At every visit, Flora utilizes three machines, each for twenty minutes.

Flora has been able to resume many daily activities, such as driving. She enjoys many family functions, including cookouts with her children and grandchildren. After using a walker, she now is able to move about with just a cane. "I have such a better attitude after my rehabilitation at LMH," she shared. "I am determined to walk on my own one day." Flora is very grateful for her family's support. "My husband is so supportive and inspiring. He accompanied me to rehab and also attends my oncology treatments with me."

A lifelong resident of Licking County, Flora lives in Heath with her husband of 39 years, Harry. The couple has two daughters, Marlene and Krista, and three grandchildren with a fourth – a girl – expected in February. Flora graduated from Newark High School and the Licking County Vocational School in 1976, and worked for Big Bear for 18 years. She and her husband also like to travel, especially to Tennessee.

The Acute Rehabilitation Unit opened on the LMH's sixth floor in 2012. The department is staffed by a dedicated team comprised of a medical director, nurses, physical therapists, occupational therapists, speech therapists, social workers, psychologists and other Hospital personnel.



In January 2015, Flora Walker was suffering from chronic right hip pain and visited her primary care physician. After an X-ray, she was diagnosed with arthritis and her physician recommended ibuprofen and physical therapy. Her pain eventually became so intense she could not walk and had to stop working. Flora previously had undergone a left knee replacement and returned to the specialist who had cared for her to receive a cortisone injection in her hip. They also discussed the possibility of a hip replacement.

Unfortunately, during this same time Flora learned she had Stage 4 renal cell carcinoma (kidney cancer) and was referred to The James Cancer Hospital at The Ohio State University to have her right kidney removed. The cancer had metastasized to her bones and just one day after being released following surgery, she fractured her left femur, while simply sitting down. Flora was rushed to emergency surgery, then discharged to a nursing home to recover for approximately one month. Shortly thereafter, they determined she had a fractured right hip, also related to the cancer, and she returned to The James for a total right hip replacement.

At the end of June, nearly six months after her ordeal began, Flora was admitted to the Licking Memorial Hospital (LMH) Acute Inpatient Rehabilitation Unit for fourteen days to assist with her hip replacement

Rehabilitative Care – Inpatient and Home 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. Inpatients' level of satisfaction with their healthcare experience is affected by many factors, such as achievement of therapy goals, staff communication skills, nurse response times, and facility cleanliness. To monitor the quality of care, the Acute Inpatient Rehabilitation Unit (ARU) at Licking Memorial Hospital (LMH) offers patients an opportunity to offer feedback through a post-discharge survey.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Overall patient satisfaction with ARU experience	97%	97%	97%	98%

2. Patients who are undergoing rehabilitation are at increased risk for falls due to factors such as expected increased independence, weakness and, possibly, pain medication. Falls can result in injuries and potentially delay a patient's rehabilitation. All ARU patients receive daily assessments for their level of fall risk and are advised of precautionary measures.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	0	0	1	0

3. Painful bedsores (also known as pressure sores) can occur when the skin is damaged by prolonged pressure to one area of the body and can be difficult to heal and even lead to infection. ARU patients receive daily skin assessments and participate in therapy at least three hours each day, which increases mobility and reduces the risk of bedsores.

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
ARU patients who developed new or worsened stage 2, 3 or 4 pressure sores during their stay	N/A	0.5%	0.0%	0.7%

4. Upon admission to the ARU, patients receive a standardized Functional Independence Measure (FIM) assessment, scoring their ability to perform daily skills. The FIM is composed of 18 measures to capture the improvement in an individual's function. The FIM skills are reassessed before discharge. A few of the key FIM skills are listed below.

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
Average amount of ARU patients' functional improvement at discharge				
Overall	23.5%	26.5%	26.8%	29.5%
Locomotion (walking or using wheelchair)	2.86%	2.87%	2.90%	2.90%
Bathing	1.84%	1.74%	1.70%	1.80%
Eating	0.88%	1.15%	1.00%	1.10%

5. The goal of the ARU is to help patients who have experienced an illness or injury improve their functional status and mobility so that they may return home rather than a nursing care center.

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
ARU patients discharged directly to home	84%	81%	78%	83%

6. LMH Home Care provides skilled professional care to patients at home. Services are based on the individual's needs and include a wide range of support, such as therapy, nursing care, medication instruction, pain management, home management, financial needs assistance, emotional support, as well as others. LMH surveys Home Care patients regarding their level of satisfaction to evaluate how well their needs are being met.

	LMH 2014	LMH 2015	LMH 2016	National ⁽²⁾
Home Care patients' overall satisfaction	79th percentile (top 21% nationally)	89th percentile (top 11% nationally)	95th percentile (top 5% nationally)	50th percentile

Rehabilitative Care – Inpatient and Home Care – How do we compare? (continued to page 20)



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

7. LMH Home Care patients often have some degree of physical deficit which can interfere with their ability to walk and quality of life. The Home Care staff provides physical therapy and other support to help patients improve their walking function. In 2015, LMH began tracking patients’ improvement to evaluate the effectiveness of the program.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Home Care patients with improved walking function	N/A	79%	80%	73%

8. Studies have shown that patients are more likely to take their medications properly in the correct dosage and at the correct intervals if they are informed about the importance and purpose of the drugs. LMH Home Care nurses provide medication education to patients and their caregivers. The nurses and therapists also perform medication reconciliation to check for possible adverse interactions or out-of-date drugs.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Home Care patients receiving medication education	100%	100%	98%	100%
Home Care patients receiving medication reconciliation	100%	87%	97%	90%

9. Patients who have physical impairments due to illness, surgery or injury may not recognize fall hazards in their homes. Items such as throw rugs, stairs without railings, extension cords across floors and slippery bathtubs are particularly dangerous to recovering patients. The LMH Home Care staff offers a safety evaluation of the patient’s home, as well as an assessment of the patient’s own physical abilities in the home environment.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Fall risk assessment completed for every Home Care patient	100%	100%	99%	100%

10. Pain is commonly associated with acute injury and illness. LMH Home Care implements pain interventions to facilitate the patient’s healing and recovery. Pain intervention methods may include medication, exercise, behavioral strategies and other modalities.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Pain interventions implemented	99%	100%	100%	100%

Data Footnotes: (1) Rehab Metrics Report. (2) Press Ganey Associates, “Home Health Care Consumer Assessment of Healthcare Providers and Systems (HHCAHPS) survey results.

Health Tips – Caring for a Family Member Receiving Rehabilitative Services

A patient who has suffered an acute illness, serious injury or has had surgery will likely require rehabilitative services after discharge from a hospital. A family member may have to assume the role of caregiver. It may be overwhelming to think about the responsibilities of providing day-to-day care, but it is important to remember that caregivers are an essential partner of the healthcare team. Physicians and therapists may rely on the caregiver to help explain the programs, provide care, assist with medications and help with other medical needs. They also turn to the caregiver for information about the patient’s history and home environment. Take these steps when considering caring for a loved one:

- Learn about the medical condition – research risks and treatment choices
- Determine insurance coverage and whether or not the family member is eligible for public programs
- Review or create legal documents including an advance directive, health care proxy and power of attorney
- Consult other family members for input and support

At Licking Memorial Hospital, the staff includes families in the rehabilitative process so that appropriate training can take place to ensure a safe transition to home. Be sure to discuss the family member’s needs before leaving the Hospital. Ask the staff about special care techniques needed for changing dressings, giving injections or using special equipment.

Planning for Post-Acute Care

A hospital stay for an acute illness, surgery or an injury may require some patients to seek post-acute care – commonly referred to as rehabilitation services, or rehab. During the hospital stay, if such care is warranted, a case manager will visit the patient and/or a caregiver to discuss the type of rehab needed and the different levels of care available after discharge. The goal of rehabilitative services is to improve the patient’s mobility and ability to perform normal daily activities required to meet basic needs so they may return home and live as independently as possible. It is important to begin planning for post-acute care as soon as the patient learns that rehab is needed.

Acute care begins during the hospital stay and the rehabilitation process can begin as soon as the patient is physically able. The physician in charge of the patient’s care may ask a physical, occupational or speech therapist to work with the patient at the bedside. A therapist can instruct the patient on basic functions such as transferring from the bed to a chair or wheelchair, using assistive devices, exercise or wound care. Generally, a physical therapist creates an individual exercise program to assist the patient to increase strength and mobility while an occupational therapist focuses on function, such as bathing, dressing and safety. As the patient gains strength and function, the case manager can discuss discharge options.

If further care is needed after discharge, the patient can be transferred or referred to a post-acute care provider. Options for post-acute care can be selected based on multiple factors, including a patient’s activity tolerance, specialty services required, the amount of direct physician oversight medically necessary, support structures in place at home, and insurance qualifications.

Post-acute care providers include:

- Outpatient services
- Home health care
- Skilled nursing facility
- Inpatient rehabilitation

Outpatient services are provided at a physician’s office or in a clinic setting. The patient travels to the location and returns home the same day. The facilities have advanced equipment and highly

trained staff to provide specialized services including physical therapy, occupational therapy, speech therapy, and wound care. Outpatient programs are for patients who are doing well enough to be home and can complete the course of therapy needed for recovery.

Home health care is available for patients who are unsafe to leave the home without assistance and continue to require medical care. Staff members – including nurses, aides, therapists and support staff – can continue rehabilitation at the patient’s house. The specially trained staff can help with medication management, home exercise programs and personal care.

A skilled nursing facility, otherwise known as a nursing home, offers care for patients staying at the facility. Many believe a nursing home is a permanent residence for someone who is unable to care for themselves; however, that is not always the case. A patient can receive therapy or other services from professionally trained staff including nurses, social workers, physicians, dietitians, and physical, occupational and speech therapists. The goal is to return the patient home to live as independently as possible.

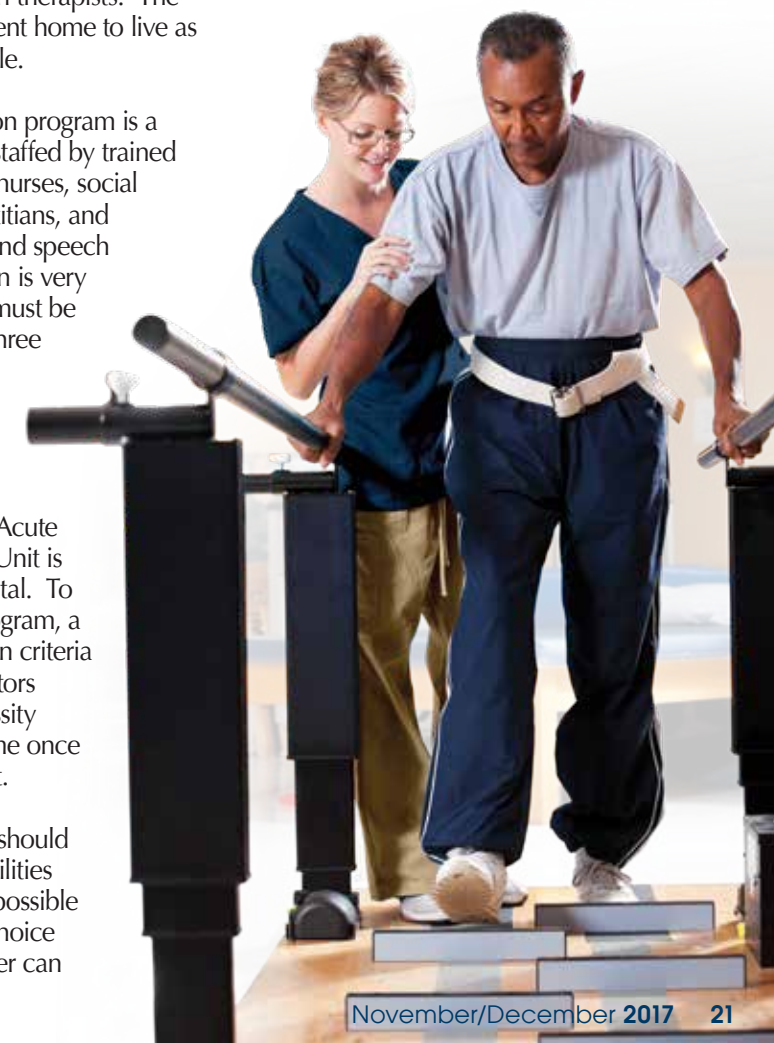
An inpatient rehabilitation program is a specialized care center staffed by trained professionals, including nurses, social workers, physicians, dietitians, and physical, occupational and speech therapists. Therapy often is very intense and the patient must be able to tolerate at least three hours of therapy, five days per week and achieve rehabilitation goals in a reasonable time period. At Licking Memorial Hospital, the Acute Inpatient Rehabilitation Unit is located inside the Hospital. To be admitted into the program, a patient must meet certain criteria dependent on many factors including medical necessity and ability to return home once discharged from the unit.

Caretakers and patients should begin researching all facilities and options as soon as possible to ensure an informed choice is made. A case manager can

assist with this decision making. While researching and working to make decisions about rehabilitative care, keep in mind the cost of each service and how much will be paid for by insurance. If a patient with Medicare meets specific requirements, Medicare will pay the full cost of services provided by a skilled nursing facility for the first 20 days. The requirements include:

- Physician or nurse practitioner certification of the need for skilled nursing care or rehab services
- Admittance to a hospital for at least three consecutive days – not counting the discharge day or time spent in observation
- Admittance to a rehab facility for the same illness or injury that was the reason for the hospital stay
- Assessment by rehab staff at least once a week

Most health insurance plans follow the same guidelines as Medicare, but many require more frequent assessments on admission and throughout the rehab stay. Check with the insurer for more information.



Quality Reporting to the Community

Patient Story and Benchmarks for Surgery Care

Patient Story – Mary Wigal

Mary was discharged home after seven days at LMH. “Everyone was so attentive to me during my stay,” she noted. “The staff was always checking on me. They were all so kind and polite and very good people,” Mary continued. She spent almost eight months with a colostomy bag and recalls that the most challenging part was learning how to change the bag, but was appreciative of the assistance she received at the Hospital, as well as the informational number they provided her for questions after she had returned home.

Brent Savage, M.D., performed a colostomy reversal in July 2017. “Dr. Savage and his office staff were outstanding,” Mary stated. “He was extremely patient with me and explained the entire procedure very thoroughly, including recovery.” Mary remained in the Hospital about five days following the reversal procedure and again remarked on the high quality of care she received. “I always was treated well by everyone, including physicians, nurses, point of care technicians, culinary services and environmental services staff. Each individual I encountered had a wonderful attitude. I would like to extend my deepest gratitude to everyone who assisted with my care,” she concluded.

Mary also appreciated the CBORD Food Management System. She enjoyed the food, the convenience of the room service option, and being able to eat when she was hungry. Her guests also welcomed the option of being able to order and dine with Mary at a reasonable cost.

The staff dedicated time to teaching Mary’s significant other, Tim Brewer,

what to expect throughout the recovery process and how to best care for her. She also was educated on a recommended diet to minimize any irritations to her condition.

Mary made a full recovery and has no limitations. Throughout her recovery, she remained diligent about climbing stairs and making efforts to strengthen her core. She has returned to work at Sak’s Market, a small, family-owned grocery in Newark. An avid deer, pheasant and wild turkey hunter, Mary is eager for hunting season after missing last year due to her surgery. She enjoys the outdoors, often with her four German short-haired pointers, her bird dogs, as well as shooting clay pigeons. Mary volunteered as an Ohio Hunter Education Instructor for 25 years.

“I would like to thank Tim for all the help and care he provided. I also was very fortunate to receive such tremendous support from my brother, Paul Welsh, and all my co-workers,” said Mary. “I had my gall bladder removed at LMH in 1979,” she shared. “While I have never had a bad experience at LMH, I have seen noticeable improvements over the years and am impressed with their high standards and so grateful for always receiving such outstanding care.”

LMH’s state-of-the-art surgical facilities are located in the John & Mary Alford Pavilion which opened in 2007. Out of the 7,254 surgeries performed in 2016, more than 5,023 took place on an outpatient basis, saving the patients from extended hospital stays and additional expenses.



Mary Wigal has lived with diverticulitis for many years, so she is familiar with the common symptoms, including severe abdominal pain, fever, nausea and changes in bowel habits. Diverticula are small, bulging pouches that can form in the lining of the digestive system. Diverticulitis is diagnosed when one or more of the pouches become inflamed or infected. The condition can be treated with rest, changes in diet and antibiotics.

In October 2016, Mary visited the Licking Memorial Hospital Emergency Department (ED) believing she was suffering from a flare up of her diverticulitis. Her family physician, Gerald Ehram, M.D., had recently retired and she was awaiting an upcoming appointment with her new physician, Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine. She was prescribed medication and was released. However, Mary still felt ill a month later and her symptoms were different than usual. Early Thanksgiving morning she returned to the ED. A computerized tomography (CT) scan revealed a perforated bowel and Mary underwent an immediate exploratory laparotomy with colostomy creation at 3:00 a.m. The procedure removed a section of her sigmoid colon – the lower part of the colon. “I was in horrible pain,” Mary explained. “I remember being doubled-over and grabbing the physician’s arm explaining that I was a 10 plus on pain. They took excellent care of me. I am very grateful,” she said.

Surgery 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.

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

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Use of reversal agent for GI procedures	0.09%	0.08%	0.00%	Less than 0.90%

- The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient’s current medical record, marking the site by the surgeon, and final verification in the operating room. In 2015, 7,275 surgeries were performed at LMH.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Wrong-site surgeries	0	0	0	0

- Patients who have open-incision surgery are at elevated risk to develop an infection at the surgical site. In extreme cases, a localized infection can lead to sepsis, which is a systemic, life-threatening condition. LMH utilizes strict infection-prevention strategies for each surgical patient and ensures that the Hospital’s Central Sterile staff members receive certification in proper reprocessing sterilization policies for surgical equipment.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Central Sterile staff with certification within one year of completed training	100%	100%	100%	100%
Surgical site infections	0.20	0.10	0.50	0.10
Post-operative sepsis, per 1,000 patients	NA	2.10	3.34	State ⁽²⁾ 12.85

- As a quality care indicator, hospitals track 30-day readmission rates for patients who had total hip or total knee replacement surgeries. LMH tracks the rate of patients who had an unplanned readmission back to LMH for any reason (even if the reason was unrelated to the surgery) within 30 days of their Hospital discharge.

	LMH 2014	LMH 2015	LMH 2016	National ⁽¹⁾
30-day readmissions:				
Total hip replacement readmissions	3.77%	8.00%	4.65%	2.45%
Total knee replacement readmissions	2.78%	3.23%	2.66%	1.19%

- Delays in surgical procedures are an inconvenience to patients who may have fasted for hours and often are nervous. The LMH Surgery staff makes every effort to schedule procedures appropriately for the comfort of patients and their families.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Surgeries that started on time	78%	88%	89%	Greater than 90%

- Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots.

	LMH 2014	LMH 2015	LMH 2016	State ⁽²⁾
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis, per 1,000 patients (PSI 12)	NA	0	2.51	5.42

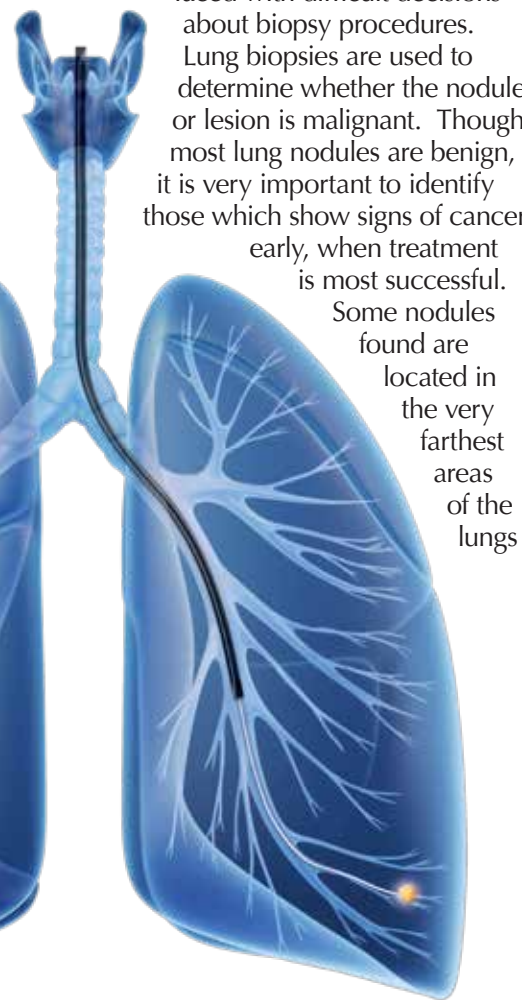
Data Footnotes: (1) MIDAS CPMS comparative database (2) Battelle WayFinder™ Q.I. Dashboard.



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

Lung Biopsy Now Performed as Outpatient Surgery

With advanced imaging technologies detecting a higher percentage of nodules in the lungs, physicians and patients are faced with difficult decisions about biopsy procedures. Lung biopsies are used to determine whether the nodule or lesion is malignant. Though most lung nodules are benign, it is very important to identify those which show signs of cancer early, when treatment is most successful.



Some nodules found are located in the very farthest areas of the lungs where a traditional bronchoscope – a thin lighted tube used to look into the lungs – cannot reach. Previous procedures were invasive and left patients at risk of suffering a collapsed lung. The electromagnetic navigational bronchoscopy (ENB) now performed at Licking Memorial Hospital (LMH) offers a safer and less invasive alternative.

An ENB procedure uses a navigation catheter that extends the reach of the bronchoscope and allows access to the small airway passages in the outermost part of the lungs that previously were difficult to reach. The process provides navigation through technology similar to a Global Positioning System (GPS) unit. “ENB uses virtual bronchoscopy and real time 3-dimensional CT images that enable us to localize these difficult to reach lung nodules,” said Asegid Kebede, M.D., of Licking Memorial Pulmonology and Sleep Medicine. “It basically is a 3D roadmap to the patient’s lung. ENB identifies the exact spot where the lesion is located in order to collect a biopsy.” Using the map, the physician guides the specially designed tools into place to carefully take samples of the tissue.

The most common reasons for having an ENB procedure include abnormal

findings on a chest X-ray or CT scan showing a spot on the lung. ENB provides clear information for the physician to utilize for examination and includes genetic characteristics which are essential to planning the next stages of care. According to Dr. Kebede, tissue diagnosis also is quicker using ENB. A laboratory technician that specializes in diagnosing cancer is present during the procedure and tests the sample tissue right away. “The benefit of ENB is potentially detecting lung cancer earlier and enhancing treatment options for patients,” said Dr. Kebede. The minimally invasive outpatient procedure has a marginal risk of causing a collapsed lung.

The technology uses the i•Logic™ System from superDimension®, which enhances the ability to collect tissue samples from very small nodules earlier and more safely than other methods. In addition, i•Logic also can be used to place markers around the lesion to guide external beam radiation and to help easily locate the lesion again in case any additional procedures are necessary. The procedure takes, on the average, an hour and a half to complete, and is performed on an outpatient basis with no overnight stay.

Former Board Members Thanked for Service

The Boards of Directors that govern Licking Memorial Health Systems (LMHS) and Licking Memorial Hospital (LMH) are comprised of volunteer community leaders who willingly contribute their time and talents to guide the organizations’ operations and policies. In October, former Board members gathered in the LMH Café for an annual dinner, which LMHS hosted as an appreciation for their years of dedicated service.

LMHS President & CEO Rob Montagnese thanked the former Board members for establishing a successful foundation to pursue LMHS’ short- and long-term goals, which he outlined in a presentation to those in attendance. “We continue to benefit from the dedication and progressive thinking of those who have voluntarily served on the LMH and LMHS Boards of Directors,” Rob said. “Because of your diligent promotion of our mission to

improve the health of the community, we remain financially stable while providing excellent care and state-of-the-art services to Licking County residents.”

LMH has been governed by a Board of Directors since 1898, when the first nine-room Hospital, known as Newark

Hospital, was established on North Third Street in Newark. The LMHS Board of Directors, created in 1984, oversees operations of the Hospital, Licking Memorial Health Professionals private practices and Licking Memorial Health Foundation.



Former Board Members

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

Mr. Glenn Abel
Mr. Donn Alspach
Mr. Royce C. Amos*
George Andrews, D.D.S.*
Mr. Gus Andrews
Robert Barnes, Ph.D.
Mr. Joseph Bernat*
Mr. C. Eugene Branstool
Mr. Robert I. Bull*
Mr. John Carlson
Mr. Ronald Celnar
Mrs. John Chilcote*
Mrs. Nancy Chiles-Dix
Mr. Jack Crockford
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Mr. Daniel Dupps
Gerald R. Ehsam, M.D.
Ms. Janet Englefield
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Mrs. Karl Foster*
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Mr. John R. Goodwin
Julius Greenstein, Ph.D.*
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Mrs. Bonnie Manning
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Mrs. Matthew Matesich*
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Mr. William McConnell
Ms. Mary Jane McDonald
Mr. Robert McGaughy
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Mr. Joseph M. Szollosi
Ms. Jennifer Utrevis
Mr. Richard Vockel*
Mr. Edwin Ware
Mr. John H. Weaver*
William M. Wells, M.D.*
Mr. Gordon Wilken
Mr. Wilber W. Wilson*
Mrs. Nancy Wright*

*Denotes deceased member



Nina Hourmouzis, M.D.

Community Education – Adventures in Plant-based Eating

Date: Thursday, December 7

Time: 6:00 p.m.

Location: LMH First Floor Conference Rooms

Speaker: Nina Hourmouzis, M.D.

The advice your mother gave you to eat your vegetables may be more important for your health than ever imagined. A growing body of evidence supports the life-changing benefits of a plant-based diet, which is far from bland and tasteless. Delicious plant-based meals – whole fruits, vegetables and grains that are seasoned with a few thoughtful herbs – are not only a tasty and healthy dining option, but could make an unbelievable difference in your overall health.

Join Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, on Thursday, December 7, at 6:00 p.m. in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark, for an exploratory journey into the world of plant-based eating. Participants will learn about the positive impact plant-based foods can have on your health and quality of life. Food samples and recipes will be provided. The program is free; however, space is limited and registration is required. To register, please visit www.LMHealth.org or call (220) 564-2527.

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.

The John Alford Fellowship

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

Dr. Janæ Davis and Family

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) thanked Janæ Davis, M.D., for her family's commitment to the John Alford Fellowship with a glass recognition piece.



Dr. Davis joined Licking Memorial Women's Health in 2006. She received her Medical Degree from Northeast Ohio Medical University in Rootstown, Ohio, and completed an obstetrics/gynecology residency at Aultman Hospital in Canton, Ohio. She is board certified in obstetrics and gynecology, and is a member of the American College of Obstetrics and Gynecology, and the Central Association of Obstetrics and Gynecology. Dr. Davis was selected by her peers as the LMH Physician of the Year in 2016, and was recognized as an LMHS MVP in 2009.

Dr. Davis lives in Frazeytsburg with her husband, Kevin Zoladz, and her two daughters, Jady and Mara. In her spare time, she enjoys ballroom dancing, cooking, playing piano, and providing education on women's health topics.

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.

TrueCore Federal Credit Union

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized TrueCore Federal Credit Union as the newest member of The Platinum Circle. President & CEO Jay Young and Board Chairman Tom Lawyer accepted a glass recognition piece as a token of LMHS' appreciation.

TrueCore, the largest credit union in Licking County, was formed in 2015 when Fiberglas Federal Credit Union acquired the members of Cardinal Federal Credit Union. Needing a new name, TrueCore was chosen to emphasize the credit union's commitment to stay true to its core values of integrity, innovation, service and community. TrueCore's 60 employees work at four locations throughout Licking County: Deo Drive, Second Street and West Main Street in Newark, and Hopewell Drive in Heath. In addition to being twice voted one of the Best Financial Institutions in Licking County by *Newark Advocate* readers, TrueCore has been recognized as Business of the Year by the Licking County Chamber of Commerce and a Top Work Place by *Columbus Business First* and 10TV.



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
TWIGS 8

Caduceus Society

Dr. Garth Bennington and Family
Richard D. Kennedy, M.D.
Bassam & Najwa Kret

Community Cornerstone Club

Tony and Rita Adams
Jim and Linda Brucker
Reed and Mel Fraley
Pam and Dave Froelich
Elliott and Barbara Gerber
William and Carolyn Hayes
Nicole and Anthony Judd
Richard P. Reed
James Riley
Lynne Dolan Rotruck

Cradle Roll

In honor of Joy Annette Hancock
By: Licking Memorial Hospital

In honor of Noah James Henry
By: Licking Memorial Hospital

In honor of Callan Anthony Houston
By: Licking Memorial Hospital

In honor of Emmanuel Price
By: Licking Memorial Hospital

In honor of Celestial Waro
By: Licking Memorial Hospital

General

Anonymous

Grants

Kohl's – Associates in Action
Ohio Network of Children's Advocacy Centers

Honorary

In honor of Jeff Smith, Chaplain
By: Second Presbyterian Church

In honor of Jack Weisent
By: Carl Marcum

John Alford Fellowship

Rita Allen

Memorial

In memory of Margaret Murphy
By: Leslie Emery

Platinum Circle

MedBen

LMHS Website Offers Community Valuable Resources

The Licking Memorial Health Systems (LMHS) website, www.LMHealth.org, provides the community convenient access to numerous valuable resources. Visitors may find a doctor, register for a class, get directions to a Licking Memorial facility, view Emergency Department or Urgent Care wait times, read the latest *Community Connection* magazine, apply for employment, access the Licking Memorial Hospital (LMH) Patient Portal, make a bill payment, and much more.

In an effort to address the recent controversy surrounding vaccinations, users will notice a Vaccination Facts quick link on the home page. As Licking County's largest healthcare provider, LMHS is eager to present accurate and beneficial information to assist in the community's understanding of the importance of vaccinations and clarify associated misconceptions.

A link to PatientsLikeMe.com can be found on the Patients & Visitors page. More than 600,000 patients with over 2,800 conditions are connected on PatientsLikeMe.com to support others and share information about managing symptoms. The goal of the site is to provide accessible healthcare data to researchers and patients. Users are able to click on specific treatment links to view what patients have to say about the most commonly reported symptoms, side-effects, perceived effectiveness, advice, burden, dosages and cost. At its core, PatientsLikeMe.com is a clinical research platform that provides real-time insight into thousands of diseases and conditions. The site's professionals have completed studies with real-world data that have helped refute and preempt traditional randomized clinical trials, modeled Parkinson's Disease, validated epilepsy

quality measures, shed new light on medication adherence in patients with multiple sclerosis (MS) and organ transplants, and added validated patient reported outcomes in psoriasis, autism and MS research.

On the Quality & Safety page, users may now link to an eye-opening video documentary addressing the severity of sepsis, a body's overwhelming and life-threatening response to an initial infection of bacterial, viral or fungal microbes. 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. Last year, LMH 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.

LMHS is continually striving to provide updated information and valuable resources to the Licking County community regarding health care through numerous community education classes and events that increase awareness of various health-related issues. The online calendar is updated regularly and offers electronic registration. Please visit www.LMHealth.org to view the wide variety of health resources available to the community.

Annual Receptions Recognize Donors

Two annual events were held in September to thank those who made generous financial contributions to the Health Systems throughout the past year. The Donor Appreciation Reception, hosted by Licking Memorial Hospital (LMH) Development Council, and the PRIDE Appreciation Open House, hosted by Licking Memorial Health Foundation, provided opportunities to express appreciation to donors and update them about LMH's current improvement projects.

At the Donor Appreciation Reception, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese discussed the recently approved radiology and surgery equipment replacement initiative which will be accompanied by numerous renovations, including the radiographic and fluoroscopy suites, laboratory and radiology registration spaces, and the surgery and gastroenterology procedure rooms. Improvements benefitting the community will total over \$10 million.

Rob and Vice President Development & Public Relations Veronica Link recognized donors who reached new giving milestones at increments of \$500. These donors received pieces from the

LMH Main Street Collection, a series of hand-painted replicas of LMHS buildings and amenities located throughout Licking County.

Barbara and Ray Holtz, Founder level donors and owners of Holtz Industries, unveiled the 20th piece of the LMHS Main Street Collection – the LMH Donor Wall. Established in April 1992, the Donor Wall was created to recognize gifts to LMH of \$10,000 or more since 1986. It reflects the Hospital's sincere appreciation to the special contributors in each giving level. The individuals, businesses and foundations listed on the Donor Wall assist LMH in providing quality health care for our community with state-of-the-art technology and capital expansion. Located in the Hospital Lobby adjacent to the main elevator bank, the Donor Wall is a constant reminder of the numerous individuals who have generously donated to the Health Systems. This year's addition represents the \$9,500 level of giving.

"The best way for us to grow is by the breadth and depth of the services we provide to our community. We take great pride in offering amenities and state-of-the-art equipment at the Hospital as well as important community programs that promote health and wellness. Donor generosity truly helps LMH fulfill its mission to improve the health of the community," Rob concluded.

LMHS employees who support the Health Systems through PRIDE (Providing Resources in Dedicated Employees) were honored during the PRIDE Appreciation Open House. There currently are 770 PRIDE members. Since its inception in 1987, PRIDE has raised more than \$2.7 million to fund major projects and capital improvements at LMH, including the Emergency Department lobby, renovation of the LMH main lobby, construction of the LMHS information highway, and the John & Mary Alford Pavilion fireplace area. Employees were treated to brunch-style appetizers and beverages.

LMHS, a not-for-profit organization, reinvests revenue over expenses back into the Hospital for the ultimate benefit of the community. Gifts may be designated for a specific department, service, facility or piece of equipment. However, unrestricted gifts allow the money to be used where the need is greatest. All donations are used for the capital expansion, renovations and equipment needs for LMH. Contributions received in 2017 will benefit the Family Practice and Urgent Care facility located in the Gerald K. McClain Building in Downtown Newark, dedicated in February. No contributor's money is used to pay for operating expenses, salaries or other expenditures. These resources are essential to maintain an up-to-date facility and enable LMH to continually meet the needs of the community with measurably different standards.

LMH Sepsis Initiative Featured at Corporate Breakfast



More than 100 community leaders gathered in late August to attend the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast. Held in the LMH Café, the program, "Sepsis Initiative at Licking Memorial Hospital," featured speakers Phillip Savage, D.O., Vice President Information Systems Sallie Arnett, M.S., RHIA, CHCIO and Vice President Acute Care Services Heather Burkhart, R.N., B.S.N. With death from sepsis on the rise – 40 percent of people diagnosed with severe sepsis do not survive, while others live with long-term physical and psychological impairments – awareness of the condition is extremely important.

Sepsis is a life-threatening condition that arises when the body's response to infection injures its own tissues and organs. It can be caused by either a bacteria or virus in the system and when left unchecked can result in tissue damage, organ failure, amputations and ultimately death. As many as 92 percent of sepsis cases originate in the community, so any individual is at risk from sepsis. However, the condition is most common and most dangerous in older adults, young children and patients with weakened immune systems or chronic disease. Accounting for nearly one out of every two to three deaths,

sepsis is the leading cause of death in U.S. hospitals, resulting in nearly 258,000 deaths annually.

Effective treatments are available, but must be provided early in the course of the illness. Dr. Savage highlighted early recognition, urgent attention and rapid treatment as three keys to sepsis survival. He noted that there is a three-hour window to provide fluids and antibiotics to a patient who is showing signs of sepsis.

Proactive steps taken by LMH to raise sepsis awareness include establishing a sepsis committee and sepsis alert protocol, increasing staff and physician awareness through ongoing education, real-time case monitoring, and Emergency Department case review. A multidisciplinary sepsis team consisting of physicians and nurses, Process Improvement, Pharmacy, Laboratory and Information Systems (IS) Departments also is a significant part of the LMH sepsis initiative. This team collaborates to screen all triage patients, leverage technology in early identification, and provide real-time communication of at-risk patients.

Sallie described how LMH has recently implemented several operational protocols through computer technology that improve the ability to act quickly for patients. The Information Systems Department has automated clinical workflows and documentation, including physician progress notes that automatically populate key patient information as well as physician order sets that allow physicians to rapidly take action to treat patients. Sepsis identification has further been improved with the use of the Hospital's Electronic Health Record systems by utilizing real-time nursing documentation to generate notifications for possible sepsis and calculate each

patient's risk of sepsis. The Sepsis Visual Smart Board, the heart of the Sepsis Surveillance System, aggregates all key data from 38 fields in a single location, providing a comprehensive overview of the patient's current condition. The Sepsis Smart Board communicates directly with a HIPAA compliant secure texting system to send a text notification directly to the physician's smart phone in the event that a patient is at high risk for sepsis.

Heather defined the key predictors of patient deterioration – heart rate and respiratory rate. EarlySense, a contact free, continuous patient monitoring system, alerts medical staff to adverse changes in vital signs and assists in detection of patient deterioration earlier than traditional monitoring. Nursing staff receives alerts via Vocera, a hands-free, wearable communication badge, as well as display monitors. Heather shared that LMH was the first hospital in the state and among the first 13 hospitals in the nation to implement the EarlySense technology.

Offering real-time medical data, categorization of patients by risk, as well as earlier detection of symptoms, the Sepsis Surveillance System and EarlySense technology have contributed to a 70 percent decrease in the sepsis mortality rate at LMH, saving 62 lives in 2016. "Our ability to act quickly and collaborate to address this serious issue is impressive," commented Rob Montagnese, LMHS President & CEO. "We will continue to be passionate about caring for our patients and the conditions that place them at risk."

Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about new technology and services within LMHS. The Development Council was established in 1987 to increase charitable giving to LMH and to promote positive community relations. Approximately 75 distinguished members of the community volunteer their time to serve on the Development Council.



Active•Senior Program Presents Inaugural Bingo Event

Licking Memorial Health Systems (LMHS) presented the inaugural Active•Senior Bingo event in the Licking Memorial Hospital (LMH) Café in October. LMH Board Member Mark Mitchell, M.D., joined LMHS President & CEO Rob Montagnese to call the numbers for the nearly 140 participants. Lucky winners received exciting prizes such as \$25, \$50 and \$100 gift cards to area businesses

including Kroger, Giant Eagle, Lowe's, Sears, Kohl's, Dick's Sporting Goods, Reader's Garden, Hobby Lobby, New Day Spa, Applebee's and Speedway. Two winners also received a membership to the Licking County Family YMCA.

Active•Senior Bingo will be held annually and participation counts toward the Active•Senior program goals. The next scheduled event is the second annual Active•Senior Game Show, which will be held on February 21 at The Midland Theatre. Members in the Active•Senior program are

encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental and Social. The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2017-2018 goal program began on May 1, and will continue through April 30, 2018. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



Walk with a Doc

Kenneth Parker, M.D., of Licking Memorial Otolaryngology, discussed numerous ear, nose and throat issues during the September Walk with a Doc at The Dawes Arboretum. Tinnitus, vertigo, sinus infections, allergies and snoring were several of the topics that Dr. Parker addressed with the more than twenty attendees during a walk along the Woodland Garden Trail.

Approximately thirty local residents joined D'Anna N. Mullins, M.D., of Licking Memorial Hematology/Oncology, for the October Walk with a Doc. Participants traversed the bike path at The Ohio State University at Newark campus amid picture-perfect fall weather. Dr. Mullins discussed various issues surrounding cancer, including important health screenings and expectations related to common procedures. Blood pressure screenings and healthy snacks also were offered at the events.

The monthly program gives participants the opportunity to ask general questions concerning a featured health topic during a casual 40-minute walk at various locations throughout Licking County. The Walk with a Doc program will continue throughout the upcoming months. More details regarding the events are available on the back page of **Community Connection**.



LMHS Partners with Denison University for Community Event

On September 15, approximately 100 community members filled the Fine Arts Quad at Denison University in Granville to watch the Disney film, *Remember the Titans*. Licking Memorial Health Systems (LMHS), in partnership with Denison University, hosted the free movie, which was preceded by an Active•Fit Youth Wellness Event, and health screenings.

Denison students led children through crafts and games, and LMHS clinical staff members provided free blood pressure screenings. Before the movie began, attendees viewed a video overview of many available LMHS services.

LMHS began hosting its free Family Movie Nights in 2010 as an initiative to promote healthy, family-oriented activities. *Remember the Titans*, was the final feature of LMHS' Family Movie Night series in 2017.



Active•Fit Period 3 Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 3. Participants in the Youth Wellness Program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2017-2018 began September 1 and continues through December 31. For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.

- Xbox Kinect & Xbox Game**
Kadence Bernal, Pataskala Elementary
- \$400 Dick's Sporting Goods Gift Card**
Laci Lewis, Licking Valley Elementary
- Bicycle**
Luke Pastorius, Garfield Elementary
- Bicycle**
Rowan Watson, Legend Elementary
- Nike Shoes & iPod Nano with iTunes Gift Card**
Emma Allyn, McCuffey Elementary
- Nike Shoes & iPod Nano with iTunes Gift Card**
Braden Price, Hillview Elementary
- iPod Nano with iTunes Gift Card**
Isabella Knotts, Licking Heights Elementary
- iPod Nano with iTunes Gift Card**
Gracie Smith, Northridge Primary
- \$100 Dick's Sporting Goods Gift Card**
Joesy Kramer, Licking Valley Elementary
- \$100 Dick's Sporting Goods Gift Card**
Sara McMahan, Hillview Elementary
- \$100 Dick's Sporting Goods Gift Card**
Sebastian Mentz, Par Excellence Academy
- \$100 Dick's Sporting Goods Gift Card**
Abigail Mulford, Licking Valley Elementary
- \$100 Dick's Sporting Goods Gift Card**
Layla O'Brien, Licking Valley Intermediate
- \$100 Dick's Sporting Goods Gift Card**
Gabriella Warner, Licking Valley Elementary
- \$50 Dick's Sporting Goods Gift Card**
Logan Hughes, Kirkersville Elementary
- \$50 Dick's Sporting Goods Gift Card**
Logan Meacham, homeschool
- \$50 Dick's Sporting Goods Gift Card**
Maddex Meredith, Licking Valley Intermediate
- \$50 Dick's Sporting Goods Gift Card**
Kailley Musser, Licking Valley Intermediate
- \$50 Dick's Sporting Goods Gift Card**
Cody Stumbo, Licking Valley Intermediate
- \$50 Dick's Sporting Goods Gift Card**
William Woughter, Hillview Elementary

Pastoral Care Breakfast Addresses Advance Care Planning

Pastoral leaders of area parishes gathered in October at Licking Memorial Hospital (LMH) for fellowship over breakfast and to discuss the variety of issues surrounding Advance Care Planning (ACP). The LMH Pastoral Care Department invites the spiritual leaders of the community, who regularly visit patients at the Hospital, to a special annual event in appreciation for their devoted service. "We like to reach out to the pastors because they are here day and night caring for our patients," explained Chaplain Jeff Smith, Director of Pastoral Care. "We thank you and appreciate you, not only for what you do here, but also for what you do in your ministries and congregations. You have such wonderful hearts," he said after offering the invocation. Attendees also were offered complimentary influenza vaccines in an effort to help protect the clergy and their congregations.

Eric Pacht, M.D., Director of Biomedical Ethics, presented an overview of ACP to the more than 20 attendees. ACP is an ongoing process that reflects on goals, values and beliefs to help guide current and future health care. To ensure

personal wishes about current and future health care are followed and respected, individuals are encouraged to both personally reflect and discuss with their loved ones what type of care they would want if seriously ill, what fears they have about becoming seriously ill, and what beliefs guide their decisions.

According to a national survey conducted by *The Conversation Project*, 90 percent of people say that talking with their loved ones about end-of-life care is important, but only 27 percent have actually had that discussion. The California HealthCare Foundation reports that 82 percent of people believe it is important to put their wishes in writing, yet only 23 percent actually have written documents. "People often do not want to discuss such difficult issues as death and end-of-life concerns when they are feeling healthy," noted Dr. Pacht. In an effort to spread the importance of these conversations, Licking Memorial Health Systems (LMHS) offers a free program to answer questions about ACP. The program aims to help individuals learn about medical options,



how to make informed decisions, and how to choose a loved one to make decisions if incapacitated. "Clergy are frequently thrust into emotional family situations amidst end-of-life care," said Dr. Pacht. "Sharing this information and encouraging your congregation to prepare in advance can help alleviate stress during such difficult moments," he concluded.

The LMH Pastoral Care Department was developed to meet the spiritual needs of patients, families and LMHS staff members. Pastoral Care staff members are available to provide spiritual and emotional support as it relates to medical decision-making, patient rights and medical ethics. Upon request, the Pastoral Care staff will notify a patient's minister, priest, rabbi or other clergy of the patient's hospitalization.

Leadership Role Changes at Licking Memorial Health Systems

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese announced changes in nursing leadership positions. "The leadership role changes allow LMHS to place greater focus on clinical services related to community health and wellness," Rob said. Vice President Patient Care Services Debbie Young, M.S., R.N., C.C.M. will now serve as Vice President Allied Health Services, and Community Health & Wellness. Assistant Vice President Inpatient Services Heather Burkhart, B.S.N., R.N., is now Vice President Acute Care Services.



Debbie earned her Bachelor and Master of Science in Nursing degrees from The Ohio State University College of Nursing. Additionally, she is certified in case



Heather earned her Bachelor of Nursing degree from Ohio University and is currently pursuing a Master of Health Administration degree. She began working for LMHS in 2000 as a staff nurse. She served as the Director of Medical Surgical Nursing for four years and as Assistant Vice

management. Debbie joined LMHS in 1996, and became Vice President Patient Care Services in July 2001. In addition to leading new initiatives related to community health and wellness, she also will continue to provide oversight for Pharmacy, Laboratory, Radiology, Emergency Department & Urgent Care, Inpatient Case Management, Community Case Management, Home Care, Safe Surroundings and Rehabilitation Therapies.

President Inpatient Services for four years. In her new role, Heather will provide administrative oversight for the Hospitalist group, Medical/Surgical Inpatient Units, Critical Care, Dialysis, Maternal Child, Cardiology, Respiratory Therapy, Oncology, Acute Inpatient Rehabilitation, and Surgical Services which includes Surgery, GI Lab, Pain Clinic, Wound Clinic and Sleep Care Services.

Licking Memorial Health Systems is the primary healthcare provider in Licking County. The Health Systems includes Licking Memorial Hospital (a 12-time honoree of Truven Health Analytics' national list of 100 Top Hospitals), Licking Memorial Health Professionals (an employer-based group of more than 100 providers), and Licking Memorial Health Foundation. For more information, visit www.LMHealth.org.

In Memoriam – Employees and Retirees

Despite having more than 1,900 employees, the Licking Memorial Health Systems' (LMHS) staff is a closely connected team who depend upon each other to fulfill the Health Systems' mission to improve the health of the community. Therefore, the loss of an employee always affects the organization in a profound way. As a tribute to their dedication, LMHS honors employees who passed away during their service to the Health Systems each year, and retirees who passed away during the last year.

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

Employees

- Elizabeth Lewandowski** of the Emergency Department on February 2, 2017, after 3 years of service
- Susan Lonsinger** of Public Relations on February 12, 2017, after 12 years of service
- Cheryl Maier** of Hospital Coding on July 29, 2017, after 7 years of service
- Patricia Keener** of Pharmacy on October 10, 2017, after 28 years of service

Retirees

- Linda Albert** retired from Environmental Services in 2003 after 11 years of service
- Emily Bennett** retired from Maternal Child in 1984 after 21 years of service
- Wilma Garrison** retired from Surgical Sterile Supply in 1990 after 17 years of service
- Mary Hensley Smith** retired from Fiscal Services in 1997 after 23 years of service
- Flora McCrillis** retired from Environmental Services in 1997 after 31 years of service
- Joy McCrillis** retired from the Emergency Department in 1995 after 14 years of service
- Elma McDonald** retired from Culinary Services in 1988 after 13 years of service
- Elizabeth Roberts** retired from Health Information in 1982 after 12 years of service
- Vera Stroud** retired from Pharmacy in 1993 after 29 years of service
- Raymond Sunkel** retired from Engineering Services in 1992 after 19 years of service
- Dorothy Watson** retired from the Medical Staff Office in 1978 after 14 year of service
- Judith Williams** retired from Environmental Services in 2001 after 12 years of service

Volunteer Spotlight

Jan and Al Smith have been making a difference at Licking Memorial Hospital (LMH) through their volunteer services over the past decade. Jan started working as a TWIGS member in the TWIGS 8 LMH Gift Shop in 2008, while Al was serving as President of Hopewell Federal Credit Union. Eventually, Jan transitioned to a volunteer role for LMH in the Oncology Department. Al retired from the Credit Union in 2010, and also decided to volunteer at LMH, mainly serving as a meet-and-greet representative at the reception desk in the Hospital main lobby. "The best part of being a volunteer at LMH is the collection of experiences," Al says. "I try to uplift others because you don't know what they're going through, and a simple greeting could make someone's day a lot better."

Jan and Al originally lived in Tiffin in Seneca County with their five children. During their formative years, Jan stayed

home with them while Al was working. "Since we had five kids, it would be hard to take care of them if both of us were at work. I enjoyed staying in and taking care of the kids until they were old enough to be on their own," Jan stated. The family came to Licking County because of Al's role at Hopewell Federal Credit Union and quickly developed an affinity for the community. When discussing her early experience at LMH, Jan said, "The employees are glad you're there. I felt appreciated, and it made me want to continue my experience at the Hospital providing volunteer assistance."

Outside of the Hospital, the couple enjoys the company of their family, which includes 16 grandchildren and five great-grandchildren. "Our sizeable family definitely keep us busy, but they always make us laugh," Jan and Al said. When not spending time with their family, which includes watching

their grandchildren play golf, the couple plays cards with a group of friends and enjoys travelling throughout the United States. Individually, Jan collects Elvis memorabilia and Al enjoys golfing at various courses in Licking County.



Retiree Spotlight

After 40 years of employment at Licking Memorial Hospital, it is taking Cheryl Rechel some time to adjust to retirement. She enjoyed the routine and structure of her job, but has been trying to get used to the slower pace of being at home since March 2017. Cheryl, a lifelong resident of Newark, began her Hospital career as a nurse's aide on the 4th floor in October 1976. After several years in patient care – including caring for the babies in the Nursery – Cheryl began performing clerical duties in the Medical Records Department. She spent the past 18 years as a Registration Specialist for Outpatient Rehabilitation.

Looking back, Cheryl said LMH taught her to be more personable and willing to talk to people. "I was very young and shy when I was hired. I was taken out of my comfort zone often, but I needed to be pushed to grow to be more confident. I learned a lot, and I enjoyed getting to know the patients," Cheryl commented. She found talking with people helped them relax and provided



a positive patient experience. Working in a number of different areas of the Hospital, Cheryl was able to observe numerous roles filled by other employees and form a better understanding of what it takes to operate a community healthcare facility. She developed a sense of awe and respect for coworkers and feels grateful to have been part of a team that excels at showing compassion for the community.

During the years Cheryl worked for the Hospital, she witnessed many changes. When she began working at the Hospital, patients generally stayed at the facility much longer after a procedure, sometimes more than a month. Cheryl said the nurses and nurse aides were able to get more emotionally connected to the patients and their families. Now, many surgeries and medical procedures can be done as outpatient services in a physician's office. Cheryl also marveled about the growth of LMH and LMHS.

The addition of the Health Professionals changed the dynamic of LMHS, adding more people and more responsibilities. "Despite the growth, the attitude of the employees has not changed. The entire organization still has a feeling of unity and care for those we serve," Cheryl said.

Cheryl believes the spirit of caring was never more evident than during the Blizzard of 1978. With the area covered in snow, her friend and coworker, Diana Hall, vowed to drive through nearly impassable streets to pick up Cheryl for their shift. It took an hour for Diana to drive just a few miles, but she was able to get near enough to Cheryl's house, and the two reported for duty at the Hospital. Once there, they were asked to stay as the snow was cleared from the streets. Cheryl and Diana along with other employees slept on the LMH outpatient surgery unit for three days. "The staff gave us toothbrushes and personal items from the patient supplies," Cheryl recalled. They worked 12 hour shifts to cover for those who were unable to get out of their houses.

As she continues to adjust to retirement, Cheryl looks forward to hiking with her husband, Steve, in the area parks. She also plans to spend time reading, working on arts and crafts projects, and eventually volunteering in the community. Cheryl also is an avid Cleveland Indians fan and looks forward to cheering on her team to another great season next year. Right now, she is focused on spending as much time as possible with her eight grandchildren who range in age from 5 to 19 years old. Cheryl's three children – Tara, Matt and Lindsay – all live in the Central Ohio area, and she is able to attend sports and school functions with them.

Happy Holidays!

CELEBRATE THE HOLIDAYS WITH HEALTHY RECIPES

Cider Chai with Almond Milk

Serves 4

Ingredients:

- 1 quart of apple cider
- 2 chai tea bags
- 1/2 cup almond milk

Directions:

Bring apple cider to a simmer in a sauce pot. Add tea bags and let steep for 3 to 4 minutes, then remove tea bags. Add almond milk and serve immediately, or cool the mixture in a heat-proof container and serve over ice.

Nutritional Information:

Per serving: 120 Calories, 1g Total Fat, 28g Total Carbohydrates, less than 1g Protein, 2% Vitamin A, 10% Vitamin C, 0% Vitamin E, 0% Vitamin B6, 2% Calcium, 2% Iron

It can be difficult to maintain a healthy diet during the holiday season with large meals, festive cookies and desserts, and candies. Chef Brian Merritt, Director of Food Services at Licking Memorial Health Systems, has created these healthy recipes for a family meal that complement the holiday season. We hope that you and your family enjoy these recipes in good health!

Spiced Roasted Acorn Squash with Garnish

Serves 4

Part 1: Roasted Squash

Ingredients:

- 1 acorn squash
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions:

Slice acorn squash in half horizontally with a sharp knife. Scoop out the seeds, reserving them, and briefly rinse out the inside of the squash. Cut squash halves into wedges, following the natural curvature of the squash. One squash should make 12 to 14 wedges. Toss with oil, salt, and pepper. Place the squash slices on one side, on a parchment lined sheet pan. Roast in a 400 degree F oven for 30 minutes, flipping each squash wedge once.

Part 2: Squash Garnish

Final ingredients:

- Seeds from 1 acorn squash
- 2 tablespoons olive oil
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper

Directions:

Put seeds and pulp in to a strainer and run under cold water until seeds separate from pulp, discarding the pulp. Put seeds on a parchment lined sheet pan and pat dry with a paper towel. Add olive oil and spices, then toss to evenly coat the seeds. Roast in a 400 degree F oven for 12 to 15 minutes or until browned and crispy.

Part 3: Spiced Roasted Acorn Squash with Garnish

Ingredients:

- Roasted acorn squash
- Roasted acorn squash seeds
- 2/3 cup dried cranberries
- 4 tablespoons pecans (pieces)
- 2 tablespoons honey
- 2 oz. parmesan (shaved)

Final Directions:

Carefully transfer the acorn squash wedges to a platter, drizzle with honey, and garnish with cranberries, toasted seeds, pecans and shaved parmesan.

Nutritional Information:

Per Serving: 280 Calories, 8g Total Fat, 50g Total Carbohydrates, 8g Protein, 20% Vitamin A, 50% Vitamin C, 0% Vitamin E, 0% Vitamin B6, 25% Calcium, 10% Iron



LMHS Donates Beef to Salvation Army

In August, Licking Memorial Health Systems (LMHS) purchased the 1,355-pound Hartford Fair grand champion market steer, which was owned by Cole Foor, a member of the Boots & Buckles 4-H Club. LMHS President & CEO Rob Montagnese (middle right) and employees John Calhoun (far left) and Mike Cochran (far right) recently presented processed meat from the steer to Lieutenant Diane Martin (middle left) of the Salvation Army of Licking County. The beef will be used in the Salvation Army soup kitchens and food pantries to benefit community members in need.





Licking Memorial Health Systems

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Newark, Ohio 43055

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Community Events

Walk with a Doc

Saturday, December 2, 9:00 a.m.
Denison University Mitchell Center Indoor Track
Preethi Krishnan, M.D., of Licking Memorial Endocrinology, will discuss the topic of diabetes.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, please call LMHS Public Relations at (220) 564-1560.

First Impressions – Maternal Child Classes

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