



Licking Memorial Health Systems

# Community Connection

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Check out our Quality Report Cards online at [LMHealth.org](http://LMHealth.org).

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Measurably Different ... for Your Health!

# LMHS Presents Prestigious Awards at Lifetime Achievement Reception

In November, the Licking Memorial Hospital (LMH) Development Council hosted the Lifetime Achievement Reception to honor individuals and organizations whose service to Licking County reflects Licking Memorial Health Systems' (LMHS) mission to improve the health of the community. The event, which was held at the J. Gilbert Reese Center on the campus of Central Ohio Technical College (COTC) and The Ohio State University (OSU) at Newark, featured the presentation of the prestigious Lifetime Achievement and The Mary Jane McDonald Building a Healthier Community awards, and recognition of the 2022 A Lifetime of Care recipients.

## Lifetime Achievement Award – Mary Beth Hall, M.D., and Thomas Hall, M.D.

Mary Beth Hall, M.D., and Thomas Hall, M.D., were honored as the 2022 recipients of the prestigious Lifetime Achievement Award. The Halls have served the Licking County community since moving to the area in 1979. The couple raised their son, Michael, and daughter, Jessica, in Newark. They now have four grandchildren.

“While Tom and Mary Beth dedicated their lives primarily to healthcare, they demonstrate the LMHS mission to improve the health of the community by also willingly and generously supporting a variety of worthwhile community causes,” LMHS President & CEO Rob Montagnese shared. “The couple has worked to enhance the arts and education, and champion social issues and concerns to better the community for all residents.”

Originally from Piqua, Ohio, Mary Beth received her medical degree from The Ohio State University School of Medicine. Following a residency in family medicine at Methodist Hospital in Indianapolis, Indiana, she began practicing in Licking County and joined the Licking Memorial Hospital (LMH) Active Medical Staff in 1979. She formed a private practice in 1981 that became Cherry Westgate Family Practice in 1988. At the Hospital, she served on numerous committees and was named the 1998 Physician of the Year.

Mary Beth’s community involvement included serving on the Board of Directors for the Carol Strawn Center, Center for Alternative Resources/ Drug Forum, and The Center for Balanced Living in Worthington. She also is a former Board member for the Alzheimer’s Association of East Central Ohio, Alcohol, Drug Addiction and Mental Health (ADAMH) Board, and the Foundation for Hospice of Central Ohio. Mary Beth was honored as the Licking County Humane Society Volunteer of the Year for her dedicated service working in the spay and neuter clinic.

Tom also began his professional experience at LMH in 1979 where he practiced Emergency Medicine in the LMH Emergency Department until 2000. During his career, he served terms as Director of the LMH Emergency Department, Medical Director of Company Care, and Chief of Emergency Services. In 2000, Tom accepted a position as a consulting physician for Anthem Blue Cross and Blue Shield and then became the Ohio Medical

Operations Director for Anthem until he retired in 2016.

Tom continues to serve as a member of the LMH Development Council on the Development Council Executive and Annual Support Committees. He also continues to volunteer his time with Weathervane Playhouse Board of Directors, the YMCA Foundation Board, Newark Rotary, and Friends of Stone Laboratory, which offers opportunities to students who have an interest in science. In the past, he served as a Board of Education Member for Newark City Schools and the Licking County Joint Vocational School, and held several leadership positions for The Ohio State University – Newark Board of Trustees.

The Lifetime Achievement Award was created in 1989 and is the highest award that LMHS confers each year and recognizes individuals for contributions that reflect LMHS’ mission to improve the health of the community. Nominees must be of good moral character, show that their work has provided a better quality of life for Licking County citizens, and have provided strong leadership in more than one organization or activity.



Mary Beth Hall, M.D. and Thomas Hall, M.D.

## The Mary Jane McDonald Building a Healthier Community Award – Boys & Girls Club of Newark

The Mary Jane McDonald Building a Healthier Community Award was presented to the Boys & Girls Club of Newark in recognition of their after school and summer programs that provide a safe location for students to learn and play. The Club opened in 2019 with a mission to empower young people, ages 5 to 18 years, to reach their full potential as productive, caring, and responsible citizens. The after school and summer programs focus on character and leadership, healthy lifestyles, academic success, and future career planning for teenagers.

“The Boys & Girls Club of Newark makes the physical and mental health of the children they serve a top priority,” Rob said. “The staff works diligently to offer programs to encourage personal growth and healthy lifestyles while also connecting families with needed resources. They are building a healthier community by starting with the children – our most valuable asset.”

The nationally proven programming facilitates physical and emotional development of club members and includes:

- Passport to Manhood – a program that engages boys in discussions and activities that reinforce positive behavior, and focuses on the personal journey of maturation and growth.
- Skills Mastery and Resilience Training (SMART) Girls – a small-group health, fitness, prevention/education, and self-esteem enhancement program that encourages girls to make healthy food choices, stay physically fit, seek proper healthcare, and develop positive relationships with peers and adults.
- Triple Play – daily fitness activities that meet the recommended 60 minutes of physical fitness a day.
- SMART Moves – a nationally-acclaimed prevention program that encourages members to develop strong decision-making and critical-thinking skills, as well as learn how to avoid and/or resist alcohol, tobacco, other drugs, and premature sexual activity.

In addition to the standardized programming, the staff invites experts from local organizations to offer customized programming focused on developing a commitment to being active and making healthy food choices. The Boys & Girls Club has formed partnerships with other area organizations with a similar focus, such as LMHS, Together We Grow, Buckeye Valley Family YMCA, and the Licking County Health Department.

When the State of Ohio issued stay-at-home orders to contain the spread of COVID-19 in 2020, the Boys & Girls Club staff began using an online model to engage club members. Club Director Amanda Vozzella encouraged the team to secure food and health products and distribute the items to the families of their members. During the summer, Amanda and her team assembled activity bags that contained items such as sports equipment, and ideas for outdoor activities, to encourage the children to stay active.

As the pandemic restrictions continued, Newark City Schools offered online learning. In response, the Boys & Girls Club offered programming during the day rather than after school, following social distancing protocols. The programs offered a safe location for children during the day, as well as the opportunity to complete online learning. The participants also received meals and snacks. With Newark City Schools’ return to in-person learning, the Boys & Girls Club once again

offered after school programming for 163 registered youth.

The students who participate in the program demonstrate improved performance in school and more positive behavior both at school and home. The goal is to assist them in learning social and character skills and setting personal goals for physical health and wellness, education, and future careers. The Club also works with families to address a variety of issues including poverty, food insecurity, and homelessness. The students are provided with the resources they need while their families also are connected with resources to be successful.

The Licking Memorial Hospital (LMH) Development Council created the Building a Healthier Community Award in 2005 to honor an individual, group or organization in Licking County with an ongoing work or project that reflects LMHS’ mission to improve the health of the community. It was renamed the Mary Jane McDonald Building a Healthier Community Award in 2018. Mary Jane was a member of the LMH Board of Directors from 1981 to 1987, and a member of the LMHS Board of Directors from 1988 to 1999. She was elected as the first female chair of the LMHS Board in 1991 and received the Lifetime Achievement Award in 2001. Mary Jane dedicated her time and talents to enriching the lives of countless Licking County residents through her charitable and selfless acts of volunteerism.



Pictured left to right: Amanda Vozzella, Rob Montagnese, Hannah Ramirez, and Sally Heckman



BOYS & GIRLS CLUB OF NEWARK

**A Lifetime of Care –  
Chang Sup Lee, M.D., and  
Donna J. McDonald, M.D.,**

Chang Sup Lee, M.D., and Donna J. McDonald, M.D., were honored with A Lifetime of Care recognition. The award was created in 2018 to honor physicians for their extended service to the Licking County community. Physicians who have served on the Licking Memorial Hospital (LMH) Active Medical Staff for 35 years or more, or have 50 years or more of service combined between the Active Medical Staff and Honorary Medical Staff, are featured on a display near the LMH Main Lobby.

Dr. Lee served as a general surgeon on the LMH Active Staff from 1973 until 1998, and continues his service as part of the Honorary Medical Staff. Dr. McDonald is also currently part of the Honorary Medical Staff. She served as a pediatrician in the community from 1985 until her retirement in 2021.



**Chang Sup Lee,**  
M.D.



**Donna J. McDonald,**  
M.D.

**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, B.S.N.
- 1998 – Rev. Dr. Charles W. Noble, Sr.\*
- 1999 – Calvin E. Roebuck\*
- 2000 – John J. Kutil\*
- 2001 – Mary Jane McDonald\*
- 2002 – William T. and Jane C.\* McConnell
- 2003 – Raymond Guy Plummer, M.D.\*
- 2004 – Robert N. Kent
- 2005 – Robert A. Barnes, Ph.D.
- 2006 – Stuart N. Parsons
- 2007 – Lewis R. Mollica, Ph.D.
- 2008 – Glenn F. Abel
- 2009 – C. Daniel DeLawder
- 2010 – Robert H. McGaughy
- 2011 – John J. O’Neill\*  
Dell Christine Warner Powell\*  
(posthumously)
- 2012 – Gerald K. McClain
- 2013 – Eschol Curl, Jr.
- 2014 – Patrick M. Jeffries
- 2015 – David Shull  
Judith B. Pierce\* (posthumously)
- 2016 – Sarah Reese Wallace
- 2017 – William N. Mann
- 2018 – Christopher (Chris) Meyer
- 2019 – Michael and Barbara Cantlin
- 2020 – Thomas A. Mullady
- 2021 – Jim Matesich

\* Deceased

**Past Recipients of The Mary Jane McDonald Building a Healthier  
Community Award**

- 2005 – TWIGS of Licking Memorial Hospital
- 2006 – Newark Rotary Club
- 2007 – The Salvation Army of Licking County
- 2008 – Hospice of Central Ohio
- 2009 – Granville High School Key Club
- 2010 – Twentieth Century Club
- 2011 – American Red Cross of Licking County
- 2012 – Licking County Coalition of Care
- 2013 – Look Up Dental Clinic
- 2014 – The Thomas J. Evans Foundation
- 2015 – Big Brothers Big Sisters of Licking and Perry Counties
- 2016 – Food Pantry Network of Licking County
- 2017 – Ben Franklin Walking Club
- 2018 – Fostering Further
- 2019 – West Licking Special Olympics
- 2020 – LMHS Employees COVID-19 Response
- 2021 – Vertical 196

# LMH Earns Best Hospitals for Maternity Care Recognition

Licking Memorial Hospital (LMH) has been recognized as one of the Best Hospitals for Maternity Care by Money magazine and The Leapfrog Group. To compile the list, Money partnered with The Leapfrog Group to collect and publish the data on safety and quality of care from voluntary surveys and other sources. LMH is one of three Ohio hospitals on the list. The Leapfrog Group is an independent national non-profit organization that compares hospitals’ safety performance to assist consumers in making informed decisions about their health and accessing safe, high-value care.

To qualify for the list of Best Hospitals for Maternity Care, eligible hospitals were required to obtain an “A” or “B” letter grade on the Leapfrog Hospital Safety Grade assessment for spring 2022. LMH has earned an “A”

grade since 2016. Hospitals were also required to meet national performance measure standards for safety, quality, and efficiency that are specific to maternity care.

The criteria included achieving Leapfrog’s standards for early elective deliveries, cesarean births, performed episiotomies, preventing blood clots in women undergoing cesarean section, and screening newborns for jaundice. A low rate of early elective deliveries and cesarean births performed without a medical reason is preferred due to the risk of complications from such procedures. Once a routine practice in childbirth, current medical guidelines urge against the routine use of episiotomy, due to the risk for perineal tears, loss of bladder or bowel control, and pelvic floor defects. Implementing

preventive measures for blood clots and jaundice is strongly recommended for the best outcome for the mother and child. LMH achieved all of the standards.



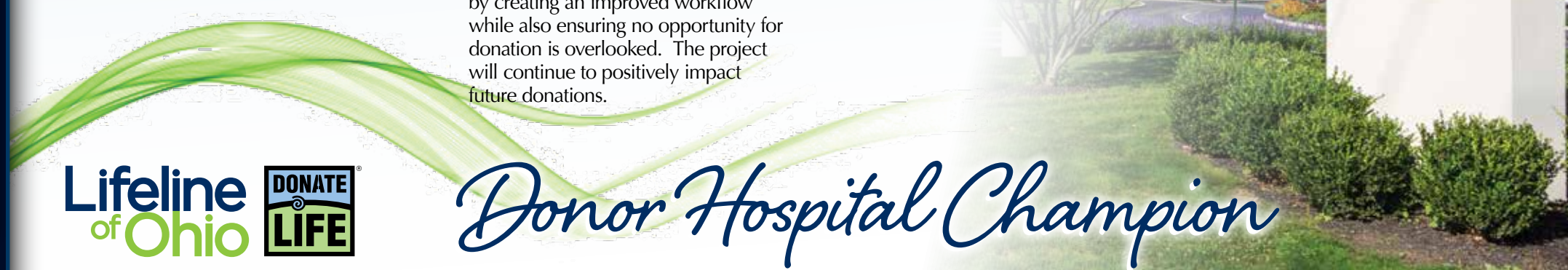
# LMH Honored as Donor Hospital Champion

Licking Memorial Hospital (LMH) was honored by Lifeline of Ohio as the Donor Hospital Champion for 2022. The award is recognition of the outstanding contributions made by LMH in saving and healing lives through organ, eye, and tissue donation. When choosing award recipients, Lifeline focuses on a number of key tenets including advocacy, collaboration, innovation, compassion, diversity, equity, and inclusion, which support their mission of advancing donation awareness and consideration.

“Making the decision to become an organ donor is a gift to someone waiting for a lifesaving transplant. Our staff recognizes the power that decision has to turn a tragic situation into a second chance at life,” said Rob Montagnese, Licking Memorial Health Systems President & CEO. “We are honored to support Lifeline of Ohio in their lifesaving efforts.”

LMH was the first hospital in the area to implement an electronic notification system to relay pertinent medical information during the donation process. The system supports the staff and donors by creating an improved workflow while also ensuring no opportunity for donation is overlooked. The project will continue to positively impact future donations.

In addition, LMH received the top Platinum award for participation in the Workplace Partnership for Life Campaign. The campaign includes education about donation to new employees, presentations at staff meetings, participation in National Blue & Green Day, Donate Life Month activities, social media highlights, and much more. Through committed leadership, staff dedication, and systems innovation, LMH continues to demonstrate the commitment to the mission of improving the health of the community.



*Donor Hospital Champion*

# LMHS Employees Share Their Military Experiences

Licking Memorial Health Systems (LMHS) proudly recognizes military veterans and those currently serving in the armed forces every November. On Veterans Day, a special announcement is made in the morning and afternoon that includes the reading of the names of employees who served their country (see the list on page 8). An internal hospital communication campaign was created to thank employees for their service. "We take this opportunity to commemorate the outstanding men and women of the United States armed forces who have committed themselves to defend our great nation," explains Rob Montagnese, LMHS President & CEO. "I am honored to work with veterans who help by assisting us achieve our mission to improve the health of the community."

Serving the community through a healthcare environment and the country demands the same dedication and sense of duty. Four LMHS staff members share their experiences and explain how the military shaped their future and impacts their daily performance.



**Marcus Hawkins, LMHS Police Navy**

Born and raised in Dresden, Marcus Hawkins was eager to travel and participate in new experiences. He decided to join the Navy

Reserves for an opportunity to discover new places and possible career paths. Wanting to care for people, Marcus chose to become a Hospital Corpsman, a healthcare provider for other sailors and Marines. Marcus was first sent to Naval Station Great Lakes in Illinois for training, then to the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston, Texas. After several months of basic nursing and emergency medical technician skills, Marcus returned home.

As a reservist, Marcus trains once a month at the Navy Reserve Center in Columbus and is assigned to care for an Infantry Company of Marines. His training also includes a two to three

week training exercise during the year. Since his enlistment, Marcus has been sent to train at Twentynine Palms, California, Grayling, Michigan, and Fort Pickett, Virginia. Last year, Marcus was sent to Brazil to participate in joint training with naval forces from several other countries including Brazil, Uruguay, and Mexico. The exercise focuses on maritime security and strengthening relations between the nations. Marcus spent three weeks in support of the mission.

Marcus enjoys being a Corpsman; however, he discovered a new interest and career path. "While I was serving jury duty, I found I enjoyed being in the courtroom, and the structure and discipline of law." Marcus shared. He was working at a jail in Muskingum County at the time, but decided to apply to the Ohio Police Academy. After he completed the Academy, Marcus applied for a position as a police officer at LMHS. "The position offers the same structure and sense of duty I have in the military, and I am able to provide a service and care for people. People generally smile when they see me, and I appreciate that."

"Serving in the Navy has taught me a deeper level of respect for my country and other people. I have the opportunity to learn from others from different backgrounds and places. I have learned to open up to new experiences and ideas," Marcus said. As he nears the end of his enlistment, he is considering the possibility of renewing his contract and serving for several more years.



**Angel Huber, Endoscopy/Gastroenterology Laboratory Army**

From the age of 14, Angel Huber discussed a career in the military with the local military recruiters in her hometown of Fort Smith, Arkansas. For her, the Army was her first choice, as none of the other services held any interest for her. She was determined to choose an occupation that

would challenge her and offer interesting opportunities. After Angel took the Armed Services Vocational Aptitude Battery (ASVAB), a multiple-aptitude test that measures developed abilities and helps predict future academic and occupational success in the military, the recruiters generated a list of possible military occupational specialties from which she could choose.

"I knew I wanted to accomplish something remarkable, something ambitious," Angel shared. "Of the opportunities offered to me, I found maintenance the most interesting. I had some understanding of mechanics from family members, and looked forward to learning new skills."

After her initial training, Angel was sent to Korea. She spent three years there on Active Duty. In 2001, Angel moved to Ohio and joined an Army Reserve unit in Whitehall. While serving in the reserves, Angel was deployed in support of other units including a mobile army surgical hospital unit (MASH). She spent time in Germany, Wisconsin, and Texas at Fort Hood, Fort Bliss, and El Paso. She was also attached to a transportation company in Muskingum, Michigan, where she felt duty-bound to cheer on The Ohio State Buckeyes on game day.

One of Angel's deployments included supporting troops in a combat zone. "Living in a combat environment can get crazy. There are very few comforts in the desert; however, it was not always bad," Angel remembers. "We worked to find joy and amusement where we could and to support one another."

When Angel returned from her deployment, she began considering other career possibilities. Using her education benefits from the military, she began taking classes to become a nurse. While pursuing her education, Angel accepted a position at LMHS as a Patient Care Assistant. She soon realized nursing was not the path she desired to follow. She then decided to apply for a scrub technician position with the Endoscopy/Gastroenterology Laboratory.

"The operating room offers me the structure and rigidity I enjoyed when I was in the military," Angel explained. "I love the job. Each procedure offers a new experience and new knowledge." Angel attributes several of her qualities to skills she learned while in the military including her strong work ethic and punctuality. She hopes her two sons, Colt and Cody, recognize the strengths she gained while serving and will consider the same path if they deem it the best opportunity for them.



**Christopher S. Meyer, M.D., Licking Memorial Surgical Services Air Force**

Christopher S. Meyer, M.D., was born and raised in the Dayton area. He attended The Ohio State University for his undergraduate degree as well as medical education. He was selected for the Health Profession Scholarship Program, a military scholarship that assists in covering the cost of civilian medical education in exchange for a commitment to serve in the military. Dr. Meyer made the commitment and was commissioned as an Air Force officer while he completed his medical degree and his general surgery residency at the University of Cincinnati Medical Center.

After his residency, Dr. Meyer was sent to Maxwell Air Force Base in Montgomery, Alabama, for Officer Trainer School to learn the skills required for leadership in the Air Force. Upon completion of the training, he was stationed at Wright-Patterson Air Force Base in Fairborn, Ohio, near Dayton, to serve as a general surgeon at the Wright-Patterson Medical Center. Caring for the airmen on base and retirees in the region, Dr. Meyer served four years and was able to hone his skills as a surgeon.

"In addition to my work at the base, I was deployed on a humanitarian mission to Haiti," Dr. Meyer shared. "We set up clinics to offer medical care, including surgeries, to those who did not have access to such care. It was a joint

mission, meaning service members from the Marines, Army, and Navy assisted in the process. The experience offered an opportunity to learn about the other services, and contribute to a worthy cause."

After his service was complete, Dr. Meyer remained in the Dayton area until 2021 when he took a position with LMHS. He has been married to his wife, Crystal, for over 30 years. The couple has 5 grown children and 7 grandchildren. While volunteering as a host family with Safe Families for Children, Dr. Meyer and Crystal met Olivia, whom they adopted when she was 3-years-old.

Dr. Meyer appreciates the life lessons and values learned during his military service. "One of the most important lessons I learned is teamwork. No one can do everything alone. Having a brotherhood, a family, is vital to being successful," he said. "LMHS offers a similar atmosphere. It feels more like a family, and that you matter to the accomplishment of the mission to improve the health of the community."



**Wyatt Slonaker, Information Systems Marines**

Wyatt Slonaker spent the majority of his youth in Licking County, first attending Licking County Christian Academy, then Licking Valley High

School. After graduation, he joined the Marines for a number of reasons. He wanted to gain independence from his family while challenging himself to be the best at every undertaking. "The terrorist attacks on September 11, 2001 had a profound impact on me as well," Wyatt recalled. "I wanted to serve my country."

After completing his training, Wyatt was sent to Naval Submarine Base Kings Bay in Georgia to guard assets on the base. He was eventually stationed at Marine Corps Base Camp Lejeune in North Carolina. During his time in service,

Wyatt was deployed in support of the U.S. combat missions overseas.

While at Camp Lejeune, Wyatt was offered a unique opportunity. The Marine Corps was starting a new program to form intelligence cells for rifle companies, a small unit of men and women that serve as part of a larger infantry battalion. At the time, intelligence specialists reported to their own leadership who supplied the information to the leadership of the Infantry Battalions. To offer a better flow of information to the troops on the front lines, intelligence specialists joined the rifle companies under the leadership of a trained infantryman to provide basic intelligence work. Wyatt was asked to lead one of the new cells.

The Marines chosen for the position were required to show an aptitude for computer skills and analytical analysis, and show individual initiative. Working with the intelligence cell, Wyatt learned to gather, assess, analyze, and disseminate information quickly to allow company and platoon leaders to make vital decisions. He enjoyed the opportunity to work with computers and learn data analytics.

After Wyatt's enlistment ended, he made the decision to return to Licking County. He first took a position as a medical support assistant with the Department of Veterans Affairs; however, he continued searching for a career where he could best utilize the computer and analytic skills he learned in the Marines. Wyatt began his career with LMHS in 2017 as a clinical application analyst.

"I appreciate the discipline and structure offered in the Marine Corps," Wyatt shared. "They impressed upon us to know your goals and always work toward accomplishing those goals."

After returning to Licking County, friends of Wyatt's introduced him to Wren. The two bonded quickly, and after 10 months of dating they traveled to Nashville, Tennessee, to have an Elvis impersonator marry them. The couple now has two daughters, Lainey, 7, and Leia, 6.



# Thank you VETERANS!

Name	Branch	Department	Name	Branch	Department
Brandi Aber	Air National Guard	Laboratory	Alisha Kirkpatrick	Navy Reserves	Laboratory
Brian Adams	Marine Corps	Information Systems	John LaBelle	Navy	Community Case Management
John Allberry	Navy	Environmental Services	Chris Lalathin	Marine Corps	Endocrinology
Michael Barker	Air Force	Volunteer	Owen Lee, M.D.	Army	Radiology
Autumn Bell	Ohio Army National Guard	Intensive Care Unit	Vicki Lennon	Army	Community Case Management
Dick Birtcher	Marine Corps	Transportation	Mathew Mahon	Marine Corps	Police
Matt Born	Air Force	2-West	Michelle Martin	Army	Psychiatric Services
John Bowyer	Army	Information Systems	Michael Massaro	Army Reserves	Board Member
Dale Boyd, Jr.	Navy	Plant Operations	Aiissa McConnell	Navy	5-East
Bob Brooker	Air Force	Volunteer	Jay McKinney	Navy	Emergency
Dennis Brown	Air Force	Respiratory Therapy	Phil McLellan	Army	Engineering Services
Scott Brown	Air Force	Plant Operations	Christopher Meyer	Air Force	Surgical Services
Sherri Brubaker	Air Force	Surgery / Sterile Processing	Patience Miller	Air Force	Family Practice – Licking Valley
Mike Cochran	Army	Environmental Services	Darlene Montgomery	Army	Public Relations
Erick Conn	Army National Guard	Information Systems	Robert Mueller, M.D.	Navy	Orthopedic Surgery
James Cooper	Navy	Board Member	Tamera Neal	Army	Labor & Delivery
Elliot Davidoff, M.D.	US Public Health Service	Center For Sight	Alec Neubauer	Navy	Information Systems
Don Dunton	Army	Laboratory	Helen Norris	Army National Guard	Volunteer
Zack Durham	Air Force	Emergency	Jim O'Bryan	Navy	Environmental Services
Cameron Evans, PA-C	Army National Guard	Emergency	Clay Ogles	Air National Guard	Plant Operations
Bill Fielding	Air Force	Volunteer	Ralph Ottensmeier	Army	Volunteer
Kevin Finley, M.D.	Air Force	Urgent Care – Granville	Jessica Pack	Army	Professional Billing
Pete Fleming	Army	Information Systems	Kay Paul	Air Force	Psychiatric Services
Christopher Forbush, D.O.	Army Reserves	Family Practice – Hebron	Curtis Pyle	Marine Corps	Information Systems
Ken Friel	National Guard, Marines	Transportation	George Rhodes	Army	Plant Operations
Bob Gabe	Air Force	Volunteer	Andrew Seipel, M.D.	Army National Guard	Family Practice – Licking Valley
Audrey Garove	Army Reserves	Radiology	Debbie Shaw	Army	Culinary Services
Shelley Gittens, M.D.	Army National Guard	Pediatrics – Tamarack	Connie Shields	Navy	Environmental Services
Percella Gualtieri	Navy	Coronary Care Unit	Wyatt Slonaker	Marine Corps	Information Systems
Mandy Hardbarger	Navy	4-East	Darin Smaage	Navy	Information Systems
Michael Harper	Army	Urgent Care – Downtown	Doug Smith	Navy	Printing Services
Malcolm Harris	Air Force	Radiology	James Smith	Air Force	Neurology
Marcus Hawkins	Navy Reserves	Police	Scott Smith	Navy/Air National Guard	Environmental Services
Alexis Hayes	Navy	Laboratory	Denny Stewart	Army National Guard	Volunteer
Scott Hayes	Air Force	Board Member	Kim Swartz	Army National Guard	Dermatology – West Main
Tabi Haynes	Air Force	LMHP Administration	Brian Thatcher	Army	Process Improvement
Dave Hiatt	Army	Volunteer	Allan Thomas, PA-C	Army	Emergency
Matt Holmes	Marine Corps	Information Systems	Brenda Tompkins	Air Force/Air National Guard	Volunteer
Angel Huber	Army	Gastroenterology	Steve Warren	Army	Urgent Care – Downtown
Ann Hupp	Army	Surgery	Jim Whitaker	Air Force	Engineering Services
Amanda John, APRN-CRNA	Navy	Anesthesiology	Tom Williams	Army	Plant Operations
Tony Keirns	Army	Environmental Services	Beth Worstall	Army	Respiratory Therapy
Nick Keisel	Marine Corps	Safety & Security	Elizabeth Yoder, D.O.	Navy	Psychiatric Services
Natasha Kinser	Army	Orthopedic Surgery			

## LMHS Recognized as a CHIME Digital Health Most Wired Hospital

The College of Healthcare and Information Management Executives (CHIME) recently recognized Licking Memorial Health Systems (LMHS) as one of the Most Wired Hospitals of 2022, marking the ninth time LMHS has received the award. The CHIME Digital Health Most Wired program conducts an annual survey to assess how effectively healthcare organizations apply core and advanced technologies into their clinical and business programs to improve the health of their communities. LMHS earned recognition as a Most Wired Hospital for acute care and ambulatory services. This achievement recognizes LMHS's ongoing efforts to deploy technology and implement strategies that achieve meaningful clinical outcomes while exploring new technologies that expand care.

More than 38,000 organizations were represented in the 2022 Digital Health Most Wired program, which includes three separate surveys: acute, ambulatory, and long-term and post-acute care. The surveys are designed to identify the adoption, implementation, and use of information technology that enhance patient care in healthcare organizations. The results are intended to serve as a tool for hospital and health system leadership to map their information technology strategic plans. Each organization received a customized benchmarking report, an overall score, and scores for individual levels in seven categories: infrastructure, security, administrative/supply chain, analytics/data management, interoperability/population health, patient engagement, and clinical quality/safety. LMHS earned recognition as a Most Wired Hospital for acute care and ambulatory services.

"Licking Memorial Health Systems (LMHS) is honored to receive national recognition for our efforts to implement technologies that enhance patient care," said LMHS President & CEO Rob Montagnese. "We continue to invest in and adopt innovative technology that allows our healthcare providers to deliver top-tier treatments to our patients that may not be available in other community hospitals."

Within the past few years, LMHS has acquired new equipment, digital applications, and educational devices to continue to improve the level of care for Licking County residents. The added technology has increased the chances of surviving a heart attack and assisted in streamlining processes for laboratory work and patient care at LMH.

To increase survival rates of heart attack patients, LMHS acquired the Lund University Cardiopulmonary Assist System (LUCAS®) – a mechanical chest compression-decompression system. The machine provides automated, continuous chest compressions as a form of cardiopulmonary resuscitation (CPR). The emergency procedure combined with artificial ventilation is used to restore spontaneous blood circulation and breathing for a person who is in cardiac arrest in an effort to preserve intact brain



function until further measures are taken. While LMHS staff members are highly trained in CPR, performing the procedure manually is physically demanding, difficult, and tiring. Using the LUCAS device offers a safe and more efficient method for providing CPR, and has become part of the Hospital's code blue response.

LMHS also continues to focus on implementing advanced systems that directly impact the quality of care provided to patients, including integrated computer systems with advanced clinical decision support tools, voice recognition technology, and computer-assisted diagnosis tools. Epic, a unified electronic health record system, streamlines processes and optimizes efficiency for patient care. Epic offers a user-friendly site and application for patients to easily

access private medical information, and also provides numerous new tools for the clinical staff that offer quick access to needed documentation and other information for enhanced patient care. A new application, Rover, is now being used by the LMH Laboratory, Environmental Services, nurses, patient care assistant, and others at LMH. Staff members are equipped with an iPhone loaded only with the Rover app. As they visit a patient, they scan a bar code on the patient's wristband and receive information about the patient's needs including physician orders for medications or laboratory samples, food, and room services. For the phlebotomists working with the LMH Laboratory, using Rover along with newly acquired portable printers by Zebra offers quicker response times for blood draws and decreased mislabeling opportunities.

"Information technology is a vital tool in supporting the delivery of exceptional patient care," said Diana Ermlich, RHIA, Vice President Information Systems. "Such technologies assist medical staff with treatment decisions, improve clinical outcomes, and reduce medical errors." The Information Systems Department is charged with maintaining the technology systems that assist clinical staff in providing the best possible care to patients. Through the use of a privacy monitoring application and strong authentication protocols, LMHS protects the privacy of patient information, ensures health records are accurate, and that systems are operating at full capacity to provide clinical staff with the tools needed to treat patients effectively.

"The recipients of the Most Wired award exemplify how organizations can use technology to advance the health of their communities," said Rob, "LMHS is proud to be part of this group." As in past years, CHIME will publish an industry trends report based on Digital Health Most Wired responses from U.S. participants. To access the 2022 National Trends report or for more information about the CHIME Digital Health Most Wired Program, visit [chimecentral.org](http://chimecentral.org).



# Behind the Scenes – Endocrinology

November is National Diabetes Month when communities across the country are encouraged to bring awareness to diabetes and those affected by the disease. More than 35 million Americans are living with diabetes, including 1 million adults in Ohio. At Licking Memorial Endocrinology, the professional staff cares for patients with glandular disorders, including diabetes. They work closely with their patients to help them reach personal goals and achieve better health.

Diabetes is a chronic disease affecting how the body produces and uses insulin, a hormone that regulates the amount of glucose (a type of sugar) in the blood. Although there is no cure for the disease, endocrinologists Marco DeSantis, D.O., and Gurananthan Palani, M.D., and the staff at Licking Memorial Endocrinology develop a treatment plan that returns blood sugar to a safe level and reduces the risk of complications while improving the patient's overall lifestyle. With a focus on comfort and satisfaction, the providers ensure patients receive proper medication therapy, improve their understanding of their condition, and learn about healthy diet and exercise habits. Treatment may include blood sugar monitoring and medication

depending on the type of diabetes (type 1, type 2, or gestational) and a person's individual health needs. However, all patients can benefit from proper nutrition and physical activity. Dr. Palani advises his patients that eating three nutrient-rich meals a day full of vegetables, fruits, and whole grains is essential to maintain appropriate glucose levels. He also stresses the importance of drinking plenty of water, especially when experiencing high blood sugar levels.

Studies have shown that drinking water could help regulate blood glucose levels. When blood sugar levels are high, the body tries to flush out the excess glucose through urine, increasing the possibility of dehydration. Therefore, it is beneficial for those with diabetes to stay hydrated. Water is the perfect beverage as it does not contain carbohydrates or calories and will not raise blood glucose levels.

To assist patients with their nutritional needs, Licking Memorial Endocrinology will often refer diabetic individuals to the Licking Memorial Diabetes Self-management Education and Support program. The four-week class, designed by registered nurses, dietitians, and pharmacists and approved by the American Diabetes Association, teaches participants how to care for themselves daily through topics such as proper nutrition, medication management, blood sugar monitoring, and the importance of physical activity, problem-solving, and reducing risks of diabetes complications.

Additionally, patients can increase their physical activity through the Licking Memorial Hospital Wellness Centers with written consent from their physician. At the Wellness Centers, staff demonstrate how to use the equipment, monitor workouts, and create a personalized exercise plan.

When lifestyle changes are not enough, the endocrinologists may prescribe medication, such as insulin, and refer the patient to the Licking Memorial Hospital Medication Therapy Clinic. In collaboration with Licking Memorial Endocrinology, the Medication Therapy Clinic assists patients in

creating treatment plans that will help them understand more about their medications and dosing. Patients learn to manage the disease using insulin and how to monitor blood sugar levels. Staff members offer patients different options on how to monitor and report blood glucose levels and educate patients on how to perform finger stick tests, proper injection techniques, and insulin dosing. In addition, patients learn the signs and symptoms to reduce the risk of diabetes-related complications.

In addition to diabetic care, Licking Memorial Endocrinology treats other common endocrine disorders such as thyroid disease, menopause complications, hypertension, cholesterol disorders, pituitary and adrenal abnormalities, and osteoporosis. Since many of these chronic conditions require long-term care, Licking Memorial Endocrinology staff strive to provide high-quality care in a welcoming atmosphere. Quick turnaround on test results and telehealth options to address concerns without requiring an office visit are a few ways Licking Memorial Endocrinology staff ease the stress of illness and improve the lives of their patients. To learn more about the services offered at Licking Memorial Endocrinology, visit [LMHealth.org](http://LMHealth.org).



Marco DeSantis, D.O.



Gurananthan Palani, M.D.

# LMH Announces Physician of the Year

In October, Licking Memorial Hospital (LMH) held the annual Medical Staff Recognition Dinner at Moundbuilders Country Club to show appreciation for the physicians' commitment to improve the health of the community. The LMH Active Medical Staff is comprised of 166 physicians who represent more than 30 medical specialties. Additionally, 53 physicians are members of the consulting staff.

Following a social hour and dinner, LMH Chief of Staff Andrew Seipel, M.D., announced new medical staff appointees and recognized physicians who were celebrating five-year service anniversaries. To conclude the evening, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese announced that the 2022 Physician of the Year recipient was Lori Elwood, M.D., who joined Licking Memorial Pathology in 2000.

Dr. Elwood earned her Medical Degree and completed an internship and

residency in internal medicine at the University of Nebraska Medical Center in Omaha, Nebraska. She completed a residency in pathology at the University of Colorado Health Sciences Center in Denver, Colorado. Dr. Elwood completed a hematopathology fellowship at the National Cancer Institute, National Institutes of Health in Bethesda, Maryland. Dr. Elwood is board certified in anatomic and clinical pathology, cytopathology, and internal medicine. She served as LMH Chief of Staff from 2018 to 2020.

The Physician of the Year recipient is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees included Rachel DeMita, M.D., of Licking Memorial Infectious Disease; and D'Anna Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology.

## Past Recipients of the LMH Physician of the Year Award

- 1988 – Charles F. Sinsabaugh, M.D.
- 1989 – Craig B. Cairns, M.D.  
C. Michael Thorne, M.D.
- 1990 – Mark A. Mitchell, M.D.
- 1991 – Carl L. Petersilge, M.D.
- 1992 – Edward A. Carlin, M.D.  
Harold E. Kelch, M.D.
- 1993 – Gerald R. Ehrsam, M.D.
- 1994 – William K. Rawlinson, M.D.
- 1995 – Pattye A. Whisman, M.D.
- 1996 – J. Michael Wills, M.D.
- 1997 – Terry P. Barber, M.D.
- 1998 – Mary Beth Hall, M.D.
- 1999 – Debra A. Heldman, M.D.
- 2000 – Frederick N. Karaffa, M.D.
- 2001 – Elliot Davidoff, M.D.  
Bryce I. Morrice, M.D.  
Mark L. Reeder, M.D.
- 2002 – Jacqueline J. Jones, M.D.
- 2003 – Owen Lee, M.D.
- 2004 – Larry N. Pasley, M.D.
- 2005 – Joseph E. Fondriest, M.D.
- 2006 – May Lee M. Robertson, D.O.
- 2007 – Peter T. Nock, D.O.
- 2008 – Eric R. Pacht, M.D.
- 2009 – Ann V. Govier, M.D.  
David E. Subler, M.D.
- 2010 – Richard A. Baltisberger, M.D.  
David R. Lawrence, D.O.
- 2011 – Talya R. Greathouse, M.D.
- 2012 – Bassam Kret, M.D.
- 2013 – Shakil A. Karim, D.O.
- 2014 – Brent M. Savage, M.D.
- 2015 – Garth A. Bennington, M.D.
- 2016 – Janae M. Davis, M.D.
- 2017 – Audrey K. Bennett, M.D.
- 2018 – Elizabeth A. Yoder, D.O.
- 2019 – Matthew C. Bromley, D.O.
- 2020 – LMH Medical Staff
- 2021 – Kevin M. Ouweleen, M.D.
- 2022 – Lori J. Elwood, M.D.

## 2022 Physician Service Awards

### 65 years

Paul N. Montalto, M.D.

### 50 years

Nicholas E. Reed, M.D.

### 45 years

Craig B. Cairns, M.D., M.P.H.  
Elliot Davidoff, M.D.

### 40 years

Timothy R. Gatens, M.D.  
Bruce P. Miller, M.D.

### 35 years

Darryl R. Cherdron, M.D.

### 30 years

Scott D. Gurwin, D.P.M.  
Debra A. Heldman, M.D.  
Mark S. Law, M.D.

### 25 years

Chuck C. Cho, M.D.  
Thomas K. Petryk, M.D.  
John J. Winsch, M.D.

### 20 years

Subbarao Cherukuri, M.D.  
Bassam Kret, M.D.  
Todd F. Lemmon, M.D.

### 15 years

Walter L. Bernacki, M.D.  
Bradley R. Lewis, M.D.  
Teferi G. Mengesha, M.D.  
William A. Stallworth, M.D.  
Mary J. Torchia, M.D.  
William A. Wilmer, M.D.  
Jason M. Winterhalter, M.D.

### 10 years

Kamel N. Addo, M.D.  
Valerie D. Collins, M.D.  
Edward A. Del Grosso, M.D.  
Aruna C. Gowda, M.D.  
Lisa A. Maurer, D.O.  
Michael A. McFarlane Jr., D.O.

### 5 years

Emilia N.U. Anigbo, M.D.  
Gabrielle A. Farkas, D.O.  
Laura A. Higgins, M.D.  
Frances B. Horenstein, M.D.  
Peter S. Kim, M.D.  
Bradley R. Lawson, M.D.  
John P. Lazar, M.D.  
Robert M. Murithi, M.D.  
Melissa S. Tripoli, M.D.  
Donald L. West Jr., M.D.



# MHA Honors LMHS President & CEO and Physician

In November, Mental Health America (MHA) of Licking County honored community members during their Annual Dinner and Celebration at the Double Tree by Hilton in Downtown Newark. Licking Memorial Health Systems (LMHS) President & CEO was presented the Paddy Kutz Community Mental Health Award for his commitment to mental health education and advocacy. Janae Davis, M.D., of Licking Memorial Women's Health – Downtown Newark, was named the MHA Physician of the Year for her dedication to the mental health of Licking County citizens.

Paddy Kutz was on hand when Craig Cairns, M.D., LMHS Vice President Medical Affairs, presented the award to Rob. He was nominated because he embodies LMHS' mission to improve the health of the community by supporting and advocating for health education throughout the county including issues involving mental health. Rob is a champion for ensuring that those in the Licking County Community have access to convenient care, close to home.

In addition, LMHS operates Shepherd Hill, a nationally accredited treatment center for behavioral health and addiction. Under Rob's leadership, Shepherd Hill has continued to successfully provide treatment for community members, and added new programs and services. Rob's compassion for those seeking assistance to battle substance abuse and mental health issues became evident when he set a goal for LMHS to provide optimal care to residents regardless of their ability to pay. He was also instrumental in

implementing a sober housing program, assuring that those who have received treatment can obtain a safe place to live while continuing their recovery. Rob is passionate about sharing the message of healthy living as prevention to serious illness and maintaining positive mental health through exercise, a healthy diet, and proper sleep. He initiated wellness goal programs for youth and seniors to inspire a commitment to personal health within the community.

Dr. Davis has a passion for providing education on women's health topics and offering care to the underserved members of the community. She requested to relocate to the Gerald K. McClain Building in Downtown Newark in order to be closer

to patients who may not be able to travel to other facilities. In 2016, Dr. Davis was named Licking Memorial Health Systems' Physician of the Year. The Physician of the Year recipient is elected each year by the members of the Licking Memorial Hospital Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members.



Penny Sitler, Rob Montagnese, and Paddy Kutz



Janae Davis, M.D.

# Former Interventional Cardiology Patients Gather at LMH Event

Patients who received life-saving Interventional Cardiology services at Licking Memorial Hospital (LMH) gathered for a special event on the LMH front lawn in October. The patients and their guests reconnected with the staff who provided their care, met fellow community members with shared experiences, and enjoyed a heart-healthy meal.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese welcomed the attendees, noting that the event is a celebration of the many lives saved due to the hard work of the Interventional Cardiology staff members. Rob then introduced Interventional Cardiologist Hassan Rajjoub, M.D., who stressed the importance of lifestyle changes following a heart attack.

"The most important thing you can do to prevent another heart attack is to practice healthy habits," said Dr. Rajjoub. "Once you begin to feel better, it is easy to fall back into old habits, but it is vital that you continue to make healthy diet modifications, keep blood pressure and cholesterol levels down, and exercise regularly."

Tony Shonebarger, who recounted his experience as an Interventional Cardiology patient in 2020, was a

featured speaker at the event. While jogging with his youngest son, Bryce, Tony began feeling pain in his chest and knew it was possible he could be having a cardiac event. Although Tony recognized he should have immediately called emergency services to transport him to LMH, he asked his son, Alex, to drive him to the LMH Emergency Department (ED) as fast as he could. When the two arrived at LMH, staff members quickly responded to Tony's symptoms by ordering an electrocardiogram (EKG) and having it interpreted by an ED physician within minutes. Ten minutes after his arrival, he was diagnosed with a ST-elevation myocardial infarction (STEMI) – a heart attack caused by the complete blockage of a heart artery. The STEMI alert was sounded, and the LMH STEMI team, including Dr. Rajjoub, prepared Tony for the cardiac catheter and began the process to unblock the clogged artery.

Tony praised the attitude of the LMH staff, from the Emergency Department to the Cardiac Rehabilitation Clinic. "I was treated like a member of their own family. The staff at the Clinic are motivational, energizing, and so positive. I cannot thank them all enough," he said. An athletic individual, Tony was anxious to start jogging again, and with the help of the Clinic staff, he quickly reached that goal.

LMH hosts the Interventional Cardiology Reunion annually in the fall. Due to COVID-19 restrictions, this was the first-time the event has been held since 2019.



Rob Montagnese, LMHS President & CEO



Hassan Rajjoub, M.D.

# Walk with a Doc

In October, Licking Memorial Health Systems hosted a Walk with a Doc event at Rotary Park in Newark. Shelley A. Gittens, M.D., of Licking Memorial Pediatrics – Tamarack, lead a discussion on diabetes. During the November event at Buckeye Lake Bike Path, Garth A. Bennington, M.D., of Licking Memorial Family Practice – West Main, provided information about hypertension.

The monthly program offers community members an opportunity to ask general health questions related to a physician's specialty during a 40-minute walk at a variety of locations in Licking County. For more information on upcoming Walk with a Doc events, visit [LMHealth.org/Calendar](http://LMHealth.org/Calendar).



Shelley A. Gittens, M.D., at Rotary Park



Garth A. Bennington, M.D., at Buckeye Lake Bike Path





# Be Wise...Immunize Provides Free Flu Vaccinations for Licking County Youth

In October, Licking Memorial Health Systems (LMHS) offered free influenza vaccines to Licking County infants and children. More than 250 youth, up to the age of 18, attended the “Be Wise ... Immunize” clinics held at Licking Memorial Women’s Health – Downtown Newark and Licking Memorial Pediatrics – Pataskala. Staff members from Licking Memorial Pediatrics administered the vaccines after consulting with the children’s parents.

The Centers for Disease Control and Prevention (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 height of influenza activity, which began in October and continues through May.

“The flu vaccine is a safe and effective way to protect the community against influenza infection,” Rob Montagnese, LMHS President & CEO, said. “LMHS offers youth free flu immunizations to increase our community’s level of protection, and we are pleased that our community recognizes the importance of personal and family health, and the effect it can have on others around them.”

Those who have yet to receive the vaccine this season are urged to obtain one. Immunization protects the health of the community by decreasing the risk of spreading the flu to others, especially infants, those with compromised health, and the elderly who are more susceptible to contracting the flu. All Licking Memorial Family Practice and Licking Memorial Pediatrics locations have the flu vaccine available.



## Physician Spotlight – Kevin M. Ouweleen, M.D.

Kevin M. Ouweleen, M.D., joined Licking Memorial Orthopedic Surgery in August 2015. He received his medical degree from The Ohio State University in Columbus. He completed an internship and residency in orthopedic surgery at Mount Carmel Medical Center in Columbus. Dr. Ouweleen is board certified in orthopedic surgery.

Dr. Ouweleen is a member of the American Academy of Orthopedic Surgery and the Ohio State Medical Association. He and his wife, Jennifer, live in Granville. They have five children and two grandchildren.



### Ask a Doc – Tendinitis or a Muscle Strain with Kevin M. Ouweleen, M.D.

#### Question: How do I know if I have tendinitis or a muscle strain?

**Answer:** Tendinitis is inflammation or irritation of a tendon, the thick, flexible cord of tissue that attaches muscle to bone. Tendons assist the muscles in moving the bones. While the inflammation may occur in any of the tendons in the body, tendinitis most commonly occurs around the shoulders, elbows, hands, wrists, knees, or heels. Tendinitis is often confused with a muscle strain due to similar symptoms such as pain, tenderness, swelling, or decreased strength and flexibility. However, those who suffer a muscle strain will notice the pain in the muscle itself, whereas in tendinitis, the pain radiates from where the muscle attaches to the bone.

Since the pain of tendinitis occurs near a joint, another common misconception is to assume the presence of arthritis. Arthritis is a group of painful and degenerative conditions marked by inflammation in the joints that causes stiffness, pain, and limited movement. Joints are the areas of the body where two or more bones come together. Arthritis is characterized by a thinning of cartilage, the protective tissue that covers a joint’s surface. Thinning cartilage leads to friction within the joint causing stiffness, pain, and reduced flexibility when moved.

Tendons are cord-like structures located where a muscle narrows to attach to a bone at the joints. The tendon is more fibrous and dense than the supple, flexible muscle tissue, and transmits the pull of the muscle to the bone to create movement. Although tendinitis can be caused by a sudden injury, the condition typically stems from the repetition of a particular movement over time. The repetition can cause continued stress that overloads the area and results in microtears in the tendons. The pain may be severe and usually occurs suddenly. Some forms of tendinitis are named after certain sports such as tennis or golfer’s elbow, pitcher’s shoulder, swimmer’s shoulder, and jumper’s knee. The healing time for tendinitis is several days to six weeks, depending on whether treatment starts soon after symptoms occur.

Most cases of tendinitis can be successfully treated with the RICE protocol, which stands for rest, ice, compression, and elevation. Stretching and modification of activities is also recommended. To reduce pain, avoid the movements that aggravate the injured tendon. Over-the-counter anti-inflammatory medications may be used to reduce pain and swelling. Immobilizing the area with a splint, sling, or the use of crutches will assist in avoiding further injury. Although rest is a key part of treating tendinitis, prolonged inactivity can cause stiffness in the joints. After a few days of completely resting

the injured area, gently move through the full range of motion of the tendon to maintain joint flexibility.

If the pain does not improve after rest, a primary care physician may prescribe physical therapy to increase the flexibility and strength of the involved tendon. Eccentric strengthening, which emphasizes contraction of a muscle while it is lengthening, has been shown to be an effective treatment for many chronic tendon conditions. Manual therapy, such as certain types of massage, assist in promoting healing. Dry needling, a procedure involving making small holes in the tendon with a fine needle, also stimulates healing and can reduce muscle tightness around the involved tendons. A therapist can also instruct the patient on how to modify the form, posture, and mechanics of the repetitious physical activity to reduce the strain on the tendon.

If deemed necessary, a physician or orthopedic surgeon can administer a local injection of corticosteroids to decrease the pain and inflammation. Corticosteroids are an anti-inflammatory medication that is chemically similar to cortisol, a natural anti-inflammatory hormone produced by the adrenal glands. The injections typically reduce pain and inflammation within a few days, although some medications offer relief in a few hours. The effect usually wears off after a few months. Side effects from the injection include temporary bruising,

infection, thinning of the skin, and puffiness of the face. Corticosteroids are not recommended for tendinitis lasting over three months as repeated injections may weaken a tendon and increase the risk of rupturing the tendon.

Though the issue may become chronic in some people, tendinitis most often is a short-term condition. Without proper treatment, tendinitis can increase the risk of experiencing tendon rupture, a much more serious condition that may require surgery. If tendon irritation persists for several weeks or months, a condition known as tendinosis may develop, a condition that involves degenerative changes in the tendon, along with abnormal new blood vessel growth. Do not neglect persistent tendinitis. In addition, consult a specialist in orthopedics or sports medicine to properly diagnose and treat the pain. Surgical intervention by an experienced orthopedic surgeon may be necessary to avoid ongoing unresponsive symptoms, particularly if a weakened tendon is at risk of tearing or rupture.



# Quality Reporting to the Community

Patient Story and Benchmarks for Rehabilitative Care

## Patient Story – Terry Frame

rehabilitation therapy before he could return home. He was sent to the Licking Memorial Hospital (LMH) Acute Inpatient Rehabilitation Unit (ARU). The goal of the ARU program is to optimize the patient's functional ability in order to live independently as possible at home. Patients must be able to tolerate at least three hours of therapy five days per week and have the ability to achieve rehabilitation goals in a reasonable time period. The interdisciplinary team approach toward rehabilitation is used to focus on the patient's specific area of disability.

"The unit was very well-run. I was impressed with the Director, David W. Koontz, D.O.," Terry shared. "The room was comfortable – more like a hotel than a hospital. The staff began my rehabilitation right away, and kept me working throughout the day."

After visiting with Terry, Dr. Koontz discovered an issue connected to the surgery and arranged for Terry to return to the Columbus hospital that had performed the procedure for further patient care. After the issue was corrected and additional time was given for recovery, Terry returned to LMH to continue the rehabilitation process.

"The clinical liaison Amie Myers quickly arranged to secure an opening for Terry as soon as he was ready to return," Terrie explained. "She answered all our questions, and made the transfer process simple. Several of the staff members called or visited to check on Terry's wellbeing while he was at the Columbus hospital. Everyone was kind and knowledgeable, from the point of care technicians to the physical and occupational therapists. They seemed to know exactly what Terry needed before he even asked for anything."

"Each staff member took a personal interest in me and the other patients," Terry fondly remembered. "They went above and beyond the requirements of their job to assure my comfort and recovery."

While in the ARU, patients receive several different types of therapy based on their needs. Terry required physical therapy to build strength and start walking again. Each day, he performed different exercises to improve his movement including using exercise bands and walking up and down the hallway. The occupational therapists would provide different tasks to assist Terry in preparing to perform daily chores when he returned home.

"One day, they asked me to fold dishtowels," Terry said. "They wanted to make sure I was safe when I returned home. I had mentioned that I enjoyed cooking as one of my hobbies, so they took me to the mock kitchen in one of the rooms in the unit to practice some of the needed skills. Everyone helped me improve my strength, skills, and especially my confidence. I felt more secure about my return home. I hope to cook something to share with them when I am feeling stronger."

After his release from LMH, Terry continued receiving therapy with LMH Rehabilitation Services. He has also been receiving treatments for cancer. Because the medications leave him feeling tired and weak, Terry is taking a short break from rehabilitation. Working with the LMH Hematology/Oncology Department, Terry was able to enjoy a short trip to Florida between his scheduled treatment appointments. He and Terrie had traveled to the area for their honeymoon, and the couple wanted to return to celebrate their 60th anniversary.

Although he was born in Zanesville, Terry Frame has lived the majority of his life in Licking County. He met his wife of 60 years, Terrie, in Downtown Newark. Terrie was employed in the Administration Department at the Dow Chemical Research Center in Granville. The couple raised their two daughters, Lorei and Kristen, in Licking County. Both daughters remain in the area. Throughout his adult life, Terry has dedicated himself to aiding the people of Newark.

In the 1980s, Terry served as a City Councilman. To assist those in need in the community, he became a member of the Newark Area Jaycees and served as President for a time. He also served as the City of Newark Parks and Recreation Director for many years. Among the many improvements implemented during his time as Director, Terry is credited with establishing and improving the Newark Municipal Ice Rink – now named the Lou and Gib Reese Ice Arena.

Now retired, Terry continues his service to the community as a member of the Education and Membership Committee of the Licking Memorial Hospital (LMH) Development Council. The Development Council was established in 1987, to increase charitable giving to LMH and to enhance and promote meaningful community relations for the Hospital. Terry enjoys being a part of the Council because he continually learns new information about Licking Memorial Health Systems, and is able to share that information with other members of the community.

Recently, Terry was diagnosed with colorectal cancer. Treatments began with surgery to remove the cancerous cells. After surgery, Terry could barely walk and was informed that he required

## Pelvic Floor Rehabilitation

Patients who visit Licking Memorial Hospital for surgery or a serious injury may need physical rehabilitation following their initial treatment as part of their recovery. Physical therapy is a non-invasive treatment that uses exercises and physical activities to help condition muscles and restore strength and movement. Licking Memorial Rehabilitation Services offers a special kind of physical therapy for women who are suffering from different types of pelvic floor dysfunction. Highly-trained therapists with extensive experience working with pelvic conditions will apply techniques and exercises to restore mobility and movement, as well as reduce pain.

The pelvic floor is a group of muscles located at the base of the pelvis that help control bladder and bowel functions and are involved with sexual function. As women age, these muscles weaken and can cause issues such as urinary or fecal incontinence, pain during intercourse, and pelvic organ prolapse. Causes of pelvic floor dysfunction include childbirth, chronic coughing, traumatic injuries to the pelvic area, heavy lifting, aging, and menopause. Such issues can be embarrassing and affect a woman's self-confidence and quality of life.

A woman may be referred for pelvic floor rehabilitation by her general practitioner, obstetrician/gynecologist, or women's health provider after they have ruled out any infections or cancer. The initial appointment will include a medical history, muscle testing of the patient's core and hip strength, and in some cases an internal exam to determine trigger points and any muscle weakness or tightness. After the initial evaluation, an effective treatment plan is established that is tailored to the specific needs of the patient.

A woman experiencing urinary incontinence may be asked to keep a bladder log – an assessment tool that allows patients to record how much liquid they drink, how often they urinate, and when they experience urine leakage. They may receive bladder training, which is a type of behavioral therapy that helps a person regain control

over urination. The training gradually teaches patients how to hold their urine for longer periods of time to prevent emergencies and leaks. Exercises that strengthen the core and internal muscles, such as Kegel exercises, help reinforce the muscles that control the urethra. Breathing techniques are used to regulate core pressure to help support the pelvic floor.

Pelvic organ prolapse occurs when one or more of the organs in the pelvis descend from their normal position and bulge into the vagina or anus. The condition is not life threatening but can cause pain and discomfort. Pregnancy, labor, and childbirth are the most common causes of pelvic organ prolapse. Other causes include obesity, constipation, chronic cough, pelvic organ cancers, and hysterectomies. Pelvic floor exercise can help to ease the pain and discomfort of prolapse by strengthening muscles to provide more support to the pelvic organs.

Pelvic floor physical therapy is also used to treat the symptoms of chronic conditions, such as endometriosis and interstitial cystitis. Techniques that may

be used in treatment include trigger point release, manual internal therapy, and E-stim, which uses electrical pulses to stimulate muscles or nerves to relieve pain and improve function. Biofeedback is commonly used to retrain pelvic floor muscles and uses special sensors to monitor when a person contracts or relaxes the muscles in that area. The feedback helps therapists determine which muscles need to be strengthened to gain sensitivity and have better control over their pelvic floor muscle function.

Patients will undergo about 10 to 12 weeks of treatment for their condition and experience positive results, including reduced pain levels and an increased range of motion. Individuals who receive therapy for incontinence regain the self-confidence to resume activities they had given up because of their condition. Self-care practices can also aid in the recovery process. Practicing home exercises and using devices recommended by a physical therapist can be helpful post-therapy. Maintaining a healthy lifestyle, including good nutrition, exercise, yoga, and deep breathing techniques, helps to reduce stress and aids in relaxation.



# Rehabilitative Care – Inpatient and Home Care – How do we compare?

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

**1.** Patients who are undergoing rehabilitation are at increased risk for falls due to factors such as the expectation of increased independence, weakness, and possibly pain medication. Falls can result in injuries and potentially delay a patient's rehabilitation. All Acute Inpatient Rehabilitation Unit (ARU) patients receive daily assessments for their level of fall risk and are advised of precautionary measures.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	0	0	0	0

**2.** Upon admission to the ARU, patients receive a standardized assessment scoring their ability to perform daily activities, such as walking, dressing, and personal hygiene. The quality indicators (QI) are composed of measures to capture the improvement in an individual's function. The skills are reassessed before discharge. **Note: In 2020, LMHS began tracking QI for overall improvement at discharge according to changes made in the reporting requirements from the Centers for Medicare & Medicaid Services.**

	LMH 2019	LMH 2020	LMH 2021	National <sup>(1)</sup>
Average ARU patients' quality indicators showing improvement at discharge				
Overall improvement of self-care	N/A	8.9%	11.3%	12.6%
Overall improvement of mobility	N/A	24.4%	23.9%	32.7%

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

	LMH 2019	LMH 2020	LMH 2021	National <sup>(1)</sup>
ARU patients discharged directly to home	82.6%	83.5%	82.6%	87.5%

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

	LMH 2019	LMH 2020	LMH 2021	National <sup>(2)</sup>
Overall patient satisfaction with ARU experience	85%	92%	86%	81%

**5.** LMH Home Care provides skilled professional care to patients at home. Services are based on the individual's needs and include a wide range of support, such as therapy, nursing care, medication instruction, pain management, home management, financial needs assistance, emotional support, as well as others. LMH surveys Home Care patients regarding their level of satisfaction on a scale of 0 to 10, to evaluate how well their needs are being met. A score of 9 or 10 is considered ideal.

	LMH 2019	LMH 2020	LMH 2021	National <sup>(3)</sup>
Percent of Home Care patients rating LMH a 9 or 10	92.8%	94.1%	90.8%	87.7%
	84th percentile	86th percentile	72nd percentile	50th percentile*

*\*For national percentile ranking, higher scores are better.*

**6.** LMH Home Care patients often have some degree of physical deficit which can interfere with their ability to walk and quality of life. The Home Care staff provides physical therapy and other support to help patients improve their walking function.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Home Care patients with improved walking function	87%	89%	96%	75%

**7.** Studies have shown that patients are more likely to take their medications properly in the correct dosage and at the correct intervals if they are informed about the importance and purpose of the drugs. LMH Home Care nurses provide medication education to patients and their caregivers.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Home Care patients receiving medication education	96%	95%	93%	100%

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

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Fall risk assessment completed for every Home Care patient	100%	100%	100%	100%

**Data Footnotes:** (1) Uniform Data System for Medical Rehabilitation Report (2) Press Ganey Associates, "Home Health Care Consumer Assessment of Healthcare Providers and Systems" (HHCAHPS) survey results (3) Press Ganey Associates, "Inpatient Rehabilitation Facility Consumer Assessment of Healthcare Providers and Systems" (IRFCAHPS) survey results

Check out our Quality Report Cards online at [LMHealth.org](https://www.lmhealth.org).



## Preparing Your Home after Inpatient Rehabilitation

Patients who have had a stroke, surgery, or injury may require acute inpatient rehabilitation to begin their recovery. Once their inpatient rehabilitation ends, their recovery continues at home. Transitioning from a rehabilitation facility to home can be challenging, but there are several actions that individuals and their family members can take to ensure a smooth transition and a safe living space.

Scheduling a conference with the patient's family and healthcare team will help to specify the health and mobility goals that the patient has met during rehab and highlight areas that the patient needs to work on at home. Patients may also request a home evaluation to

document obstacles or potential hazards and determine if any medical equipment will be needed in the home.

The following tips are a few ways for people to prepare their home after inpatient rehabilitation:

- Install grab bars in showers and on toilets to provide stability
- Remove loose throw rugs and items on the floor that can create a tripping hazard
- Add light to stairs, hallways, and basements
- Use non-slip mats on the bathroom floor and in showers and tubs

- Reorganize the kitchen by placing food, dishes, and appliances on shelves that are easy to reach
- Make the closet more accessible by removing doors, lowering hanging rods, and using easy-glide drawers or baskets
- Ensure that the bed is at the proper height to get in and out of easily
- Build a ramp if the home has stairs to the front or back doors
- Install a chair lift to access upper levels of the home or move all necessities to the first floor



# Quality Reporting to the Community

Patient Story and Benchmarks for Surgery Care

## Patient Story – Aimee Parsley-White

uncomfortable,” Aimee remembered. “I understand the testing was to determine the underlying cause of my condition; however, I did not feel the cause was more important than protecting my health and removing the mass.”

Due to the mass, Aimee was experiencing hyperthyroidism, a condition in which the thyroid gland produces too much of the hormone, thyroxine, and accelerates the body’s metabolism causing unintentional weight loss and a rapid or irregular heartbeat. Aimee shared her concerns about the delays with her neighbor and friend, Shayne Miller, APRN-CRNA, a nurse anesthetist at Licking Memorial Hospital. Shayne suggested Aimee make an appointment with Bradley R. Lawson, M.D., of Licking Memorial Otolaryngology (ENT). Dr. Lawson specializes in treatment of disorders of the ears, nose, and throat.

“Shayne said Dr. Lawson was a very good physician and is well known in his field. I called Dr. Lawson’s office the week of Thanksgiving and was able to schedule an initial appointment for the following week.”

Accessing the laboratory tests results from the endocrinologist through Aimee’s electronic medical records, Dr. Lawson informed Aimee he would need another ultrasound performed and a biopsy in order to move forward with a partial thyroidectomy. He agreed that action needed to be taken as soon as possible to remove part of the thyroid. If only part of the thyroid is removed, the remaining portion of the gland continues to function and produce the needed hormones for the body preventing Aimee from having to take synthetic hormones for the rest of her life. After the results of both the ultrasound and biopsy were

complete, Aimee met with Dr. Lawson to create a treatment plan.

“Dr. Lawson was delightful and had a very good bedside manner. He explained my condition and the process completely, and assured me that my surgery would be scheduled as soon as possible. I felt so relieved,” Aimee said.

The surgery was scheduled for January 2022. After a positive COVID-19 test, however, Aimee’s procedure was delayed a few weeks, but she was pleased that Licking Memorial staff members were quick to contact her and reschedule the surgery. Upon arrival, Aimee was kept informed about each step of the process. The surgery was considered an outpatient procedure meaning that as soon as Aimee was fully alert and stable, she was able to leave the Hospital and return home for recovery.

“I was a little slow in waking from the anesthesia, but the staff checked on me continually. I did not feel rushed. For a surgical procedure, it felt very relaxed. The nurses and technicians answered questions and were willing to explain the expectations for my release,” Aimee shared.

Following the surgery, Dr. Lawson discussed the pathology report with Aimee in detail. He informed her that he removed an incidental micropapillary thyroid carcinoma along with the toxic nodule which was causing her hyperthyroidism. Papillary thyroid carcinoma (PTC) develops from the follicular cells in the thyroid and typically grows slowly, making it treatable with a good prognosis by utilizing surgical removal.

In addition, Dr. Lawson also performed a parathyroidectomy, the removal of all or part of one of the parathyroid glands. Four parathyroid glands are located on the outside borders of the thyroid in the front of the neck. Such glands assist in controlling calcium and phosphorous levels in the blood. One of Aimee’s parathyroid glands were determined to be an adenoma, meaning that it was producing excessive levels of parathyroid hormone (PTH). Abnormally high levels of PTH cause elevated calcium in the blood stream.

Aimee is grateful to be able to once again fully enjoy time with her husband, Edward White, Jr. (Ned), and children – Mason, Lindley, Nolan, and Hudson. Aimee grew up in Granville, and her siblings and parents have all remained in the area.

“It has been a blessing to have my family nearby during this trial. They have been helpful in caring for my children. After losing a brother to brain cancer, the removal of part of my thyroid was a cake walk,” Aimee said. “The Granville community has also been a blessing to our family. My children attend school with Shayne’s children, and his family’s friendship has been invaluable.”

## Preventing Deep Vein Thrombosis after Surgery

Surgery is a leading cause of deep vein thrombosis (DVT), a blood clot that forms in veins and is most common in the legs. DVT is a serious condition because blood clots can loosen and travel to the lungs, which can be life-threatening. Patients who have major surgery on the abdomen, pelvis, hips, or legs are at risk for developing a DVT. A physician may prescribe the following methods to prevent blood clots after surgery:

- Early movement and physical therapy
- Compression stockings
- Anticoagulant drugs (blood thinners)
- Simple exercises that can be performed in bed or sitting in a chair
- Sequential compression device (SCD) to promote blood flow in the legs

The highest risk for developing DVT is 2 to 10 days after surgery, and patients can remain at risk for up to three months following their operation. Individuals who experience complications from anticoagulants or symptoms of a blood clot, such as chest pain, shortness of breath, fast heartbeat, excessive sweating, fainting, coughing up blood, or heavy, uncontrolled bleeding should call 911 immediately.

Patients should contact their healthcare provider if they experience pain, swelling, or redness in the arm, leg, or other area. Individuals who are prescribed an anticoagulant should watch for symptoms such as blood in urine or stool, very dark or tar-like stool, vomiting with blood, nosebleeds, bleeding from the gums, a cut that will not stop bleeding, or vaginal bleeding.



# Surgery Care – How do we compare?

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

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

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Use of reversal agent for GI procedures	0.00%	0.00%	0.00%	Less than 0.90%

- The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time that the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site by the surgeon, and final verification in the operating room. In 2021, 7,257 surgeries were performed at LMH.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Wrong-site surgeries	0	0	0	0

- Patients who have open-incision surgery are at elevated risk to develop an infection at the surgical site. LMH utilizes strict infection-prevention strategies for each surgical patient and ensures that the Hospital's Central Sterile staff members receive certification in proper reprocessing/sterilization policies for surgical equipment.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Central Sterile staff with certification	100%	100%	100%	100%
Surgical site infections	0.0	0.1	0.0	0

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

	LMH 2019	LMH 2020	LMH 2021	National <sup>(1)</sup>
30-day readmissions:				
Total hip replacement readmissions	1.40%	5.88*	3.57%	3.13%
Total knee replacement readmissions	4.63%	4.27*	0.0%	1.09%

*\*In 2020, elective hip and knee replacement surgeries were halted for several months resulting in a lower number of patients who received the procedure.*

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

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Surgeries that started on time	90%	90%	94%	Greater than 90%

- Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots, including the use of blood thinning medications and mechanical compression devices. In some cases, despite using these interventions, these blood clots may still occur.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis	0.19%	0.0%	0.63%	0.50%

Data Footnotes: (1) MIDAS CPMS comparative database

Check out our Quality Report Cards online at [LMHealth.org](https://www.lmhealth.org).



# Enhanced Recovery after Surgery and Alcohol Use

Licking Memorial Hospital (LMH) follows the Enhanced Recovery After Surgery (ERAS) program – a patient-centered approach that combines simple evidence-based interventions to reduce stress responses during and after surgery and ensure the best possible outcomes for surgical care. The ERAS program focuses on education, nutritional management, and utilizing alternative pain management strategies to minimize opioid use. The program also encourages lifestyle changes to decrease smoking and alcohol intake.

The amount of alcohol that a person consumes daily can affect their surgery and recovery time. Drinking alcohol increases the risk of complications before, during, and after the procedure. Prior to the surgery date, patients undergo pre-admission testing and screening to identify any risks for perioperative complications. Individuals are assessed for the amount, frequency, and their most recent use of alcohol. Common complications include infection, reduced immune response,

slower wound healing, increased bleeding, cardiovascular problems, and prolonged hospital stays. It is important to identify individuals who may have unhealthy alcohol use or alcohol use disorder so that appropriate actions can be taken prior to surgery to avoid complications.

Patients scheduled for surgery are encouraged to abstain from drinking alcohol at least 48 hours before their procedure. A person who is dependent on alcohol has an increased risk of alcohol withdrawal syndrome – a set of symptoms that can occur following a reduction in alcohol use after a period of excessive use. Severity of withdrawal can vary from mild symptoms such as anxiety, shakiness, sweating, vomiting, increased heart rate, insomnia, and headaches, to severe and life-threatening symptoms such as disorientation, agitation, hallucinations, and seizures.

Withdrawal symptoms can make surgery and recovery dangerous. It is critical for individuals to be honest

with their healthcare team about their alcohol use because it can interfere with general anesthesia. Anesthesia contains powerful drugs that suppress functions such as breathing, heart rate, and blood circulation. Using higher doses of anesthesia can increase the risk of cardiac events, such as a heart attack.

There are a number of actions that can be taken if a person does not feel that they can safely abstain from alcohol use before surgery. Physicians can prescribe medications that help control or prevent withdrawal symptoms. Patients may also be referred to an alcohol addiction treatment program.

Shepherd Hill, a department of Licking Memorial Hospital, is a nationally accredited treatment center providing alcohol and drug addiction services. These services include alcohol and drug detoxification, a 28 day treatment program, and an intensive outpatient program. Medication-assisted treatment (MAT) including Suboxone and Vivitrol is also available. To schedule an assessment, please call (220) 564-4877.



# Golf Gala Proceeds Provide State-of-the-art Inpatient Beds

The Licking Memorial Hospital (LMH) Development Council hosted the 2022 Golf Gala on September 19 at the Denison Golf Club as a fundraiser for new hospital inpatient beds equipped with advanced safety features. The EarlySense patient monitoring system continuously tracks vital signs, including heart rate and respiratory rate to determine a patient's clinical status and alert staff if immediate intervention is necessary. The motion detection component reduces the risk of falls. In addition, the Hercules patient repositioning system improves comfort and safety for the patient, while eliminating risk of injury to the caregiver.

"Our community remains incredibly generous toward LMH, as evidenced by the outpouring of support that the Golf Gala received again this year. I am grateful to announce that we surpassed our 2022 fundraising goal due to the overwhelming response we received from sponsors for this event," LMHS President & CEO Rob Montagnese said. "Safety is one of our top priorities, and we know that the new, state-of-the-art inpatient beds at LMH will improve patient care and outcomes. Because of the continued generosity from local businesses and individuals, we are able to make significant financial investments in technologies that advance our mission to improve the health of the community."

A total of 143 golfers comprised the 38 teams that participated in the 18-hole scramble. Rob announced the team and individual awards in a recorded ceremony that also featured the 2022 Golf Gala Honorary Chairs – Nate, Courtney, Grace, Natalie, and Reese Adams – and was available to view online the following day.

The team of LMH Emergency Department physicians, which included Bradley Allen, M.D., Jeff Bare, D.O., and Ryan Longstreth, M.D., took first place. Each team member received a trophy and a round of golf with a cart at the Denison Golf Club. Jack Becker, Rob Becker, Konrod Morris, and Chris Swearingen, who represented Summit Home Care & Hospice, each received a round of golf with a cart at Kyber Run Golf Course for finishing in second place. Unfortunately, there was not a winner for the Hole-in-One prize, a three-year lease for a new 2022 Jeep Wrangler Sahara offered by The Hinderer Motor Company. Individual award winners included:

**Closest to the Pin** – Joe Mortellaro, of the Mortellaro McDonald's team, received four rounds of golf with a cart at Eagle Sticks Golf Club.

**Longest Drive (Women)** – Melissa Black, of the Dinsmore & Shohl, LLP team, received four rounds of golf with a cart at Moundbuilders Country Club.

**Longest Drive (Men)** – Dylan Smith, of the Limbach Company, LLC team, received four rounds of golf with a cart at Moundbuilders Country Club.

**Longest Putt** – Tom Cumiskey, of the Park National Bank team, received four rounds of golf with a cart at St. Albans Golf Club.

This year's **Club Sponsor** (\$7,500 and above) was Denison University, and the **Condor Sponsor** (\$7,500 and above) was Park National Bank. **Ace Sponsors** (\$5,000) included the Hinderer Motor Company; Matesich Distributing Company; MedBen; Monte Christopher

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## First Place Team – LMH Emergency Department Physicians



Bradley Allen, M.D.



Jeff Bare, D.O.



Ryan Longstreth, M.D.

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Fackler Country Gardens  
Fastenal  
The Giovana Family  
Good Guys Garage  
Granville Golfand  
Granville Inn  
Handleman Law Office  
Hashi  
Hempy Water  
Holophane  
Hopewell Federal Credit Union  
Cheri Hottinger  
Brittani Jenks – Mary Kay Consultant  
John Klauer Landscape & Design  
Just Write  
Bill Kuhlwein  
Kyber Run Golf Course  
Limited Brands – Victoria's Secret  
The Links at Echo Springs  
Market Street Soda Works  
Massey's Pizza – Corporate  
Sheila & Ron Miller  
Moo Moo Car Wash  
Moundbuilders Country Club  
National CineMedia  
The Ohio Lottery Commission,  
Columbus Region  
Old Bag of Nails  
Orme Hardware  
Papa Boo's  
Penzone Salon  
Scott Peterson of General Graphics  
Pizza Cottage  
Pizza Hut  
Raising Cane's  
Readers' Garden Bookstore  
Richlyn Design/Croton Craft  
Awards & Apparel  
Rolls by the Pound  
Dr. Mary Jane & Mr. Richard Scott  
Shade on 30th Street  
Shelly Lou's Lids  
Smith + Miller Gift Co.  
Spa on the Avenue  
St. Albans Golf Club  
Table Rock Golf Club  
Target  
Tee Jaye's  
Texas Roadhouse  
Three Tigers Brewing Company  
Tre Bri Boutique  
Jennifer Ulrevis  
Village Flower Basket  
The Virtues Golf Club  
Wasserstrom  
Weathervane Playhouse  
Wilson's Garden Center  
The Works  
Wyandot Golf Club

# Development Spotlight

**Jason Hall** joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee in September after being recommended by Jay Young, current TrueCore Federal Credit Union CEO. Jason, who serves as TrueCore's President, will transition to the President-CEO role after Jay's retirement in early 2023.

"The Development Council is filled with community leaders, and I cannot wait to begin working with them," Jason said. "This is a great opportunity to work alongside an organization where everyone is working toward the same mission, and we want to help Licking Memorial Health Systems (LMHS) provide great healthcare in every practice for all residents."

As a part of the Annual Support Committee, Jason and other committee members work to obtain charitable giving through the Community Cornerstone Club and Paving Our Future campaigns. LMH uses such contributions to acquire new technologies, such as the da Vinci Surgical Robot and the Hill Rom Centrella® smart beds equipped with advanced safety features, including EarlySense patient monitoring, motion detection, and Hercules patient repositioning.

"I joined the Development Council because of LMHS' dedication to our community, and I continue to be impressed with their efforts. I believe in LMH and its employees, and in my role on the Annual Support Committee, I

can express my belief in and support for LMHS to others in the community."

Jason has worked in banking for over 22 years and been employed for 15 years at TrueCore. He graduated from Ohio University with a bachelor's degree in business administration and later earned a Master of Business Administration degree from Franklin University. He is also involved with other Licking County organizations, such as the Licking County Chamber of Commerce, American Red Cross – East Central Ohio Chapter, and the Licking County Foundation Investment Committee. He lives in Newark with his wife of 10 years, Stephanie, children, Ella and Nicholas, and two dogs and cats. He loves spending time with his family and watching sports, particularly football.



# LMHS Honors Former Board Members

Licking Memorial Health Systems (LMHS) hosted an annual appreciation dinner in the Main Street Café at Licking Memorial Hospital (LMH) in October to recognize and honor the service of former Board members. Community leaders selflessly volunteer their time and talents to serve on the Boards of Directors that govern LMHS and LMH. LMHS President & CEO Rob Montagnese offered a short presentation outlining the goals set to continue growth, technology acquisition, and providing the best quality care for Licking County.

highlighted the most recent advances, including the new electronic medical record system – Epic. According to data from Epic, LMHS has proven to be one of the most successful organizations in implementing the program. In addition to Epic, Rob discussed the establishment of the robotic surgery program. LMHS physicians and surgeons have provided hundreds of minimally invasive surgeries using the da Vinci surgical robot which was purchased in 2021. Other such systems exist for more specific surgeries including orthopedics, and the goal is for LMHS to expand local surgical options.

Additionally, Rob spoke about the importance of expanding the addiction treatment program at Shepherd Hill – a nationally accredited treatment center.

The providers offer optimal care to residents regardless of their ability to pay, and are encouraged to consider each individual's needs to overcome the life-threatening disease of chemical dependency. Recent expansion included assistance in finding safe housing options for those continuing the journey of recovery. LMHS has also set a goal to establish a School Health Learning Collaborative with Nationwide Children's Hospital and Licking Heights Local School District. The program will increase access to school-based care to meet the needs of area children.

Rob concluded the evening by thanking the former Board members for their efforts to improve the health of the community. "The excellent healthcare we provide in Licking County today is possible because of the example you set for our organization. Your wise financial management created a stable foundation from which we now offer care to our families, friends, and neighbors through a variety of services, innovative technology, and outstanding facilities."

LMH has been governed by a Board of Directors since 1898, when the first nine-room Hospital was established on North Third Street in Newark. The LMHS Board of Directors, created in 1984, oversees operations of the Hospital, Licking Memorial Health Professionals private practices, and Licking Memorial Health Foundation.



# Donors

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

## Capital Improvement Fund

TWIGS 6

## Community Cornerstone Club

Thomas & Elizabeth Beattie  
Judy Franklin  
Lynn Gilbert  
David L. Hiatt  
Thomas & Anne Messerall  
Lynne Rotruck  
Gary & Diane Ryan  
Steven & Diane Snow  
Sue Yee

In memory of: Joe Yee

## Cradle Roll

In honor of Finn Albert Russell  
By: Licking Memorial Health Systems

## Doctors' Day

In honor of Kevin Graham, M.D.  
By: Mr. & Mrs. Jim Green

## Foundations

Kroger Community Rewards

## Memorial

In memory of Anthony Montagnese  
By: Central Ohio Technical College  
Dan & Diane DeLawder  
John & Marcia Fisher  
Pat & Carol Guanciale  
Brian & Janine Mortellaro  
Lou Reese  
Michael W. Stevens, Sr.  
Senior Management Team  
Primo & Sue Toccafondi  
John & Sarah Wallace  
In memory of Donna Tyler  
By: Sheila & Ron Miller

In memory of John Van den Heuvel  
By: Paul & L. Carole White

In memory of Beth Yocum  
By: Larry & Sharon Ashcraft  
Mary Bline  
Neil & Gloria Carson  
J. R. Carter  
Nancy Criswell  
Les & Carol Frizzell  
Wendell & Deborah Hall  
Gary & Betty Hoskinson  
Curtis & Carol Johnson  
Jennifer Kinney Krupp  
Steve & Karen LeMasters  
Art & Sharon Lewis  
Licking County Republican Women's Club  
The Marshall Family  
Tim & Sandy Mercer  
Tom & Millie Naftzger  
Fred & Judy O'Dell  
Richard & Charline Pfahler  
Sally Richardson  
Betty Siarnicki  
Karen Uphouse  
Richard & Marilyn Weber  
Chad & Betsy Wegeman  
Sue Weiland

## Paving Our Future

In memory of Michelina Bucceri  
By: Matt & Sandi Dry

# New Appointments



**John S. DeLong, D.O.**,  
joined Licking Memorial  
Women's Health – Newark.



**Gloria M. Galloway, M.D.**,  
joined Licking Memorial  
Neurology.



**Tanner M. Hurley, M.D.**,  
joined Licking Memorial  
Women's Health – Newark.



**Abigail T. Stone, PA-C**,  
joined Licking Memorial  
Orthopedic Surgery.

# In Memoriam – Employees and Retirees

Despite having more than 2,200 employees, the Licking Memorial Health Systems' (LMHS) staff is a closely connected team who depend upon each other to fulfill the mission to improve the health of the community. Therefore, the loss of an employee or volunteer always affects the organization in a profound way. As a tribute to their dedication, LMHS honors employees who passed away during their service to the organization, and retirees and volunteers who passed away during the last year.

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

## Employees

John Gilbert, of Environmental Services, passed away January 3, 2022, after 8 months of service.  
Jesse Doup, of Environmental Services, passed away June 20, 2022, after 2 years of service.  
Cheryl Rigsby, of Radiology, passed away October 19, 2022, after 16 years of service.

## Retirees

J.R. Abrahamsen retired from Behavioral Health Services in 2016 after 24 years of service.  
Kay Bailey retired from 5-East in 2005 after 25 years of service.  
Mary Ann Cummings retired from Volunteer Services in 2017 after 25 years of service.  
Sondra Dodson retired from Environmental Services in 2000 after 24 years of service.  
John Droke retired from Transportation Services in 2003 after 7 years of service.  
Donna Engen retired from 4-West in 1995 after 6 years of service.  
Dottie Futrell retired from Pediatrics in 1992 after 25 years of service.  
Jackie Howard retired from Surgery in 1992 after 23 years of service.  
Lewis Huston, Jr., retired from Pharmacy in 1991 after 28 years of service.  
Mary Hylton retired from Surgery in 1999 after 31 years of service.  
Idabell Koontz retired from Professional Billing in 2003 after 3 years of service.  
John Lieberth retired from Pharmacy in 2016 after 44 years of service.  
Loretta McCollum retired from Community Case Management in 2007 after 12 years of service.  
Janet Nagy retired from Registration in 1996 after 12 years of service.  
Brenda Oiler retired from Case Management in 2011 after 9 years of service.  
Cynthia Perry retired from Communications in 2010 after 12 years of service.  
Sherry Salyers retired from Surgery in 1999 after 19 years of service.  
Beth Sissea retired from 5-East in 2009 after 39 years of service.  
Frank Stewart retired from Culinary Services in 1995 after 20 years of service.  
JoAnne Streit retired from Culinary Services in 1999 after 10 years of service.  
Nancy Swigert retired from Laboratory Services in 1999 after 38 years of service.

## Volunteers

Connie Sue (Montgomery) Gelfer, LMH Volunteer from 2010 to 2021  
Polly Mitchen, LMH Volunteer 2009 to 2022  
Beth Yocum, TWIGS 8 Volunteer from 1983 to 2022  
Gary Hamilton, LMH Volunteer from 2011 to 2022

# 5,000 Hour Club Luncheon Honors Volunteers

Licking Memorial Hospital (LMH) hosted a luncheon in October to honor members of the Volunteer Department who have donated 5,000 hours or more of service during their careers. Members of the 5,000 Hour Club include (left to right) Janet Anderson (6,351 hours), Rene Halblaub (6,703 hours), and Joan Omlor (6,740 hours). They enjoyed a meal in the LMH Board Room and received tokens of appreciation for their dedication.



## Volunteer Spotlight

After retiring from teaching, **Pam Walczak** became a Licking Memorial Hospital (LMH) volunteer in 2021. She has an extensive teaching career and taught fourth grade through college level, with most of her experience in teaching high school. She taught business and technology at Granville, Licking Heights, Newark Catholic, COTC, and Mount Vernon school districts. As a teacher, she had many different responsibilities in her role, and she appreciates the variety of opportunities as a volunteer.

"I think that, after retirement, many people struggle to find things to do or ways to be useful with their time. Volunteering at LMH is a great opportunity, and I am thankful that LMH values its volunteers and gives us a variety of tasks to accomplish," Pam said. "From my experience as a teacher, I am accustomed to being multi-faceted, and now as a volunteer, I can put those skills to use. Our duties include putting mail into envelopes, preparing folders for Maternity Services and Labor & Delivery, wrapping gifts, preparing supplies, delivering flowers and mail, helping with different tasks in Concierge Services, and

greeting patients and visitors in the LMH Main Lobby. I am happy to volunteer at LMH because I know my time spent here is useful for employees, patients, and visitors."

Pam decided to volunteer at LMH due to her mother's experience as a hospital volunteer in their hometown of Mansfield. She compliments the collegiality among volunteers and LMH staff and all of the positive interactions that she has experienced during her time as a volunteer.

"My experience as a volunteer has been rewarding, and employees are appreciative of volunteers for the help that we provide. It is interesting to see all of the different units and departments at LMH, and all the staff in those areas are always so kind and make me feel that I am making a difference."

Pam attended Miami University in Oxford with a bachelor's degree in business education, then later attended Ashland University to obtain a master's degree in curriculum and instruction. She lives in Granville with her husband of 33 years, Ken, and loves spending

time with their son, Andy, and his wife, Becca. In her spare time, Pam enjoys traveling to mountains and beaches, reading, quilting, and spending time with her friends. She is also a member of the Licking County Family YMCA in Newark.





# Active•Senior Autumn Events Promote Healthy Eating and Physical Exercise

Local residents, ages 60 and older, gathered at Career and Technology Education Centers of Licking County (C-TEC) on October 25 for the Active•Senior Gourmet Gardener event, sponsored by Licking Memorial Health Systems (LMHS) and C-TEC. The free event featured activities that taught the basics of gardening and cooking healthy meals. Participants received event recipes, watched a cooking demonstration, and enjoyed a meal afterward.

Attendees began in the auditorium where Claire Donley, LMHS Culinary Services Gardener, gave a presentation on straw bale gardening. She discussed the advantages of straw bale gardening, how to condition the straw bale for planting seeds, and caring for the plants until harvest time.



Sous Chef Colin Gleek and Chef Brian Merritt

After the presentation, participants watched a demonstration from Chef Brian Merritt, LMHS Director of Culinary Services. The demonstration featured the process for making French onion soup, which included ingredients such as onions, garlic, beef broth, Gruyere cheese, and more. Following the demonstration, Active•Seniors visited C-TEC's Bistro restaurant to enjoy a meal prepared by Chef Merritt and Sous Chef Colin Gleek. The menu featured French onion soup, a salad, and pumpkin loaf with rosemary whipped cream for dessert.

On November 15, more than 80 residents ages 60 and older gathered at the Bryn Du Fieldhouse in Granville for the Active•Senior Dance, sponsored by Licking Memorial Health Systems (LMHS). The free event featured dance instruction, dance contests, prizes, and refreshments.

Rob Montagnese, LMHS President & CEO, welcomed the guests and thanked them for attending the event. "It has been three years since we have been able to hold the Active•Senior Dance due to the pandemic. This is always a fun event, and it is wonderful to be back and to see everyone here tonight."

Dance instructor Cynthia Anderson provided guidance for two dance styles, the east coast swing and foxtrot, throughout the evening. Prizes – which included gift cards to Dick's Sporting Goods, Spa on the Avenue, Hobby Lobby, Tumbleweed Restaurant, and Darden Restaurants – were awarded to the best couples for each of the featured dances. Over the course of the evening, attendees had an opportunity to learn more about the Active•Senior program, and those who registered for the program during the event received a free Active•Senior pedometer.

LMHS hosts Active•Senior events throughout each year. Upcoming events in 2023 include Active•Senior Yoga in January at the Second Presbyterian Church in Newark, the Active•Senior Game Show in March, and Active•Senior Bingo in April in the Main Street Café.

The Active•Senior program is designed to promote healthy lifestyles for adults ages 60 and older, with the goal to maintain a lifelong commitment to personal health and wellness. The program focuses on encouraging adults to stay physically fit and maintain a healthy diet. It also motivates adults to challenge themselves intellectually and stay connected with friends and family.

Participants in the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical,

Nutritional, Mental, and Social. The Active•Senior program was designed, reviewed, and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program. Individuals should discuss their personal exercise and nutrition goals with their physician. The 2022/2023 goal program continues through April 30, 2023. To date, more than 600 individuals have registered for the growing program. For more information or to register for the Active•Senior program, please visit [LMHSActiveSenior.org](http://LMHSActiveSenior.org), or call LMHS Public Relations at (220) 564-1560.



Claire Donley, LMHS Culinary Services Gardener



Chef Brian Merritt



## LMHS Donates Beef to Salvation Army

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (left) recently presented 900 pounds of ground beef to Lieutenant Kaitlyn Haddix of the Salvation Army of Licking County. The donation will benefit community members in need through the Salvation Army soup kitchen and food pantry and was made possible after LMHS purchased the Grand Champion Market Steer, owned by Cody Foor of the Boots N Buckles 4-H Club in Pataskala, and an additional market steer from Cody's sister at the 2022 Hartford Fair in August.



# LMHS Features *Encanto* for Family Movie Night at Denison University

On September 16, approximately 250 community members attended Licking Memorial Health Systems' (LMHS) Family Movie Night at the Pataskala Health Campus to watch the Disney animated film, *Encanto*, on a 28-foot high inflatable screen. Attendees were able to bring lawn chairs or blankets for seating during the outdoor movie. Prior to the showing, Denison students offered face painting, a memory game, and balloon sculptures for children to enjoy.



## Active•Fit Period 3 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 3. Participants in the Youth Wellness Program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements.

### Nintendo Switch & Fitness Software

Bella Becker, Watkins Intermediate  
Charlie Fenner, Watkins Intermediate  
Jayce Mason, Watkins Intermediate

### Bicycle & Helmet

Isaac Riebelle, Watkins Intermediate  
Cheyenne Sunderland, Watkins Intermediate  
Nick Varian, Watkins Intermediate

### Athletic Shoes

Landan Ackerman, Watkins Intermediate  
Emma Ewing, Licking Valley Intermediate

### iPod Touch & Fitness Software

Caden Beck, Watkins Intermediate  
Aylena Bowers, Watkins Intermediate  
Alexas Leonardo, Watkins Intermediate  
Brandon Westlake, Watkins Intermediate

### \$100 Dick's Sporting Goods Gift Card

Malati Darnals, Watkins Intermediate  
Norah Fulton, Watkins Intermediate  
Graham Keller, Newton Elementary  
Kaylann Legg, Watkins Intermediate  
Amen Mamo, Watkins Intermediate  
Bryce Martin, Watkins Intermediate  
Mia Schumacher, Pataskala Elementary  
Jordan Tyndall, Watkins Intermediate  
Zander Ulrich, Watkins Intermediate  
Alec Williams, Watkins Intermediate

### \$50 Dick's Sporting Goods Gift Card

Julian Briseno, Watkins Intermediate  
Madisyn Chapman, Watkins Intermediate  
Catherine Conley, Carson Elementary  
Paelyne Dunkle, Watkins Intermediate  
Braylee Epperson, Watkins Intermediate  
Samuel Keller, Kirkersville Elementary  
Ambrose Lockwood, Licking Valley Elementary  
Layla Searls, Watkins Intermediate  
Harlee Weese, Watkins Intermediate

The Active•Fit Program has registered over 10,000 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2022-2023 began September 1 and continues through December 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

# Happy Holidays!

## Celebrate the Holidays with Healthy Recipes

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

### Cherry and Apple Spritzer

(Serves 6)

#### Ingredients:

- 1 750 ml bottle Sparkling apple cider
- 1 16 ounce bottle 100% Tart cherry juice
- 1 14.1 ounce jar Luxardo cherries

#### Directions:

Place 2 Luxardo cherries in each glass. Fill champagne glasses 3/4 full with cider. Top the glasses off with cherry juice. Serve.

### Bagel Casserole

(Serves 6)

#### Ingredients:

- Non stick cooking spray
- 3 large plain bagels (cut into 2 inch pieces)
- 2 1/2 cups whole milk
- 8 eggs
- 1 1/3 cups shredded mozzarella cheese
- 8 ounces cream cheese (cut into 1/2 inch cubes)
- 1/2 Tbsp olive oil
- 1 clove garlic (minced)
- 2 cups spinach
- 2 large tomatoes (sliced 1/4 inch thick)
- 2 Tbsp everything bagel seasoning

#### Directions:

Preheat the oven to 375 degrees F. Place the bagel pieces on a sheet pan and toast for 12 minutes. Add the bagel pieces to a bowl with milk and soak until the pieces have absorbed the milk. In a medium skillet, add the olive oil and garlic, and cook on medium heat until the garlic is fragrant but not burnt. Add the spinach to the skillet and cook until the spinach has wilted and most of the liquid has reduced. Spray a 9" x 13" casserole dish with cooking spray and add the milk-soaked bagels, eggs, mozzarella cheese, spinach, and garlic. Toss the ingredients together with a spoon until evenly mixed. Cover the casserole with foil and bake for 40 minutes. Remove the foil and top the casserole evenly with sliced tomatoes, cream cheese cubes, and everything bagel seasoning. Bake for 15 minutes. Let the casserole rest for 10 minutes before serving.





## Licking Memorial Health Systems

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Newark, Ohio 43055

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# Community Events

### Walk with a Doc

Brian Klima, M.D., of Licking Memorial Pediatrics, will discuss the topic of cold and flu season. Registration is now open.

Saturday, January 14, 2023, 9:00 a.m.  
West Licking County Family YMCA  
355 West Broad Street, Pataskala

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 Licking Memorial Public Relations at (220) 564-1560.

### Active•Senior Wellness Program Event

Active•Senior Yoga  
Mondays, January 9 - February 13, 9:00 a.m.  
Fridays, January 13 - February 17, 9:00 a.m.

Second Presbyterian Church  
42 East Church Street, Newark

Guests, ages 60 and older, are invited to attend either standard (Mondays) or chair (Fridays) yoga and are asked to commit to the entire 6-week course. Space is limited and registration is required. To register for this event, please call (220) 564-1560.

### First Impressions — Maternal Child Classes

- Boot Camp for New Dads
- Childbirth Education Classes
- Grandparenting
- Mother-baby Basics
- Prenatal Breastfeeding Basics Class
- Sibling Preparation Class

Unless otherwise noted, classes are located in the First Floor Conference Rooms of the Hospital.

To register for classes, visit [LMHealth.org](http://LMHealth.org) or call (220) 564-3388.

### Diabetes Self-Management Education and Support — DSMES (a two-part series class)

Classes during the two-part series are currently offered the first two Wednesdays of each month from 9:00 a.m. to 12:00 Noon.

Licking Memorial Diabetes Learning Center  
1865 Tamarack Road, Newark

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

Please take a few minutes to read this issue of **Community Connection**. You'll once again see why Licking Memorial Health Systems is measurably different ... for your health! **Visit us at [LMHealth.org](http://LMHealth.org).**

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1561 to receive future mailings.

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