



Measurably Different ... for Your Health!

Gerald McClain Makes Founder Level Donation in Memoriam of Sylvia McClain

Sylvia “Dee” McClain, a long-time supporter of Licking Memorial Hospital and the Licking County community, has been memorialized through a Founder Level donation to the Hospital. Gerald McClain pledged a \$100,000 contribution to Licking Memorial Health Foundation in memory of “Dee.” The McClain family wrote the following tribute in a Mother’s Day remembrance:

Sylvia “Dee” McClain

Supportive, loving, strong, social, classy, proud, dedicated, persistent, and loyal are just a few words that describe the late Sylvia “Dee” McClain, according to family and friends. Dee touched the lives of all whom she met and left a footprint in not only the hearts of those around her, but also the community in which she resided. Over the years, Dee was an advocate and supporter of many endeavors, particularly those of her children’s and grandchildren’s involvement.

Gerald McClain Makes Founder Level Donation in Memoriam of Sylvia McClain (continued on page 2)



Molecular Diagnostic Testing at LMH

Molecular diagnostics play a vital role in the prevention, diagnosis and treatment of disease. Just over 50 years ago, researchers had very little information about how genetic factors can contribute to disease. When the Human Genome Project first completed a map of the entire human genome in 2003, it required 13 years and over \$2.7 billion to complete. Today, that research has allowed molecular diagnostic testing to become widely accessible, facilitating personalized medical care by helping to reveal the root causes of disease.

Licking Memorial Hospital (LMH) has offered the latest in molecular diagnostic testing since 2008. “As a community hospital, it is fairly unique for LMH to have

Molecular Diagnostic Testing at LMH (continued on page 3)



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

See pages 16-23 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Radon: What You Need to Know

Date: Thursday, June 11

Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.

Speaker: Heather Decker, S.I.T.

According to the Environmental Protection Agency (EPA), radon is responsible for thousands of deaths per year. The Surgeon General reports that radon is second only to smoking as a cause of death from lung cancer. Radon is present at increased levels in an estimated 1 in 15 homes in the United States. In Licking County, the average indoor radon level is 17.99 pCi/L, compared to the national average of 1.3 pCi/L. Testing for radon is easy, inexpensive and the only way to know if your family is at risk.

Heather Decker, S.I.T., Public Health Sanitarian at the Licking County Health Department will discuss various topics concerning radon during an educational session on **Thursday, June 11**, at 6:00 p.m. in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The education program is free; however, registration is required. To register, please call (740) 348-2527.

Family was everything to this Granville native. Dee was a direct descendant from the early settlers of Granville who were from Wales. Shortly after graduating from Granville High School in 1956, she married Gerald "Jerry" McClain and moved east of Newark. Dee's proudest moments were becoming the mother of six children and an integral part of the surrounding community.

Dee's community spirit and dedication are alive and well in her former husband and six children, as all of them and their families live within a few miles of the original family farm.



Dee could be found at several events, especially those that involved her children or grandchildren. Many would joke that Dee always had her "wallet of photos" to show to anyone who would listen to stories about her family. The glow in her eyes was an unsurpassable delight.

Some of the most treasured times in Dee's life were spent volunteering. She spent countless hours playing the organ and piano, a natural love and talent for her, as she played often without written music. Dee volunteered in church events and played the music at services for over 30 years. Another one of Dee's favorite jobs was volunteering at Licking Memorial Hospital. She loved working the maternity unit, dressing the newborn infants, and helping the new mothers prepare for the adventures that lay ahead with their newest bundles of joy.

Dee was one of the kindest, most giving souls anyone ever met. She is lovingly remembered and sadly missed by Jerry, her six children, 18 grandchildren, and 16 great-grandchildren. Her spirit and legacy continue to shine and thrive in this community and always will.

Jerry honored Dee and the legacy that she built within her family on this past Mother's Day with a donation of \$100,000 in honor of the Sylvia "Dee" McClain Memorial.

Kids' Place Recognized at Heroes Breakfast

Community members gathered in March to celebrate Licking County's heroes at the American Red Cross Heroes Breakfast. Among those recognized for their contributions to the community, Kids' Team of Licking County was presented the Healthcare Hero Award. This event marked the 13th year of recognizing outstanding individuals and service groups in our community.

After a welcome by Rod Cook, Executive Director of the American Red Cross of East & South Central Ohio, each of the individuals and groups honored were presented an award in one of seven Heroes categories: Law Enforcement, Youth, Healthcare, Fire Rescue, Military, Community and Extraordinary Personal Action. The American Red Cross honors those who performed an act to save another's life or for the benefit of others.

During the event, Kids' Team was honored for their selfless service to the community's youngest residents during their time of desperate need. Kids' Team operates out of Licking Memorial Hospital's Kids' Place to provide medical care, evidence gathering and emotional support for vulnerable children who have experienced crimes of physical or sexual abuse. Kids' Place is an accredited child advocacy center that provides a safe place for child abuse victims.

In 2014, Kids' Team provided services to 207 children who were suspected of being abused. Of those cases, 52 were accepted for prosecution resulting in 30 convictions or guilty pleas. An additional

20 cases are still pending. Agencies that collaborate services with Kids' Place and make up the Kids' Team include:

- Licking County Department of Jobs & Family Services/ Children Services
- Licking County Prosecutor's Office
- Newark City Law Director's Office
- Licking County Law Enforcement
- Licking County Victim Services
- Licking County Adult Court Services
- Licking County Juvenile-Probate Court
- Licking Memorial Pediatrics
- Mid-Ohio Psychological Services, Inc.
- Transitions Counseling Center
- The Woodlands
- Behavioral Healthcare Partners of Central Ohio, Inc.
- PBJ Connections



Kids' Team of Licking County was awarded the Healthcare Hero Award at the American Red Cross Heroes Breakfast on March 10.

a molecular lab that offers this type of technology,” said Lorei Reinhard, Director of Laboratory Services. “Our lab greatly benefits patients by enabling their physicians to make diagnoses and therapy decisions quickly and accurately.” The LMH Laboratory regularly performs the following molecular testing:

- Nasal MRSA
- Skin and Soft Tissue MRSA
- Factor V Leiden Gene Mutation
- Factor II Gene Mutation
- Clostridium Difficile
- Enterovirus
- Chlamydia
- Gonorrhea
- Candida Species (Yeast)
- Trichomonas
- Gardnerella (Bacterial Vaginosis)
- Positive Blood Cultures with Gram Positive Cocci
- Group B Streptococcus
- Human Papilloma Virus
- Human Papilloma Virus Genotype
- Herpes Simplex Virus

Molecular diagnostics is the fastest growing area of the diagnostic field. The most common forms of diagnostic testing include “in vivo” imaging and “in vitro” diagnostics. Molecular diagnostics fall into the latter category, in which tests are performed on samples taken from the body. Because the results of these tests are more precise and can be obtained in just a fraction of the time required by traditional methods, the use of molecular diagnostic testing has rapidly increased in recent years. The information it provides about patients and diseases has transformed the way certain medical conditions are prevented, diagnosed and treated.

Molecular diagnostics can be used to identify specific genetic sequences, called “biomarkers,” that are associated with known conditions and diseases. As researchers continuously discover new biomarkers, the ability to pre-emptively detect specific diseases or predispositions has rapidly improved, thereby allowing physicians to monitor the health of at-risk patients more closely.

Molecular diagnostic testing also facilitates a more efficient and accurate diagnosis. Should a patient visit the LMH Emergency Department with symptoms such as a high fever and headache, molecular diagnostic tests may be able to accurately identify, for example, viral meningitis caused by Enterovirus within hours, a process that would have taken several days prior to the introduction of this technology. In some cases, the use of molecular testing may prevent the need for hospitalization and other complications or costs.

In addition to prevention and diagnosis, molecular diagnostics also play a critical role in the treatment of disease by helping to predict which treatment options are likely to be the most effective for a particular patient. Each specific strain of a disease may possess different drug resistances, and each specific patient may respond differently to the same drug. Therefore, the abilities to pinpoint a specific strain and to predict an individual’s response make for a more personalized and precise approach to treatment.

By assessing a patient’s health at the molecular level, molecular diagnostics are able to identify predispositions to certain diseases, accurately diagnose diseases and determine which treatment options are likely to be successful. Researchers have yet to understand fully the genetic components of disease, and each new discovery and technological advancement allows medical professionals to offer more efficient and effective care.

LMH continuously evaluates new testing options and works to ensure that the latest in diagnostic testing technology is available for the Licking County community. LMH medical laboratory scientists receive training in molecular testing, as well as current testing methods, instrumentation and laboratory design. The LMH Laboratory is located on the First Floor of the Hospital and maintains a staff of qualified pathologists, medical laboratory scientists, medical laboratory technicians, histotechnologists, histotechnicians, phlebotomists and a cytotechnologist on a 24-hour per day basis.



LMHS Takes Steps to Protect Patient Information

Many patients became aware of the vulnerability of their medical information after recent reports that millions of records in the U.S. had been hacked at Anthem and Premier Blue Cross. Unscrupulous hackers often target patient medical records that contain valuable information such as names, addresses, birth dates and Social Security numbers. To protect patients' confidential information, Licking Memorial Health Systems (LMHS) has several layers of data protection in place.

Sallie Arnett, MS, RHIA, CHCIO, LMHS Vice President Information Systems (IS), explained that the Health Systems made the commitment to establish a dedicated information security team in 2013. "It is unusual for a community hospital to employ a dedicated information security team, but our Board of Directors was determined to do everything possible to protect our patients' information. Even though our Health Systems has had no reported data breaches to date, we now have four full-time IS specialists focused solely on information security. These individuals continuously monitor our policies and systems to minimize any potential risks to our information," she said.

Mark Early, CISSP IS Manager of HIPAA Privacy & Security, leads LMHS' information security team. He stated, "Medical records are more valuable than credit cards on the black market. The information derived from patients' medical records can be used to commit medical identity theft which costs Americans more than \$20 billion each year. We take this threat seriously at LMHS."

LMHS implements advanced technology to protect its electronic files. "Our antivirus software is always updated, and we run vulnerability scans of our networks to look for potential security flaws. If any flaws or weaknesses are found, we immediately use patches and other means to remedy the situation," Mark said. "Our system also is protected with firewalls and other equipment to monitor and prevent any malicious activity from coming in from untrusted Internet sources. We are continuously looking at how security is implemented and new ways of protecting patient data while not adversely impacting care."

At LMHS, employees are permitted to access confidential patient information only for official purposes. Fingerprint identification technology ensures that computer access is given only to employees, and their medical records transactions are monitored for appropriate use. Background checks are conducted to ensure applicants do not have a criminal history of identity theft or fraud. Training sessions that detail the confidentiality of patient information are included during new employee orientation, and refresher courses are conducted annually for all staff members. The IS Department frequently provides education to LMHS employees to follow approved computer practices, such as: accessing patient information only for official purposes, changing passwords routinely, patching software applications when prompted, encrypting sensitive information, and avoiding phishing scams and suspicious e-mails.

Licking Memorial Hospital introduced fingerprint identification technology for patients in 2014. When patients arrive for inpatient or outpatient services, Hospital staff members show them how to register by placing their index fingers on a small keypad. The CrossChx[®] program reads unique points in the fingerprint pattern, identifying the patient and matching the appropriate electronic

medical record. The fingerprint is not stored in the LMHS system – rather, the CrossChx technology uses a select set of markers from the fingerprint to make the positive identification. This system reduces the chance of medical identity fraud and has the added benefit of improving patient safety by making sure that the proper patient is selected at the time of registration greatly reducing the opportunity for duplicate medical records to be created.

LMHS never sells patient information to any other companies such as marketers or vendors. Patient information is shared only with other companies that are directly involved in the patient's care. Before sharing patients' information with other companies, such as pharmacies, physician practices or insurance providers, LMHS screens their potential vulnerabilities – ensuring that electronic communications are encrypted and their computer users are securely identified.

Natural disasters have the potential for destroying computer hardware and the millions of software bytes with patients' medical records. "Fortunately, LMHS did not experience any interruptions with its computer systems during the winter ice storm of 2004 or the summer derecho storm of 2012, but those events were reminders that Ohio can experience severe weather with very little notice, and the resulting building damage or power outages can destroy equipment that houses electronically stored data. As a precaution against a natural disaster, LMHS stores backup data files in an alternate location for safekeeping," Mark explained.

Mark pointed out that patients also should follow safe computer practices at home. The following steps will help to protect medical records, as well as other private information stored on a home computer:

- Secure your mobile devices with complex passwords or PINs.
- Run updated antivirus that includes a firewall.
- Consider using a software application such as KeePass to store your long, complex passwords. Store the file where the passwords are saved on an encrypted thumb drive.
- Do not use outdated technology – keep your operating systems and other software upgraded.
- Consider storing sensitive information on an encrypted thumb drive device instead of the computer's hard drive.
- Do not use the same password for everything.
- Change default passwords on a wireless router.
- Change the default SSID on your wireless router and ensure that the wireless router uses WPA2 or higher.

If patients suspect that personal information has been compromised on a home computer, the following additional steps need to be followed:

- File a complaint with the Internet Crime Complaint Center (<http://www.ic3.gov>).
- Monitor your credit report for any unexplained activity or new credit accounts.
- Request a new credit card if your financial institution notifies you of a security breach from a company from which you made a purchase.
- Request a full year's ID theft protection if a company that has a data breach notifies you of this option.

LMH Physical Therapy Offers Top Recovery Treatment Method

The Licking Memorial Hospital (LMH) Physical Therapy Department is equipped with new devices designed to enhance recovery while minimizing pain for physical therapy patients. Providing active compression and cold therapy simultaneously, The Game Ready® Active Compression and Cold Exchange Loop (ACCEL™) systems are used in the treatment of post-surgical and acute soft tissue injuries, such as joint replacements or sprains.

The Game Ready ACCEL machines are equipped with a variety of attachable sleeves for different joints and muscles, such as knees, ankles, shoulders and wrists. Customized treatment is achieved with the system which features a series of preset treatment options, such as compression, temperature and length of time, individually adjusted for each patient.

Ben Broyles, OTR/L, LMH Rehabilitation Services Director, said the technology is considered the most effective treatment method available. “Patients treated with the Game Ready ACCEL technology recover faster and with less pain,” Ben said. “The patients love it.”

Game Ready’s ACCEL technology increases the speed and effectiveness of recovery treatment while decreasing pain. The combined compression and temperature control helps to decrease edema, enhance lymphatic function and stimulate tissue repair. The sleeves allow the temperature of the entire injury site to be controlled, and the air pressure creates a better surface contact, enhancing the ability to deliver the cold treatment. The

benefits of this technology for patients include reducing the amount of time spent in recovery, as well as lowering the amount of pain medication needed.

Studies have shown the ACCEL technology increases basic range of motion in a decreased amount of time, and lessens pain levels more quickly in injuries affecting the anterior cruciate ligament, Achilles tendon and rotator cuff, as well as post-surgery treatment in total knee replacements and general knee surgery.

Game Ready ACCEL treatment, which should be combined with other rehabilitation methods, is available to patients through referrals for physical therapy. For more information on how to schedule a consultation with a physician referral, please contact LMH Rehabilitation Services at (740) 348-4953.



Early Detection May Mean Better Options for Colorectal Cancer

On average, 1 in 20 Americans will develop colorectal cancer at some point in their lifetimes. Early detection and treatment of colorectal cancer can produce a good outcome – unfortunately, most Licking County residents put off screening procedures that would discover the malignancy in its early stages.

The percentage of Licking County adults over age 50 who receive screening colonoscopies lags behind the state average. As a result, the rate of cancers detected in the late stages and the rate of deaths from colorectal cancer are both higher than the state average. In fact, colorectal cancer is the sixth leading cause of death in Licking County, as well as the second leading cause of cancer deaths, according to the Licking County Health Department's 2012 Community Health Assessment.



Shakil A. Karim,
D.O.

Colorectal cancer includes cancer that originates in the large intestine or the colon. It usually develops from polyps that started as benign growths and mutated into malignancies over a period of years. Shakil A. Karim, D.O., of Licking Memorial Gastroenterology, said, “Advanced cases of colorectal cancer are so tragic because in most cases, the patients could have avoided invasive surgery and possible colostomy if they

only had received a screening colonoscopy in a timely fashion to remove and biopsy polyps before cancer had developed and spread. In many cases where tissue is determined to be pre-cancerous or cancerous in the early stages, we are able to remove the polyps during the colonoscopy procedure, and the patient does not need any further treatment, other than follow-up screening colonoscopies.”

The American Cancer Society recommends that most adults should have screening colonoscopies every 10 years, beginning at age 50. The colonoscopy should be repeated more often than 10 years if a previous test had abnormal results. Also, screenings earlier than age 50 are recommended for patients with a family history of colorectal cancer.

“Patients have said that they put off colonoscopies because they are afraid of pain or embarrassment,” Dr. Karim said. “The colonoscopy is typically performed under sedation, so there is little, if any, discomfort at all. Also, the patient wears a hospital gown during the procedure and is covered with light blankets. The amount of exposure is very limited.”

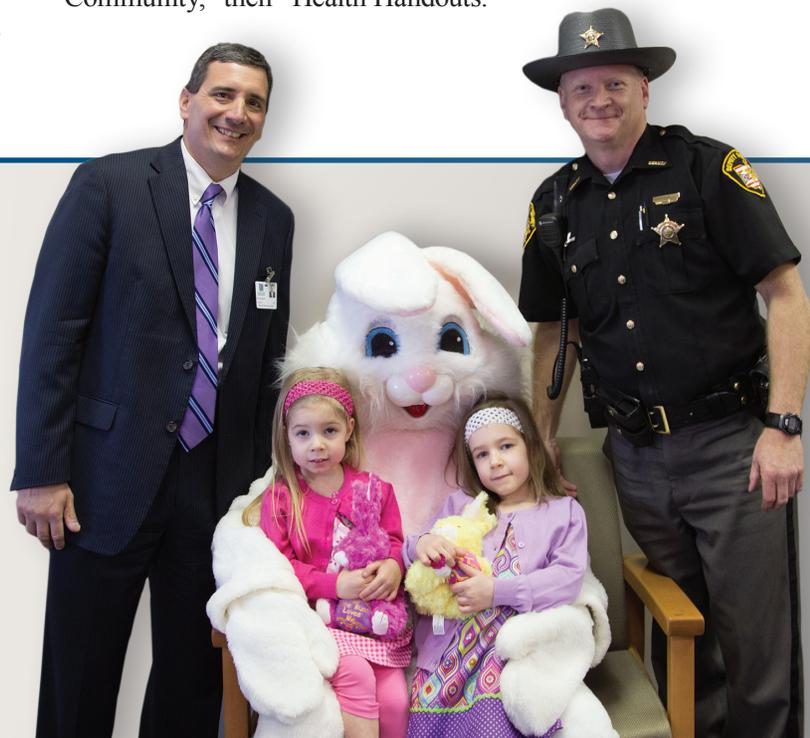
In late February and early March, two hospitals in Los Angeles reported outbreaks of carbapenem-resistant Enterobacteriaceae (CRE) bacteria in patients who had received a certain endoscopic procedure. Such reports have deterred some patients from receiving a colonoscopy. “There has been a great deal of confusion in our local community. We received calls from patients who were concerned that they might contract a CRE infection from their colonoscopies – some even cancelled their appointments,” Dr. Karim stated. “The truth is that while colonoscopy and most other medical procedures do carry some amount of risk, it was a different procedure that caused the CRE infections in Los Angeles. That was an endoscopic procedure with a duodenoscope to treat disorders of the pancreas, liver or bile duct.”

LMH follows the manufacturers’ stringent guidelines to disinfect all types of surgical endoscopes. Colonoscopes and duodenoscopes undergo an intensive 31-minute reprocessing procedure that includes a pre-cleaning cycle of hand washing and brushing the scope, a thorough check for damages or leaks, followed by high-level disinfection through an automatic scope processor.

While most intestinal polyp growths are benign, regular colonoscopy screenings that remove and evaluate polyps have been shown to save lives and improve patient outcomes. To schedule a screening colonoscopy, patients should speak to their family physician. More information about the colonoscopy procedure is available by visiting www.LMHealth.org, click on “Community,” then “Health Handouts.”

Easter Bunny Visits Pediatric Patients

In partnership with the Licking County Sheriff's Office, the Easter Bunny made a visit to children at the Licking Memorial Pediatrics – Tamarack office in Newark on April 3. The visit, a part of an outreach program called Some Bunny Loves You, was designed to familiarize children with law enforcement officers under positive circumstances. Pediatric patients posed with the Easter Bunny, as well as LMHS President & CEO Rob Montagnese (left) and Licking County Deputy Rob Barr (right).



2015 Heart to Play Screenings Begin

For the 10th 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, marching band, or C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible to receive the screenings, which will be offered throughout May and June.

As part of the screenings, the Heart to Play program provides electrocardiograms (EKGs) and echocardiograms free of charge. EKG screenings will be offered to all students in grades 7, 9 and 11, as well as any student in grade 8 who is new to the program. Additionally, echocardiogram testing will be provided to all students in grades 9 and 11 this 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 a primary care physician for further evaluation prior to clearance to participate in strenuous activities.

Since the EKG testing began in 2008, LMHS has performed a total of 5,027 screenings. During that time, 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 2014, EKG screenings were administered to 587 middle and high school students, and 50 students were referred to their primary care physicians for follow-up with possible cardiac abnormalities. After further examination by cardiac specialists, one individual was diagnosed with a serious and possibly life-threatening cardiac condition that had been previously undetected.

Another key component of the screenings is the ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion test, which is administered every other year to athletes in grades 7 through 12 who 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. The Ohio High School Athletic Association (OHSAA) requires all student-athletes to complete a screening history and examination annually. 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 the Health Systems' 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 e-mail sportsphysicals@LMHealth.org for more information or with any questions you may have about the pre-participation screening program.



LMH and LMHS Boards of Directors

The Licking Memorial Health Systems (LMHS) and Licking Memorial Hospital (LMH) Boards of Directors conducted their annual meeting on April 22. During the organizational session, one new officer was elected, and one new Board Member was appointed to serve a 3-year term.

Fleming Appointed to LMHS Board Office



Kim Fleming

Kim Fleming was named Secretary/Treasurer of the LMHS Board of Directors. She has 14 years' experience at the Health Systems, first through her membership with the LMH Development Council in 2001, which continues today, then by joining the LMH Board of Directors in 2007, and subsequently, the LMHS Board of Directors in 2012.

The LMHS Board of Directors oversees all aspects of the Health Systems' three corporations that include LMH, 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.

Thakkar Joins LMH Board



Sharad Thakkar, Ph.D.

The LMH Board of Directors welcomed Sharad Thakkar, Ph.D., as its newest member. He is President and Co-owner of Polymer Technology and Services, Inc., a company in Heath that recycles plastics scrap into resins with a wide variety of manufacturing applications. Dr. Thakkar received a B.S. in chemical engineering from University of Bombay and a B.S. in chemistry from Sardar Patel University, both in India. He earned his doctorate in physical chemistry from Kent State University in Kent, Ohio. Dr. Thakkar serves on the Board of Trustees for The Ohio State University at Newark. He also has served as President and Board Member of the honors program for high school seniors, as well as treasurer for Umang Gujarati Samaj in Dayton, Ohio.

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 that the best health care and services are available for the community.



Saturday, August 1, 2015

Registration – 7:30 a.m.

Race – 8:30 a.m.

The Dawes Arboretum

7770 Jacksontown Road,
Newark, Ohio 43055

Registration for Runners & Walkers with Timing Chips: The cost is \$15 in advance, if received by 5:00 p.m. on July 24, or \$20 on the day of the race. Participants may register online at www.premierraces.com, or by returning a completed registration form and payment to the LMH Development Office.

Registration for Walkers without Timing Chips: There is no cost; however, participants must return a completed registration form to the LMH Development Office.

New for 2015: Self-seeded starting corrals based on estimated finish times.

Please contact the LMH Development Office at (740) 348-4102 for additional information.

Sponsored by:



The Dawes Arboretum
Trees ∞ History ∞ Nature



Licking Memorial Hospital
Development Council



2015 Hospital and Healthcare Week

Licking Memorial Health Systems (LMHS) observed national Hospital and Healthcare Week from Monday, May 11, through Friday, May 15, with a variety of celebrations. To recognize their hard work and dedication, LMHS employees will be treated to special events throughout the week including a cookout, an awards ceremony, the annual Employee Health Fair, and the annual Employee Recognition Dinner to honor employees who are observing a 5-year incremental anniversary.

“Over the past year, our entire staff have remained dedicated to improving the health of the community through the LMH Infant Safety Campaign, the Quit for You, Quit for Your Baby program, and upgrades to the EKG transmission system,” LMHS President

& CEO Rob Montagnese said. “We have celebrated many exciting achievements and awards during the past year. Our accomplishments are truly a testament to our outstanding employees who provide the highest quality care and service to patients and visitors on a daily basis. I am proud to recognize and thank our entire staff for their exemplary efforts.”

LMHS is Licking County’s largest employer with more than 1,800 employees. Modern Healthcare placed LMHS among the nation’s Best Places to Work in Healthcare, and Columbus Business First has recognized LMHS as one of Central Ohio’s Healthiest Employers each of the past two years.



Happy Father’s Day

from Licking Memorial Health Systems.



Junior Chefs Learn Healthy Recipes

Active•Fit participants, ages 6 to 12, gathered in March for the Junior Chef event, an opportunity for local youth to learn how to create healthy meals and snacks from Culinary Arts Instructors at C-TEC in Newark. The Junior Chefs each were given their own chef's hat to wear as they visited several cooking stations where they prepared food, as well as tasted their delicious creations.

Eight-year-old Elizabeth Santa was among the participants who enjoyed learning about healthy meal options at the event, and explained that her favorite station was the fruit and yogurt parfaits. "I put so much fruit in my parfait, I could barely fit much yogurt in!" said Elizabeth. "I made my mom a parfait with extra raspberries because those are her favorite." Elizabeth said she liked the food and snack choices at the event because they were easy for her to make.

Elizabeth has been known to help out in the kitchen at home as well. Her mother, Nel Santa, explained, "Elizabeth has been helping chop vegetables for years. She started with olives and now has her own special knife to use when chopping." Elizabeth also has assisted with green bean casserole in the past, and baked a cake to celebrate the birthday of the family dog, Betty.

The 4th-grade Junior Chef approves of healthy food choices and declared her favorite food is the homemade applesauce her mom makes, along with Elizabeth's help preparing the apples. She was excited to talk about the Junior Chef cookbook that she received from the event, and already is getting use out of it. "This week, we made Honey Carrots and the Ham and Pineapple Pita Pizza

recipes from the cookbook," said Elizabeth. She added her own flair to the meal by using tomato sauce with vegetables to complement the dish. "It gave the pizzas extra flavor," she said.



Elizabeth has accomplished many goals from the Active•Fit program including eating breakfast daily with at least two different food groups, drinking water instead of sweet beverages, eating family dinner at the table, limiting screen time, participating in a sport activity, and attending an Active•Fit event. She has achieved each of the goals within their respective time spans as indicated in the Active•Fit booklet.

In her free time, Elizabeth participates in karate and has attained the level of blue belt. Along with participating in the Active•Fit program, swimming in the summer and cooking, she loves reading, and always has a good mystery book on her plate.

For more information about Active•Fit events like Junior Chef, visit www.ActiveFit.org. All Active•Fit events are open to youth ages 6 to 12. Upcoming events include a 1K run, a bowling event and a field day. To register for an event, please call LMHS Public Relations at (740) 348-1572.

UPCOMING EVENTS

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.

Active•Fit Triathlon Saturday, June 13

Registration: 8:00 a.m.
Event begins: 9:00 a.m.
Municipal Park,
near Creek Road
in Pataskala

Active•Fit Bowling Wednesday, July 15

3:00 to 5:00 p.m.
Park Lanes Bowling Center,
located at
701 Hopewell Drive
in Heath

Active•Fit Field Day Tuesday, July 28

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

Active•Fit 1K Saturday, August 1

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

For more information or to register for an event, please call LMHS Public Relations at (740) 348-1572.

LICKING MEMORIAL HEALTH SYSTEMS

Invites You to Two Great Events

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

Date: Saturday, May 23

Time: Active•Fit Youth Wellness Event: 6:00 - 8:00 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,
in Pataskala.

- 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.

Active•Fit
YOUTH WELLNESS EVENT



Licking Memorial
Health Systems





Camp Feelin' Fine, June 5, 9:00 a.m. – 3:00 p.m., Infirmery 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 (740) 348-4191 by Friday, May 29, to register for the camp. Space is limited and is on a first-come, first-served basis.

Camp Courageous, July 17, 9:00 a.m. – 3:00 p.m., Infirmery Mound Park

Youth, ages 7-13, who have had an encounter with cancer, whether personally or through a family member, are welcome to attend this event, designed to reduce stress and anxiety due to the uncertainties of the disease. The event schedule will include activities, crafts, presentations and more! Camp Courageous is free; however, space is limited and registration is required. To register, please call (740) 348-1890.

Camp Alc, August 7, 9:00 a.m. – 3:00 p.m., Infirmery Mound Park

Youth, ages 7 to 13, 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 Alc is free; however, space is limited and registration is required. To register, please call (740) 348-4915.



Montagnese Receives Hometown Hero Award

Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS), has been named a Hometown Hero by Columbus radio station Sunny 95 (WSNY-FM) and CME Federal Credit Union. Rob was selected for the award in recognition of his extensive work to guide Licking County's youngest residents toward a healthier future.

In 1993, Rob joined LMHS on a full-time basis and was named to his current position of President & CEO in 2006. Under his leadership, LMHS has developed several youth initiatives that encourage fitness and improve the health of infants, children and teens, including:

- Healthy Baby initiatives to reduce infant mortality through prenatal classes, breastfeeding support, smoking cessation services for expectant mothers, and safe sleep education
- Pediatric policies that actively track patients' immunization status
- Active•Fit Youth Wellness Program that hosts events and awards prizes for achieving customized activity, nutrition and sleep goals
- Pre-participation screenings with EKGs and baseline concussion screenings for Licking County's middle and high school students enrolled in physically demanding programs

Jim Riederer, President and CEO of CME Federal Credit Union, said, "This award was created to honor those who are doing great things for the good of their communities. The work that Rob and Licking Memorial Health Systems perform through initiatives such as the Healthy Baby, Heart to Play, and Active•Fit Youth Wellness programs caught our attention. The health of babies and youth is an important issue that needs attention everywhere, and Rob is setting a good example that shows ways to impel improvement."

Rob and his wife, Lauren, have three children. He also coaches sports teams in the Southwest Licking Youth Leagues in his spare time.



LMHS Physicians Honored on National Doctors' Day

In honor of National Doctors' Day, Licking Memorial Health Systems organized several events to show appreciation to the Licking Memorial Hospital (LMH) Medical Staff. National Doctors' Day takes place on March 30 each year, and was established by former President George H.W. Bush in 1990 to honor physicians throughout the U.S. annually. During the month of March, the Health Systems, as well as patients from the community, showed appreciation for the dedicated service of the Medical Staff. LMHS thanked the Medical Staff through a publicity campaign, while many community members made a donation to Licking Memorial Health Foundation (LMHF) in honor of their physicians. (See page 27 for a list of donations.) All contributions benefitted technological advances at LMH.

The formal celebrations took place at the Hospital on National Doctors' Day with complimentary massages and a breakfast in honor of LMH Medical Staff physicians. The day continued with a gourmet lunch catered by the LMH Food Service Department for all Medical Staff members.

"National Doctors' Day presents an excellent opportunity to celebrate the outstanding care provided by our Medical Staff year-round," said LMHS President & CEO Rob Montagnese. "They demonstrate their commitment to this community every day through their compassionate and professional care. National Doctors' Day allows us to recognize and honor these dedicated physicians and their stewardship of the health of Licking County residents."

The LMH Medical Staff includes approximately 160 physicians and 45 consulting physicians who care for the community. Throughout the year, those who wish to make a donation to LMHF in honor of their physician may contact the LMH Development Office at (740) 348-4102.



Commemorate a New Baby with the LMH Cradle Roll Program

Celebrate and commemorate the arrival of a new baby with the Cradle Roll program at Licking Memorial Hospital (LMH). This is a unique opportunity for parents, grandparents, family members and friends to honor a child with a special gift.

Three new levels recently have been created to allow for gifts to be given on a customized level. With a gift of any amount, the name of the baby and the donor will be placed in the Cradle Roll Log located in the LMH Main Lobby. This information also will be listed in Licking Memorial Health Systems' *Community Connection* magazine and Annual Report. Receipt of your contributions will be confirmed immediately by mail and a letter of acknowledgement will be sent promptly to the honoree's family. Gifts of \$25 to \$149 will be designated as **Cradle Roll Bronze**. A gift of \$150 to \$249 is designated as **Cradle Roll Silver** and includes a beautiful hand-crafted step-up stool in your choice of natural maple or natural cherry finish. **Cradle Roll Gold**, gifts of \$250 or more, will receive a striking hand-crafted child-size rocker in your choice of natural maple or natural cherry finish. Donors will be contacted to arrange a pick-up time when the furniture piece is ready.

To ensure that LMH can continue to offer quality health care for future generations, gifts received through the Cradle Roll Program benefit technological advances at the Hospital. Gifts are tax-deductible to the extent allowed by law. For more information on the Cradle Roll program, contact the Development Office at (740) 348-4102.

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



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



Physician Spotlight – Marita L. Moore, M.D.



Marita L. Moore, M.D.

Marita L. Moore, M.D., joined Licking Memorial Family Practice in September 2014. Dr. Moore received her Doctor of Medicine degree at Stritch School of Medicine at Loyola University Chicago in Maywood, Illinois. She completed her family medicine residency at Ravenswood Hospital in Chicago, Illinois. She is board certified in family practice.

Dr. Moore speaks fluent medical and conversational Spanish. She is accepting new patients at her office, located at 150 McMillen Drive in Newark. Appointments can be made by calling (740) 348-4824.

Ask a Doc – Swimmer’s Ear with Marita L. Moore, M.D.

Question: Certain members of my family seem to get a bad case of swimmer’s ear every summer. Is there anything we can do to prevent the infections?

Answer: Swimmer’s ear (otitis externa) is an infection of the outer ear canal that develops when water is trapped in the ear canal after swimming, showering or other water-related activities. It is a common ailment, accounting for more than 2 million physician office visits each year. Even though swimmer’s ear usually is considered to be a minor illness, it can be very painful.

Swimmer’s ear symptoms emerge within a few days after the ears are exposed to water. The symptoms may include:

- Itching inside the ear
- Redness or swelling of the ear
- Pain when the outer ear is touched or tugged
- Fluid or pus drainage from the ear

All age groups are susceptible to swimmer’s ear, although the condition is more common in children. It is not communicable between individuals.

To treat swimmer’s ear, your physician may prescribe ear drops that include an antibiotic or 2 percent acetic acid solution. In more severe cases, an oral antibiotic may be required. The ear drops commonly contain hydrocortisone to relieve discomfort, or an over-the-counter analgesic, such as Tylenol, Advil or Motrin also can be taken for pain relief. (Do not give aspirin to anyone under the age of 20 because of its link to developing Reyes syndrome.) Consult a physician before giving ear drops to children who have tubes implanted in their ears. A warm, dry compress (such as a washcloth straight out of the dryer) also may provide effective pain relief when placed on the infected ear.

Some simple steps may help prevent painful swimmer’s ear infections:

- Avoid swimming in ponds, rivers or untreated pools where the water may have high levels of bacteria.
- Avoid using ear plugs which can irritate the ear canal.
- Avoid getting hairspray or shampoo in the ears.
- Keep the ears as dry as possible – wear a swim cap or shower cap, and use a towel to dry the ears well.
- After swimming or showering, tilt your head to each side to allow water to drain.
- Use a hair dryer on its lowest settings to dry your ears. Be sure to hold the hair dryer at least several inches away from your head.
- Do not put any objects in your ears, including cotton-tip swabs or fingers.
- Do not try to remove wax from the ear canal. Make an appointment with your family physician to remove excess wax.

Patients who have symptoms of swimmer’s ear infection should consult their family physician or pediatrician. Licking Memorial Hospital’s two Urgent Care facilities also provide care for minor conditions, such as ear infections, without an appointment.



A Tribute to Mothers



March 2014

Natalie, born on March 22, poses with mom, Melissa Drummond.



April 2014

Rory recently celebrated her first birthday with mom, Bri Ann Laymon, on April 1.



May 2014

Reagan will celebrate her first birthday on May 21 with mom, Sheridan Figgins.



September 2014

Born September 26, Bennett breaks into a smile with mom, Lauren Lake.



October 2014

Ashley Harper holds tight to son, Cory, who joined the family on October 17.



November 2014

Jennifer Tolliver welcomed her daughter, Collins, on November 4.

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

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



June 2014

Owen and Noah, born June 12, keep mom, Amanda Davis, very busy.



July 2014

Lilah, born on July 29, enjoys being held by mom, Kasey Hoskinson.



August 2014

Alyssa, born on August 1, is all smiles with mom, Andrea Bardsley.



December 2014

Born on December 22, Giovanni made it just in time to celebrate the holidays with mom, Melody Klontz.



January 2014

Whitney Bobo shows off handsome son, Gunner, born on January 19.



February 2014

Kassie Scott snuggles Beckham, her Valentine's baby born on February 14.

There were 1,138 babies born at Licking Memorial Hospital in 2014.



Shepherd Hill Offers Help to Those Suffering from Addiction

Substance abuse and addiction are not limited by geography, occupation or status. Both affect people of all ages and races, and the impact is far-reaching. Without treatment, addiction can cause other diseases to form in the body, damage to the brain, behavioral issues, and may lead to death.

According to the National Institute on Drug Abuse (NIDA), approximately 85,000 people die annually due to alcohol abuse, 20,000 due to illicit drug abuse, and 20,000 due to prescription drug abuse. In Ohio, unintentional drug poisoning became the leading cause of injury death in 2007, according to the Ohio Department of Health (ODH), surpassing motor vehicle crashes for the first time on record. This pattern continued through 2012.

From 2002 to 2012, the death rate in Ohio due to unintentional drug poisonings increased 366 percent. There were 411 fatal unintentional drug overdoses in 2000 which increased to 1,914 annual deaths in 2012. The ODH reports that approximately five people die each day on average due to drug overdose in Ohio.

“Addiction is a growing problem in our community,” said Richard Whitney, M.D., Medical Director of Licking Memorial Hospital’s Shepherd Hill. “There is a tremendous need to expand awareness by educating people on the dangers of thinking chemical dependency can be ignored or that someone who is suffering from this affliction should have the willpower to stop at any time. Addiction is a disease – one that requires and responds to medical treatment.”

The Disease Model

Scientific research has identified addiction as a disease that affects both the brain and behavior. Many misconceptions exist about the nature of addiction, preventing some who suffer from chemical dependency from being provided care for this health problem. However, addiction is a condition that affects the brain, both short and long term, creating a cycle that most often requires medical attention.



Richard Whitney, M.D. (left) and Andrew Highberger, M.D. (right), along with other Shepherd Hill staff, teach patients the tools to help form a solid foundation for a life of recovery.

Addiction begins with use of alcohol or other addictive drugs, which causes the excessive release of dopamine – possibly 2 to 10 times the amount that the brain produces naturally, according to NIDA. Dopamine is a chemical that our brain produces as a pleasurable feeling in order to ensure life-sustaining habits, such as eating and sex, are repeated. The effects of chemical overload cause a temporary feeling of pleasure in the short-term, but lasting damage to the brain’s communication system in the long-term. The vicious cycle of dopamine surges in the brain can lead to a variety of brain function damage, including triggering uncontrollable cravings, diminished cognitive function, and impaired ability to exercise self-control or sound decision-making.

Alcohol abuse also has lasting effects on the human body and brain. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a person who drinks alcohol heavily over a long time period could experience health issues even after sobriety is achieved. Scientists have established that memory impairment,

serious brain disorders, long-term liver damage, and disruption in the growth of new brain cells are all possible health problems that can affect those who abuse alcohol.

The Vision of Shepherd Hill

Effective treatment for alcohol and other drug dependence is offered at Shepherd Hill, where patients follow a strict program that has helped save many lives. Shepherd Hill first opened in 1985, when Dr. William Kennedy had a vision of a free-standing chemical dependency treatment center. Dr. Kennedy’s vision came to fruition and eventually, Shepherd Hill became a part of Licking Memorial Health Systems (LMHS) in 1992.

Treatment is provided through a level-of-care basis. The American Society of Addiction Medicine criteria for levels and intensity of care are used for diagnosis and initial treatment. This means that all patients are evaluated upon admission for the appropriate initial level of treatment and reassessed weekly to determine the most appropriate level of care.

Behavioral Health Care – How do we compare?

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

At Licking Memorial Hospital (LMH), 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 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 2012	LMH 2013	LMH 2014	Goal
Psychiatric readmissions within 31 days	0.9%	3.0%	3.4%	less than 5.6%

2 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 2012	LMH 2013	LMH 2014	Goal
Patients remaining abstinent	89%	87%	95%	greater than 85%
Improvement in quality of relationships	93%	92%	96%	greater than 85%
Improvement in overall physical and mental health	94%	95%	98%	greater than 85%
Improvement in overall quality of life	91%	93%	98%	greater than 85%

3 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 2012	LMH 2013	LMH 2014	National
Average length of stay – alcohol treatment	2.5 days	2.4 days	2.5 days	less than 3 days
Average length of stay – opiate treatment	2.5 days	2.5 days	2.6 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	2.4 days	3.4 days	2.9 days	less than 5 days

4 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 2012	LMH 2013	LMH 2014	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%	98%	99%	greater than 97%

5 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 2012	LMH 2013	LMH 2014	Goal
Social work/family meeting during patient stay	84%	91%	78%	greater than 95%

6 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 2012	LMHP 2013	LMHP 2014	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	94%	95%	92%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	95%	95%	94%	greater than 90%

Shepherd Hill offers the following services:

- Detoxification (withdrawal management)
- Traditional residential care
- Extended residential care
- Intensive outpatient treatment
- Aftercare (up to 52 weeks)
- Treatment specifically for healthcare professionals
- Caduceus (aftercare group for healthcare professionals)
- Psychiatric services
- Educational services and programs

Treatment/Rehabilitation

Ongoing, continual assessment of the patient's physical, psychological and social status, as well as an analysis of environmental risk factors contributing to substance use. (Substance Abuse and Mental Health Services Administration, 2006)

Patient Experiences at Shepherd Hill

Christy's Story

Although Christy consumed alcohol from time to time, it was when her job and home life were becoming increasingly stressful that Christy began to abuse alcohol. At that point in her life, five years ago, she began drinking every day.

"I found I could not stop," said Christy. "Over the course of time, I noticed I was drinking more and more. My mood deteriorated and sometimes I was barely functional at home or at work." Although Christy recognized a change in her behavior, depression and mood changes, she was too afraid to seek help. "I was still working and trying to maintain life, but I was putting my job at risk. I could barely get up for work each day, and I was not operating on a professional level," Christy said. She was hiding her alcohol abuse from her family – even her husband – but as time went on, Christy's disease was taking over her life. Thoughts of suicide grew progressively more intrusive and specific until Christy was fearful that while she was drinking, she would do something irrational.

"It was a Sunday and I was scheduled to leave town for work," said Christy. Instead, Christy called Shepherd Hill. A staff member told Christy that if she felt unsafe, they could admit her immediately. Christy indicated that she could wait for a scheduled admission. She met with Dr. Whitney and Chemical Dependency Nurse Cindy Barbour, R.N., and learned about her recovery options.

"The biggest thing I learned was the disease model of addiction and alcoholism," she said. "I remember Dr. Whitney looking at me and saying, 'If you do what we ask you to do, it will be the greatest gift you have ever given yourself.'"

The chemical dependency counselors helped Christy confront what she needed to do to become sober. "It's unprecedented from what I've experienced at other facilities," Christy said. She appreciated Shepherd Hill's approach to treatment which included group sessions, writing assignments, feedback and support.

Christy expressed that the patients who are willing to go to any lengths to get well will recover. "I get tearful when I talk about who I was before because I am a different person now," said Christy. "I was very much alone with my disease, but the crux of my treatment was hope."

According to Christy, Shepherd Hill instilled an important concept in her – that recovery is possible. The tools provided by Shepherd Hill and AA help her every day, the dynamic in her family has changed for the better, and she enjoys her new job. She lives one day at a time and has learned to keep a balance in her life with her recovery always a top priority. "I cannot say enough about the staff at Shepherd Hill," Christy said. "For me, it was a miracle."

Adam's Story

Adam knew he had a problem at an early age – he was only 9 or 10 years old when he began experimenting with drugs and alcohol. Being around older brothers and cousins allowed him access to illegal substances. "My parents and teachers didn't know, but I was drinking with older family members all the time and was high at school," said Adam. He remembers bringing up the issue to his family, mentioning he thought he had a problem, but they minimized it. His family's doubt made Adam question whether he did have a problem.

"My addiction accelerated very fast," said Adam. "By the time I was 19, I was into hardcore drugs – acid, coke, crystal meth. At the time, it didn't seem like it was fast, but within 9 or 10 years, I went from drinking an innocent sip of alcohol to using substances almost every day."

It was a progression that left Adam with a life that seemed to be unravelling. He checked himself into a treatment center in Columbus when he was 18 years old, but decided to leave after only two days. Adam had a DUI on his driving record, could not keep a job and was struggling in all his relationships.

Adam and his wife had a daughter in 2000, and he continued trying to keep his life in order. But, as Adam continued to abuse substances, his life fell apart instead. "I got another DUI, and I lost my job," said Adam. "I went through a divorce. I was a slave to the drugs, and the resulting high. I wanted help, I wanted to get treatment, I wanted to be normal – but I was scared. A lot of fear and anxiety stopped me from seeking help sooner." Even after Adam's divorce, his daughter was frequently in his care. When he used drugs, he would take her to a babysitter.

Adam checked into the detoxification program at Shepherd Hill for the first time when he was 30 years old. "I didn't do the work, put in the effort, or take the time to understand the disease," said Adam. "And so, it didn't work, and I ended up right back where I started." However, two years later, he checked back into the detoxification program again – this time with a different result.

Adam met with Cindy Barbour who challenged him by asking, "What is your plan?" This caused Adam to confront his disease. "She told me, 'Rehab is YOU. It's your plan, it's your work, and it's your life.'"

Adam explained, “At that point I was doing heroin daily. I couldn’t function, I wasn’t even getting high anymore. I was sick every day. It was like a nightmare you can’t wake up from. I told Cindy I was ready to quit. I ended up on the Suboxone® program, which really saved my life.” Cindy made sure Adam knew if he wanted to start the medication, he needed a full treatment plan.

Suboxone® is a prescription medicine used for maintenance treatment of opioid dependence as part of a complete treatment plan to include counseling and behavioral therapy.

In 2010, Adam went through three days of detoxification, and then enrolled in the intensive outpatient program followed by the aftercare program. The total process took Adam about 18 months to complete.

“Shepherd Hill taught me how to live life,” said Adam. “Before this program, I was unreliable, didn’t care about being on time, and called off work whenever I felt like it. Now I pride myself on being dependable. I’m there for my daughter, and I have not used a sick day in three years. I learned life skills at Shepherd Hill that I had never known before.”

For Adam, the hardest part of his experience is sharing. It is emotional for him when he considers missed opportunities. “When I look back at how selfish I was, and the years I’ll never get back with my daughter, it’s heartbreaking,” Adam said. “Life is tough, but I can see the difference in myself now. I’m involved – including a leadership position in my church – and I actually got asked to do that. That was a really big deal to me. I have a new job, and was promoted within six months to a manager position. Shepherd Hill changed my life completely.”

Adam is still aware that one slip could ruin the life he has worked so hard for, so he talks to his AA sponsor every day, shares his experiences whenever he can, and lives every day as if it were his last. “My number one goal, and proudest accomplishment every day is staying sober.” March 3, 2015 marked five years of continuous sobriety for Adam.

He is extremely proud of becoming more involved in the community by participating in volunteer and service work, and is a certified umpire and football referee. Adam has a good relationship with his daughter now, taking her to softball practice and helping her play.

The advice Adam gives others who suffer from addiction is this: “I struggled with addiction for 20 years. No two stories are the same, so my lowest point is not the same as another’s. But, I would encourage those with addiction to ask questions and seek out the answers as soon as possible.”

Providing Treatment and Hope

If you believe you may be suffering from drug or alcohol addiction, contact Shepherd Hill – a nationally accredited treatment center. Care is individualized and effective through a process that matches treatment programs with the severity of illness. Shepherd Hill continues to strive for new ways to provide treatment and hope for individuals suffering from addiction.

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 individual who comes to Shepherd Hill for treatment is given the tools to help form a solid foundation for a life of recovery. For more information, call (800) 223-6410 or visit www.ShepherdHill.net.

Shepherd Hill provides healing, refuge and treatment for those suffering from addiction.





Patient Story – Danielle Skeese

Danielle Skeese had quit smoking once before and was determined to quit for good in 2014 to protect her unborn baby. Through the Quit for You, Quit for Your Baby tobacco cessation program at Licking Memorial Health Systems (LMHS), she smoked her last cigarette on July 17.

Danielle smoked her first cigarette at the age of 11. “Some members of my family smoked heavily, and I was able to sneak cigarettes when they weren’t looking,” she recalled.

At the age of 23, Danielle was smoking one pack a day on average and decided to stop. She successfully quit “cold turkey” for one year, but then began working at a highly stressful job and fell back to smoking to relax.

Several years later, Danielle and her husband, Russell, were expecting their first child, and she became increasingly aware of the dangers that smoking presented to her developing baby. “I saw the commercials on TV that showed a baby who was born prematurely. Then I read stories in magazines, on Facebook and on the Internet that explained the side effects of tobacco and nicotine on babies. I was really afraid that my baby could be born with breathing issues. I also noticed that it was becoming difficult for me to breathe.”

At Danielle’s next prenatal visit at Licking Memorial Women’s Health, she told midwife Michelle Pease, C.N.M., that she was ready to quit smoking. Michelle referred Danielle to LMHS’ new tobacco cessation program designed especially for pregnant women.

The Quit for You, Quit for Your Baby program turned out to be exactly what Danielle needed. “Being on a tight budget and expecting a baby, there was no way that I could afford to purchase nicotine replacement products,” she explained. “When I learned that I could receive the products for free, and LMHS would even provide incentives for participating in the program, it took a big weight off my shoulders. Besides, I could make my tobacco cessation appointments immediately following my regular obstetric appointment since their offices are in the same building. They made it so easy – there were no more excuses not to quit!”

Six months into her pregnancy, Danielle had her first visit with tobacco cessation counselor Melissa Phillips, R.N., CTTS. “Melissa was great. Anytime that I needed to talk or was feeling



Melissa Phillips (left), a tobacco cessation counselor at LMHS helped Danielle Skeese (right) achieve her goal to stop smoking while she was pregnant with her first child, Carter.

stressed, she was always there for me. She never judged me for smoking – she just offered a lot of encouragement to help me quit so that my baby and I would be as healthy as possible,” Danielle said.

Melissa gave Danielle nicotine-replacement lozenges, gum and patches so she could choose the product that suited her the best. “Before I met with Melissa, I thought that I would be using the lozenges, but I quit “cold turkey” instead. I smoked my last cigarette on July 17 – that was my quit date. I did not need the nicotine-replacement products, but it was nice to know that I had them just in case. One month after I quit smoking, I realized that I was breathing more easily.”

The nicotine that is contained in tobacco products has strong addictive powers, but Danielle’s love for her unborn baby was even stronger. “I kept thinking about my baby,” she stated. “I didn’t want him to smell like cigarettes after he was born.” Russell, who is a non-smoker, also offered encouragement by catering to her weakness for frozen beverages. “He bought me a Slushee® every day as a reward for not smoking,” she said with a laugh.

Danielle and Russell welcomed a baby boy into their family on October 23 at Licking Memorial Hospital. Baby Carter was born at full term and weighed 8 pounds 7 ounces. “He has not been sick a single day,” Danielle reported several months after his birth. “I am so proud that I was able to give him an excellent start in life by breastfeeding and quitting smoking.”

On March 17, 2015, Danielle had one final appointment with the Quit for You, Quit for Your Baby program. At that visit, Melissa presented a \$50 gift card to Danielle to recognize her success in giving up cigarettes.

Providers at Licking Memorial Women’s Health screen all maternity patients to learn about any tobacco use. Women who report that they smoke or use smokeless tobacco products are given education about the dangers that tobacco can have for their babies, including an increased risk of miscarriage and stillbirth, premature birth, low birth weight, respiratory problems, birth defects, and sudden infant death syndrome.

LMHS’ Quit for You, Quit for Your Baby program is a unique initiative aimed at improving the health of infants and children in the Licking County community. The incentivized program offers free tobacco cessation products, such as nicotine-replacement

Respiratory Care – How do we compare?

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

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⁾ Many of these individuals want to discontinue using tobacco products, but are unable to overcome their addiction. LMHS offers free Quit For Your Health services, which include education, counseling and tobacco cessation products, all in an effort to help improve the health of the community.

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
Number of patient visits to tobacco cessation services	892	849	1,369	NA
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	49%	63%	63%	National ⁽³⁾ 25%

2 Smokers who receive advice from their physicians to quit smoking are more likely to give up smoking than those who do not, according to the National Committee for Quality Assurance (NCQA). Licking Memorial Pulmonology assesses the smoking status of all Pulmonology patients during office visits and counsels those who are actively smoking to quit. The patients are offered referral to Quit for Your Health.

	LM Pulmonology 2012	LM Pulmonology 2013	LM Pulmonology 2014	National ⁽⁴⁾
Smoking cessation advised for Licking Memorial Pulmonology patients who smoke	99%	100%	100%	77%

3 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.

	LM Pulmonology 2012	LM Pulmonology 2013	LM Pulmonology 2014	National ⁽⁵⁾
Asthma patients assessed for appropriate inhaled corticosteroid	100%	100%	99%	87%

4 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 2012	LMH 2013	LMH 2014	National ⁽⁶⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.2

5 A ventilator is a breathing machine that may be used in hospitals for very sick patients who may not be able to breathe on their own. The use of a ventilator can be life-saving, but also can have serious side effects, such as infections, stomach ulcers, blood clots, and dependency on the ventilator itself. To help reduce the potential for these side effects, LMH uses a “ventilator bundle” when caring for patients using a ventilator. This bundle includes several treatments used together, such as providing special medications, providing good mouth care, making sure the patient’s body is positioned correctly, and aggressively “weaning” the patient off the ventilator for analysis.

	LMH 2012	LMH 2013	LMH 2014	Goal
Complete ventilator bundle used for patients on ventilators	98%	98%	98%	greater than 90%

Data footnotes: (1) Licking County Health Department, Behavioral Risk Factor Surveillance System, 2011. (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 2012.” (5) National Committee for Quality Assurance, “The State of Health Care Quality 2013.” (6) National Healthcare Safety Network Report, Data Summary for 2010, Devices-associated Module (Medical-Surgical ICU<15 beds).

E-cigarettes Often Contain Toxic Ingredients

Electronic cigarettes (commonly known as “e-cigarettes”) were introduced in the U.S. in 2007 as an alternative to traditional tobacco smoking. Although marketing campaigns have portrayed e-cigarettes to be safer because they do not contain tar or burned residues, health dangers have been reported and the long-term effects are not yet known.

E-cigarettes are battery-powered heating devices that are made of plastic or metal and usually resemble cigarettes, cigars or pipes. They vaporize a liquid cocktail of nicotine, propylene, flavorings and other additives into an aerosol. The consumer inhales and exhales the aerosol, a process that is commonly referred to as “vaping.” Many e-cigarettes contain a red LED light at the end that illuminates to mimic the smoldering end of a tobacco cigarette.



Asegid H. Kebede, M.D.

“Nicotine is an addictive stimulant when inhaled, and is toxic if accidentally ingested or spilled on the skin,” stated Asegid H. Kebede, M.D., of Licking Memorial Pulmonology and Sleep Medicine. “I am concerned that there are no labeling requirements for e-cigarette products. Without labels, consumers do not know how much nicotine they are inhaling. In addition,

analyses have shown that e-cigarette aerosol contains many other chemicals, such as formaldehyde and lead which are known to cause cancer and birth defects. Not surprisingly, these chemicals are not disclosed on the packaging.”

To date, there is no federal regulation of e-cigarettes and related products. A few states have enacted legislation to prohibit the sale of e-cigarettes to minors, but there are no such laws currently in Ohio.

Dr. Kebede added, “Another concern about e-cigarettes is that the liquid nicotine comes in small containers with bright colors

and includes flavor names such as ‘cotton candy,’ ‘peanut butter and jelly’ or ‘bubble gum.’ These flavors make the products very attractive to teens, who have become some of the biggest consumers of the products. The candy and fruit flavors also are very appealing to toddlers and small children who are very susceptible to nicotine poisoning. As little as one teaspoon of liquid nicotine can be deadly to a small child – which is particularly alarming because there are no regulations which require the products to be sold in childproof containers.”

“Many e-cigarette users mistakenly believe that they are exhaling harmless water vapor during the vaping process,” Dr. Kebede said, “but in actuality, they are exhaling toxic chemicals and exposing the individuals around them, much the same as secondhand tobacco smoke.” All Licking Memorial Health Systems (LMHS) facilities are smoke-free to protect patients, visitors and staff members. The Health Systems’ no-smoking policy also includes restrictions against e-cigarette devices on all LMHS properties.

Liquid nicotine products that are sold for use in e-cigarettes often contain hidden chemicals that are harmful. The following chemicals that have been found in liquid nicotine are known to cause cancer or birth defects:

- Acetaldehyde
- Benzenene
- Cadmium
- Formaldehyde
- Isoprene
- Lead
- N-Nitrosornicotine
- Nickel
- Nicotine
- Toluene



2015 Cancer Survivors' Picnic



Date: Sunday, June 7 **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 28th 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 (740) 348-4102 by Monday, June 1, to register for this free event.

lozenges, gum and patches – although women are encouraged to quit without these products if possible to avoid exposing their unborn babies to any unnecessary nicotine. Over a 34-week period, participants attend at least 14 counseling sessions to learn the benefits of tobacco cessation and tips for coping with nicotine withdrawal. Patients who have refrained from smoking, confirmed by a quick carbon dioxide breath analysis, are rewarded with their choice of a \$10 gift card or package of diapers at each appointment. After successful completion of the program, participants receive a \$50 gift card to their choice of businesses.

Pregnant women may learn more about LMHS' Quit for You, Quit for Your Baby program by asking their physician for a referral. They also may call (740) 348-QUIT (7848).

LMH Golf Gala Set for June 22

The Licking Memorial Hospital (LMH) Development Council will sponsor the 2015 Golf Gala at the Denison Golf Club in Granville (formerly Granville Golf Course), located at 555 Newark-Granville Road in Granville. This year's Honorary Chairs are Amy and Jim Matesich of Granville.

Prior to retirement, Amy owned and managed commercial and residential rental properties. She also provided real estate acquisition services for the wireless telecommunications industry through Callander Acquisitions. Amy has received the Outstanding Achievement Award from Bell South PCS and the Outstanding Performance Award from Gearon Communications/American Tower Corporation. She is a member of the Newark Rotary, Ladies' Golf League of Moundbuilders Country Club, and Pelican Marsh Golf Club. She is a member and former President of Rural Roots Garden Club, a former Board Member of Midland Theatre and the Licking County Humane Society, and a former volunteer for Big Brothers Big Sisters. Amy is a graduate of Newark High School and earned a Bachelor of Science degree in communications from Ohio University in Athens.

In 2006, Jim became President and CEO of Matesich Distributing Company, which his uncle established in 1928. During his 38-year career, he has filled many roles for the company, including Warehouse Manager, Office Manager, Operations Manager, Executive Vice President, and Chief Executive Officer – Operations and Administration. Jim is a founding Board Member of the Community Agency Partnership, a Board Member and past president of Hospice of Central Ohio, a Board Member and officer of the Foundation for Hospice of Central Ohio, a Board Member and Industry Affairs Chairman for National Beer Wholesalers of America, and a Panel Member of the Cecil Mauger Trust. He previously served as a Board Member for LMH, Licking County Alcoholism Prevention Program, Youth Advocate Services in Franklin County, and the Ohio Bureau of Workers' Compensation. He was a Board Member and past Board President of United Way of Licking County, St. Francis de Sales Elementary School, Newark Catholic High School, and the Wholesale Beer & Wine Association of Ohio (WBWAO), and a former Chairman of the National Federation of Independent Business' Licking County Area Action Council and the WBWAO Insurance and Electronic Commerce Committees. Jim also served on the Small Business Advisory Council under former Governor Bob Taft. A graduate of Bishop Rosecrans High School in Zanesville, he received a Bachelor of Science degree in business administration from The Ohio State University and a master's degree in business administration from Ohio University.

In 2012, Amy and Jim made a generous Founder Level gift to Licking Memorial Health Foundation to dedicate the Rod Callander Memorial Aquarium in the Oncology Department in honor of Amy's late father. Their commitment of \$100,000 kicked off the LMHF Major Gifts Committee, which they also chair.

The LMH Development Council is proud to acknowledge and thank the five Ace Sponsors of the 2015 Golf Gala: John Hinderer Honda, Matesich Distributing Company, MedBen, Park National Bank and Stedman Floors Co., Inc., as well as the 18 Eagle Sponsors: All Weather Systems, Coughlin Chevrolet in Pataskala, Courtesy Ambulance, Inc., CS Construction Group Ltd., Dawson Companies, The Energy Cooperative, Frontier Remodeling Co., General Graphics/Scott Peterson, Gutridge Plumbing, Inc., Interim Healthcare, The Jerry McClain Companies, Limbach Company, LLC, Middleton Senior Living, Newark Smiles, SmartBill Ltd., Summit Custom Cabinets, Surgical Interventions, LLC, and US Foods.

Additional sponsorship levels are available. Minimum donation amounts for sponsors are as follows:

- Birdie - \$1,000
- Hole - \$500
- Cart - \$250

Proceeds from the 2015 Golf Gala will be applied toward new technology at LMH. Anyone interested in being an event sponsor or donating a door prize should call the LMH Development Office at (740) 348-4102.



Donors Recognized for Contributions to Licking Me

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

The Caduceus Society

Ann Govier, M.D.



Ann Govier, M.D., was recognized for her commitment to The Caduceus Society by LMHS President Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left).

Ann V. Govier, M.D., Vice Chief of the Department of Anesthesiology and Pain Management at LMH, was honored for her commitment to The Caduceus Society. Dr. Govier earned her Medical Degree from University of Nebraska Medical Center in Omaha, Nebraska. She completed an internship and residency at the University of Washington Medical Center

in Seattle, Washington. She then completed a fellowship in cardiovascular anesthesia at the University of Alabama Medical Center in Birmingham, Alabama. Dr. Govier is board certified in Anesthesiology.

Dr. Govier was named the Lifeline of Ohio Physician of the Year in 2013 and the LMH Physician of the Year in 2010. She also achieved the Regents Scholarship during her studies at the University of Nebraska.

Dr. Govier is a member of various professional organizations, including the American Society of Anesthesiologists, the American Society of Critical Care Anesthesiologists, the Society of Cardiovascular Anesthesiologists, the Society for Ambulatory Anesthesia, the International Anesthesia Research Society, the Ohio State Medical Association, the Ohio Society of Anesthesiologists, and the Licking County Medical Society.

Born and raised in Nebraska, Dr. Govier joined LMHS in 2004 and now resides in Newark. She has two grown children, Laura and Steven, both of whom currently live in California. In her spare time, Dr. Govier enjoys exercising with a personal trainer and spending time with friends and family.

Aruna Gowda, M.D., and Chandre Gowda, M.D.



LMHS President & CEO Rob Montagnese (right) and LMHS Board Member and Vice Chair of the LMH Development Council Linda Dalgarn (left) presented Aruna Gowda, M.D., and Chandre Gowda, M.D. (not pictured), with a glass recognition piece in honor of their recent membership in The Caduceus Society.

Aruna Gowda, M.D., joined Licking Memorial Hematology/Oncology in 2012. She received her Doctor of Medicine degree at Kempe Gowda Institute of Medical Sciences in Bangalore, India. She completed an internship and residency in internal medicine at the State University of New York at Buffalo, and then completed a hematology/oncology fellowship at The Ohio State University in Columbus. Dr. Gowda takes a special interest in managing different types of malignancies – especially breast cancer, lung cancer and lymphoma. She is board certified in internal medicine, hematology and oncology.

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.

The William Schaffner Society

Beth and Jim Atkinson



In honor of their commitment to the William Schaffner Society, LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) presented Jim and Beth Atkinson with a glass recognition piece.

Beth and Jim Atkinson were recognized for their commitment to The William Schaffner Society. The Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years.

Originally from Belleville, Illinois, Beth graduated from McKendree College in Lebanon, Illinois, with a bachelor's degree

in accounting. She also received a master's degree in financial economics from Ohio University in Athens. A certified public accountant (CPA), Beth is a member of the American Institute of CPAs and the CPA Society of Ohio. She serves as the Board Treasurer for Heartbeats of Licking County and is a member of Toastmasters at Pickerington.

A native of Newark, Jim is the owner and Managing Director of Columbus Capital, a financial advisory practice tailored to the needs of closely held corporations and family-owned businesses. He received his master's degree from the College for Financial Planning in 2013, and is a certified financial planner, an accredited investment fiduciary and a master of planning advanced studies. His professional memberships include the Financial Planning Association of Ohio and the Institute of Investment Management Consulting. Jim also is involved with the LMH Development Council, Newark Lions Club, Charity Newsies and St. Patrick's Church Pastoral Council.

Beth and Jim enjoy spending time outdoors together traveling, hiking and fly fishing. They currently reside in Columbus and have two grown children – Adrienne and James, who is a sergeant in the U.S. Army.

Lynda and Todd Hoffman



LMHS President & CEO Rob Montagnese (right) and LMH Board Chairman Craig Baldwin (left) welcomed Lynda Hoffman and her husband, Todd (not pictured), into The William Schaffner Society in honor of their recent pledge.

Lynda and Todd Hoffman were honored for their commitment to The William Schaffner Society. Lynda is the Patient Care

Manager for LMH Maternity Services. She first joined LMHS in 1999, then relocated to Phoenix, Arizona, for four years before returning to the Health Systems in 2014. Lynda, who originally is from Newark, graduated from Newark High School and received her associate degree in nursing from Central Ohio Technical College. She also holds a bachelor's degree in nursing from Capital University in Columbus and a master's degree in nursing administration from Otterbein College in Westerville, Ohio. Lynda has two grown children, Brandon and Lacey, and eight grandchildren.

Todd was raised in Westerville, graduated from Westerville High School and received a bachelor's degree in broadcast journalism from Otterbein. He served 32 years as a firefighter with the Westerville Fire Department and flight paramedic with MedFlight before retiring in 2011. Todd currently works as a clubhouse manager for a minor league affiliate in the Colorado Rockies organization.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

The John Alford Fellowship

Orville Varasso, In Loving Memory of Violetta Varasso



LMHS President & CEO Rob Montagnese (right) presented Orville Varasso with a glass recognition piece in honor of his generous commitment to The John Alford Fellowship, which he made in loving memory of his wife, Violetta.

Orville Varasso of Newark was recognized for his commitment to The John Alford Fellowship in loving memory of his wife, Violetta Varasso. Membership is reserved for individuals who support the LMHS mission to improve the health of the community by pledging a minimum of \$25,000 to LMHF over a period of 10 years.

Violetta graduated from St. Vincent de Paul High School in her hometown of Mount Vernon, Ohio, attended the Catholic University of America in Washington, D.C., and was employed by the Mount Vernon News and Columbus Dispatch. She was a classically trained concert pianist and served on the board for the Licking County Symphony Orchestra. A great supporter of education, she also was a member of the Providing Educational Opportunities Sisterhood International – Chapter DL and served the organization as an officer and committee member. Violetta was honored as a Paul Harris Fellow by the Newark Rotary Club, of which her husband is a member.

Violetta and Orville were married 59 years and were parishioners of The Church of St. Edward the Confessor in Granville. They have four daughters – Carla, Marisa, Andrea and Michaela – and four grandchildren.

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

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.

Development Spotlight – Ben Streby



Ben Streby

Ben Streby, Treasurer and CFO of Career and Technology Education Centers of Licking County (C-TEC), first learned about the opportunity to join the Education & Membership Committee of the Licking Memorial Hospital (LMH) Development Council in 2014. After a colleague explained there was an opening, Ben showed an interest in becoming involved and was invited to join the Committee in September 2014.

"I have enjoyed learning more about LMH at each meeting," said Ben. "I've gained a lot of insight into what the Hospital does for the community, and taken the opportunity to attend programs and events at LMH. It really has been a learning experience." Ben recently attended the Development Council's Corporate Breakfast in February where Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese delivered a presentation outlining the Health Systems' accomplishments and growth in 2014.

Ben expressed how he appreciates the mission of LMHS. "Compared to similar organizations, the Health Systems does a great job working toward their mission." Meeting other community members and leaders also has been a benefit to Ben during his time with the Committee. According to Ben, positive partnerships and collaborations form when the leaders are able to connect, leading to programs and ideas that benefit the community.

Currently, LMHS and C-TEC have a beneficial partnership with the Wellness Center located within C-TEC. "Along with providing easier access for residents living in the area to visit a wellness center," said Ben, "the LMHS location also allows C-TEC students to obtain contact hours and experience related to their education program. It's a valuable partnership for both C-TEC and LMHS."

An Ohio native, Ben resides in Mount Vernon with his wife, Jonelle, and four children – Will, Robbie, Emma and Joey. He received a master's degree in business administration from Otterbein University in 2007. In his free time, Ben enjoys golfing and spending time outdoors with his family.

Donors

Undesignated contributions to Licking Memorial Health Foundation in 2015 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in January and February 2015.

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Retiree Spotlight – Shelly Stratford



Shelly Stratford

Shelly Stratford, R.N., C.C.M., proudly served all 37 years of her nursing career at Licking Memorial Hospital (LMH). She began as a Nurse Aide (now called a Point of Care Technician) on the 4-North nursing unit while in nursing school in 1976. After graduating from Ohio University – Zanesville, Shelly remained on staff at LMH as an R.N. “Looking back, I’m glad I started my career on the 4-North unit.

I learned so much base knowledge about nursing and how to care for patients that it really helped me in my future positions at LMH,” Shelly said.

In addition to working on 4-North, Shelly served in the Pediatric unit in 1979, then the Family Medical Center (also known then as the Wehrle building), until 1987 when she transferred to Outpatient Surgery. Next, she was assigned to Utilization Review (now called Case Management) and remained there for 13 years before becoming a Project Coordinator for the nursing office. In 2004, Shelly returned to Case Management where she remained until her retirement in 2013.

Shelly served 22 years of her nursing career in the Case Management Department, where she most enjoyed working.

Shelly explained, “My role was to be a liaison between the patient, the physician and the nursing staff. The patients trusted and respected me and my coworkers, so it was easy for us all to work together as a team to resolve any issues that needed to be addressed before the patient was discharged. My ultimate goal was ensuring that a patient received quality care while in the Hospital and was prepared to continue the healing process after discharge.”

Shelly’s fondest memory of her time at LMH was the rapport she developed with staff and patients. She said, “My coworkers at LMH were much like a real family – we shared ups and downs and at the end of the day, my experience was very rewarding. I learned many life lessons at LMH.” Shelly attends the annual retiree luncheons and says it is evident that other past employees feel the same way about the Hospital as she does when they return to visit their “LMH family.”

In 2013, Shelly retired from LMH and currently supports her son who runs their family business, which centers around handicap accessibility. She recently celebrated her 38th wedding anniversary with her husband, Thomas, and enjoys boating, gardening and baby-sitting her grandchildren. Temporarily, Shelly is back at LMH, working part-time in Case Management.

Appreciation Dinner Held for Local Pastors

Pastoral leaders of area churches gathered in April to fellowship during dinner, learn about updates to the Licking Memorial Hospital (LMH) Pastoral Care Department, and hear insights on ways to enhance clergy services to patients at LMH. Each year, the Pastoral Care Dinner brings together the spiritual leaders of the community who visit patients at the Hospital in appreciation for the spiritual care they provide to LMH patients.

A welcome and update on Hospital services was provided by Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese, and Director of Pastoral Services and Chaplain Jeff Smith, M.Div., gave the invocation. Speaker Linda S. Frank, B.S.N., provided a presentation on ministering to those affected by Alzheimer’s and Dementia. Linda is Assistant to the Pastor at St. Luke’s United Methodist Church in Columbus, and Christian Chaplain at Wexner Heritage Village.

Those in attendance learned about patients who suffer from Alzheimer’s or Dementia, the different stages of the diseases, and the many challenges facing each patient and their family. Tips also were provided on the best ways to minister to these patients, give support to the family and how to care for such patients. Jeff Smith concluded the event, thanking the area clergy for their continued efforts at LMH. “I see many of these pastors at the Hospital often,” said Jeff. “When a member of their congregation is admitted because of illness or injury, they visit to provide support and comfort. The work they do is greatly appreciated.”

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



Volunteer Spotlight – Bill Butler



Bill Butler

Over the years, Bill Butler often made exercise plans to walk regularly at the YMCA indoor track with his friend, Eddie Cline. On one such occasion, Eddie, who has volunteered at Licking Memorial Hospital (LMH) for many years, suggested that Bill also consider volunteering for LMH. Bill was immediately interested in the idea, so he contacted the LMH Volunteer Services Department, filled out an application and soon became a volunteer at the Hospital.

“Volunteering has been great,” said Bill. “I have met a lot of nice, friendly people who are very cooperative. It really has been a nice experience.” Bill retired in 1996 from Owens Corning, where he worked alongside Eddie. He held a maintenance position during his 33 years at the manufacturing company.

Bill has been volunteering for two years in the LMH mail room, where he sorts and delivers mail, and enjoys the added perk of friendly interaction with patients and staff during his duties. “He is a fast learner and very dedicated,” said Director of Volunteers, TWIGS and Events, Carol Barnes. “We are glad Eddie was able to recruit such an excellent volunteer for the Hospital.”

Sharing his positive view of Licking Memorial Health Systems (LMHS), Bill expresses, “LMHS seems to have a good handle on the type of services the community requires and how to best provide those services. The Health Systems does a good job of keeping up with the health of the community and meeting the needs of its members.” When he is not volunteering, Bill enjoys reading, walking and helping his wife, Mary, by working outside in their yard.

Volunteers Honored at Annual Recognition Dinner

Licking Memorial Health Systems (LMHS) recently hosted the annual Volunteer Recognition Dinner to pay tribute and show gratitude to more than 100 individuals who regularly devote their time to serve at the Hospital. Licking Memorial Hospital (LMH) volunteers assist at special events, distribute mail, greet patients and provide many additional services throughout the Hospital and Health Systems.

“We could not be successful without all of the hours of service and dedication our volunteers provide to our patients and staff,” LMHS President & CEO Rob Montagnese told the attendees.

“One of the best things a community hospital provides to guests and visitors is a warm welcome when they walk in the door, and our volunteers are a significant part of that experience. Each of you should serve with the knowledge that you are a key part of our organization.”

Nominees for the 2015 Donald Day Volunteer of the Year Award included Bob Brooker, Bill Butler, Phil Cassone, Joyce Clemings, Eddie Cline, Jim Estep, Bob Gabe, Connie Gefler, Gary Hamilton, Joanne Hanson, Harry Harper, Connie Helms, David Hiatt, Bob Kaczor, Maxine Keith, Tom LeBlanc, Arlene Newman, Joan Omlor, Sue Schlicher, Richard Stewart, Joann Walton, Sue Weiland and Sue Wolfe. Each year, award nominees are selected for their excellent work ethic and volunteer contributions.

Joan Omlor was honored as this year’s award winner. Joan has been an LMH Volunteer since 2005 and has served as President of the Volunteer Executive Board for the past two years. To date,



Joan Omlor was awarded the Volunteer of the Year Award by LMHS President & CEO Rob Montagnese.

she has devoted 4,675 hours to the Hospital. “Joan was nominated by the Process Improvement Department for all of the support she provides to their office tasks, but she also regularly assists setting up events for the Food Service Department,” said Director of Volunteers, TWIGS & Events Carol Barnes. “Joan frequently volunteers at LMHS’ special events – which often require volunteering on evenings or weekends – including the Red Dress Event, Cancer Survivors’ Picnic, “For Your Health” 5K, and Operation Feed. Even on the longest or rainiest of days, she always greets everyone with a smile and is grateful to help in any way she can.”

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4044 or visit www.LMHealth.org.

Past recipients of the Volunteer of the Year award include:

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

New Appointments



Kristina S. Fassett, M.A., CCC-A
of Clear Choice Hearing Center, joined the LMH Allied Health Medical Staff.



Matthew B. Hopkins, PA-C
of Orthopaedic Specialists & Sports Medicine, Inc., joined the LMH Allied Health Medical Staff.



Lisa J. Lee, M.D.
of Tri-County Radiologists, Inc., joined the LMH Active Medical Staff.



Michael A. McFarlane, D.O.
joined Licking Memorial Emergency Medicine.

Document Shredding Event Will Benefit Technological Advances at LMH

Park National Bank (PNB) and Shred-it are hosting the ninth annual Community Shred Day in Newark on Saturday, May 30, from 8:00 a.m. 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 office, 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.

“At LMHS, we understand the importance of ensuring the confidentiality of our patients’ private information,” said Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations Veronica Link. “We appreciate that PNB and Shred-it provide this opportunity and we encourage residents of the community to take part in safely discarding their own personal documents.”

Shred-it is a security-based company headquartered in Canada, providing services to over 300,000 customers in 18 countries. The local Shred-it operation is based in Gahanna, and is an independent, locally-owned franchise of the Shred-it Corporation. Shred-it associates are FBI background-checked and fingerprinted.

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, trust and investment services for families and businesses. PNB consistently earns high marks and awards for its service, community leadership, and financial performance. PNB operates 18 full-service offices in Licking and Franklin counties. Park National Bank is a part of Park National Corporation (NYSE Amex: PRK), also headquartered in Newark.

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 2015 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 (740) 348-4101.

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 26, 2015, at 5:00 p.m.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org.

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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Community Events

For more information about any LMHS event, please call (740) 348-1572, or visit www.LMHealth.org

Community Shred Day

Saturday, May 30, 8:00 a.m. to 12:00 Noon
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

Saturday, May 23
One Healthy Place in Pataskala

An Active•Fit Youth Wellness Event will take place from 6:00 – 8:00 p.m., with an outdoor showing of Disney's *Frozen* to follow. Please see page 10 for details about these free events.

Cancer Survivors' Picnic

Sunday, June 7, 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 22 for more details.

Summer Active•Fit Youth Wellness Events

Please see page 10 for details about these free events.

Active•Fit Triathlon – Saturday, June 13, 9:00 a.m.
Active•Fit Bowling – Wednesday, July 15, 3:00 to 5:00 p.m.
Active•Fit Field Day – Tuesday, July 28, 3:00 to 5:00 p.m.
Active•Fit 1K – Saturday, August 1, 8:00 a.m.

LMHS Health Summer Camps

Please see page 11 for details about these free events.

Camp Feelin' Fine – Friday, June 5, 9:00 a.m. to 3:00 p.m.
Camp Courageous – Friday, July 17, 9:00 a.m. to 3:00 p.m.
Camp A1c – Friday, August 7, 9:00 a.m. to 3:00 p.m.

First Impressions – Maternal Child Classes

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

For more information or to register, call (740) 348-2527.