

Community Connection

Volume 14, Issue 1

January/February 2017

Lifetime Achievement Reception Honors Distinguished Recipients

pages 2 & 3



Marketplace Plans to Cover LMHS Services
page 4

New Directions to Urgent Care – Granville and Allergy & Asthma
page 5

Rob Montagnese Named Among Becker's Hospital Review CEOs to Know
page 6

LMH Honored for Breastfeeding Programs
page 7

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

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



Lifetime Achievement Reception Honors Di

In December, 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 of 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 – Sarah Reese Wallace

In recognition of her devoted leadership and involvement within the Licking County Community, Sarah Reese Wallace became the 30th recipient of the Lifetime Achievement Award, which was created in 1989 and is the highest honor LMHS confers each year. A lifelong resident of Licking County, Sarah graduated from Newark High School before attending DePauw University in Greencastle, Indiana, where she earned a Bachelor of Arts degree. After receiving her Master of Business Administration degree from Indiana University in Bloomington, Indiana, she began her 36-year career with the First Federal Savings and Loan Association of Newark. As a granddaughter of Everett Reese, she is the third generation of the Reese family to lead the local financial institution. Sarah served as President of First Federal from 1982 to 1999, and remains the Chairman of the Board after being appointed to the position in 1999. As Chair of the Thomas J. Evans

Foundation, the 2014 Building a Healthier Community Award recipient, Sarah was instrumental in the creation of the Canal Market District, which opened in Downtown Newark in 2016. The project, which was a collaborative effort between the Thomas J. Evans Foundation, the City of Newark, Licking County, and numerous Licking County partners, is the culmination of a 30-year vision of her father, J. Gilbert Reese, who also received the Lifetime Achievement Award in 1992. The Canal Market District hosts a Farmer’s Market every Tuesday and Friday from June through October to ensure that healthy, affordable and locally produced food is conveniently available for community members. The Thomas J. Evans Foundation also encourages healthy lifestyles through its bike path system that consists of more than 44 miles of trails that are part of the Licking County Recreation and Transportation Corridor.

Sarah’s leadership has benefited numerous organizations in Licking County through her extensive community involvement. She is President of the Community Governing Board for A Call to College, a position she accepted in 2007 after serving on the Governing Board beginning in 2002.

She has been a member of the Central Ohio Technical College Board of Trustees since 2002, serving as President from 2004 to 2009. Sarah is the Chairman and Trustee for the First Federal Foundation, a Trustee for the Newark Campus Development Fund, and Director of Freight Service and Midway Truck & Trailer. She also serves her alma mater, DePauw University, as a member and Past Chair of the Board of Trustees.

Additionally, Sarah is a past Director of both the Park National Corporation and Park National Bank. She previously served on the Board of Trustees for both the Licking County Foundation and the Ohio Savings and Loan League. She also is a former President and Vice President of the Newark City School Board, and Director and Treasurer of the Newark Area Chamber of Commerce.

“Sarah’s dedication to our community has been evident for more than 30 years,” said LMHS President & CEO Rob Montagnese. “She consistently strives to better Licking County through her many endeavors, and her outstanding leadership has been invaluable to each organization she has served. She has supported the Health Systems in a variety of ways throughout the years, and has shared in our mission to improve the health of the community through the excellent projects supported by the Thomas J. Evans Foundation.”

Sarah and her husband, John Wallace, D.D.S., reside in Granville and both are longtime members of the Newark Rotary Club. They have three grown children, Gilbert, Gerald and Sally, and three grandchildren, with a fourth due in the spring.



stinguished Recipients



LMHS President & CEO Rob Montagnese (back row, far right) welcomed recipients of the Lifetime Achievement award to the 2016 reception, including (left to right): front row – Jerry McClain, Clarissa Ann Howard, Sarah Reese Wallace, Stuart Parsons, Rev. Dr. Charles Noble Sr., and Glenn Abel; and back row – Daniel DeLawder, Mary Jane McDonald, Robert McGaughy, Robert Barnes, Ph.D., Eschol Curl, Jr., David Shull, and Patrick Jeffries.

Building a Healthier Community Award – Food Pantry Network of Licking County



The 12th annual Building a Healthier Community Award was presented to the Food Pantry Network of Licking County in recognition of their work to ensure that no area residents suffer from hunger. Executive Director Charles Moore accepted the award, which has been given annually since 2005, on behalf of the organization and its Board of Directors.

The Food Pantry Network (FPN), located in Newark, was established in 1981 to coordinate the acquisition and distribution of emergency food supplies

through its member agencies. In total, there are 32 food pantries, soup kitchens, emergency shelters, youth camps and after school shelters that daily distribute food or provide on-site feeding programs for community members in need. The efforts, which are led by approximately 300 volunteers, helped more than 3,000 local families in 2015.

Food Pantry Network's services include offering low-income families the opportunity to pick up fresh produce at seven different location throughout Licking County. In 2015, the FPN-affiliated sites distributed more than 1 million pounds of fresh produce – an average of approximately 20,000 pounds per week. Providing access to fresh produce not only allows families to eat healthier, but also gives them the ability to meet some of their other needs with the money they would have spent on healthy food options.

"The Food Pantry Network provides a vital service to Licking County," Rob said. "Not only are they giving meals to low-income families, but their commitment to offer healthy, fresh produce aligns with LMHS' mission to improve the health of the community. We are incredibly fortunate to have a thoughtful and caring organization like the Food Pantry Network dedicated to serving our neighbors in need."



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)

* deceased

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

Marketplace Plans to Cover LMHS Services

Effective January 1, 2017, Anthem Blue Cross and Blue Shield in Ohio and Molina Healthcare of Ohio, Inc., a subsidiary of Molina Healthcare, Inc., will offer a variety of Marketplace products with healthcare service coverage through Licking Memorial Health Systems (LMHS) to local residents. Marketplace enrollment is underway and continues through January 31, 2017.

This partnership enables Marketplace members to receive care at Licking Memorial Hospital as well as access the Health Systems' homecare services, in-patient rehabilitation unit, specialty pharmacy and Licking Memorial Health Professionals physician specialty practices. In addition, members also will be able to utilize LMHS' urgent care centers in Granville, Pataskala and the upcoming location in Downtown Newark. Services covered will depend on the chosen plan.

Molina Healthcare has offered its Marketplace product in Licking County since 2014 and currently offers Marketplace plans in 22 counties throughout Ohio. In Licking County, Molina offers the second lowest-priced gold and silver plan.

Anthem now will provide a total of 20 different plans in Licking County that will cover medical services at LMHS. The new Anthem plans include 10 HMO and 10 PPO programs that offer a variety of coverage levels at tiered rates.

During the past year, many Marketplace Plan companies that previously covered care throughout the Country have abandoned offerings. "We are pleased that Anthem and Molina Healthcare are contracting with LMHS, so that our community members have an option to enjoy local healthcare services," said Rob Montagnese, LMHS President and CEO. "In addition to providing excellent health care, we want to ensure that our community members have options to access those services within Licking County. "The Health Systems understands the vital importance of local healthcare coverage, and the value of access to convenient services within the Licking County community."

The Frequently Asked Questions section (below) will provide answers to a variety of potential questions concerning the Marketplace offerings, including the specific plans that cover LMHS services. All new product options may be reviewed and purchased through the Marketplace website: www.HealthCare.gov.

Frequently Asked Questions

Which Marketplace Plans cover Licking Memorial Health Systems?

During the past year, many Marketplace Plan companies that previously covered care throughout the Country have abandoned offerings, and Licking County is no exception. As a result for 2017, Licking Memorial Health Systems only is covered by the following plans:

- Molina Bronze
- Molina Silver: 100 Plan, 150 Plan, 200 Plan, 250 Plan
- Molina Gold
- Anthem Bronze Pathway: HMO 2850, HMO 5000, PPO 5150, HMO 5200, PPO 5850, PPO 6800, HMO 7150, HMO or PPO 0% for HSA
- Anthem Silver Pathway: PPO 2000, PPO 2500, HMO 2850, PPO 3000, HMO or PPO 3500, HMO 4250, PPO 4050, HMO or PPO 10% for HSA
- Anthem Silver Core Pathway: HMO 5300
- Anthem Gold Pathway: HMO 1450

Can you change plans if you have previously enrolled in a different plan?

Yes - If you have enrolled in a plan for 2017 and want to change it, you can do so any time before January 31, 2017.

Deadlines for changing 2017 plans

- If you change your 2017 enrollment before December 15, 2016, your new plan will take effect January 1, 2017.
- Change plans by January 15, and your new plan will take effect February 1.
- Change plans by January 31, and your new plan will take effect March 1.
- After January 31, you can change 2017 plans only if you qualify for a Special Enrollment Period. (visit HealthCare.gov for details)

What is the process for changing plans?

- Log in (HealthCare.gov/login), select your 2017 application, and choose "My Plans & Programs."
- Click on "Change Plans" to see other available plans.
- Click "Change Health Plan" to select a new plan. Finish all steps to complete your enrollment.

Will my coverage be affected if I change plans?

Be sure to check your coverage dates.

- If your new plan has the same effective date as your old plan: Coverage from your old plan is canceled when your new coverage starts.
- If the new plan has a different effective date: You will stay covered by your old plan until the day before your new coverage starts (if you continue paying your premiums).

If I keep my current Plan, but wish to continue local care, what are my options?

If you are currently using a Marketplace Plan, but are now considered out of network, you would still be able to apply for financial assistance - details/forms are available on our website: LMHealth.org.

New Directions to Licking Memorial Urgent Care – Granville and Allergy & Asthma

The completion of the new Thornwood Crossing interchange on State Route 16 has altered the way patients access Licking Memorial Urgent Care and Licking Memorial Allergy & Asthma at 14 Westgate Drive in Granville. The intersection of SR 16 and Cherry Valley Road has been removed and Thornwood Crossing now must be utilized to access businesses in this area.



To reach Licking Memorial Urgent Care and Licking Memorial Allergy & Asthma, drivers must take the Thornwood Crossing exit, then eastbound traffic should turn left and westbound drivers should turn right. A series of left turns will follow, first at Newark-Granville Road, next onto Cherry Valley Road, and finally onto Westgate Drive across from Wendy's. Upon making the last turn, the Licking Memorial facilities are located on the right.

In addition to the new directions, Licking Memorial Allergy & Asthma has changed its name from Licking Memorial Allergy/Immunology to better reflect the scope of the specialty and highlight the availability

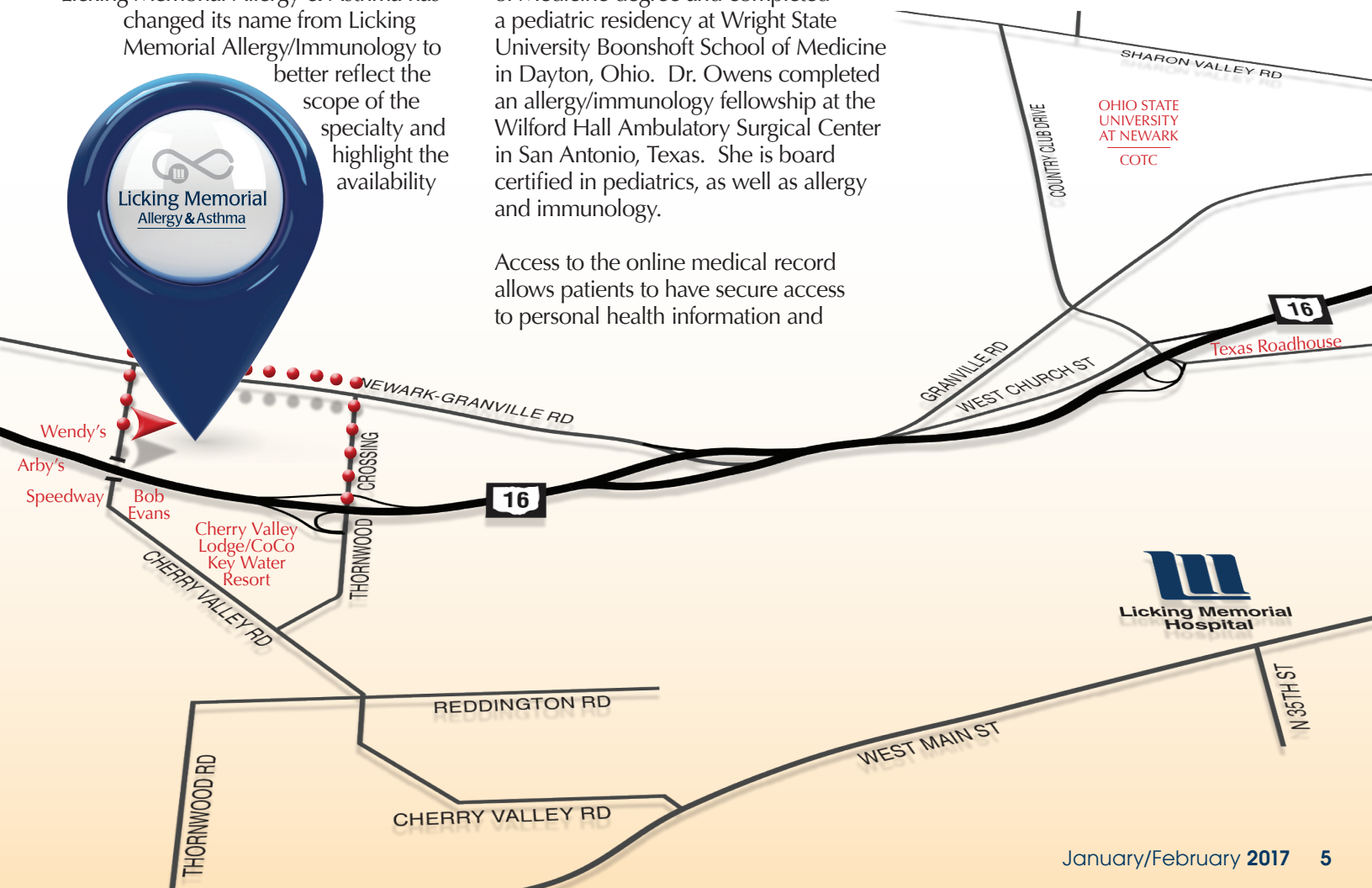


of personalized asthma care. Allergy & Asthma is a discipline which focuses on the prevention, diagnosis and management for illnesses and chronic conditions related to the immune system.

Tiffany J. Owens, M.D., FAAP, and a professional medical staff provide care for patients. Dr. Owens will continue to provide full-spectrum allergy, asthma and immunology services for adults and children. She received her Doctor of Medicine degree and completed a pediatric residency at Wright State University Boonshoft School of Medicine in Dayton, Ohio. Dr. Owens completed an allergy/immunology fellowship at the Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. She is board certified in pediatrics, as well as allergy and immunology.

communicate with the physician's office – without the need to call or visit. Patients are encouraged to set up an account. If assistance is required, please call the office during regular business hours – Monday, Tuesday and Thursday, 7:00 a.m. to 4:30 p.m., and staff will assist you. Dr. Owens is accepting both adult and pediatric patients. Please call (220) 564-7510 for appointments.

Access to the online medical record allows patients to have secure access to personal health information and



Rob Montagnese Named Among Becker's Hospital Review CEOs to Know

Licking Memorial Health Systems (LMHS) is pleased to announce that President & CEO Rob Montagnese recently was named to the 2016 edition of the Becker's Hospital Review "135 Nonprofit Hospital & Health System CEOs to Know" list. The list was released in November, and highlights the most impressive presidents and CEOs within the nonprofit health care sector. This is the second year Rob has received the recognition.

The individuals featured on the list lead some of the most successful nonprofit healthcare organizations throughout the country. They have overseen various financial successes, shown commitment to their communities, and helped advance the healthcare industry as a whole through their advocacy and professional efforts.

Rob was named President & CEO of LMHS in 2006. He joined LMHS as a college intern file clerk, and later served as Controller and Accounting Manager, Senior Vice President Financial Services, and Executive Vice President before assuming his current position.

Rob's leadership allowed the Health Systems to remain financially strong through the economic difficulties that began to affect much of the nation in 2008. As a result, LMHS was able to avoid personnel layoffs while continuing to upgrade and expand its services. New services and improvements over the past ten years have included:

- The addition of a medical campus with office space for Center for Sight, Licking Memorial Family Practice and Licking Memorial Orthopedic Surgery

- The addition of two urgent care facilities, with a third opening in early 2017
- The addition of a 69,266 square foot facility that includes outpatient surgeries and several various specialty clinics
- Addition of six new medical specialty practices
- Addition of an acute inpatient rehabilitation unit
- Expansion of the electronic health record
- Implementation of the patient portal
- Renovation of Women's Imaging, Radiology, Oncology, and Pediatrics facilities
- Renovation of the Hospital Café
- Expansion of the community education program
- Addition of a community health library and resource center

Rob has guided the organization and its 1,900 employees toward expanded community stewardship. "Rob's leadership has truly reinvigorated the relationship between the Health Systems and the Licking County community over the years," said Pat Jeffries, LMHS Board Chairman. "His vision and dedication have fostered a wide variety of free and preventative services that would not have been easily accessible to local residents in the past."

Free programs have included pre-participation sports screenings with Electrocardiograms and Echocardiograms for high-school and middle-school students, breastfeeding support with free electric breast pumps for new mothers, tobacco cessation services and products,

AED donations to emergency vehicles and public buildings, and donations of 12-lead EKG equipment to the county's emergency squads. He also was involved with the development of the Active•Fit Youth and Active•Senior wellness programs, designed to address the county's high rate of childhood obesity and promote healthy lifestyles for adults ages 60 and older.

For a complete list of the 135 Nonprofit Hospital & Health System CEOs to Know, including individual profiles of each executive, please visit www.BeckersHospitalReview.com.

Becker's Hospital Review is a monthly publication offering up-to-date business and legal news and analysis relating to hospitals and health systems. Content is geared toward high-level hospital leaders, and provides valuable content, including hospital and health system news, best practices, and legal guidance specifically for these decision-makers. Each issue of Becker's Hospital Review reaches more than 18,000 people, primarily acute care hospital CEOs, CFOs, and CIOs.



LMH Recognized by **Baby-Friendly USA** and **Ohio First Steps for Healthy Babies**

Licking Memorial Hospital (LMH) recently received two recognitions for its breastfeeding programs. These recognitions affirm LMH's commitment to providing breastfeeding support and education to new mothers and their infants.

Baby-Friendly USA, Inc., named LMH as a Baby-Friendly designated birth facility. Baby-Friendly USA, Inc. is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative, a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund. The international Baby-Friendly recognition honors birth facilities that offer new mothers the information, confidence and skills needed to breastfeed their babies. Licking Memorial Hospital (LMH) is the first community Hospital in Central Ohio, and one of only 10 hospitals in Ohio, to be designated a Baby-Friendly facility.

Breastfeeding is the recommended nourishment for infants. WHO advises that for the first six months of life, babies should be breastfed exclusively – with no supplemental formula, water, juice or solid food. After the first six months, WHO encourages continued breastfeeding up to the age of two years while other appropriate foods are introduced.

LMH offers a variety of programs to encourage new mothers to breastfeed. Free-of-charge First Impressions classes offer education and prepare expectant mothers to breastfeed. The Breastfeeding Promotion & Support Program provides free electric breast pumps to new mothers at LMH who have completed specific First Impressions classes and choose to breastfeed. Quit for You, Quit for Your Baby is an incentivized tobacco cessation program that offers free nicotine replacement products and one-on-one counseling services to help women stop smoking during pregnancy. LMH services also include lactation consultants to assist breastfeeding mothers in the Hospital after delivery and in the Outpatient Lactation Clinic at any time after discharge.

Ohio First Steps for Healthy Babies has awarded a five-star rating to LMH for its steps to promote, protect and support breastfeeding. Ohio First Steps is a voluntary breastfeeding initiative sponsored by the Ohio Hospital Association and Ohio Department of Health. The five-star rating is Ohio First Step's highest designation.



New Appointments



Thomas J. Gantner, PA-C, of Orthopedic Specialists & Sports Medicine, Inc., joined the LMH Active Medical Staff.



Keri L. Hershberger, M.D., joined Licking Memorial Family Practice – Pataskala.



Preethi Krishnan, M.D., joined Licking Memorial Endocrinology.



Sarah Rice, C.N.P., joined Licking Memorial Emergency Medicine.

Families Take Advantage of Free Flu Vaccines for Infants and Children

Licking Memorial Health Systems (LMHS) and Newark Advocate Media partnered to offer the community free influenza vaccines to infants and children on November 5. More than 70 infants and youth, up to the age of 18, attended a one-day "Be Wise ... Immunize" clinic at the Newark Advocate office, located in Downtown Newark. Staff members from Licking Memorial Pediatrics administered the vaccines after consulting with the children's parents. The clinic also included refreshments, prizes, drawings and an appearance by Scrubs, the LMHS mascot.

Rob Montagnese, LMHS President & CEO, said the successful turnout at the immunization clinic was very encouraging. "The Health Systems decided to bring the children's flu immunizations to Downtown Newark in an effort to increase our community's

level of protection. The excellent attendance demonstrates that our local families are well-informed about the potential impact of the seasonal flu and want to safeguard their children's health," he said.

The Centers for Disease Control and Prevention (CDC) reports that 20,000 children, on average, are hospitalized in the U.S. each year to treat complications of influenza. The CDC recommends annual flu vaccines for all children, ages 6 months and older. Children with chronic health conditions are especially vulnerable

and should receive a vaccine before the season of increased influenza activity begins in October and runs through May.

Individuals who have yet to receive the vaccine for the 2016-2017 "flu season" are urged to get one. Licking Memorial Family Practice and Licking Memorial Pediatrics physicians still have vaccines available.



Active•Fit

YOUTH WELLNESS EVENT

Active•Fit Junior Chef

Date: Saturday, March 11

Location: C-TEC

Time: 10:00 a.m. - 12:00 Noon

150 Price Road
Newark, Ohio 43055

Youth, ages 6 to 12, will learn how to make various healthy recipes and participate in several cooking stations for the preparation of a healthy lunch to be enjoyed following the program. **Registration is limited and must be completed by Friday, March 3.**

This event is free, however registration is limited to members of the Active•Fit Youth Wellness Program (ages 6 to 12).

To enroll in the free Active•Fit program, visit www.ActiveFit.org.

To register for the Active•Fit Junior Chef Event, please call LMHS Public Relations at (220) 564-1560.

LMHS Hosts **Active•Senior** Game Show Event

Licking Memorial Health Systems (LMHS) will host the Active•Senior Game Show, Wednesday, February 15, at 1:00 p.m. at the Midland Theater in Downtown Newark. The game show will feature a *Price is Right* theme and participants may count this activity toward their Active•Senior goals.

LMHS CEO & President Rob Montagnese will host a variety of games including Plinko, Money Grab, Chuck-a-Luck, Hole in One, Operation and Budget Bonanza. The traditional spinning of the wheel will earn contestants entry into the showdown where they will bid on medical and hospital-related items. Two prize packages will be awarded during the Showcase Showdown: an exercise package or “An Evening on the Town” featuring dinner, a Midland event and one-night stay at the DoubleTree by Hilton hotel. Light refreshments will be available throughout the event.

Events in the inaugural year of the Active•Senior program have included the Kick-Off Dance and Brunch Walk. Nearly 100 local residents, ages 60 and older, gathered for the LMHS Active•Senior Dance last June. The free event, held at the DoubleTree, featured a dance instructor, dance contests, prizes, hors d’oeuvres and beverages. Attendees learned a variety of dances from the 1940s through the 1970s, including the foxtrot, swing, twist and hustle. Prizes were awarded to the best male and best female dancers for each of the four featured decades. Brunch Walk

participants enjoyed a walk beginning at the Rotary Park Pavilion in Newark, as Hufza Hanif, M.D., of Licking Memorial Rheumatology, discussed treatment options for rheumatologic diseases. A healthy brunch followed the walk in September.

LMHS launched the goal-oriented program to benefit seniors in Licking County last spring. Active•Senior promotes healthy lifestyles for adults ages 60 and older. The goals of the program are as follows:

- Encourage adults to stay physically fit and maintain a healthy diet.
- Motivate adults to challenge themselves intellectually and stay connected with friends and family.
- Help adults maintain a lifelong commitment to personal health and wellness.

Each year, the Active•Senior goal program will run May 1 through the following April 30. Throughout the year, participants will work to achieve goals in four categories: Physical, Nutritional, Mental and Social. Each category features 20 goals, each of which is tied to either a specific event or a long-term healthy habit. Upon completion of each goal, participants earn a designated number of points.

At the end of each program year, the Health Systems will hold a yearly Active•Senior celebration during the month of June. The event will feature an auction and participants may use the points earned throughout the year to bid on exciting prizes, such as valuable gift cards, FitBit fitness trackers, bicycles and more. Participants must achieve at least eight goals in each of the four categories in order to attend the event and be eligible for prizes.

Interested participants, age 60 and older, may register online at www.LMHSActiveSenior.org, which allows participants to document their progress on an ongoing basis for an opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, and then transfer the information to the www.LMHSActiveSenior.org website prior to the end of each program year in April. Booklets are available at Licking Memorial Hospital, Licking Memorial physician offices and other select community locations.

Limited space is available for the upcoming Active•Senior Game Show. Registration is required. Please call the Public Relations Events line at (220) 564-1560 to reserve your space.



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 November, 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 the Health Systems' mission to improve the health of the community. "We are tremendously grateful for the many years of service you provided to the Hospital and Health Systems. Thanks to your progressive thinking, we

remain financially stable while providing excellent care to Licking County residents," Rob said. "Your dedication to this organization and our community established a legacy of strong financial management that has allowed the Hospital and Health Systems to remain independent while providing state-of-the-art equipment and services."

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 physician 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
Mr. Joseph Dager
Mr. C. Daniel DeLawder
Mr. Daniel Dupps
Gerald R. Ehrsam, M.D.
Mrs. William Englefield
Mr. Tim Evans
Joseph Fondriest, M.D.
Mrs. Karl Foster*
Rev. Joseph A. Garshaw*
Mr. John Gates*
Mr. Walter Gemmell
Mr. John R. Goodwin
Julius Greenstein, Ph.D.
Mr. Robert Griffith*

Mrs. Donald Gunnerson*
Mr. John E. Gutknecht
Mr. Paul F. Hahn*
Mr. Larry Harrington*
Mr. Earl Hawkins
Mr. Douglas Hiatt
Mr. Bennie Hill*
Mr. John Hinderer
Henry L. Hook, M.D.*
Ms. Cheri Hottinger
John Houser, M.D.
James Johnson, Jr., M.D.
Mrs. Shirley Johnson
Donald G. Jones, M.D.
Mr. John David Jones*
Ms. Ann Munro Kennedy*
Mr. Robert Kent
Mr. John Kutil*
Mr. David Lane
Mr. Howard E. LeFevre*
Mr. J. Richard Lemyre
Mr. Charles Lonsinger*
Mrs. Sara (Sally) Lytle*
Mr. William Mann
Mrs. Bonnie Manning
Mrs. John Mantonya*
Mr. James Matesich

Mrs. Matthew Matesich*
Rev. Carl E. McAllister*
Mr. Richard McClain
Mr. William McConnell
Ms. Mary Jane McDonald
Mr. Robert McGaughy
Rev. Thad McGehee
Mr. L.A. Messimer*
T. Thomas Mills, M.D.
Mark Mitchell, M.D.
Lewis Mollica, Ph.D.
Mr. Roger Morgan
Mr. Thomas Mullady
Mr. Eugene Murphy*
Mr. Frank Murphy
Mr. Albert J. Nerny*
Mrs. John. J. O'Neill*
Mr. Robert O'Neill
Mrs. Ruth Owen
Mr. Stuart Parsons
Ms. Judith Pierce*
Mr. C. Homer Price*
Mr. Robert Pricer*
Mr. Richard Reed
Mr. J. Gilbert Reese
Mr. Calvin Roebuck*

Mr. Roger Roth*
Mr. Robert Schenk*
Mr. Ted Schonberg*
Ms. Donna Shipley
Mr. Victor Shirley
Mr. P. David Shull
Mrs. Allen Simison
Charles Sinsabaugh, M.D.*
Mr. Norman Sleight*
Mr. Gregg Stegar
Mr. Rod W. Swank*
Robert F. Sylvester, M.D.*
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



LMHS Employees Join Habitat for Humanity – Mid Ohio



**Habitat
for Humanity®**

More than 50 Licking Memorial Health Systems (LMHS) staff members recently joined forces with Park National Bank, the City of Newark, and the Ohio Capital Corporation for Housing in the construction of two Habitat for Humanity – MidOhio projects in Newark. The projects include a new home on Parker Avenue and a remodeled home on Buena Vista Drive.

Families and individuals who are selected from the local community to receive a Habitat for Humanity home have demonstrated a financial need and a willingness to work hard in order to improve their housing situation. The recipients partner with Habitat for Humanity to help build their own home alongside volunteers and pay for the home through an affordable mortgage.

Brenda Gast, who works in the Laundry Department at Licking Memorial Hospital (LMH), had volunteered on a Habitat for Humanity build in the past, and welcomed the opportunity to become involved again. “I already knew how to use a hammer, saw, and most other hand tools from working around my home,” Brenda said. “For the Parker Avenue home, a Laundry coworker and I helped to assemble the roofing trusses and install insulation and siding. It’s something I like to do. I joined the project because I like helping people and giving back to the community,” Brenda said.

Knowledge of construction skills is not required to help on Habitat for Humanity projects. Cory Moyer, an LMH registration specialist, assisted at the Parker Avenue site even though he had limited experience with tools. “It was a win-win situation,” he said. “I gained some new skills, and Habitat for Humanity gained another volunteer. The Hospital does so much for the Licking County community, but I liked knowing that the work I was doing would have a tremendous impact on one specific family. It felt like we really got to the heart of helping others and made the community stronger.”

Conversely, Nia Spivey, a point-of-care technician in LMH’s Gastroenterology Department, said that she had no construction skills before her Habitat for Humanity experience. “This was my first time in using tools – I had never done any construction before,” she said. “My coworker and I signed up for the Buena Vista Drive project. The Habitat for Humanity staff taught us everything about installing vinyl siding. It was difficult at first, but toward the end I really liked the work. In fact, I enjoyed it so much that my husband and I plan to volunteer for Habitat for Humanity in the future. Now, I take great satisfaction in driving past other homes and knowing that I would be capable of installing their siding.”

Jenna Smith, who also is a point-of-care technician in LMH’s Gastroenterology Department, learned the skill of vinyl siding installation alongside Nia. “When I was younger, I participated in the construction of the new Utica Baptist Church, but I had never dealt with siding before,” she said. “There are many organizations all over the world that help people with housing, but I liked the fact that Habitat for Humanity gave me an opportunity to affect someone in our own community. It was eye-opening. The experience also allowed me to bond with coworkers whom I don’t see every day.”

Habitat for Humanity – MidOhio’s first project in Licking County took place in 2012, after merging with the Licking County Habitat for Humanity affiliate. Together, the two affiliates have provided 41 new construction and renovation projects in Licking County.

Deb Light, Director of Volunteer Services for Habitat for Humanity – MidOhio, remarked that the Health Systems employees’ service has been a tremendous boost to the humanitarian organization. “It’s been a pleasure working with the Licking Memorial Health Systems employees on this Habitat project,” she said. “Not only have they been quick to sign up and eager to serve in their community, but they also take pride in their actions, leaving behind a little piece of their heart and handiwork as they help the recipient families.”

“For me, the Habitat for Humanity opportunity turned into a teaching experience for my kids,” commented Trent Snow, a software engineer in LMHS’ Information Systems Department. “I signed up to assist with the project because I thought it would be a great experience to help others in need while getting outside the office environment. While I was at the Buena Vista Drive location, my wife and kids drove past the site and saw me working. It made me realize that I was teaching my kids by example that it is important to give of yourself to improve the lives of others,” he said.

Habitat for Humanity was established in 1976 as a grassroots effort on a community farm in southern Georgia to provide affordable housing to families. The organization has grown to become a leading global nonprofit working in nearly 1,400 communities throughout the U.S. and in more than 70 countries.



Physician Spotlight

Thomas J. Hagele, M.D., M.B.A., joined Licking Memorial Dermatology in July 2016. Dr. Hagele received both his Doctor of Medicine degree and Master of Business Administration degree with a focus in health care at Wright State University Boonshoft School of Medicine in Dayton, Ohio. He completed an internship in internal medicine at The Ohio State University Wexner Medical Center. He completed a residency in dermatology and served as chief resident at University of South Florida College of Medicine in Tampa, Florida. He has a special interest in complex skin cancer, dermatologic surgery and cosmetic dermatology.

Dr. Hagele is board certified in Dermatology and is a member of the American Academy of Dermatology, the American Society of Dermatologic Surgery, the American Society of Mohs Surgery, the American Society of Pediatric Dermatology, and the American Medical Association.

Ask a Doc – The Winter Itch with Thomas J. Hagele, M.D., M.B.A.

Question: What can be done about dry, itchy skin in the winter?

Answer: In the winter, many people experience dry itchy skin – commonly referred to as winter itch – even if they have never been diagnosed with a skin disorder like psoriasis or eczema. When the temperatures outside drop and the heat inside goes up, skin can start to look dull and flaky. It starts to tighten and feel dry and rough. Fine lines can become visible giving hands, arms and legs a cracked porcelain appearance. In addition, the dried out areas can begin to itch, and scratching can often make the itch feel more intense. The itch-scratch cycle can be frustrating and even interfere with sleep. To battle the itch, and protect the health of the skin, it is important to understand the root of the problem.

The problem of dry skin or winter itch begins in the outermost layer of the skin known as the stratum corneum. This layer is made up of dead skin cells, natural oils known as lipids, and water. The outermost layer of skin is very important for good health because it makes the skin impermeable, protecting deeper tissue from bacteria which can cause infection. During the winter, the protective oils can be lost allowing the water in the skin to escape more easily which causes the skin to tighten and dry out.

Winter takes a toll on the stratum corneum due in part to the humidity, or moisture in the air. Generally, the

humidity is low when the temperatures drop outside, and the dry air draws moisture from the skin, evaporating the water in the outermost layer of skin. Inside houses and buildings, certain types of heating also create a dry environment with the same effect. As the water evaporates, the oils are also soon lost, and the skin starts to dry and may even crack.

Looking for relief from the itch, some turn to hot showers or baths in hopes of exposing the skin to some extra humidity; however, the action can have the opposite effect. Hot water can wash away the protective oils leaving nothing to hold in moisture. Using soap adds to the drying effect because soap is an emulsifier, meant to remove oils on the skin. Once out of the shower, rubbing the skin can take off dead skin cells leaving no barrier to hold in the oils and water. Then, some will dress in thick clothing made of materials like wool or synthetic fibers to keep warm. These coarse materials can rub or irritate the skin where it has already begun to dry out and cause itching.

In addition to the external influences on the skin, the body itself maybe having difficulty supplying the water and oils needed to avoid the winter itch. Missing elements in the diet, like healthy fats and oils can contribute to the drying out process. Some fats are needed to maintain the lipids in the stratum

corneum, and omega-6 and omega-3 fatty acids are needed to help maintain healthy moisture levels. Also due to the natural aging process, the skin thins and oil glands start to disappear which decreases the availability of the needed oils. Finally, not drinking enough water throughout the day can leave the skin dehydrated.

Winter itch is generally a mild condition that can be controlled. The main goals for treating dry skin are to stop the itching, prevent loss of water, and restore the missing oils to the skin. To protect the water and oils in the skin, use lukewarm water when showering or bathing, and spend less time in the water. Choose a mild cleanser, such as Dove Unscented Body Wash, instead of perfumed or deodorant soaps that contain more harsh drying chemicals, then pat skin dry instead of rubbing. To fight dry skin from the inside, include items like avocado, nuts and olive oil that contain healthy fats when planning meals. Be sure to drink plenty of water to keep skin hydrated. A humidifier can be helpful as well to add moisture to the air and stop the evaporation of water from the skin. To avoid the itch, wear softer fabrics made of cotton.

Finally, in order to restore the oils in the skin and maintain the integrity of the skin barrier, it is essential to follow a moisturizing routine. There are four different classes of body moisturizers that



Antibiotics Treat Bacteria, Not Viruses

Antibiotics are effective in treating bacterial infections, but a common misconception is that antibiotics also can help fight viral infections. Bacterial infections, such as strep throat, whooping cough, bacterial pneumonia and urinary tract infections usually respond well to treatment with antibiotics. However, viral infections, such as colds, most ear infections, sore throats and influenza are unaffected by antibiotic therapy.

Bacteria and viruses are quite different, structurally. Bacteria are living cells and succumb to antibiotics that attack their cellular walls. On the other hand, viruses are not living organisms. They exist inside the body's own living cells and are not affected by antibiotics. Both bacterial and viral infections can cause similar symptoms of fever, chills, and body aches. Laboratory culture tests may be required to help physicians identify the source of infection and prescribe the best course of treatment. While antibiotics may be prescribed to treat bacterial infections, the recommendation for viral infections is likely to be to get plenty of rest, drink plenty of liquids and take over-the-counter analgesics (such as acetaminophen or ibuprofen) while the illness subsides on its own.

Debbie Young, Vice President Patient Care Services, commented that some patients have difficulty understanding why their physicians did not prescribe an antibiotic for them. "Sometimes, patients ask their physicians to prescribe an antibiotic for viral illnesses, but that could be harmful in the long run," she said. "Misuse of antibiotics allows bacteria to mutate and develop resistance. Today, physicians face the challenge of treating so-called 'super bugs' such as methicillin-resistant *Staphylococcus aureus* (MRSA) that arose partly from antibiotic misuse. It is important for physicians to prescribe antibiotics responsibly and for patients to take the drugs only as directed."

Most healthy individuals will recover from minor viral infections within one to two weeks without medical intervention. In the event that symptoms of a viral illness worsen or last longer than two weeks, the family physician should be consulted to determine whether a secondary infection, such as a sinus infection, has developed and may require an antibiotic.

can help in the fight against winter itch: ointments, oils, creams and lotions. An ointment, such as petroleum jelly or Aquaphor, offers the best results because it traps moisture in the skin; however, it is thick and feels greasy. Creams and lotions feel much less greasy than an oil or ointment, but have less power to trap in moisture. The ideal way to apply your moisturizer is after a shower or bath while the skin is still damp. Read the labels and check for chemicals, preservatives, and fragrances in the products that might irritate the skin or cause an allergic reaction.

While dry skin can be a recurring problem, preventive measures should work to alleviate the discomfort and dull, gray appearance. Scratching can lead to infection, so be careful not to scratch the affected areas. Signs of infection include redness, tenderness, swelling and pus. If the dryness or itch continue for more than two weeks, call a physician. The itching could be due to an allergic reaction or a skin disorder such as eczema or psoriasis which would require treatment. Severe itching can sometimes be a sign of a more serious condition, such as liver disease or cancer. A physician will be able to exam the skin more carefully and test for those conditions.



Quality Reporting to the Community

Patient Story and Benchmarks for Heart Care



Patient Story – Mark Stewart

Mark Stewart, D.D.S., definitely feels as though he has been given a second chance at life. On the morning of April 1, 2016, he and his wife, Lori, were taking their regular walk with their dogs as they had dozens of times before. They were only a couple hundred yards down the street when he felt a heartburn sensation in his chest. Thinking to himself that it was probably the spicy soup he had just eaten or the result of a few too many chest repetitions during his morning workout, he rested a few moments, and they continued. “So often it seems we are apt to place blame on everything else, anything but what we fear the most,” Mark explained. “I did not even consider myself anywhere near the risk group for heart problems.”

The following day on their walk, Mark experienced the same symptoms and did not continue. Despite his wife’s encouragement to see his family physician, he delayed again. On Monday, at his morning workout, he mentioned the episodes to a physician friend, Mike Campolo, D.O., though he still was not convinced it was anything to worry about. Dr. Campolo recommended that he come to the office for an electrocardiogram (EKG) after work. Tom Petryk, M.D., performed Mark’s testing that evening. His blood pressure and EKG tested normal, but Dr. Petryk urgently recommended a follow-up stress test at the Hospital be scheduled as soon as possible. A nuclear stress test was scheduled for the next day at Licking Memorial Hospital (LMH), but Mark’s blood pressure was measuring too high, 180/120, for the treadmill procedure.

At this point, Mark was introduced to Hassan Rajjoub, M.D., who inquired as to why he had delayed in seeking a diagnosis for his symptoms. A chemical stress test was completed instead. Initial results appeared to be normal, so Mark and Lori left and went home where he began preparing for work. Not much later he received a phone call from Dr. Rajjoub asking how far away he lived and how soon he was able to return to the Hospital. It was finally a reality to Mark that there was in fact something very seriously wrong. Dr. Rajjoub explained that he was suffering from severe ischemia, inadequate blood supply, on the right side of his heart. While there was no damage yet, there would be soon if it was not addressed. “Dr. Rajjoub personally explained everything to us and put us at ease as best he could. The entire staff was so pleasant and helpful,” Mark added.

Following radial angioplasty, a method that inserts a catheter through the patient’s wrist, Mark underwent an arterial stent procedure in the LMH Cardiac Catheterization Lab. It was discovered that he had a 99 percent blockage in his right coronary artery. “The radial procedure was so much more comfortable than the traditional angioplasty, which inserts the catheter through the patient’s groin,” Mark commented. Radial angioplasty is available at only 20 percent of the nation’s hospitals, carries less risk of bleeding or complications and allows patients to get out of bed much more quickly. Dr. Rajjoub met with Lori immediately upon completion, explaining that her husband was a very fortunate man and that the procedure undoubtedly prevented a heart attack. “I clearly dodged a bullet and I want to do anything I can to help or save someone else,” he explained.

Mark was prescribed blood thinners for approximately a year and cholesterol medication and baby aspirin indefinitely. “In all reality, this is a small price to pay. Had I gone another week without attention, it would not have been a good outcome,” he said. Mark has high praises for the skilled and talented Cardiac Catheterization Lab team as well as the Hospital staff who were attentive and kind to both him and his family. “I experienced a euphoria when walking out of the Hospital. The leaves looked greener, the sky bluer. That is what you appreciate after an experience such as this, all the things you take for granted on a daily basis,” Mark explained.

Lori has taken it upon herself to help Mark make better meal choices, researching and cooking heart-healthy recipes. “Positive lifestyle changes involving my diet and fitness were essential. Life is good. I am very blessed,” he declared. “I really do feel like this all happened to prepare me to de-stress and handle the approaching busy transition years with my family,” he continued. Mark and Lori are the parents of Lilly, a Granville High School freshman, Luke, a Granville High School senior, Sam, a Miami University freshman and Drew, an Ohio University senior. “I’ve learned not to sweat the small stuff, it is not worth the damage it does to your body.”

Under Dr. Rajjoub’s leadership, the Cardiac Catheterization Lab team was recognized with the prestigious Licking Memorial Health Systems President’s Award. The Cardiology Department received the National Cardiovascular Data Registry Platinum Performance Achievement Award and the American Heart Association Mission: Lifeline Gold Level Recognition – all in 2015.

Heart 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. The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of an attack. An electrocardiogram (EKG) measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2013	LMH 2014	LMH 2015	National Average ⁽¹⁾
Median time from arrival to completion of EKG	2.0 minutes	1.0 minute	3.0 minutes	7.0 minutes

2. In patients having a heart attack, emergency angioplasty restores blood flow to the heart muscle by re-opening blocked or clogged arteries. This is done by inserting a catheter into the artery that feeds the heart, inflating a balloon and placing a stent inside the artery to keep it open. This procedure can help reduce damage to the heart muscle, and has the best results when performed within 90 minutes after arriving in the Emergency Department. Licking Memorial Hospital (LMH) began performing this procedure in 2008.

	LMH 2014	LMH 2015	LMH 2016 (YTD)	National ⁽²⁾
Mean time from arrival until balloon angioplasty performed	54 minutes	59 minutes	52 minutes	60 minutes
Time to balloon within 90 minutes	100%	100%	100%	LMH Goal 95% ⁽¹⁾

3. Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH's program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants' progress in improving certain indicators of heart health. The following results were reported by cardiac rehabilitation patients.

Health Indicator	LMH 2013	LMH 2014	LMH 2015	National ⁽³⁾
Stopped smoking	75%*	74%*	80%*	greater than 75%
Improved weight	57%*	68%*	55%*	greater than 75%
Increased exercise time	99%*	100%*	100%*	100%

*The cardiac rehabilitation goals are customized for each individual patient. LMH offers nutritional counseling, supervised wellness sessions and an incentive program to reinforce the importance of making healthy lifestyle choices, but it is the individual patient's effort to attain these goals that determines the rates of success.

4. Licking Memorial Health Professionals (LMHP) physicians also monitor the usage of antiplatelet drugs, such as aspirin or an antithrombotic drug, in patients with coronary artery disease (CAD). The usage of these medications lowers the risk of myocardial infarction (MI) or death in patients with CAD.

	LMHP 2013	LMHP 2014	LMHP 2015	LMHP Goal ⁽³⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	93%	92%	92%	greater than 80%

5. LMHP physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of CAD. Elevated LDL cholesterol level is a risk factor for MI, but is reversible through medication, diet and exercise.

	LMHP 2013	LMHP 2014	LMHP 2015	LMHP Goal ⁽⁴⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	67%	68%	65%	greater than 53%

Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) American College of Cardiology National Cardiovascular Data Registry – Cath PCI Registry. (3) Benchmark indicates LMHP Goal. (4) National Committee for Quality Assurance, “State of Health Care Quality 2012.”



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

Heart-healthy Diet: 8 Steps to Prevent Heart

Although it is a known and proven fact that eating certain foods can increase the risk of heart disease, it often is difficult to change eating habits. Learning which foods to eat more of and which foods to limit will pave the way toward a heart-healthy diet. Individuals looking to make a lifestyle change as well as those simply fine-tuning a diet, will find these eight heart-healthy diet tips beneficial.

1. Control portion size

Food quantity is just as important as food quality. Use a small plate or bowl to help control portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods. This strategy can shape up a diet as well as the heart and waistline.

2. Eat more vegetables and fruits

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits also are low in calories and rich in dietary fiber. Vegetables and fruits contain substances found in plants that may help prevent cardiovascular disease. Eating more vegetables and fruits can help limit consumption of high-fat foods, such as meat, cheese and snack foods. Featuring vegetables and fruits in a diet can be easy. Keep vegetables washed and cut in the refrigerator for quick snacks. Keep fruit visible and accessible in a bowl in the kitchen. Choose recipes that have vegetables or fruits as the main ingredients, such as vegetable stir-fry or fresh fruit mixed into salads.

3. Select whole grains

Whole grains are good sources of fiber and other nutrients that play a significant role in regulating blood pressure and heart health. The amount of whole grains in a heart-healthy diet can be increased by making simple substitutions for refined grain products.

4. Limit unhealthy fats

Limiting how much saturated and trans fats in a diet is an important step to reduce blood cholesterol and lower the risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaque in the arteries, called atherosclerosis, which can increase the risk of heart attack and stroke.

The best way to reduce saturated and trans fats in a diet is to limit the amount of solid fats – butter, margarine and shortening – added to food when cooking and serving. Trimming fat off meat or choosing lean meats with less than 10 percent fat also can reduce the amount of saturated fat in a diet.

Using low-fat substitutions also is key to a heart-healthy diet. For example,

use low-sodium salsa or low-fat yogurt rather than butter to top a baked potato. Use sliced whole fruit or low-sugar fruit spread on toast instead of margarine.

When using fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in certain fish, avocados, nuts and seeds, also are good choices for a heart-healthy diet. However, moderation is essential. All types of fat are high in calories.

An easy way to add healthy fat (and fiber) to a diet is ground flaxseed. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids. Studies have found that flaxseeds may help lower cholesterol in some people. Grind the seeds in a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal.

5. Choose low-fat protein sources

Lean meat, poultry and fish, low-fat dairy products, and eggs are some of the best sources of protein. Be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties. Fish is another good alternative to high-fat meats. Certain types of fish are rich in omega-3 fatty acids, which can lower blood fats called triglycerides. The highest amounts of omega-3 fatty acids can be found in cold-water fish, such as salmon, mackerel and herring. Legumes – beans, peas and lentils – contain less fat and no cholesterol, making them good substitutes for meat.

6. Reduce sodium

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Although reducing the amount of salt added to food at the table or while cooking is a good first step, much of the salt consumed comes from canned or processed foods, such as soups and frozen dinners. Eating fresh foods and



Community Education – Healthier for Life Workshop

making soups and stews can reduce the amount of salt consumed.

If the convenience of canned soups and prepared meals is more suitable, look for varieties with reduced sodium. Beware of foods that claim to be lower in sodium because they are seasoned with sea salt instead of regular table salt – sea salt has the same nutritional value as regular salt. Another way to reduce the amount of salt consumed is to choose condiments carefully. Many condiments are available in reduced-sodium versions, and salt substitutes can add flavor to food with less sodium.

7. Plan ahead: Create daily menus

Create daily menus using the six strategies listed above. When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains. Choose lean protein sources and healthy fats, and limit salty foods. Pay close attention to portion sizes and add variety to menu choices. Variety also makes meals and snacks more interesting.

8. Allow an occasional treat

Allow an indulgence every now and then. A candy bar or handful of potato chips will not derail a heart-healthy diet. But do not let it turn into an excuse for giving up on a healthy-eating plan. If indulgence is the exception, rather than the rule, things will balance out over the long term. The important concept is that healthy foods are eaten the majority of the time. Incorporating these eight tips will make heart-healthy eating both doable and enjoyable. With planning and a few simple substitutions, eating with heart health in mind can be a reality.



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



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



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

Date: Thursday, February 9
Thursday, February 16
Thursday, February 23,
and Thursday, March 2

Location: LMH First Floor Conference Rooms

Time: 6:00 – 8:00 p.m

Speakers: Aundrea Parker, L.D., R.D., CNSC
Donya Hageman, P.T.A., C.-PT., CFNS
Debra Y. Larabee, R.N., B.S.N.

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

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

Healthier for Life is a four-part program and will be held on four consecutive Thursday evenings, **February 9, 16 and 23, and March 2**, from **6:00 to 8:00 p.m.**, in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. The program is free; however, space is limited and registration is required. To register, please call (220) 564-2527.

Quality Reporting to the Community

Patient Story and Benchmarks for Patient Safety

Patient Story – Sharman Meyer

Sixty-five-year-old Sharman Meyer had been tolerating painful knees for a couple of years until she decided in September 2015 that she had endured the discomfort long enough. “I had arthritis in my knees, and I was having trouble walking. I wanted to be able to be more active and play with my grandchildren. I also wanted to be able to go to Ohio State football games again,” she explained.

Sharman visited Robert W. Mueller, M.D., of Licking Memorial Orthopedic Surgery, who ordered X-rays to assess the extent of her knees’ deterioration. “The X-rays showed that the cartilage in both knees that normally cushions the joints had worn away, and the knees were basically bone-on-bone,” Sharman described.

Dr. Mueller recommended total knee replacement surgery for both legs, one at a time. “I was looking forward to having the surgery because I had been in intense pain for the past year,” Sharman said, “but I wanted to wait until after Christmas.”

In January 2016, Dr. Mueller performed total knee replacement surgery on Sharman’s left knee at Licking Memorial Hospital (LMH), using a titanium artificial joint. She said, “It was great – I was up and walking around that night. There was some discomfort from the surgery, but the Hospital staff kept my pain well controlled.”

A couple of days after the surgery, Sharman transferred to LMH’s Acute Inpatient Rehabilitation Unit (ARU) to receive therapy for a week as she recovered. Patients who have knee surgery are at increased risk for falls and injuries during their recovery, but Sharman felt that she was always safe due to the ARU staff’s attention to detail. “They showed me the correct ways of

getting in and out of bed. At first, I was using a walker, and they always ensured that it was near my bed where I could reach it. Later, when I was able to get around without the walker, they used a gait belt around my waist and walked with me. With all those precautions, I was not fearful at all and felt very confident about exercising. They were always right there beside me.” Sharman’s exercise routine in the ARU included three hours of exercise each day. “It was pretty intense,” she remembered. “But I recovered from the surgery quickly, and I think the rehabilitation definitely made a difference.”

Sharman noted that many details throughout her stay at LMH were designed with the safety of patients in mind. She explained, “Whenever staff members walked into my room, they’d ask how I was doing and type any comments I made into the computer right away. With every shift change, the current staff would introduce me and give my background to any members of the new shift who did not know me.”

Sharman, a retired middle school teacher and intervention specialist with the Newark City School District, is married to Chris Meyer, a Newark attorney who serves as legal counsel for Licking Memorial Health Systems and as an LMH Development Council member. He also noticed various steps that the Hospital staff took to ensure Sharman’s safety. “Sharman and I have observed shift changes at other hospitals that were performed at the nurses’ station – out of the patients’ earshot,” he said. “At LMH, the staff conducts bedside rounds, and the patient, as well as any family members who are present, are able to add a comment. That’s important because the healthcare staff may not be aware of something in the patients’

medical history that could affect their care. Sharman and I both appreciated being included in these bedside rounds as an additional patient safety factor.”

Following her discharge from LMH, Sharman made regular visits to Licking Memorial Physical Therapy to continue her rehabilitation. By the end of July, she was eager to have surgery performed on her right knee. “The second surgery also went really well,” she said. “I already knew what to expect, and there were no surprises. For the first surgery, my non-surgical (right) knee was in pretty bad shape, so I needed the extra support of inpatient rehabilitation during recovery. However, with the second surgery, my left knee was strong and functioning very well, so I could move around much more easily. I was able to go home a couple of days after the surgery, and the Hospital’s Home Health staff brought therapy to me at home for four weeks.” The Home Health staff also assessed the Meyers’ home for any hazards that could jeopardize Sharman’s recovery, such as poorly lit walkways, loose throw rugs and slippery bath and shower areas.

Sharman is thrilled with her improved mobility. “I believe that everything went so smoothly because the Hospital staff did everything possible to prevent any complications from developing. I can go places, even Ohio Stadium, and walk long distances. I am back to normal,” she marveled.

LMH recently received an “A” in the Leapfrog Hospital Safety Grade. LMH also has received other safety-related awards in the past, including Healthgrades Patient Safety Excellence Award, and Consumer Reports’ Hospital Ratings for Surgery Safety.

Patient Safety – 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. The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Although the medication error rate at Licking Memorial Hospital (LMH) is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed 988,388 doses of medication in 2015.

	LMH 2013	LMH 2014	LMH 2015	National ⁽¹⁾
Medication errors per 1,000 doses	0.010	0.013	0.016	0.310

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

	LMH 2013	LMH 2014	LMH 2015	National ⁽²⁾
Pneumonia infection rate of ICU patients on ventilators per 1,000 days of usage	0.0	0.0	0.0	1.2
Urinary tract infection rate for ICU patients with urinary catheters, per 1,000 days of usage	1.8*	0.0	0.6	1.3
Bloodstream infection rate for ICU patients with central venous catheters, per 1,000 days of usage	2.6**	2.8**	0.0	0.9

*Throughout a period of 1,000 patient days, two urinary tract infections were recorded in LMH's ICU.

**Throughout a period of 1,000 patient days, one bloodstream infection was recorded in LMH's ICU among patients with central venous catheters.

3. LMH conducts a comprehensive assessment to determine if a patient is at risk for a fall at admission and during the Hospital stay. Personal alarms and bed sensors help alert staff to a potential fall.

	LMH 2013	LMH 2014	LMH 2015	Goal
Inpatient falls, per 1,000 patient days	2.9	3.0	2.5	less than 3.0

4. Venous thromboembolism (VTE) is a serious condition that results when a blood clot forms within a vein. These clots can travel to the lungs and cause serious harm or even death. In fact, VTE is the most preventable cause of death and accounts for more annual deaths than those from breast cancer, AIDS and traffic accidents combined. VTE is 100 times more common in hospitalized patients compared with the community at large. Without prophylaxis, up to 20 percent of high-risk surgical patients develop DVT, and up to 26 percent of all medical patients are affected. High-risk groups include: up to 34 percent of heart attack patients and up to 40 percent of patients with heart failure. Cancer and stroke patients are particularly at risk with VTE complicating as many as 75 percent of these hospitalizations. Often, patients will have no symptoms when a clot has formed. By using preventive measures, such as blood thinners or mechanical devices, the risk for developing a clot can be significantly reduced. Due to the great risk of blood clots for patients, LMH has adopted a prevention protocol that applies to nearly all patients admitted to the Hospital to reduce their risk.

	LMH 2013	LMH 2014	LMH 2015	National ⁽³⁾
Medical patients receiving VTE prophylaxis by end of Hospital day 2	94%	97%	95%	96%

5. LMHS recognizes the importance of keeping our staff healthy and lessening the likelihood that they will infect our patients with influenza while under their care. The Health Systems is committed to providing and encouraging free, easily accessible flu vaccines to all employees.

	LMH 2014-2015	LMH 2015-16	LMH 2016-17	LMHS Goal	National ⁽⁴⁾
LMHS employees receiving the seasonal influenza vaccine	88%	94%	94%	greater than 80%	64%


6. Warfarin (trade name Coumadin) is a blood thinner, which also is called an anticoagulant. It is used to help prevent and treat blood clots. The most common side effect of warfarin is bleeding in any tissue or organ. It is important for patients to have a prothrombin time (PT) and International Normalized Ratio (INR) blood test regularly to help the physician determine the blood clotting rate and whether the dosage of warfarin should change. The testing is very important and must be accomplished at recommended intervals in order to keep the PT/INR result in the best and safest range for the medical condition. Licking Memorial Health Professionals (LMHP) has adopted this recommendation as a safety measure.

	LMHP 2013	LMHP 2014	LMHP 2015	Goal
LMHP patients on warfarin having a current PT/INR within recommended guidelines	90%	90%	92%	greater than 90%

7. Metformin (trade name Glucophage) is a medication that is used in the treatment of diabetes mellitus and polycystic ovarian disease. It is an effective medication for treatment of both of these unrelated disease processes, but must be used cautiously in patients with compromised renal (kidney) function. It is recommended to monitor renal function prior to initiation of therapy and at least annually thereafter. LMHP has adopted this recommendation as a safety measure.

	LMHP 2013	LMHP 2014	LMHP 2015	Goal
LMHP patients on Metformin with a renal function test within last year	91%	94%	94%	greater than 90%

Data Footnotes: (1) *To Err Is Human – Building a Safer Health System*, National Academy Press, Washington D.C., 2000. (2) *2010 CDC National Healthcare Safety Network Summary Report*. (3) *Hospitalcompare.hhs.gov national benchmarks*. (4) *Centers for Disease Control and Prevention (CDC), Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care Personnel, MMWR April 2, 2010 / 59(12); 357-362.*

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

LMH Earns Top Grade for Patient Safety

New Leapfrog Hospital Safety Grades, which assign letter grades to hospitals nationwide based on adopted patient safety practices and provides the most complete picture of patient safety in the U.S., were recently announced by The Leapfrog Group, a national patient safety watchdog. Licking Memorial Hospital (LMH) was one of 844 hospitals to receive an “A” grade, ranking among the safest hospitals in the United States.

“Protecting patients from harm is the most important charge for any hospital,” said Rob Montagnese, President & CEO of Licking Memorial Health Systems. “We continually strive to be vigilant and dedicated to keeping our patients safe. High expectations for patient safety and a strict focus on our patients’ best interests lie at the heart of our mission to improve the health of the community.”

Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 30 measures

incorporating both hospital-reported and publicly available hospital safety data to assign A, B, C, D and F grades to more than 2,600 U.S. hospitals twice per year. Scores are calculated by top patient safety experts, peer-reviewed, fully transparent and free to the public.

About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions.



NATIONALLY RECOGNIZED

A

LEAPFROG

HOSPITAL

SAFETY

GRADE

FALL 2016

Corporate Breakfast – Physician Panel

Community leaders who attended the Corporate Breakfast in December heard from a panel of physicians who discussed various health topics in their respective areas of expertise. Licking Memorial Health Systems (LMHS) President & CEO Rob welcomed attendees and introduced each of the speakers.

Lauren Baker, D.O., of Licking Memorial Women's Health, provided an overview of Licking Memorial Hospital's (LMH) recent designation as a Baby-Friendly birth facility (see page 7 for details). Dr. Baker explained that, based on the Ten Steps to Successful Breastfeeding, this prestigious international award recognizes birth facilities that offer breastfeeding mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies. "Breastfeeding has benefits for children all throughout their lifetime," Dr. Baker said. "Long-term benefits include decreased risk of type 2 diabetes, high blood pressure, heart disease and obesity later in life, and it even lowers the risk of childhood cancers like leukemia and lymphoma." She went on to list many benefits of breastfeeding for the mother as well, which includes lower risk of breast and ovarian cancer.

Thomas Hagele, M.D., of Licking Memorial Dermatology – McMillen, discussed different types of skin cancer and how to recognize abnormal areas on the skin that should be examined by a physician. The most common types of skin cancer, according to Dr. Hagele, are squamous cell and basal cell. These malignancies have a wide variety of presentations. They may present as non-healing lesions anywhere on the body. Sometimes they can be painful or rapidly growing. Dr. Hagele also briefly reviewed melanoma, the most deadly type of skin cancer. If a mole appears to be changing in size, color, or shape, he highly recommended consulting a physician.

Dr. Hagele described updates in the field of dermatology including various surgical treatments available for skin cancer. He outlined each method and explained that a dermatologist is able to evaluate each patient individually to determine which treatment option will work the best for the long-term health of the patient. "One thing I love about dermatology is helping patients with shared decision-making. We are able to look at the type of skin cancer, available options, and the patient's treatment goals," said Dr. Hagele. He also provides cosmetic dermatology services at his practice, including Botox® and facial fillers to rejuvenate the "aging" face.

Sara Healy, M.D., provided attendees with an explanation of endocrinology, the study of the endocrine system, which controls hormones in the body. She discussed the common health issues that Licking Memorial Endocrinology is able to treat. This includes problems with the thyroid gland, a butterfly-shaped gland in the neck. If a patient has an overactive or underactive thyroid issue, endocrinologists are able to discover the cause and recommend treatment which may include medication or surgery. "We also treat patients with thyroid cancer. After the initial surgery, we help with medication management, lab monitoring, imaging and radioactive iodine as a treatment, if needed."

Another issue treated by endocrinology is osteoporosis, which means low bone mass. "Approximately 54 million Americans suffer from osteoporosis," Dr. Healy said. "We care about this because patients with this disease are at high risk of breaking bones. We treat them in the hope that we can reduce their risk of fractures." Conditions

involving the parathyroid glands, adrenal gland, pituitary gland, as well as type 1 and 2 diabetes also are treated and managed with an endocrinologist.

Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, focused on healthy diets and the importance of eating a nutritious diet as a source of overall continued wellbeing. Dr. Hourmouzis described recent research into healthy diets from Caldwell Esselstyn's findings, which essentially was dedicated toward improving health by eating a whole foods, plant-based diet. "As we know, the main thing that kills Americans is heart disease," said Dr. Hourmouzis. "The contributor to this is the standard American diet, which is high in processed foods, animal fat, cholesterol, salt and sugar. This is negatively affecting our health now and will continue in the future."

Seventy percent of Americans are obese, and, according to projections, of the remaining 30 percent, half of those people will be obese by the year 2020. Childhood obesity also has tripled in the last 30 years. Dr. Hourmouzis said, "Many people do not realize the harm of animal protein, which, in addition to substances like sugars and starches, cause our bodies to produce toxic inflammatory substances that directly damage our blood vessels and lead to chronic disease."

Dr. Hourmouzis explained that many of the substances used in American diets are addictive. "Incorporating natural, plant-based foods which are naturally lower in fat and cholesterol is ideal, along with complex carbohydrates like oatmeal, and no added animal protein," Dr. Hourmouzis said. She suggests that utilizing our diets as a tool could be the key to overall health. This type of diet can lower inflammation in our bodies, lower the risk of disease, and even has been shown to achieve reversal of heart disease.



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 Caduceus Society

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Licking Memorial Honorary and Active Medical Staff who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.



Jesse Ewald, M.D.

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) presented Hospitalist Jesse Ewald, M.D, with a glass recognition piece in honor of his commitment to the Caduceus Society. Dr. Ewald received his Medical Degree from Wright State University Boonshoft School of Medicine in Dayton, Ohio. He completed a residency in internal medicine at The Christ Hospital in Cincinnati. Dr. Ewald is board certified in internal medicine. He is a member of the American College of Physicians and the American Medical Association.



Fikadu Tekleyes, M.D.

LMHS President & CEO Rob Montagnese (right) and LMHF Board Chairman Linda Dalgarn (left) recognized Fikadu Tekleyes, M.D, of Licking Memorial Heart Center, for his commitment to the Caduceus Society. Dr. Tekleyes received his Doctor of Medicine degree at Addis Ababa University in Addis Ababa, Ethiopia. He completed an internship at Addis Ababa University and a residency in internal medicine at Marshall University Joan C. Edwards School of Medicine in Huntington, West Virginia. He also completed a cardiovascular imaging and research fellowship at Piedmont Heart Institute in Atlanta, Georgia, as well as a cardiovascular fellowship at Marshall University Joan C. Edwards School of Medicine. Dr. Tekleyes is board certified in internal medicine, cardiology and cardiovascular computed tomography. He is a member of the American College of Physicians, the American College of Cardiology, and the Society of Cardiovascular Computed Tomography.

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 in 2016 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in September and October 2016.

Caduceus Society

Dr. Brian and Stashah Korn
Drs. Andrew and Rachel Terlecky
Susan Zwiebel, M.D.

Capital Improvement Fund

TWIGS 6

Community Cornerstone Club

Jack and Bev Crockford
James W. Desapri, D.O.
Nasie Gallagher
Mr. and Mrs. Theodore D. Griley, II
Sue Henry-Mounts
Mr. and Mrs. Stephen Johnson
Laurel Kennedy
Cindy S. Kikeli
Mr. and Mrs. Willard Kuhlwein
William and Virginia Lavelle
Robert and Alexa O'Neill
Diane Paetz
Larry and Penny Sargent
Janet C. Walker

Cradle Roll

In Honor of: Landon Arruda
By: Licking Memorial Health Systems
In Honor of: Conner Berkley
By: Licking Memorial Health Systems
In Honor of: Jovie Burgett
By: Licking Memorial Health Systems
In Honor of: Adaline June Hunt
By: Licking Memorial Health Systems
In Honor of: Owen Stanford Kline
By: Licking Memorial Health Systems
In Honor of: Parker McVey
By: Licking Memorial Health Systems
In Honor of: Elinn Neal
By: Licking Memorial Health Systems
In Honor of: Carlson K. Staugh
By: Licking Memorial Health Systems
In Honor of: Lainey Tabler
By: Licking Memorial Health Systems
In Honor of: Paul Terlecky
By: Licking Memorial Health Systems

General

Monday Talks

Golf Gala

Todd and Kimberly Harrold
Kessler Sign Company
Kindred Transitional Care and Rehabilitation
Ms. Deborah A. Kohman
West Licking Professional Firefighters

Grants

Licking County Job and Family Services
State Farm Companies Foundation

Honorary

In Honor of: Licking Memorial
Health Systems
By: Gary and Diane Ryan
In Honor of: Jeff Smith
By: Gary and Diane Ryan

Paving Our Future

In Honor of: Deborah L. Deeds
By: Jim and Bev Fleming

William Schaffner Society

Becky Smart

Development Spotlight

Thomas Hall, M.D., began his professional experience within Licking Memorial Health Systems (LMHS) in 1979, where he practiced Emergency Medicine in the Licking Memorial Hospital (LMH) Emergency Department. He continued this work until 2000. During his career within the Health Systems, Dr. Hall also served as Director of the LMH Emergency Department and Chief of Staff for Emergency Services. After leaving LMHS in 2000, he served as the Medical Director of Anthem Blue Cross and Blue Shield until retiring in 2016.

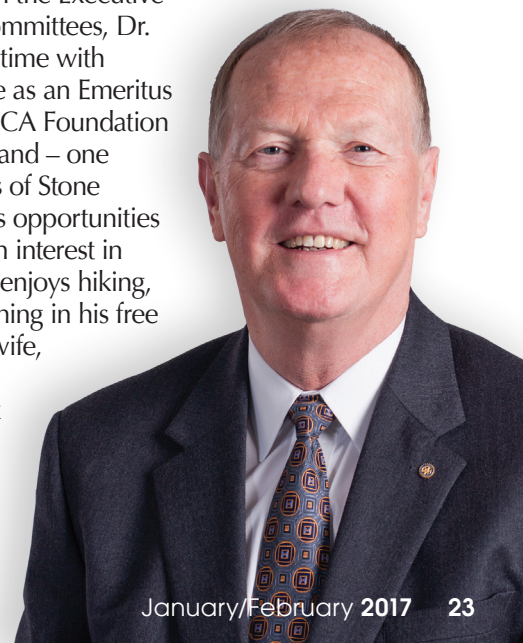
Throughout his long history of service to LMHS, Dr. Hall enjoyed working with a variety of people and seeing the updates and changes within the Health Systems. With a passion for providing the community with quality health care, it is not surprising that Dr. Hall's involvement extended beyond his employment by serving on multiple local boards, including the LMH Development Council. He first became involved in 1987 and took on the role of Caduceus Society Chair shortly thereafter. Although Dr. Hall's career path led him to work at various other organizations, he has stayed active as a Development Council member with LMH for approximately 30 years.

"It has been a privilege being part of a huge team that is dedicated to the health of the community," said Dr. Hall. "I have always been proud that the Health Systems chose that mission. I was part of the Development Council when that first came about, and they take it very seriously. One of

the reasons I'm still involved is because LMH does such a fantastic job for this community."

After his retirement, Dr. Hall was pleased to be able to take a more active role within the LMH Executive Committee and assist with fundraising. "I'm looking forward to being a co-chair for the Community Cornerstone committee beginning in January," he said.

In addition to his role on the Executive and Annual Support Committees, Dr. Hall also volunteers his time with Weathervane Playhouse as an Emeritus Board Member, the YMCA Foundation Board, Newark Rotary, and – one of his favorites – Friends of Stone Laboratory, which offers opportunities to students who have an interest in science education. He enjoys hiking, bicycling and bird watching in his free time. Dr. Hall and his wife, Mary Beth Hall, M.D., have resided in Newark for 37 years and have a son, Michael; daughter, Jessica; and four grandchildren.



LaSertoma Donation to Comfort Children at Kids' Place



Licking Memorial Health Systems President & CEO Rob Montagnese (standing, middle) recently accepted the donation of nearly two dozen plush owls and handmade fringe blankets from members of the Heath chapter of LaSertoma International, including: (standing, left to right) Jeff and Debbie Belt, Patricia Rickett, Phyllis Shomaker and (seated) Joyce Murphy. The items will benefit children at Kids' Place, which is a coordinated community project that provides comprehensive evaluations of children who are suspected victims of sexual abuse, physical abuse, and/or neglect.

Walk with a Doc

The monthly Walk with a Doc program continued indoors at the Denison University Mitchell Center track for the months of November and December. The casual 40-minute walk, provides community members with an opportunity to exercise, ask general medical questions regarding a featured topic, and socialize with one another.

In November, attendees were able to discuss general orthopedic surgery information with Andrew Terlecky, D.O., of Licking Memorial Orthopedic Surgery. In December, Ann Govier, M.D., of Licking Memorial Anesthesiology, discussed organ donation and debunked myths about becoming a donor.

The Walk with a Doc program will continue throughout the upcoming months. More details regarding this program are available on the back page of [Community Connection](#).



walk WITH a DOC



Happy Birthday

Celebrating 119 Years of Caring

Congratulations and thanks to our employees, Medical Staff, Volunteers, TWIGS, Board Members, Development Council and other supporters for **119 Years of Caring** at Licking Memorial Hospital.



Volunteer Spotlight

Kay Eclebery knows the value of having someone to talk to when a loved one has cancer because she has been in that position, herself. Her husband, Allen, died in 2013 after a brave battle with metastatic prostate cancer. Throughout Allen's diagnosis and treatment at Licking Memorial Hematology/Oncology, Kay noticed and appreciated the staff's professionalism and compassion.

Approximately two years after Allen's death, Kay retired as Administrative Assistant to the Superintendent of Granville Exempted Schools. Although she was eager to devote more time to family and church activities, she wanted another project to fill the void that her career had occupied for 29 years. "I've always been a very active person," Kay remarked. "But I'm not one to get in the car and go just anywhere. I need a specific destination."

She began volunteering at American Red Cross blood drives one day each week. She also was active in her church's programs, and Cory Campbell, a minister at Crossroads Christian Church in Marne,

suggested that Kay would find fulfillment in an additional project – volunteering at Licking Memorial Hospital (LMH) where he is a member of the Pastoral Care team. "I wasn't sure I could do it," Kay remembered, "but Cory said he thought I would be good with the patients. I had never thought about volunteering at the Hospital, but I liked the idea of 'giving back' for all the kindness the staff had shown Allen and me."

Kay first served as a patient companion for patients without visitors on an as-requested basis. Then, to increase the time that she devotes to supporting patients and their families, Kay joined the LMH Volunteers Department. She generously devotes three days each week at the Hospital, serving where she is needed the most. The majority of her time is spent in the Hematology/Oncology Department on the fifth floor, which is her favorite area to work. Kay said, "I know from my husband's experience that sometimes cancer patients just want someone to talk to and hold their hand. They're tired of not feeling good. I also talk to their family members in the waiting

room because they need support, too. I have a real heart for the cancer patients. I feel like that's where I am supposed to be right now."

Kay uses her social skills to nurture old relationships and develop new ones. Approximately once a month, she hosts a meal for 25 to 30 family members who include a varied assortment of her three sons and daughters-in-law, 15 grandchildren from blended families, 13 great-grandchildren, her sister and two nieces, and her brother and sister-in-law, along with any other relatives who are available. She meets once a month with a group of friends from church, known as the Gal Pals, to dine at restaurants, attend concerts, and explore other activities. She also meets regularly with new friends who also are LMH Volunteers to share lunch in the Hospital's Café.

"My volunteering service has been good for me because it has helped me adjust to retirement," Kay stated. "I definitely needed to stay involved in the community and have a clear purpose. Some patients have told me that I made a real difference

Retiree Spotlight

Nancy Griebel, R.N., CCRN, spent more than 32 years serving patients at Licking Memorial Hospital (LMH) as a registered nurse. Nancy is a Licking

County native, born at Newark City Hospital, which later became LMH after moving to its current location. Her father told her he believed she had two options for a career: nurse or

librarian. He thought she would prefer being a librarian because she became ill while preparing a chicken for dinner, but she has never regretted her decision to become a nurse.

Her career began on the night shift on 5-South in 1973. Nancy had just graduated from The Ohio State University when she was hired to take care of inpatients who required hospitalization after a surgical procedure such as an appendectomy or hysterectomy. Nancy moved to other areas of the Hospital, including 4-North and the Coronary Care Unit (CCU). In the CCU, she served as an Assistant Head Nurse, then Head Nurse. After marrying her husband, Glen, she moved with him away from the area, but returned to LMH in 1983. Again, she was given the opportunity to work in different areas of the Hospital including Labor and Delivery, the Intensive Care Unit, and Recovery.

While working in Labor and Delivery, Nancy became a certified Lamaze instructor. She developed the First Impression classes which she considers one of her most significant achievements. She also wrote a proposal for a Women's Health Clinic to focus on the care of mothers and their children. Though the idea was not used right away, she is proud to see the Hospital has implemented a very similar service. Nancy also says she is very excited to see the changes in Heart Care at the Hospital. Since she served as a Registered Nurse in the CCU, technology and surgical procedures have changed the outcome for many patients. Nancy says in the past, when someone had a heart attack, there would be significant damage to the heart, and the person would not be able to return to certain activities. Now, the physicians can use the Catheterization Lab to see blockages in the heart, and stop the damage by dissolving clots or putting in a stent.



National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will be utilized for facility improvements at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (220) 564-4102.

Your gift to Licking Memorial Health Foundation is a special way to honor your physician. An acknowledgement of your gift will be sent to the physician on your behalf.

Name

Address

City

State

Zip

Enclosed is my gift of

\$

In honor of

Comments

Please send notification of this gift to:

Name

Address

City

State

Zip

Please make checks payable and mail this form to **Licking Memorial Health Foundation**, 1320 West Main Street, Newark, OH 43055-9931. Credit/debit card gifts are accepted by phone at (220) 564-4102. (Gifts are tax-deductible to the extent allowed by law.)

for them. That gave me a very good feeling."

The LMH Volunteers Department offers training and a wide variety of opportunities for caring individuals who want to make a difference in others' lives. To learn more about volunteering at the Hospital, please call (220) 564-4044, or visit www.LMHealth.org and click on "About LMHS."



For Nancy, LMH is a special place because she had the opportunity to take care of people she knew, and the staff she worked with every day cared for her loved ones. "It is reassuring to see a familiar face. You can relax and focus on recovery knowing you will get the best of care," Nancy said. She says being at the bedside was the most satisfying part of being a nurse, and she misses caring for people.

Since her retirement in December 2015, Nancy has been keeping busy sewing and quilting, and helped make costumes for her granddaughter's school play. Nancy says she and her husband are enjoying staying around the house, and she is enjoying the opportunity to spend more time with him, their two daughters and three granddaughters.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
U.S. Postage

PAID

Columbus, Ohio
Permit No. 8757

Community Events

Walk with a Doc

Saturday, January 21, 9:00 a.m.

TAD Sports
3825 Columbus Road in Granville
Dr. Hagele of Licking Memorial Dermatology will discuss skin cancer.

Saturday, February 25, 9:00 a.m.

Licking County Family YMCA, 470 West Church Street, Newark
Dr. Terlecky of Licking Memorial Emergency Department will be the featured physician.

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.

Active•Senior Game Show

Wednesday, February 15, 1:00 p.m.

The Midland Theater, 36 North Park Place, Downtown Newark
Price is Right-themed game show for adults over 60. Participants will have an opportunity to play games and win fabulous prizes. Count this event toward your Active•Senior goals. Registration is required. Call (220) 564-1560 to register by Friday, February 10. See page 9 for more details.

Active•Fit Junior Chef

Saturday, March 11, 10:00 a.m. to 12:00 Noon

C-TEC, 150 Price Road, Newark
No charge. Registration is limited and must be completed by Friday, March 3. Youth, ages 6 to 12, will prepare and enjoy a healthy lunch. Call (220) 564-1560 to register. See page 8 for more details.

First Impressions – Maternal Child Classes

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

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

Community Blood Pressure Screenings

Second and Fourth Thursdays of each month, 1:00 to 3:00 p.m.

Licking Memorial Wellness Center at C-TEC
150 Price Road in Newark
No charge. Open to the public.

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

Diabetes Self-Management (a four-class series)

Every Wednesday, 12:00 Noon to 2:00 p.m.

Licking Memorial Diabetes Learning Center
1865 Tamarack Road in Newark

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

Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.

No charge. Open to the public.
Shepherd Hill, 200 Messimer Drive in Newark

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

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

Please take a few minutes to read this issue of **Community Connection**. You 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.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2017 Licking Memorial Health Systems. All rights reserved.

