

Community Connection

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

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LMH Receives Top Rating in National Survey for Patient Safety

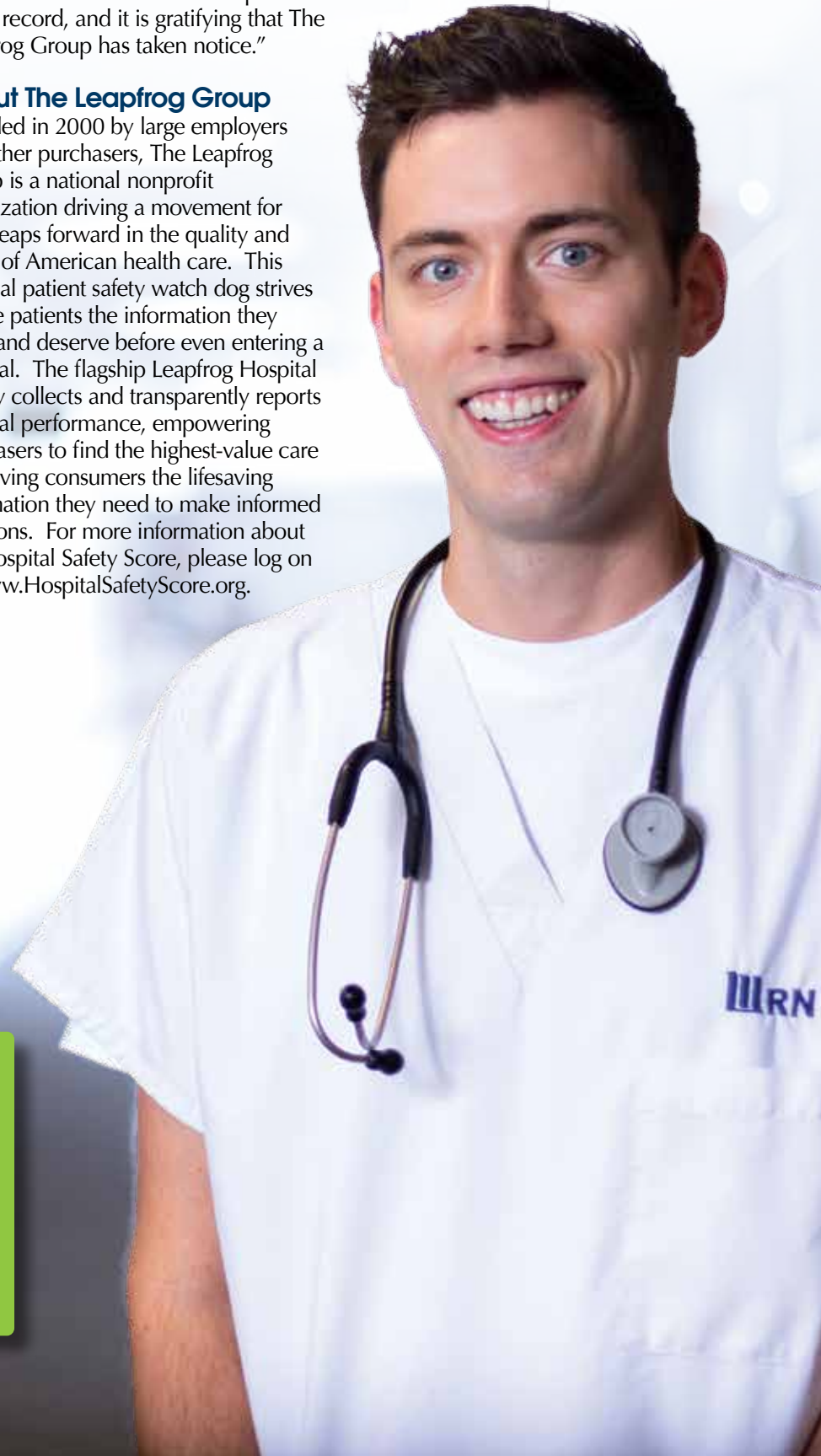
Licking Memorial Hospital (LMH) has earned a second consecutive “A” rating by The Leapfrog Group, an independent national nonprofit group that compares hospitals’ safety performance. Hospitals in the U.S. are graded by a Hospital Safety Score of A, B, C, D or F, based on 30 evidence-based measures of publicly available hospital safety data, such as: infection prevention activities, serious patient falls, and the percentage of patients who developed blood clots. More than 2,600 general hospitals are issued a Leapfrog Hospital Safety Grade twice per year. Scores are calculated by top patient safety experts, peer-reviewed, fully transparent and free to the public. Out of 149 Ohio hospitals, LMH was one of 49 to receive an “A.” Earning this grade shows LMH has exhibited excellence in the national database of patient safety measures and ranks among the safest hospitals in the United States.

Licking Memorial Health Systems President & CEO Rob Montagnese attributes the consistent high rating to a long-term team effort. “Our physicians, senior management, Board Members and staff are committed to implementing new ways to protect our patients,” he said. “Patient safety is an accumulative achievement that is built over time – an excellent program cannot be established overnight. For example, we continually invest in new technology that enables our staff to provide safer, less invasive and quicker procedures, and our cleaning and safety procedures are carefully

evaluated regularly. By making patient safety a top priority and having these kinds of proactive measures in place, LMH has achieved an excellent patient safety record, and it is gratifying that The Leapfrog Group has taken notice.”

About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. This national patient safety watch dog strives to give patients the information they need and deserve before even entering a hospital. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. For more information about the Hospital Safety Score, please log on to www.HospitalSafetyScore.org.



Advance Care Planning Services Now Available

According to a national survey conducted by *The Conversation Project*, 90 percent of people say that talking with their loved ones about end-of-life care is important, but only 27 percent actually have had that discussion. The California HealthCare Foundation reports that 82 percent of people believe it is important to put their wishes in writing, yet only 23 percent actually have written documents. Joining the efforts to spread the importance of conversations about end-of-life care, Licking Memorial Health Systems (LMHS) is now offering a free program to answer your questions about Advance Care Planning (ACP). ACP is an ongoing process that reflects on your goals, values, and beliefs to help guide your current and future health care.

To ensure personal wishes about current and future health care are followed and respected, individuals are encouraged to both personally reflect and discuss with their loved ones what type of care they would want if seriously ill, what fears they have about becoming seriously ill, and what beliefs guide their decisions. The ACP program will help you learn about medical options, how to make informed decisions, and how to choose a loved one to make decisions if incapacitated.

Such planning can be completed at any time, including when you are young and healthy. The plan can and should be revisited, especially if there is a significant change in medical condition. ACP allows individuals to receive medical care that is consistent with their wishes, and reduces burden on family members.

Choosing a trusted and reliable loved one to make decisions in the event you are incapacitated is a key component of successful ACP. In addition, it is imperative to communicate with the designated loved one on a regular basis about your values, beliefs, wishes and medical treatment goals, as these may change over time.

Advance directives also play a role in ACP. These are written documents designed to allow you to guide future healthcare decisions in the event you are incapacitated and unable to participate in those decisions. Such documents include:

- State of Ohio Health Care Power of Attorney – A document that allows an individual to name a person to make healthcare decisions for them in the event they are unable to do so themselves.
- State of Ohio Living Will Declaration – A document that allows one to state in advance what type of medical care is desired if they become permanently unconscious or terminally ill and unable to express such wishes to a healthcare provider or loved one.
- State of Ohio Do-Not-Resuscitate (DNR) Identification Form – A document that instructs healthcare providers not to perform cardiopulmonary resuscitation (CPR) if their heart or breathing stops.

ACP offers numerous benefits. For individuals, it allows the end-of-life experience and death to be on their

own terms while limiting conflict with family and healthcare providers. For families, being aware of a loved one’s wishes reduces the burden and dissatisfaction with the healthcare system commonly experienced when faced with making decisions during a crisis. Familiarity with a patient’s wishes permits healthcare providers, even new ones met during a health crisis, to give the most appropriate care.

Please call (220) 564-4004 to schedule a free private consultation with Eric Pacht, M.D., Director of Biomedical Ethics at Licking Memorial Hospital (LMH). Individuals will have a private discussion with Dr. Pacht and learn about advance care planning and advance directives, as well as obtain answers to any questions about current and future health concerns. Dr. Pacht has over 35 years of experience as a pulmonary and critical care physician, and was the Medical Director of the Intensive Care Unit (ICU) at LMH for more than 10 years. As a pulmonary and critical care physician, he cared for hundreds of patients at the end of their lives, and also has a long time interest and involvement with biomedical ethics, advance care planning, advance directives and end-of-life care.



Genetics Navigator Helps Identify Risk of Hereditary Cancers

Hereditary cancers are caused in part by gene mutations passed from parents to children. Through genetic testing, it is possible to determine if a patient carries the specific mutation that puts them at an increased risk for developing cancers, such as breast, ovarian, colorectal or melanoma. Licking Memorial Health Systems (LMHS) now employs a Laboratory Genetics Navigator to help identify patients who would benefit from genetic testing. Susan Fantini, M.S., MT(ASCP), C.L.S., is working to educate patients about Licking Memorial Hospital's (LMH) hereditary cancer risk assessment.

The Health Systems' risk assessment and genetic testing program is the only program in the nation being conducted by Laboratory Services. To learn more about Genetics Navigation, Susan is attending classes at the City of Hope National Medical Center in Duarte, California. She says those with whom she has spoken at the classes are intrigued by LMHS' approach to providing risk assessment to a broad group of patients aimed to identify those at risk before they develop cancer. They also are surprised to learn that she works in the Laboratory. Lori Elwood, M.D., Chief of Pathology and Medical Laboratory Director, and Lorei Reinhard, B.S., MT(ASCP)SH, Director of Laboratory Services, recognized that genetic testing was underutilized and wanted to be more proactive in the fight to prevent cancer. "With the help of LMHS providers, we are making progress toward the goal of prevention," Susan said.

Although 10 percent of cancer cases are considered hereditary, these types

of cancers can be more deadly. The cancer usually begins to develop in a patient at a younger age than the more common sporadic forms of cancer. Sporadic cancers are generally caused by gene damage acquired over time due to external factors such as tobacco use, a high-fat diet or exposure to ultraviolet sunlight. Screenings to detect most cancers are normally recommended for men and women in their 40s or 50s. For those with a gene mutation associated with increased cancer risk, the normally recommended screenings may come too late to prevent cancer or to detect it before it is widespread through the body. Hereditary risk assessment and genetic testing allows LMHS staff to implement strategies for earlier detection.

"It is a simple process, and with the results, we can focus on prevention. We can provide our patients with more information about the type of cancer they could face and help them make the best choice for their care," Susan said. "If we find a malignancy, the genetic test provides vital information that can be used to modify treatments specific to that cancer."

The process begins with a family history risk assessment questionnaire. Right now, the risk assessment forms are given to all new patients visiting Licking Memorial Women's Health or Licking Memorial Oncology. The physician examines the questionnaires to determine if there is a possible risk, at which time the patient would be provided information about the testing process and asked if they would be interested in the testing. A blood sample is sent to a reference laboratory considered to be a leader in genetic and

molecular diagnostic testing. The results then are sent to the patient's physician who helps the patient understand the results. As Genetics Navigator, Susan acts as a resource to the physicians through all phases of this process. She also can meet with patients if they have questions. LMHS is working to offer the hereditary cancer risk assessments in primary care practices.

Since the assessments began at LMHS in December 2014, more than 1,000 patients have been identified who are considered to be at increased risk of hereditary cancer. Of those who had the genetic testing, 50 patients were found to have a genetic mutation, and another 200 qualified for early cancer screenings. A positive result does not necessarily mean a patient will develop cancer. "We do not want to frighten anyone. We just want to equip them with the knowledge to make the best choices for themselves in order to decrease their cancer risk," Susan said.

Genetic testing may be appropriate for individuals with the following characteristics:

- Family members who had a cancer diagnosis at an unusually young age
- Multiple personal diagnoses of unrelated cases of cancer
- Several close blood relatives with the same type of cancer
- The presence of a birth defect that is known to be associated with genetically-inherited cancers
- Being a member of a racial/ethnic group that is known to be associated with genetically-inherited cancers

2017 Cancer Survivors Picnic

Date: Sunday, June 4
Time: 1:00 – 3:00 p.m.
Location: LMH Front Lawn

Licking Memorial Hospital (LMH) will host a Cancer Survivors Picnic in recognition of the 30th Annual National Cancer Survivors Day. We hope that you will join us to celebrate and acknowledge all survivors and their families.

The program will begin at 1:30 p.m., and an aerial photo of all survivors will be taken at approximately 2:15 p.m. In case of inclement weather, the picnic will be moved indoors to the LMH Café. Please call (220) 564-4102 by Tuesday, May 30, to register for this free event.



Community Education – Defeating Cancer

Date: Thursday, June 8
Location: LMH First Floor Conference Rooms
Time: 5:30 p.m.

Cancer can be a frightening diagnosis that leaves you with more questions than answers. Difficult and potentially deadly, cancer causes more deaths in Licking County than any other disease.

In response, Licking Memorial Hospital (LMH) is pleased to offer a first-time event for community members interested in learning more about cancer. During this unique evening, experts will address the most prevalent forms of cancer within the Licking County community. Beginning at 5:30 p.m., informational tables will provide important updates on cancer risks, screening recommendations and resources. A panel of specialists will speak at 6:00 p.m. on the topics of lung, colon and skin cancer. Skin cancer screenings and lung cancer screening assessments will be available immediately following the panel discussion.

The best defense against cancer is prevention and early detection. Join us on **Thursday, June 8, at 5:30 p.m.** in the LMH First Floor Conference Rooms for Defeating Cancer, a free community education event. Space is limited to the first 50 registrants. To register, call (220) 564-2527.

LMHS Hosts Active•Senior Event

Nearly 90 local residents, ages 60 and older, gathered at the Bryn Du Fieldhouse in Granville on April 20 for the Active•Senior Dance, sponsored by Licking Memorial Health Systems (LMHS). The free event featured a dance instructor, dance contests, prizes, hors d'oeuvres and beverages.

Rob Montagnese, LMHS President & CEO, welcomed the guests and thanked them for taking part in the event. "The Active•Senior program is an important part of our mission to improve the health of the community," Rob explained. "We are excited to see so many individuals here tonight, and we appreciate your support in helping to make this program a success."

Dance instructor Cynthia Anderson and her daughter, Taylor Dawes, led the crowd through a variety of dances including the foxtrot, swing, waltz, electric slide and cowboy shuffle. Prizes – which included gift cards to The Reader's Garden, Belleza Salon

and Day Spa, Darden Restaurant Group and Wilson's Garden Center – were awarded to the best couples for each of the featured dances. Over the course of the event, attendees heard various announcements regarding upcoming events and benefits of the Active•Senior program, and those who registered for the program during the event received a free Active•Senior pedometer.

The Health Systems will continue to host Active•Senior events throughout each year. The Active•Senior BBQ and Auction on Thursday, June 15, to be held at the Bryn Du Mansion, is an invitation-only event for those Active•Senior participants who have achieved at least

eight goals in each of the four required program categories.

The Active•Senior program, which is designed to promote healthy lifestyles for adults ages 60 and older, focuses on the following goals:

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

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. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2017-2018 goal program began on May 1, and will continue through April 30, 2018. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



HAPPY FATHER'S DAY

from Licking Memorial Health Systems.



2017 Heart to Play Screenings Begin

For the 12th consecutive year, Licking Memorial Health Systems (LMHS) is offering free pre-participation sports screenings to local youth. Middle and high school students involved in sports or marching band at participating Licking County Schools, or C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible to receive the screenings, which will be offered throughout May and early June.

As part of the screenings, the Heart to Play program provides electrocardiograms (EKGs) and echocardiograms free of charge. EKG and echocardiogram screenings will be offered to all students entering grades 7, 9 and 11 next school year. The painless EKG displays the heart's electrical impulses and the echocardiogram screens the functioning of the heart's valves and muscles. These screening tests can identify heart conditions that place the athlete at risk for a sudden cardiac death even when there are no symptoms. A student who does not clear the EKG or echocardiogram will be referred to their primary care physician for further evaluation prior to clearance to participate in strenuous activities.

Since the EKG testing began in 2008, 10 Licking County students have been discovered to have a potentially fatal heart condition known as Wolff-Parkinson-White Syndrome and were referred to a cardiologist for treatment. Several other serious cardiac abnormalities also have been detected and treated in students who were previously unaware of their conditions. In 2016, heart screenings were administered to 351 middle and high school students, and 22 students were referred to their primary care physicians for follow-up with possible cardiac abnormalities.

Another key component of the screenings is the ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion test, which also is administered to athletes who are entering grades 7, 9 and 11 next school year and attend a school that does not perform testing. ImPACT is a computerized evaluation system that assesses the brain's cognitive functions, such as memory, attention span and

reaction times, to establish a cognitive baseline. If a concussion is suspected following an acute head injury, an athlete should be examined by a primary care or emergency room physician. The ImPACT test is re-administered within 24 to 72 hours after the injury and the new, post-injury results are compared to the baseline computer test. The difference in the two scores, along with serial examinations, help physicians determine the amount of time that the athlete will need in order to make a safe, full recovery.

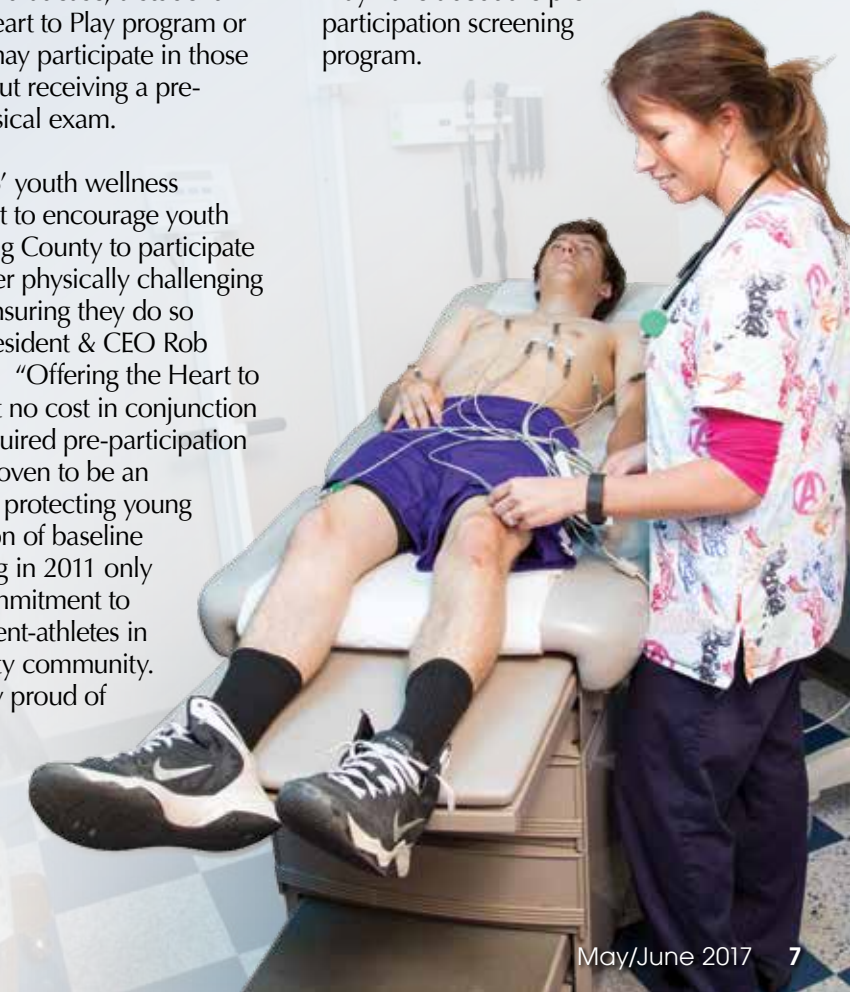
LMHS also offers free physical examinations to student-athletes in grades 7 through 12, which the Ohio High School Athletic Association (OHSAA) requires annually of all student-athletes. A parent or guardian must complete a comprehensive questionnaire, including a medical and family history. The physical screening portion of the exam will be completed by LMHS medical personnel. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the primary care physician's office to have it signed. In that case, a student eligible for the Heart to Play program or ImPACT testing may participate in those screenings, without receiving a pre-participation physical exam.

"As part of LMHS' youth wellness initiative, we want to encourage youth throughout Licking County to participate in sports and other physically challenging activities while ensuring they do so safely," LMHS President & CEO Rob Montagnese said. "Offering the Heart to Play screenings at no cost in conjunction with the state-required pre-participation screenings has proven to be an invaluable tool in protecting young lives. The addition of baseline concussion testing in 2011 only furthered our commitment to the safety of student-athletes in the Licking County community. We are extremely proud of how successful our free pre-participation screenings have been over the past decade, and

look forward to providing this excellent service to area youth again this year."

Parents should contact their school's athletic director if they are interested in participating in the free examinations offered by LMHS. Athletic directors can provide school-specific screening details and permission forms, which must be completed prior to the screenings. A parent/guardian must be present at the screening program and have all completed forms available at check-in to ensure their student can participate on their scheduled night.

It is important to note that the LMHS sports screenings are not complete physical exams, which are best performed annually at a primary care physician's office and can take the place of a pre-participation screening. Since individual physician practices are not directly involved with the program, please refrain from contacting their offices for information regarding the sports screenings. Please email sportsphysicals@LMHealth.org for more information or with any questions you may have about the pre-participation screening program.



Active•Fit Partnership Events Promote Nutrition and Exercise

Local youth recently engaged in healthy activities through Licking Memorial Health Systems' Active•Fit program. The events allowed children to learn about preparing healthy snacks and meals as well as participate in a variety of physical activities. Combined, the two events engaged more than 200 children and counted toward Active•Fit program goals.

In March, the Junior Chef event was led by culinary students at the Career and Technical Education Centers (C-TEC) who guided children through the process of preparing nutritious meals and snacks. Seventy Junior Chefs gathered to watch demonstrations and gained hands-on experience by making the recipes, themselves. The children prepared a variety of different dishes throughout the morning and combined each into a healthy lunch, which they enjoyed at the conclusion of the event.



Members of the Family, Career and Community Leaders of America (FCCLA), an organization comprised of juniors and seniors in the culinary arts and early childhood education programs at C-TEC, were responsible for creating the recipes used for the event. Each Junior Chef took home a recipe book with instructions to make tasty items such as flatbread pizza, pumpkin

honey hummus, Italian stuffed zucchini cups and coconut lime truffle bites. The group's goal was to feature fresh, wholesome ingredients in kid-friendly recipes that the Junior Chefs could make on their own or with little assistance. Each Junior Chef was accompanied by an adult, and together they rotated through five different cooking stations.

In April, approximately 300 youth and parents/guardians attended the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University and Licking Memorial Health Systems. Children of all ages were able to visit various stations, located throughout the YMCA, such as bubble soccer, basketball free throws, gymnastics, inflatable obstacle courses, half-mile run and more.

Nearly 50 Denison students, and eight C-TEC students volunteered at the event, leading the children through the activities. Each participant was given a Health & Fitness FitTix to take with them to the stations they visited, and collect achievement star decals upon completion of each health-related activity. At the end of the event, completed FitTix were collected in a drawing for prizes including Dick's Sporting Goods gift cards, sports equipment and a family pool pass to the YMCA, among others.



Both event partnerships allow for an increased variety in the events available to Licking County youth. "Partnering with other community organizations allows us to combine our efforts and resources to provide tremendous opportunities for local youth," Rob Montagnese, LMHS President & CEO said. "Our goal is to create successful initiatives that lead to a stronger, healthier community."

LMHS plans to collaborate with the City of Pataskala, Park Lanes and the Newark Area Soccer Association (NASA) for a mini-triathlon, a bowling event and a field day, respectively. See page 9 for additional event details. All Active•Fit events are open to youth ages 6 to 12, and registration may be completed by calling LMHS Public Relations at (220) 564-1560.



You are invited to TWO GREAT EVENTS

LMHS invites you to enjoy the Active•Fit Youth Wellness Event and Family Movie Night

Bring the entire family to a FREE fun youth wellness event, and stay for Family Movie Night. The Health Systems will present the Disney/PIXAR animated film, **Finding Dory**, in an outdoor screening.

Date: Friday, May 26

Time: Active•Fit Youth Wellness Event: 6:00 – 8:30 p.m.
The movie will follow, beginning at dusk.

Location: The grounds of the Pataskala Health Campus, located at One Healthy Place, off Broad Street.

- The Active•Fit event will include inflatable fun areas and games.
- Free snacks and beverages will be provided during both events.
- Please bring lawn chairs or blankets for the movie.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products and pets are prohibited.

For more information, call (220) 564-1560.



Active•Fit YOUTH WELLNESS EVENTS

UPCOMING EVENTS

Active•Fit Mini-Triathlon

Saturday, June 10
(rain date: Saturday, June 17)
Registration: 8:00 a.m.
Event begins: 9:00 a.m.
Municipal Park,
near Creek Road in Pataskala

Active•Fit Field Day

Tuesday, June 27
3:00 to 5:00 p.m.
Alford-Reese Park (NASA Fields),
600 Baker Boulevard in Newark

Active•Fit Bowling

Wednesday, July 26
3:00 to 5:00 p.m.
Park Lanes Bowling Center,
701 Hopewell Drive in Heath

Active•Fit Fun Run

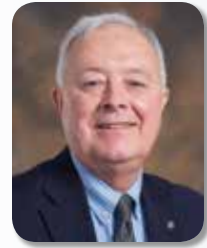
Saturday, July 29
Registration: 7:30 a.m.
Event begins: 8:00 a.m.
The Dawes Arboretum,
7770 Jacksontown Road in Newark

All events are free to the community. Unless otherwise noted, Active•Fit activities are reserved for youth, ages 6 to 12 years – pre-registration is required. Outdoor activities are subject to the weather.

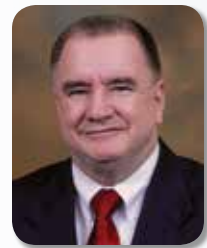
For more information
or to register, call
(220) 564-1560.

2017 Boards of Directors Announced

Licking Memorial Hospital (LMH) is pleased to announce the recent addition of three community leaders to its Board of Directors – James Cooper, Esq., Mark Mitchell, M.D., and Jacqueline Parrill, Ed.D. In addition to the new members, the LMH Board of Directors elected the following officers for 2017: Joyce Malainy, Ed.D., Chairman; David Doney, Vice Chairman; Laurel Kennedy, Ph.D., Secretary; and Deborah Kohman, Treasurer.



James Cooper, Esq., is a lifelong resident of Licking County. He is an attorney and partner with Morrow, Gordon & Byrd, Ltd. in Newark. James earned his undergraduate degree from the University of Notre Dame and received his Law Degree from The Ohio State University College of Law. His professional memberships include the Ohio State Bar Association and the Licking County Bar Association. In 1996, he retired from the U.S. Navy Reserves following 23 years of service and four and half years of active duty in the U.S. Navy. James currently serves on the Board of Directors for the Licking County YMCA Foundation and Kendal at Granville. He also is a member of the Newark Rotary and the Church of St. Edward the Confessor in Granville.



Mark Mitchell, M.D., recently retired from Licking Memorial Health Professionals after practicing internal medicine for 40 years. Dr. Mitchell earned his undergraduate degree from the University of Notre Dame in South Bend, Indiana, before receiving his Medical Degree from The Ohio State University College of Medicine in Columbus. He completed his residency in internal medicine at Mount Carmel Medical Center in Columbus. Dr. Mitchell was a member of the American Society of Internal Medicine, Licking County Medical Society and the American Medical Association. He also currently serves on the Park National Bank Freedom Years Advisory Board.



Jaqueline (Jackie) Parrill, Ed.D., is Vice President for Institutional Planning and Human Resources for Central Ohio Technical College (COTC) and Director of Human Resources and Institutional Planning for The Ohio State University at Newark. Jackie earned her Bachelor of Science and Masters in business administration from Auburn University in Alabama, and received her Doctorate of Education degree from the University of Georgia. Jackie currently serves as the Higher Learning Commission Peer Reviewer and Accreditation Liaison Officer for COTC. She also is the American Council on Education Ohio, Office of Women in Higher Education, Institutional Representative and part of the Human Resources Council for the Ohio Association of Community Colleges. In addition, Jackie is a member of the Society for Human Resources Management, College and University Professional Association – Human Resources,

2017 LMHS Board of Directors

Patrick M. Jeffries, Chairman
Linda K. Dalgarn, Vice Chairman
Michael D. Cantlin, Secretary/Treasurer
Hon. Craig R. Baldwin
Eschol Curl, Jr.
Patrick D. Guanciale
Michael J. Massaro
Nancy G. Neely
Gerald R. Ehrsam, M.D., Physician Advisor
Robert A. Montagnese, Ex Officio

2017 LMH Board of Directors

Joyce L. Malainy, Ed.D., Chairman
David E. Doney, Vice Chairman
Laurel B. Kennedy, Ph.D., Secretary
Deborah A. Kohman, Treasurer
James R. Cooper, Esq.
David L. Hile
Mark A. Mitchell, M.D.
Brian Mortellaro
Rev. Michael A. Noble, B.A., M.Div., D.Min.
Jacqueline H. Parrill, Ed.D.
Sharad Thakkar, Ph.D.
Paul M. Thompson
Bart M. Weiler
Robert A. Montagnese, Ex Officio
Talya R. Greathouse, M.D., Ex Officio

and The Ohio State University Policy Review Committee. She also is involved in 4-H with her daughter and is a member of the Highwater Church of Christ.

The Licking Memorial Health Systems (LMHS) Board of Directors also welcomed two new members – Michael Massaro and Nancy Neely, who previously served on the LMH Board of Directors. The LMHS Board of Directors elected Patrick Jeffries as Chairman, Linda Dalgarn as Vice Chairman, and Michael Cantlin as Secretary/Treasurer for 2017 following the annual elections.

The LMHS Board of Directors oversees all aspects of the Health Systems' three corporations – Licking Memorial Hospital, Licking Memorial Professional Corporation and Licking Memorial Health Foundation. It is comprised of 10 community leaders, including a physician advisor, who set policies and guide the Health Systems through its day-to-day operations.

LMH has a separate Board of Directors, made up of 15 community leaders, including a physician advisor, who guide the daily operations and policies of the Hospital. Members of both Boards are dedicated individuals who volunteer their time to ensure the best health care and services are available for the community.

LMH Golf Gala Set for June 19

The Licking Memorial Hospital (LMH) Development Council will sponsor the 2017 LMH Golf Gala in June at the Denison Golf Club at Granville. This year's Honorary Chair is Rob Justice.

Rob is owner of Frontier Remodeling Co. and manages the company's large multi-family and government construction projects. He is active in the community as a member of the LMH Development Council Community Relations Committee, Chair of the Big Brothers Big Sisters of Licking and Perry Counties Ways and Means Committee, and a volunteer with Habitat for Humanity. Rob also coaches football at Watkins Middle School and junior varsity basketball at Watkins Memorial High School.

Originally from Columbus, Rob has resided in Licking County for more than 25 years. He graduated from Licking Heights High School and received his associate's degree from Central Ohio Technical College. Rob and his wife, Kristin, live in Baltimore, Ohio, with their daughter, Faith, and son, Logan.

The LMH Development Council is proud to acknowledge and thank the sponsors of the 2017 Golf Gala. The **Club Sponsor** (\$7,500) is Denison University. **Ace Sponsors** (\$5,000) include Frontier Remodeling Co.; John Hinderer Honda; Matesich Distributing Company; MedBen; Park National Bank; and Stedman Floor Co., Inc. **Eagle Sponsors** (\$2,500) include All Weather Systems; AssuredPartners; The Claro Group, LLC; Coughlin Chevrolet in Pataskala; Courtesy Ambulance, Inc.; The Energy Cooperative; Gutridge Plumbing, Inc.; Interim Healthcare of Newark; The Jerry McClain Companies; Kessler Sign Company; Limbach Company, LLC; Newark Smiles; Northpoint Ohio; PNC Bank; Robertson Construction; Scott Peterson of General Graphics; Shumaker Construction, Ltd.; SmartBill, Ltd.; Summit Custom Cabinets; Surgical Interventions, LLC; US Foods; Vocera; and Waste Away Systems. The **Links Sponsor** (\$1,500) is Greenfield/Lewis Investment Counsel. The **Pro Sponsor** (\$1,500) is Arlington/Heath/Tuscany Gardens.

Additional sponsorship levels are available. Minimum donation amounts

for sponsors are: Birdie (\$1,000), Hole (\$500) and Cart (\$250).

Proceeds from the 2017 LMH Golf Gala will benefit the new Licking Memorial Urgent Care and Family Practice facility. Conveniently located in Downtown Newark to provide services for all residents of Licking County, the facility features 12 exam rooms, four treatment rooms, and X-ray and Laboratory services. If you are interested in being an event sponsor or donating a door prize, please call the LMH Development Office at (220) 564-4102.



2017 "FOR YOUR HEALTH"



RUN/WALK
& 1-MILE FUN WALK

Saturday, July 29, 2017

Start Time: 8:30 a.m.

Registration: 7:30 a.m.

The Dawes Arboretum
7770 Jacksontown Road
Newark, Ohio 43055

Please register for all events online at
foryourhealth.itsyourrace.com/register

- **5K Run or Walk with Timing Chip**
Registration is \$15 in advance, if received by 5:00 p.m. on July 21, or \$20 thereafter.
- **5K Walk without Timing Chip**
Registration is free.
- **1-mile Fun Walk**
Registration is free.
- **Active•Fit Fun Run (ages 6 to 12)**
Registration is free. The event will begin at 8:00 a.m. prior to the "For Your Health" 5K Run/Walk & 1-mile Fun Walk.

Note: Self-seeded starting corrals based on estimated finish times will be available. Please contact the LMH Development Office at (220) 564-4102 for additional information.



A Tribute to Mothers

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the babies born at Licking Memorial Hospital this past year.



March 2016
Kelly Arruda keeps busy with her son, Landon, who joined the family on March 3.



April 2016
Averi Mason shows off her daughter, Harper, who was born on April 8.



May 2016
Jace will celebrate his first birthday on May 1 with his mom, Samantha Brotherton.



June 2016
Cooper, born on June 2, enjoys being held by his mom, Annie Ward.



July 2016
Andrea Lewis enjoys holding her smiling baby girl, Ainsley, who was born on July 12.



August 2016
Mae, born on August 27, poses with her mom, Sally Heckman.



September 2016
Olivia, born on September 19, is all smiles with her mom, Amanda Belsito.



October 2016
Audrey Collins welcomed her daughter, Winnie, to the family on October 31.



November 2016
Bri Hancock welcomed her son, Roman, into the world on November 7.



December 2016
Adrinne Westbrooke celebrated the holidays with her daughter, Maykayla, who arrived on December 20.



January 2017
Anntoinette Perry holds tight to her daughter, Savannah, who joined the family on January 22.



February 2017
Maggie Leighton snuggles Collin, her son, who was born on February 24.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public.

There were 1,103 babies born at Licking Memorial Hospital in 2016.

Help Benefit LMHS with Kroger Community Rewards

A new opportunity is available for supporters of Licking Memorial Health Systems (LMHS) at no cost to those who participate. LMHS recently became a registered organization with Kroger Community Rewards (KCR) program. The program is designed to contribute funds, donated entirely by Kroger, to local organizations. Participation is an easy process involving a quick online registration to designate Licking Memorial Health Foundation (LMHF) as your selected organization.

By taking a few minutes to register, you are helping support the Health Systems and our mission to improve the health of the community. Once registered, each time you shop at Kroger and use your Kroger Plus Card at checkout, Kroger will donate a percentage to LMHS.

Registration is Easy:

- Visit www.krogercommunityrewards.com
- Create an account with Kroger using your email address. If you already have an account set up with Kroger, simply sign in and click **My Account**.
- While viewing your account page, scroll down to **Community Rewards**. Click the button to **Enroll Now**. (If you previously have selected an organization, you are able to cancel it and select a new one by clicking **Edit**.)
- Once you click the **Enroll** button, you will see a search box to **Find Your Organization**. Either type in “**Licking Memorial**” or use the code: **35187**. From your search results, select **Licking Memorial Health Foundation** and click **Enroll**.
- You can view or change your Community Rewards recipient at any time.

Once enrolled, Licking Memorial Health Foundation will display in the Community Rewards section of your account. It takes approximately 10 days for the KCR total to begin displaying on your receipt. Any transactions moving forward using the Kroger Plus Card number associated with your digital account will be applied to the program.

Kroger will pay up to \$1,000,000 quarterly to collective participating organizations in the program, based on the percentage of participant spending. The higher the number of participants who select LMHF, the higher the percentage of funds Kroger will donate to the Health Systems.

Eligible participants are Kroger Plus Card holders who are 18 years of age or older and who are legal residents of Ohio. Please note: the KCR program runs from May 1 through April 30 of the following year, upon which time your selected organization must be renewed.



Physician Spotlight

Andrew C. Seipel, M.D., serves patients at the Licking Memorial Family Practice – Licking Valley Medical Center located at 2181 West High Street NE, Newark.



After receiving a Bachelor of Arts degree from The Ohio State University in Columbus, Dr. Seipel earned his Medical Degree from the Medical College of Ohio in Toledo. He then completed a family practice residency at Grant Medical Center in Columbus. Dr. Seipel served several years in the Ohio National Guard as a pharmacy specialist and medic.

Ask a Doc – Lyme Disease with Andrew C. Seipel, M.D.

Question: What are the symptoms of Lyme disease?

Answer: Lyme disease is a bacterial infection transmitted by the blacklegged or deer tick (*Ixodes scapularis*). Last year, there were 160 confirmed cases of Lyme disease in the entire state, so despite the increase in the population of ticks, the chances of getting Lyme disease are still very low. The infected ticks carry a spirochete – a corkscrew-shaped bacterium called *Borrelia burgdorferi* and transmit it to humans through a bite. Not all ticks carry the bacteria, and a small bump or redness at the site of a tick bite is common. Urgent treatment for a tick bite is not necessary unless it is confirmed that the tick is a blacklegged tick and the tick has been imbedded in the skin for more than 36 hours. Typically after three days, the symptoms of Lyme disease will begin to develop. Early symptoms of the disease are much like symptoms of the flu.



- Fever
- Chills
- Muscle Aches
- Sweats
- Fatigue
- Nausea
- Joint pain

As the infection spreads, a patient may develop a rash shaped like a bull's eye.

The *Erythema migrans* rash has a red, rough center, a clear area, and another larger red area that expands gradually. It also may feel warm to the touch, but it is rarely itchy or painful. Approximately 70 to 80 percent of the people infected with Lyme disease will develop the rash. It is best to contact your primary care physician if you experience the rash or other early symptoms. Most cases of the disease can be treated successfully with antibiotics, but left untreated, the infection can spread to the joints, heart and nervous system.

Months after a tick bite, a patient may start complaining of severe headaches and neck stiffness. The joints may swell – particularly the knees and other large joints. Some experience facial palsy – the loss of muscle tone or droop on one or both sides of the face. Lyme disease can spread to any part of the body and affect any system. It can lead to inflammation of the brain and spinal cord, episodes of dizziness or shortness of breath, and heart palpitations. Antibiotics still can be used to treat Lyme disease in the later stages; however, it may require intravenous antibiotics.

The best defense against Lyme disease is to avoid contact with ticks, especially in the warmer months. In wooded areas, beware of brush, high grass and leaf litter. If you are hiking, stay in the center of the trail. When outdoors, use insect repellents that contain 20 to 30 percent DEET. Products with permethrin are available to treat clothing and outdoor gear such as boots and tents. Do not use permethrin directly on the skin. When returning indoors, bathe or shower as soon as possible to wash off any ticks that may be on the skin. If you do find a tick, remove it right away.

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Do not twist or jerk the tick.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag or container, wrapping it tightly in tape, or flushing it down the toilet.

Do not use nail polish, petroleum jelly or heat to try to cause the tick to detach from the skin. The goal is to remove the tick as quickly as possible.

New Appointments



Anthony D. D'Amico, PA-C, joined Licking Memorial Orthopedic Surgery.



Melissa B. Clevenger, C.N.P., joined Licking Memorial Family Practice – Granville.



Gabrielle A. Farkas, D.O., joined Licking Memorial Hospitalists.



Richard D. Kennedy, M.D., joined Licking Memorial Family Practice – Hebron.



Bradley R. Lawson, M.D., joined Licking Memorial Otolaryngology.



Meghan J. McGovern, PA-C, joined Licking Memorial Emergency Medicine.



Kurt J. Palazzo, M.D., joined Licking Memorial Family Practice – Downtown.



Bennie R. Upchurch III, M.D., joined Licking Memorial Gastroenterology.



Patient Story – Linda Rucker

In 2014, Linda Rucker was introduced to the Pulmonary Rehabilitation Program at Licking Memorial Hospital (LMH), to improve her overall strength and reduce her shortness of breath. Linda credits her family physician, Tom Petryk, M.D., for guiding her toward the path of recovery. Soon after, she was referred to Asegid H. Kebede, M.D., of Licking Memorial Pulmonology and Sleep Medicine, to help manage her chronic obstructive pulmonary disease (COPD). Linda made every effort to better her health habits with exercise and diet, but flare ups of her COPD indicated she required further treatment in order to improve her quality of life.

“I was tired all of the time. Regular daily activities were difficult for me, so I did not leave the house very often,” Linda explained. “I lost my breath easily and always had an oxygen tank by my side.” Prior to her COPD diagnosis, she had quit smoking and has been tobacco-free for 10 years; however the disease is common in her family. All of her siblings share the diagnosis, which unfortunately has claimed the lives of both of her sisters. Her brother received a lung transplant nearly eleven years ago and is doing well.

“Dr. Kebede recommended lung volume reduction surgery (LVRS), which removes a large area of damaged lung, allowing the remaining lung tissue to expand when an individual inhales,” she explained. Typically, this surgery is completed only for people with severe COPD or patients with certain types of emphysema. LVRS can provide an increased ability to exercise and may result in fewer symptoms. LVRS also can reduce the number of COPD exacerbations for some people.

Linda underwent extensive testing prior to her surgery to ensure that she was a suitable candidate. She also continued with her pulmonary rehabilitation sessions to physically prepare her for surgery, which was performed at The Ohio State University on November 23, 2016. Determined to recover quickly so as to enjoy her grandchildren, Linda only spent three and a half days in the hospital after surgery. “I actually got up and walked the day of my surgery. Everyone was amazed,” she said. “I have worked really hard and I will continue to do so.”

Shortly after surgery, Linda started therapy again, every Tuesday and Thursday, and the improvement has been noticeable. She is grateful to have the program as a part of her ongoing care. “The Pulmonary Rehabilitation Program is great and everyone involved with it is super! The difference I have seen in my life is unbelievable.” Linda has been impressed with the quality of equipment and care that is available right here in Licking County. “The family atmosphere that exists between everyone involved in the program is the best part, though. It is a real credit to the great staff that they create such a welcoming and friendly environment,” she remarked. Linda holds the respiratory therapists in high esteem and expressed her gratitude to them. She enjoys exercising under their supervision as it gives her a sense of security and confidence to increase her intensity without fear. The therapists tend to the patients continually throughout each session, checking vitals at arrival and departure and often several times throughout. “I love them, they are so wonderful. In fact, everyone at LMH has always been very courteous and friendly, and the Hospital is an excellent facility,” Linda stated.

Eager to share her confidence in the program and personal results, Linda talks regularly with other patients. She helps them understand what to expect and offers her thoughts and experiences. Aside from the LMH program where she works on three different machines, Linda puts in the work on her own, too. She exercises once or twice a day at home for thirty minutes on a stationary bicycle. Linda also frequents Planet Fitness twice a week where she uses the weight machines. “All these efforts are to strengthen my lungs and it is working,” Linda said. “I have lots of grandchildren and I want to see them grow up. That is a precious reason to keep my COPD under control.”

Linda visits Dr. Kebede at regular intervals and is attentive to her symptoms, carrying a portable device to check her oxygen level. She remains sensitive to diet choices for both herself and her husband. “He is my rock. Having a support person throughout this process is such an important part of recovery,” Linda said.

Pulmonary Rehabilitation at LMH

For patients with acute or chronic respiratory illnesses, the Pulmonary Rehabilitation program at Licking Memorial Hospital (LMH) can make breathing easier. Individuals with conditions such as emphysema or chronic obstructive pulmonary disease (COPD) attend the program twice per week for exercise and education. Pulmonary Rehabilitation also provides an opportunity for camaraderie and friendship among participants while helping them to lead active, productive lives.

Members of the LMH Respiratory Therapy Department, who are respiratory care professionals licensed by the State of Ohio, oversee Pulmonary Rehabilitation and create individualized goals and treatment plans for every patient. Each session typically lasts up to an hour and features an exercise regimen designed to keep the heart and lungs in optimal condition. Participants gradually progress through the closely-monitored exercises to increase endurance and strength while learning to minimize and control shortness of breath.

Pulmonary Rehabilitation at LMH also provides key information that helps participants successfully live with chronic lung diseases. Educational topics covered in the program include:

- Introduction to Pulmonary Rehabilitation
- Breathing training for pulmonary patients
- Exercise for pulmonary patients
- Pulmonary medications and hygiene
- Stress and relaxation techniques for pulmonary patients
- Dietary education with a dietitian
- Healthy choices for managing pulmonary illness

A physician's order is required to attend the LMH Pulmonary Rehabilitation program. For more information about Pulmonary Rehabilitation services at LMH, please call (220) 564-4189.

Respiratory Care – How do we compare?

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

1. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease and diabetes. An estimated 25 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. Altogether, 2,319 patients received referrals to LMHS' tobacco cessation programs in 2015.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	63%	61%*	54%	greater than 25%
*Note: Due to program restructuring, no Quit for Your Health patients were seen in October and November 2014; therefore, no six-month follow-up information was collected in April and May 2015. This figure reflects 10 months' partial-year data for the months that the program was fully operational.				

2. Chronic obstructive pulmonary disease (COPD) is a serious lung condition that includes two life-threatening diagnoses, chronic bronchitis and emphysema. According to the American Lung Association, COPD is the third leading cause of death in the U.S. There is no cure for COPD, but with careful management, patients can enjoy longer and healthier lives. To monitor the quality of COPD patients' care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who died (for any reason, including reasons not related to COPD) within 30 days of a hospital admission.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	NA	7.1%	7.9%	8.0%

3. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the number of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2014	LMH 2015	LMH 2016	National ⁽³⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.1

4. Some pneumonia patients who are hospitalized require treatment with a ventilator to assist their breathing. Although the ventilator can be life-saving, it carries the risk of serious complications, such as infections, stomach ulcers, blood clots and extended dependency on the ventilator. To help prevent complications, LMH staff members follow a best-practices protocol for patients on ventilators. Known as the “ventilator bundle,” these five steps are carefully documented to ensure each patient receives the best possible care.

	LMH 2014	LMH 2015	LMH 2016	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	99.3%	98.2%	99.8%	greater than 90%
Daily test to reduce sedation	99.1%	99.6%	99.5%	greater than 90%
Stomach ulcer prevention	99.7%	98.7%	99.3%	greater than 90%
Blood clot prevention	99.4%	99.0%	100%	greater than 90%

Respiratory Care – How do we compare? (continued on page 18)



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

5. Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications, such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2014	LMHP Pulmonology 2015	LMHP Pulmonology 2016	National ⁽⁴⁾
Asthma patients assessed for appropriate inhaled corticosteroid	99%	92%	95%	93%

6. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate. LMHP physicians strongly encourage patients over the age of 65 years to receive a one-time dose of pneumonia vaccine and an annual influenza vaccine during each “flu season,” which runs from October to March.

	LMHP 2014	LMHP 2015	LMHP 2016	National ⁽¹⁾
Physician office patients over 65 years receiving the pneumonia vaccine	87%	84%	81%	71%
	LMHP 2013-2014	LMHP 2014-2015	LMHP 2015-2016	National ⁽¹⁾
Physician office patients over 65 years receiving the influenza vaccine	82%	82%	80%	71%

7. LMHS is committed to providing and encouraging free, easily accessible vaccines to all employees. In order to provide the safest care to our community, LMHS recognizes the importance of keeping the staff healthy.

	LMHS 2014	LMHS 2015	LMHS 2016	LMH Goal	National ⁽³⁾
LMHS employees receiving the influenza vaccine	81%	94%	94%	86%	greater than 90%

Data Footnotes:

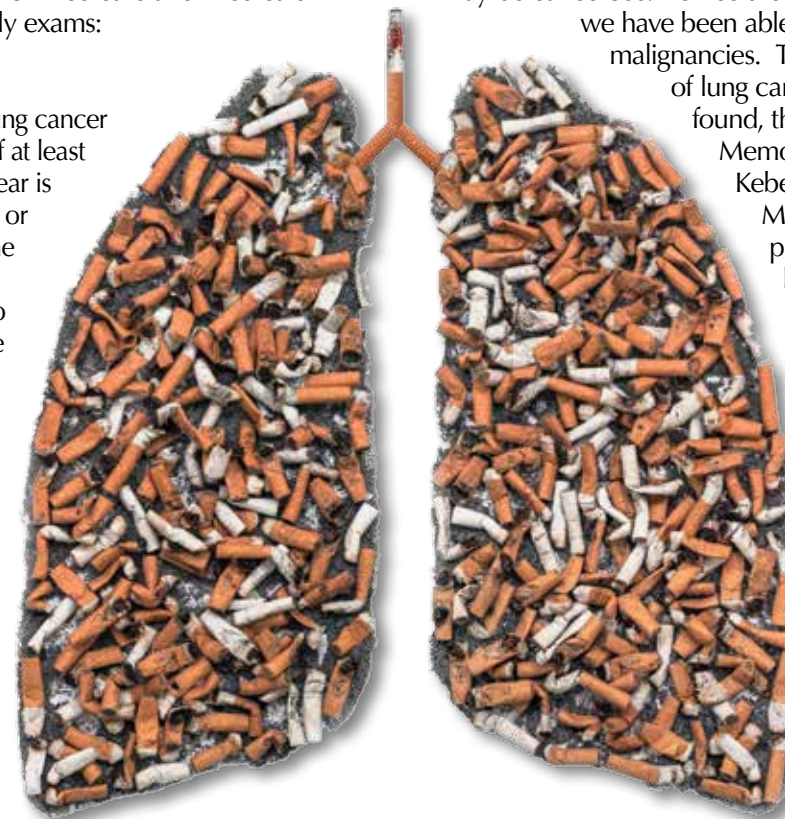
- (1) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2013].
- (2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program.
- (3) HospitalCompare.hhs.gov national benchmarks
- (4) National Committee for Quality Assurance, “The State of Health Care Quality 2013.”
- (5) National Healthcare Safety Network Report, Data Summary for 2012, Devices-associated Module (Medical-Surgical ICU <15 beds)

Lung Cancer Screenings Available for Longtime Smokers

In an effort to detect lung cancer in its earliest stages, Licking Memorial Hospital (LMH) has taken a proactive approach by offering longtime smokers annual screenings using low-dose computed tomography (LDCT) scans. Patients must meet the criteria laid out by the Centers for Medicare and Medicaid Services to qualify for the yearly exams:

- Age 55 to 77 years old
- No signs or symptoms of lung cancer
- Tobacco smoking history of at least 30 pack-years (One pack-year is equal to smoking one pack or 20 cigarettes per day for one year.)
- Current smoker or one who has quit smoking within the last 15 years

LMH Radiology has been performing the annual screenings since 2014. That year, 18 patients received the LDCT. As of February 2017, 898 patients are now in the lung screening program. Radiologist Joseph Fondriest, M.D., said, “With the LDCT, we can find the malignancies when they are still small and operable. We can increase the patient’s chance of survival by 15 to 20 percent. Detecting the cancer early gives the patient and medical staff more options for treatment.”



The scan takes only a minute or two, but in that short amount of time, 800 to 1,000 images of the chest are captured. Dr. Fondriest can scan through the images taken from several different perspectives and look for tiny nodules in the lungs that may be cancerous. “Since the lung screening exams began, we have been able to identify and confirm 19 malignancies. These patients had no symptoms of lung cancer.” When malignancies are found, the patients are referred to Licking Memorial Pulmonology where Asegid Kebede, M.D., and Emilia Anigbo, M.D, can help create the treatment plan. “The integrated system here at the Hospital is a true advantage for our patients. I can personally speak to Dr. Kebede and Dr. Anigbo as they are reviewing the results from the scan,” Dr. Fondriest said.

Annual screenings mean regular exposure to radiation. Being exposed to small amounts of radiation over a long time can raise the risk of cancer; therefore, the radiologists are using the LDCT to limit the patient’s exposure to radiation. A primary care physician can provide more information about lung cancer screenings.

Health Tips – Avoid Secondhand Smoke

Secondhand smoke – exhaled smoke and the smoke that comes directly from burning tobacco products – contains toxic chemicals that can cause health problems for the lungs. It can cause asthma and is a known risk factor for lung cancer.

Follow these tips to avoid secondhand smoke:

- Post a polite sign or sticker on your front door explaining smoking is not allowed.
- Remove all ashtrays from your home.
- Inform babysitters or other caregivers smoking in the house is not allowed.
- Do not allow smoking inside your vehicle, even with the windows down.
- Only visit restaurants and other businesses that enforce no-smoking policies.
- Choose smoke-free care facilities for children and aging loved ones.



Kenneth Justice, R.R.T., RRT-NPS-ACCS, AE-C

Community Education – Chronic Obstructive Pulmonary Disease

Date: Tuesday, June 27
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Kenneth Justice, R.R.T., RRT-NPS- ACCS, AE-C

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of conditions that obstruct air flow and cause trouble breathing. COPD includes emphysema, chronic bronchitis and, in some cases, asthma. According to the Centers for Disease Control and Prevention, while almost 15.7 million Americans report a diagnosis of COPD, more than 50 percent of people with poor lung function also may have the disease and simply not know it. Early detection and treatment often can alter the course and progression of this potentially debilitating disease.

Join Registered Respiratory Therapist Kenneth Justice for an informative discussion on the diagnosis, prevention and treatment of COPD on **Tuesday, June 27, at 6:00 p.m.** in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, space is limited and registration is required. To register, please visit www.LMHealth.org or call (220) 564-2527.

Patient Story – Chad

Chad* began drinking on the weekends in high school, sneaking alcohol from his dad's liquor cabinet. "My father and both grandfathers were alcoholics, so genetically, the tendency was there," Chad explained. He already was a daily drinker when he graduated high school at age 17. Over the course of time, the amount he drank and the consequences he faced increased, but he somehow still managed daily activities. Despite his addiction, Chad earned chemistry and dentistry degrees. During his entire college and graduate education, he was consuming 6 to 12 drinks a day, but had the ability to stop when necessary. However, soon after, his addiction spun out of control. "I started to isolate myself. I could not go out with people as they would monitor how much I drank," he said. "I would pre-drink, thinking no one could track my intake, but this became such a hassle that I just stopped going out altogether."

While he never consumed alcohol during the work day, he undoubtedly knew the amount he drank the night before was affecting his performance. During the late 90s, it was common for pharmaceutical companies to provide bulk samples of pain killers to medical providers. These deliveries often came in quantities of up to 200, he recalled. Chad began using these drugs instead of drinking. "I thought it was a great idea since it accomplished the same effect and no one would be able to smell the alcohol or notice my behavior, – at least that is what I convinced myself," he said. This behavior lasted for a couple of years with continual increase in volume. By 2003, he also returned to drinking and began to notice decline in several areas of his life.

"I had several failed relationships. I started going to work late almost on a daily basis. I could not sleep and then I would oversleep as a result," he explained. "One day I fell asleep in my car for four hours at lunch and did not return to work." As a result of this downward spiral, Chad was fired in 2005 from a job he had held for nine years. "I began buying drugs on the street. When

I was dead broke and could not get by any longer, I went to live with my sister and slept on her couch for a year," he said. Later that year, at the urging of his family, Chad checked in at Shepherd Hill – the Behavioral Health Services Department of Licking Memorial Hospital (LMH). However, he was not convinced that he wanted to make a change. He completed the inpatient and continuing care programs, but never surrendered, as the 12-Step Program encourages patients to do. "I basically just did it to get my family off my back," he revealed. "I was there thirteen weeks and when I left, I picked right back up where I left off."

Nearly a year later on July 20, 2006, he was charged for driving under the influence and his dental license immediately was suspended. "This is my sobriety date. Three days later I returned to Shepherd Hill. I told my counselor, Ellen Laubis, 'I am ready. I will be honest and do everything you tell me to do.' She was amazing and I am very grateful to her." During his nine weeks at Shepherd Hill, Chad attended 14 to 21 meetings a week. He got a sponsor and again utilized the 12-Step Program. "The Shepherd Hill environment was incredible. I felt safe, all my needs were met, and I was comforted and supported," he shared. Chad praised both his counselors, Ellen and J.R. Abrahamsen (now retired). "They were top-notch! I have nothing but good things to say about Shepherd Hill and the difference it made in my life," he commented. Chad valued the trust that Ellen provided, which was vital to his recovery. She taught him how to live life in recovery, giving him the tools needed to be successful in this endeavor.

After leaving Shepherd Hill, Chad participated in weekly drug and alcohol tests for five years and also completed the two-year aftercare program – weekly support group meetings – both of which were requirements to reinstate his dental license. The Shepherd Hill doors still remain open for him to return when necessary.

Chad is now eleven years in recovery. He regained his dental license in December 2007 and runs his own Endodontics practice. He will celebrate his eighth wedding anniversary this summer. His wife also has been in recovery for 13 years. They are the proud parents of a five-year-old son. "Having a partner who shares the same experiences has been a tremendous strength to me. I have recommended Licking Memorial Hospital to so many people," he said. "Shepherd Hill certainly was a lifesaver for me."

If you believe you may be suffering from drug or alcohol addiction, Shepherd Hill is a nationally accredited substance abuse treatment center. Care is individualized and effective through a process that matches treatment programs with the severity of illness.

At Shepherd Hill, treatment is mental, physical and spiritual. Patients partake in individual and group therapy, therapeutic activities, daily lectures and continued care planning. With this structure, each and every individual who comes to Shepherd Hill for treatment is given the tools to help form a solid foundation for a life of recovery. Call (800) 223-6410, or visit www.ShepherdHill.net for immediate assistance.

Shepherd Hill offers the following services:

- Detoxification
- Traditional care
- Extended care
- Intensive outpatient care
- Aftercare
- Treatment for healthcare professionals
- Caduceus (aftercare for healthcare professionals)
- Psychiatric services
- Educational services and programs

*Chad is not the patient's real name.

Behavioral Health Care – How do we compare?

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

- Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. LMH provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2014	LMH 2015	LMH 2016	Goal
Psychiatric readmissions within 31 days	3.4%	2.6%	0.0%	less than 5.6%

- Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data show how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2014	LMH 2015	LMH 2016	Goal
Patients remaining abstinent	95%	95%	91%	greater than 85%
Improvement in quality of relationships	96%	98%	92%	greater than 85%
Improvement in overall physical and mental health	98%	99%	92%	greater than 85%
Improvement in overall quality of life	98%	97%	95%	greater than 85%

- Detoxification – the safe, medically-supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by the appropriate medications for each patient's situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2014	LMH 2015	LMH 2016	Goal
Average length of stay – alcohol treatment	2.5 days	2.8 days	2.9 days	less than 3 days
Average length of stay – opiate treatment	2.6 days	2.7 days	2.6 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	2.9 days	4.3 days	3.2 days	less than 5 days

- Education is considered an essential component of providing complete behavioral health care. A thorough understanding of the diagnosis, the purpose of medications, side effects to medications and the expected response to treatment leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2014	LMH 2015	LMH 2016	Goal
Diagnosis/disease education provided for patients and/or family	99%	99%	99%	greater than 97%
Medication education provided for patients and/or family	99.21%	99.55%	99.28%	greater than 97%

- Family participation is an important component in patients' recovery. For continuity of care, a licensed professional clinical counselor or social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

	LMH 2014	LMH 2015	LMH 2016	Goal
Social work/family meeting during patient stay	78%	84%	86%	greater than 95%

- Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients' blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

	LMHP 2014	LMHP 2015	LMHP 2016	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	92%	90%	98%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	94%	94%	100%	greater than 90%



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

Alternative Treatments for Behavioral Health Issues Now Offered

Physicians with Licking Memorial Outpatient Psychiatric Services now are offering neuromodulation services to patients with depression, anxiety and post-traumatic stress disorder (PTSD) as alternatives to taking medications. The International Neuromodulation Society defines therapeutic neuromodulation as “the alteration of nerve activity through targeted delivery of a stimulus, such as electrical stimulation or chemical agents, to specific neurological sites in the body.” In psychiatry, neuromodulation services can include electroconvulsive therapy (ECT), repetitive transcranial magnetic stimulation (rTMS) and the stellate ganglion block. All of these services are now being offered at Licking Memorial Hospital (LMH). When other treatments have not been effective, these modalities can be used to treat acute depression or, in the case of the stellate ganglion block, PTSD.

Pavan K. Dontineni Venkata, M.D., says ECT has been used worldwide for more than 60 years. During the procedure, an electric current is passed through the brain to cause a seizure while the patient is under general anesthesia. Muscle relaxants are used to ensure the seizure activity is only in the brain and the body does not seize. The controlled seizures create changes in brain chemistry that relieve symptoms of depression and other psychiatric conditions. “The procedure performed presently is very different from what is shown in the movies,” Dr. Venkata says. “The use

of electric shock as a therapy declined in the 1970s and 1980s due to some adverse effects. However, with the refinement of the ECT machines, a change in the type of electricity used and the use of general anesthesia and complete muscle relaxation, most side effects have been eliminated.”

The treatment is helpful for patients who have not responded to medications or had intolerable side effects while taking medications. Pregnant women who cannot take certain psychiatric medications due to harmful effects on the baby can safely undergo ECT to help with depression, mania or psychosis. ECT also can help with motor symptoms associated with Parkinson’s disease. Typically, a patient would undergo treatments two to three times a week for a total of 6 to 12 treatments. Some patients may require maintenance ECTs once or twice a month for up to six months based on the severity of depression symptoms. Side effects include headaches and confusion. Patients are closely monitored throughout the course of the treatment for memory problems or other cognitive issues. If memory problems occur, changes are made to the amount of electricity and frequency of the treatments.

Repetitive transcranial magnetic stimulation is another form of brain stimulation therapy used to treat depression. This therapy involves using

a magnet to target and stimulate certain areas of the brain. Patients receiving the treatment do not need to be sedated for the process. Side effects with rTMS include feelings of lightheadedness, temporary hearing problems, mild headaches, and tingling in the face, jaw or scalp.

LMH Anesthesiology also offers treatments to help patients with behavioral health issues. For example, KW Tim Park, M.D., M.B.A., administered a stellate ganglion block to relieve a patient from the symptoms of post-traumatic stress disorder. Dr. Park injected the stellate ganglion, a collection of sympathetic nerves in the neck, with a local anesthetic to block the path of the nerves to the brain. Researchers believe, following the block, biochemical changes ensue in the brain that help alleviate the symptoms of PTSD. The changes last up to three months, and if symptoms recur, the patient can receive another block. Physicians in the Anesthesiology Department also can administer ketamine infusions and offer nitrous oxide inhalation to help patients suffering from depression.

Licking Memorial Outpatient Psychiatric Services is open Monday thru Thursday 7:30 a.m. to 5:00 p.m. and Friday from 8:00 a.m. to 4:30 p.m. For more information about alternative treatments, call (220) 564-4873.

LMHS Youth Summer Camps



Camp Feelin' Fine, June 2, 9:00 a.m. – 3:00 p.m., Infirmiry Mound Park

Camp Feelin' Fine is a free one-day camp that gives children with asthma, ages 7 to 12, the opportunity to take part in an outstanding educational and recreational program. Please call the Licking Memorial Hospital Respiratory Therapy Department at (220) 564-4190 by Friday, May 26, to register for the camp. Space is limited and is on a first-come, first-served basis.

Camp Courage, July 14, 9:00 a.m. – 3:00 p.m., Infirmiry Mound Park

Youth, ages 7 to 12, who have had an encounter with cancer, whether personally or through a family member, are welcome to attend this camp, designed to reduce stress and anxiety due to the uncertainties of the disease. The event schedule will include activities, crafts, presentations and more! Camp Courage is free; however, space is limited and registration is required. To register, please call (220) 564-1890.

Camp A1c, July 21, 9:00 a.m. – 3:00 p.m., Bryn Du Mansion Carriage House and Lawn

Youth, ages 7 to 12, who have diabetes are invited to join this one-day camp for camaraderie, fun activities and educational presentations. This event also is an excellent opportunity for parents to network and discuss diabetes issues. Camp A1c is free; however, space is limited and registration is required. To register, please call (220) 564-4915.



Commemorate a New Baby with the LMH Cradle Roll Program

You are invited to celebrate and commemorate the arrival of a new baby through a gift to the Cradle Roll Program at Licking Memorial Hospital.

Three levels of giving are available:

Cradle Roll Bronze (\$25 to \$149)

Cradle Roll Silver (\$150 to \$249) – Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).

Cradle Roll Gold (\$250 or more) – Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).

A gift of any amount will receive:

- A receipt for your contribution
- A letter of acknowledgement to the honoree’s family
- The names of the baby and the donor placed in the Cradle Roll log in the Main Lobby of the Hospital
- Your gift listed in Licking Memorial Health Systems’ *Community Connection* magazine and Annual Report

Handcrafted step-up stool (Shown with natural cherry finish)

Handcrafted child-size rocker (Shown with natural maple finish)

For more information, or to make a donation, please call (220) 564-4102. To print a donation form, visit www.LMHealth.org. Gifts are tax-deductible to the extent allowed by law.



Cheryl Barker, Au.D., CCC-A

Community Education – Hearing Loss, Fall Risk and Brain Aging

Date: Tuesday, May 23

Time: 6:00 p.m.

Location: LMH First Floor Conference Rooms

Speaker: Cheryl Barker, Au.D., CCC-A

Hearing loss often is thought of as a normal part of aging. However, recent studies show that hearing loss also is linked with balance problems, falls and dementia. Even mild hearing loss can affect balance and brain function. Since hearing loss is a greater health threat than originally thought, simple early measures, such as the use of a hearing aid, can make a profound difference in brain health.

Join Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology, for an informative discussion on the link between hearing loss and brain health on **Tuesday, May 23, at 6:00 p.m.** in the LMH First Floor Conference Rooms. The program is free; however, registration is required. To register, please visit our website at www.lmhealth.org or call (220) 564-2527.

Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The Caduceus Society

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



Robert Mueller, M.D.

LMHS President & CEO Rob Montagnese (right) and LMHF Board Chairman Linda Dalgarn (left) presented Robert Mueller, M.D., of Licking Memorial Orthopedic Surgery, with a glass recognition piece in appreciation of his commitment to the Caduceus Society. Dr. Mueller received his Doctor of Medicine degree at Johns Hopkins University Medical School in Baltimore, Maryland. He completed an internship and residency in orthopedic surgery at Johns Hopkins Hospital in Baltimore, Maryland. Dr. Mueller is board certified in orthopedic surgery.

Originally from Missouri, Dr. Mueller joined Licking Memorial Orthopedic Surgery in August 2015. He formerly served his country as a Staff Orthopedic Surgeon in the U.S. Navy. He has a special interest in sports-related injuries and adult reconstructive surgery. He is a member of the American Academy of Orthopedic Surgeons. Dr. Mueller currently lives in Columbus with his wife, Elizabeth, and three children.

Drs. Rachel and Andrew Terlecky

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized Rachel Terlecky, D.O., of Licking Memorial Emergency Medicine, and Andrew Terlecky, D.O., of Licking Memorial Orthopedic Surgery, for their commitment to the Caduceus Society.

Dr. Rachel Terlecky received her Doctor of Osteopathic Medicine Degree at the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed a residency in emergency medicine at Kettering Medical Center through the Wright State University Boonshoft School of Medicine in Dayton. She is board certified in emergency medicine and joined Licking Memorial Emergency Medicine in June 2016. She is a member of the American College of Emergency Physicians, American College of Physicians, American Osteopathic Association, Christian Medical and Dental Association, and Sigma Sigma Phi.

Dr. Andrew Terlecky received his Doctor of Osteopathic Medicine degree at Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed an orthopedic surgery residency at Grandview Medical Center in Dayton. He is board certified in orthopedic surgery and joined Licking Memorial Orthopedic Surgery in September 2016. He is a member of the Ohio Osteopathic Association, the American Osteopathic Association, and Sigma Sigma Phi osteopathic fraternity. The Terleckys reside in Granville with their son, Paul.



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

Donors

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

Caduceus Society

Drs. Felix and Emilia Anigbo and Family

Capital Improvement

Goodwill Industries
TWIGS 13
TWIGS 24

Community Cornerstone Club

Anonymous
Bradley and Meghann Chute
Jeff and Jane Cox
Andy and Cheryl Crawford
Michael and Camilla Egan
Ann and Dick Fryman
Jill and Andrew Guanciale
Dan Guanciale
Home Instead Senior Care
Jay and Cheri Hottinger
Shirley James
Mr. and Mrs. Don Mandich
Bill and Barbara Mann
Vicki and George Maple
Dean W. Markle
Roger and Kathy McClain
Martha J. Morrison
Dustin and Cindy Neely
Stephanie Priestnal
John Row
Gary and Penny Sitler
Mr. Joseph Stenson
Charles and Jane Walker
Craig Young

Cradle Roll

In honor of Logan Durbine
By: Licking Memorial Health Systems
In honor of Brodie Asher Keller
By: Licking Memorial Health Systems
In honor of Max Conrad Reichard
By: Licking Memorial Health Systems
In honor of Maxwell Rogers
By: Licking Memorial Health Systems
In honor of Jonathan Hayes White
By: Licking Memorial Health Systems

Doctors' Day

In honor of Dr. Abul S. Ahsan
By: Dr. and Mrs. Craig B. Cairns
In honor of Dr. Richard Baltisberger
By: Ashley, Robby and Brady Montagnese
In honor of Dr. Michael Barth
By: Joyce Proffit
In honor of Dr. David A. Bartnick
By: Michelle Hryn
In honor of Dr. Garth Bennington
By: Veronica Link
Cindy and Thaddeus Webster
Wayne and Judy Wright
Deborah Young
In honor of Dr. Brad Bernacki
By: Michelle Hryn

In honor of Dr. Craig B. Cairns
By: Keith and Heather Burkhart
Veronica Link
Robert and Lauren Montagnese
James J. and Christine L. McGee
Tom and Ann Mullady
John and Anne Peterson
Jason and Holly Slaughter
Mr. and Mrs. Gregory Wallis
Cindy and Thaddeus Webster
Deborah Young

In honor of Dr. Michael Campolo
By: Tony W. Adams

In honor of Dr. Elliott Davidoff
By: Linda Dalgarn
Robert and Patricia McGaughy
Mary Jo and Gene Branstool

In honor of Dr. Janae Davis
By: Veronica Link
Sheila Miller
Lauren Montagnese
Anne Peterson

In honor of Dr. James DeSapri
By: Dr. and Mrs. Craig B. Cairns
C. Franklin Gibson

In honor of Dr. Gerald Ehsam
By: Robert and Lauren Montagnese

In honor of Dr. Donald Fairbanks
By: Mr. Michael J. Massaro
Sheila and Ron Miller
Dave and Tickie Shull

In honor of Dr. Kevin Finley
By: John and Elaine Gard

In honor of Dr. Joseph Fondriest
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Ann V. Govier
By: Linda Dalgarn
Robert and Patricia McGaughy
Sheila and Ron Miller
Jan and Lew Mollica

In honor of Dr. Kevin Graham
By: Patricia C. Armstrong
Mr. and Mrs. Douglas W. Kullman
Phillip and Marcia White

In honor of Dr. Talya Greathouse
By: Robert and Lauren Montagnese
Cindy and Thaddeus Webster

In honor of Dr. James Thomas Hagele
By: Sheila and Ron Miller

In honor of Dr. Matthew Harris
By: Tom and Ann Mullady

In honor of Dr. Debra Heldman
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Andrew Highberger
By: Dr. and Mrs. Craig B. Cairns
Bill and Mary Hoekstra

In honor of Dr. Nina P. Hourmouzis
By: John and Anne Peterson
Diana A. Scurman
Jason and Holly Slaughter

In honor of Dr. Jacqueline Jones
By: Linda Dalgarn
Laura Kocher
Mr. and Mrs. Willard Kuhlwein
Kathy Mehler
Ellie Unger

In honor of Dr. Asegid H. Kebede
By: Dr. and Mrs. Craig B. Cairns
Michelle Hryn

In honor of Dr. Aaron Kibler
By: Mr. and Mrs. Douglas W. Kullman
Barbara Jones Pettit

In honor of Dr. David Koontz
By: Leslie Emery
Julie Ketner Barrett

In honor of Dr. Preethi Krishnan
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Eric Layne
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Lisa A. Lee
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Ryan W. Longstreth
By: Esther Cairns
Craig B. Cairns, M.D.

In honor of Dr. Robert W. Mueller
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Peter Nock
By: Robert and Lauren Montagnese

In honor of Dr. Kevin Ouweleen
By: Robert and Lauren Montagnese

In honor of Dr. Eric Pacht
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Thomas Petryk
By: Roseann Hurst
Delores Mae White

In honor of Dr. Hassan Rajjoub
By: Dr. and Mrs. Craig B. Cairns
Sheila and Ron Miller
Robert and Lauren Montagnese
Tom and Ann Mullady

In honor of Dr. Howard Reeves
By: Robert and Patricia McGaughy
Sheila and Ron Miller
Jan and Lew Mollica

In honor of Dr. John Robertson
By: Denny and Carol Wheeler

In honor of Dr. Timothy Rossi
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Phil Savage
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Patrick Scarpitti
By: John and Doris Carlson

In honor of Dr. Andrew Seipel
By: Sheila and Ron Miller
Robert and Lauren Montagnese
Cindy and Thaddeus Webster

In honor of Dr. William Stallworth
By: Robert and Lauren Montagnese

In honor of Dr. David Subler
By: Sheila and Ron Miller
Elle Unger

In honor of Dr. Petter Vaagenese
By: Esther Cairns
Craig B. Cairns, M.D.

In honor of Dr. Pavan Venkata
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Even Wang
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Pang Wang
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Richard Whitney
By: Dr. and Mrs. Craig B. Cairns
Bill and Mary Hoekstra

In honor of Dr. Elizabeth Yoder
By: Dr. and Mrs. Craig B. Cairns

In honor of Dr. Grant Yoder
By: Dr. and Mrs. Craig B. Cairns

General

Dr. and Mrs. Craig B. Cairns

Grants

Licking County Foundation

Memorial

In memory of Dr. Carl Frye
By: Frank and Phyllis Frye

In memory of Donald and Helen Stein
By: Bonnie L. Whitman

In memory of Nancy Wright
By: Corrine B. Ailes

Paving Our Future

Laura L. Edelblute
Dr. Donald G. and Patsy Jones

Platinum Circle

Shumaker Construction, Ltd.

Development Spotlight

Joe Kurzawa first became interested in Licking Memorial Hospital (LMH) Development Council while attending the LMH Baby Expo with his wife, Julie, in October 2016. The couple were expecting a baby the following January. While enjoying the exhibits at the event, Joe noticed the wall of Development Council member photos displayed in the Hospital and wondered how he could become involved. Hoping to learn about opportunities to join the Hospital's service to the community, he spoke with Bob McGaughy, Development Council Chairman, who happened to be nearby at the event.

Bob assisted Joe by connecting him to the LMH Development Department and Joe was officially extended an invitation to join the Education and

Membership Committee of the Development Council in December 2016.

A lifelong resident of Licking County, Joe currently serves as the Charter Services Manager for Executive Jet Management (EJM). While managing the logistics of approximately 200 aircraft, he is responsible for the sale and management of EJM charter aircraft and ensuring excellent aviation experiences for his customers. Joe is a graduate of Newark High School and received a degree in kinesiology from Miami University in Oxford, Ohio in 2011.

The newest member of the Development Council, Joe attended his first meeting in February where speaker Lew Mollica, Ph.D., presented the topic, "Our Futures in Licking County." As part of the presentation, Dr. Mollica addressed drug addiction in schools and discussed current initiatives to resolve the issue. Joe was impressed by the presentation and the interest of the Development Council in local issues. "This group is truly people getting together for the betterment of our community," said Joe. "While this is a new experience, it already has been an impressive one."

Joe recently joined the Golf Gala committee to help prepare for the annual event, which will be held this year on Monday, June 19. "The Health Systems provides so many events, including 5Ks,

golf outings, and others which promote activity and education. It's great to see LMH being an advocate of change and leading by example." He also appreciates the Hospital's mission. "It is not a glamorous thing to try and help improve the health of an entire community, but I absolutely think the Hospital is making positive strides every day to accomplish their mission," Joe said. "It's a huge task for one entity to take on by itself and that is why the Development Council is so important – we can branch out and use all of our resources. It's exciting to be a part of the Council."

In addition to serving on the Development Council, Joe is a member of Toastmasters International, serves on the Newark City Schools Strategic Planning Committee and was the Chairman of Newark City Schools' Renewal Levy Committee for two consecutive levy renewals. He also was named to the Newark Advocate's "20 Under 40" list in 2014, which highlights future leaders of Licking County.

Joe and Julie welcomed their baby boy, Hudson, into the world at LMH on January 13, 2017. The family resides in Newark and occasionally visits Julie's hometown of Quebec City, a French-speaking province of Canada. In his free time, Joe enjoys doing home improvement projects, playing in recreational volleyball leagues, staying active and spending time with his family.

Retiree Spotlight

For **Mark Mitchell, M.D.**, retirement did not involve leaving Licking Memorial Health Systems (LMHS) permanently. Dr. Mitchell retired from Licking Memorial Internal Medicine in June 2016, but began serving on the Licking Memorial Hospital (LMH) Board of Directors earlier this year. He misses caring for his patients, but says he is excited for the opportunity to keep up to date with the developments and growth of the Hospital.

Born and raised in Columbus, Dr. Mitchell came to Licking County 41 years ago. He graduated from the University of Notre Dame in South Bend, Indiana, with his undergraduate degree, then earned his Medical Degree from The Ohio State University College of Medicine. He completed his residency in internal medicine at Mount Carmel Medical Center in Columbus.

In 1976, he and three of his classmates, including the Physician Advisor to the LMHS Board of Directors, Gerald R. Ehsam, M.D., decided to form a private practice. They did not want to go far from Columbus, but were looking for a progressive medical community where they could get the support needed to offer quality care. The four physicians along with their wives decided to move to Newark, and Dr. Mitchell says they never regretted the decision.

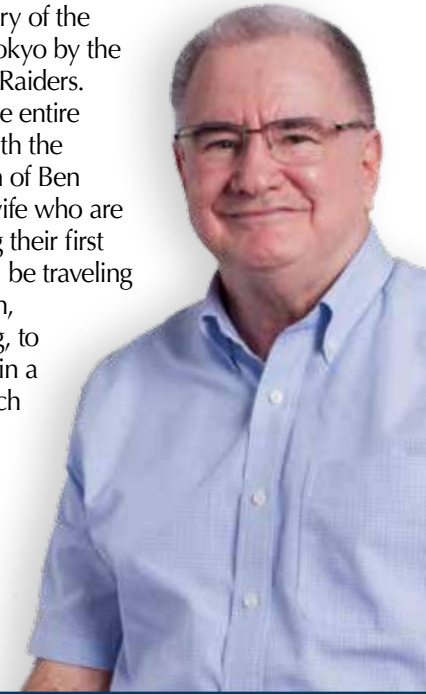
As his career progressed, Dr. Mitchell spent time on the Board of Directors and served as the Chief of Medicine for the Hospital. In the early 1980s, he worked to create the Bioethics Committee. After attending a conference on bioethics, Dr. Mitchell felt

the staff at LMH needed a peer group to help make decisions about treatment for terminal patients. In 1994, Dr. Mitchell became the very first Vice President of Medical Affairs. His focus was to create an organization to bring together the physician offices throughout the County. He and Dr. Ehsam were among the first 15 physicians to join Licking Memorial Health Professionals (LMHP) in 1995 – a group that now consists of over 100 physicians in various practices located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark and Pataskala.

Dr. Mitchell considers creating LMHP one of his greatest accomplishments. "The creation of the health professionals group was a significant achievement. However, my most satisfying moments at the Hospital were taking care of and helping the patients. Retirement is nice, but I miss the people. I am curious about the welfare of my former patients, and what is going on in their lives, but I know they are in good hands with the staff at the Hospital and the Health Professionals in the County," he said. In March 2016, the American Red Cross of Licking County awarded him the Healthcare Hero Award in recognition of his trailblazing contributions to the community's health.

Serving on the Board of Directors will keep Dr. Mitchell busy, but he says he is taking as much time as possible to spend with his family. He is fortunate to have his daughter, Becky, and granddaughter, Abby, live nearby in Pataskala. He and his wife, Cathy, already took a road trip to visit friends in South Carolina;

the Mitchell's son, Ben, and his wife, Connie, in Birmingham, Alabama; and daughter, Jessica, her husband, Tom, and grandchildren, Lucy and Rocco, in Tulsa, Oklahoma. He also joined the choir at Saint Francis De Sales Catholic Church. In May, Dr. Mitchell traveled to Washington D.C. to watch Ben receive the Hero of Military Medicine Award for outstanding contributions and selfless dedication to advancing military medicine and enhancing the lives and health of wounded, ill and injured service members, veterans and civilians. Ben is an officer in the Air Force and serves as an Emergency Medicine Physician and Flight Surgeon with Air Force Special Operations Command. In April, Dr. Mitchell took the opportunity to fly in a B-25 bomber at an airfield in Urbana, Ohio. The planes were at Wright Patterson Air Force Base in Dayton for the 75th anniversary of the raid on Tokyo by the Doolittle Raiders. Finally, the entire family, with the exception of Ben and his wife who are expecting their first child, will be traveling to Jackson, Wyoming, to take part in a dude ranch vacation.



Local Troop Commemorates Girl Scout Anniversary with Donation to LMH

In recognition of the 105th anniversary of the Girl Scout program, a troop based in the North Fork School District recently donated a basket of baby items to be given to the first girl born at Licking Memorial Hospital on March 12 – the date the organization was founded in 1912. Members of the troop, who are in first and second grades at Newton and Utica Elementary schools and participate at the Daisy or Brownie level, include: Emma Bellone, Mackenzie Eggeman, Nicole Hindel, Lily Nemeth, Kylee Rinehard, Abby Rinard, Autumn Smith and Ruby Trost.



Easter Bunny Visits Pediatric Patients

As part of "Some Bunny Loves You," an outreach program by the Licking County Sheriff's Office, the Easter Bunny made a visit to Licking Memorial Pediatrics – Tamarack on April 11. The program is designed to familiarize children with law enforcement officers under positive circumstances. Pediatric patients enjoyed visiting with the Easter Bunny and interacting with law enforcement officers. Pictured with pediatric patients and the Easter Bunny are LMHS President & CEO Rob Montagnese (left) and Licking County Sheriff Randy Thorp (right).

LMH Volunteers Honored at Annual Recognition Dinner

Licking Memorial Hospital (LMH) recently hosted the annual Volunteer Recognition Dinner to show gratitude to more than 80 individuals who regularly devote their time to serve at the Hospital. LMH volunteers assist at special events, distribute mail, greet patients and provide many additional services throughout the Hospital and Health Systems.

"You, the volunteers, deserve this recognition as an integral part of our organization. Without you, our Hospital wouldn't be the warm, welcoming facility it is," Licking Memorial Health Systems President & CEO Rob Montagnese (center) told the

attendees. "Our volunteers donated more than 33,500 hours last year to assist our patients and staff. It truly is my pleasure to be here to thank you for all the ways you help us improve the health of the community."

The dinner included the presentation of service awards in five-year increments and the 2017 Donald Day Volunteer of the Year award. Nominees for Volunteer of the Year, who are selected annually for their excellent work ethic and volunteer contributions,

included Mike Barber, Lori Brown, Phil Cassone, Eddie

and Caroline Cline, Kay Eclebery, Pat Farley and Gary Hamilton. Pat Farley (left), who has volunteered more than 2,200 hours since 2011, and Phil Cassone (right), who has served more than 750 hours in five years as an LMH volunteer, were honored as co-recipients of this year's Donald Day Award.

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (220) 564-4044 or visit www.LMHealth.org.

Past recipients of the Volunteer of the Year award include:

- 2016 – Sue Weiland
- 2015 – Joan Omlor
- 2014 – Eddie and Carolyn Cline
- 2013 – Harry Harper
- 2012 – Richard Stewart
- 2011 – Vickie Fogarty and Arlene Newman
- 2010 – Rene Halblaub
- 2009 – Elizabeth Ann Wood
- 2008 – Janet Anderson and Beverly Crockford
- 2007 – Betty Meyer
- 2006 – Noble Snow
- 2005 – Marye Crispin
- 2004 – Donald Day
- 2003 – Robert Norman



2017 LMH Volunteer Executive Board

The Licking Memorial Hospital (LMH) Volunteer Department will retain its Executive Board officers for 2017. The officers are (left to right): Cindy Kikeli – Recording Secretary, Gary Hamilton – Vice President, Connie Gelfer – President, and Nancy Stewart – Corresponding Secretary.

The LMH Volunteer Department includes approximately 100 members who conduct a variety of tasks, ranging from greeting visitors at the reception desk to delivering mail to Hospital departments. To learn about volunteer opportunities at LMH, call the Volunteer office at (220) 564-4044, or visit www.LMHealth.org and click the "Become a Volunteer" link in the About LMHS section.



Volunteer Spotlight

Wanda Wilson was inspired to join the Licking Memorial Hospital (LMH) Volunteer Department by her late husband, Emmett LeVerne Wilson. "He volunteered with the Highway Patrol for over 40 years. After he passed in 2010, I felt like it was my turn to volunteer," she explained. For six years, Wanda has served three days a week at the Betsy Eaton O'Neill Health Resource Center Information Desk. "LMH is a good place to meet new friends and help others. It is wonderful to give back to the community when given the opportunity."

Wanda loves the satisfying feeling of helping others and noted that her favorite moments often are sharing a smile. "That simple gesture can make someone's day, which is very rewarding," she commented. Wanda also is very active at Mount Perry Presbyterian Church, where she assists with Vacation Bible School,

youth choir and numerous luncheons and dinners. She also is part of one of the parish's largest ministries – the Helping Hands Society, which organizes various fundraisers and children's activities, including the Fall Festival.

Now retired, Wanda spent 52 years as a hairdresser and was married for 55 years. A Glenford graduate, she grew up on a large dairy farm in Perry County and continued her education at cosmetology school in Newark. She and her husband built their home in Licking County in 1962 and she still lives there today.

Wanda has traveled extensively over the years, visiting Switzerland, England, Scotland, Germany, Austria, Alaska and Canada. "I have seen most of the United States, some of Europe, and went on several cruises," she shared. Regulars at weekly square dancing and monthly

card club, Wanda and her husband also treasured time with their nieces and nephews, often vacationing together. Currently, she enjoys cooking and working in her flower gardens.

In the years that she has served at LMH, Wanda formed close relationships with other volunteers, including a wonderful friendship with a former courier, who shares her love of antiques. She hopes to continue volunteering at the Hospital for many years to come.



2017 LMH TWIGS Officers

The TWIGS Organization of Licking Memorial Hospital (LMH) recently elected its executive board members for 2017, the first year of a two-year term. The officers are Steve Schlicher – Chairman and Corresponding Secretary (middle right), Nancy Barber – Vice Chairman and Recording Secretary (right), Darlene Baker – Treasurer (left), and Kate Hannum – Assistant Treasurer (middle left).

TWIGS – which stands for **T**ogetherness, **W**illingness, **I**magination, **G**iving and **S**haring – is a fundraising organization that originated with a ladies' auxiliary group at Rochester General Hospital in Rochester, New York, in the late 1800s. In 1950, Mrs. John Spencer (Ernie) established the first TWIGS group in Licking County when she asked her bridge group to form TWIGS 1. Currently, the Hospital has four active TWIGS groups.

TWIGS 6 was organized to open the Granville Thrift Shop in 1950. After relocating several times, the Shop presently operates at 1865 Tamarack Road in Newark. The current Chairman for TWIGS 6 is Kate Hannum.

TWIGS 8 also was established in 1950, and began selling homemade baby items, candy and jewelry. Today, the group operates the LMH Gift Shop, which is located on the first floor of the Hospital

and open eight hours each day, seven days per week – except on holidays. The TWIGS 8 Chairman is Judy Marshall.

Established in 1955, **TWIGS 13** originally was known as the "Candle TWIGS" because their major fundraising project was selling candles. The group has participated in numerous fundraising ventures throughout the years. Sharon Wills serves at the current Chairman of TWIGS 13.

A group of LMH employees established **TWIGS 24** in 1994. Their main projects include book and jewelry sales. The current TWIGS 24 Chairman is Janet Wells. Since the first TWIGS

groups organized at LMH in 1950, they have contributed over \$5 million to the Hospital for use in capital purchases. For information about becoming a TWIGS member, contact the Development Department at (220) 564-4108.



Document Shredding Event Will Benefit Technological Advances at LMH

Park National Bank (PNB) and Shred-it are hosting the 11th annual Community Shred Day in Newark on Saturday, May 20, from 8:30 to 11:30 a.m. The shredding services are free to the community, but donations will be accepted to benefit technological advances at Licking Memorial Hospital.

Participants are invited to bring paper items to PNB's downtown Newark Main Office parking lot, located at the corner of Church and Third streets, for on-site shredding. Special drive-thru lanes for the Community Shred Day will be designated off Church Street. Truck-mounted equipment from Shred-it will crosscut the documents and materials into pieces no larger than 5/8 inch in size and transport the confetti-like shreds for recycling.

Materials that can be accepted for shredding include paper items, such as receipts, tax forms and medical records. Staples and paper clips do not need to be removed; however, papers must be removed from notebooks and binders. CDs, floppy disks and VHS cassettes also will be accepted for shredding offsite. No more than three standard-size boxes will be accepted per household, and items from businesses or organizations will not be accepted.

PNB associates will be available at the drive-thru lanes to unload vehicles and place the items directly into the Shred-it trucks. Paper bags and cardboard boxes used for transporting the recyclables will also be accepted. Participants are welcome to park to the side and watch their documents being shredded.

Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations Veronica Link encourages the local community to take advantage of shredding private documents. "At LMHS, we understand the importance of ensuring privacy for our patients' information, and we take great measures to ensure complete confidentiality," said Veronica. "This event is an excellent opportunity for members of the community to discard their own personal documents safely and confidentially. We appreciate PNB and Shred-it for providing this service."

Shred-it is a security-based company centered in Canada, with 140 branches around the world. The local Shred-it operation is headquartered in Gahanna, and is an independent, locally-owned franchise of the Shred-it Corporation. Shred-it associates are FBI background-checked and fingerprinted.

The Park National Bank is the leading financial institution in Licking County and a top community bank in Central Ohio. Founded in 1908, it provides deposit, loan, and trust and investment services for families and businesses. Park consistently earns high marks and awards for its service, community leadership, and financial performance. Park operates 16 full-service offices in Licking and Franklin counties. The Park National Bank is a part of Park National Corporation (NYSE Amex: PRK), also headquartered in Newark, Ohio. For more information about Community Shred Day, call (740) 349-3724.

"Building a Healthier Community" Award

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for ongoing work and/or a specific project that has improved the health of the community. The award will be presented at the 2017 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations, at (220) 564-4101.

Nomination Form

Nominee's name: *(individual or group)* _____

Address: _____

Present employer or vocational status of individual or description of group/organization: _____

Description of project: *(Please feel free to use additional paper and/or attach relevant documents.)*

Explanation of how project helps improve the health of the community:

Additional comments:

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee's activities, if needed. Thank you.

Your name

Address

Phone number

All nominations must be received in the Development Office, Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055 by June 23, 2017, at 5:00 p.m.



Walk with a Doc

Local residents joined physicians from Licking Memorial Health Systems for informative discussions during a pair of recent Walk with a Doc events. The casual 40-minute walk provides community members with an opportunity to exercise, ask general medical questions regarding a featured topic, and socialize with one another.

In March, attendees walked in the Knoll Gym at the Licking County Family YMCA and were able to discuss the plant-based lifestyle with Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine. In April, Podiatrist Ralph Napolitano Jr., D.P.M., CWSP, FACFAS, of the Licking Memorial Hospital Wound Clinic and OrthoNeuro, discussed general foot problems and choosing athletic shoes, while walking the bike path at Wildwood Park in Granville.

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





Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
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Permit No. 8757

Community Events

Community Shred Day

Saturday, May 20, 8:30 to 11:30 a.m.
Park National Bank, corner of Church and Third Streets, Newark

The community is invited to bring documents with sensitive information for on-site shredding. The drive-thru service is free, but donations will be accepted to benefit technological advances at LMH. Please see page 30 for more details.

LMHS Family Movie Night & Active•Fit Event

Friday, May 26
One Healthy Place in Pataskala

An Active•Fit Youth Wellness Event will take place from 6:00 to 8:30 p.m., with an outdoor showing of Disney/PIXAR's *Finding Dory* to follow. Please see page 9 for more details.

Walk with a Doc

Saturday, May 27, 9:00 a.m.
Cherry Valley Road Bike Path,
across from VO2
Dr. Phillip Savage will discuss Sepsis.

Thursday, June 1, 5:00 p.m.
Rotary Club of Newark 100 Year Celebration
Rotary Park, Sharon Valley Road, Newark
Dr. Tom Hall will discuss when to select the Emergency Department or Urgent Care for treatment.

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

Cancer Survivors Picnic

Sunday, June 4, 1:00 to 3:00 p.m.
LMH front lawn, 1320 West Main Street,
Newark

Licking Memorial Hospital will host a Cancer Survivors' Picnic in celebration and acknowledgement of all survivors and their families. There is no cost to participate in the event. Please see page 5 for more details.

"For Your Health" 5K Run/Walk and 1-mile Fun Walk

Saturday, July 29

Registration opens 7:30 a.m. 5K Run/Walk begins 8:30 a.m., 1-mile Fun Walk begins shortly thereafter. Registration fee required for runners and walkers with timing chips. Please see page 11 for more details.

LMHS Youth Summer Camps

Please see page 23 for details about these free events.

- Camp Feelin' Fine –
Friday, June 2, 9:00 a.m. to 3:00 p.m.
- Camp Courage –
Friday, July 14, 9:00 a.m. to 3:00 p.m.
- Camp A1c –
Friday, July 21, 9:00 a.m. to 3:00 p.m.

Summer Active•Fit Youth Wellness Events

Please see page 9 for details about these free events.

- Active•Fit Triathlon –
Saturday, June 10, 9:00 a.m.
(Rain date: Saturday, June 17, 9:00 a.m.)
- Active•Fit Field Day –
Tuesday, June 27, 3:00 to 5:00 p.m.
- Active•Fit Bowling –
Wednesday, July 26, 3:00 to 5:00 p.m.
- Active•Fit Fun Run –
Saturday, July 29, 8:00 a.m.

First Impressions – Maternal Child Classes

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

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

Community Blood Pressure Screenings

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

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

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

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

Please take a few minutes to read this issue of **Community Connection**. You will once again see why Licking Memorial Health Systems is measurably different ... for your health! **Visit us at www.LMHealth.org.**

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

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