



Licking Memorial Health Systems

Community Connection

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

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LMH Offers Increased Access to Breast Cancer Surgery

Following the detection or a diagnosis of breast cancer, the surgeon is a key member of the treatment team. In combination with other treatments, such as chemotherapy, radiation therapy, or hormone therapy, the goal of breast cancer surgery is to remove the cancer and stage the disease. Most patients with breast cancer will undergo surgery as part of their treatment. There are a number of different types of breast surgery that can be performed depending on the breast cancer features, the patient's medical history, and the stage of the cancer. It is important for individuals to know about the various surgical options available to treat breast cancer.

Licking Memorial Health Systems (LMHS) recently hired Christopher S. Meyer, M.D., to expand access to breast cancer surgeries in Licking County. Dr. Meyer is a general surgeon with a focused interest in the surgical management of breast cancer and benign breast disease. He joined Licking Memorial Surgical Services and Board-certified general surgeons Victor F. Ferrini, M.D., John M. Mitchell, M.D., and Brent M. Savage, M.D., who also

have surgical experience managing breast cancer.

Dr. Meyer earned his medical degree from The Ohio State University College of Medicine and completed a general surgery residency at the University of Cincinnati Medical Center. He is board certified in general surgery and has over 20 years of surgical experience.

To provide treatment options close to home for patients who receive positive results from a mammogram, LMHS also hired a breast cancer navigator who offers support and guidance to patients from screening and diagnosis through treatment and survivorship. The navigator will help patients effectively communicate with their cancer care team and specialists involved in their care, as well as assist with scheduling and coordinating appointments with various healthcare specialists.

"Licking Memorial Hospital has a strong commitment to providing excellent cancer care for patients in our community," Dr. Meyer said. "The cancer program at LMH has been approved by the

Commission on Cancer as well as the American College of Surgeons, recognizing the commitment of LMH to provide comprehensive cancer care. I am proud to work in a community-based hospital where patient care and safety are of the utmost importance."

Advancements in breast cancer treatments have changed how breast cancer is managed surgically. The surgical procedures for breast cancer are less invasive, less traumatic, and have better cosmetic results. Dr. Meyer performs breast cancer procedures such as mastectomies, lumpectomies, and lymph node biopsies, as well as breast surgeries for benign breast disease. He also utilizes advanced surgical techniques, which help maintain the breast shape and can provide a better cosmetic appearance of the breast after surgery.

Dr. Meyer works collaboratively with staff in the Hematology/Oncology and Radiology Departments to ensure that each patient receives an individualized approach to the care they need with a system of support throughout the treatment process. Improvements in breast cancer treatments, involving a combination of surgery, medicine, and

radiation, have resulted in substantially improved outcomes for patients with breast cancer.

Dr. Meyer is a fellow of the American College of Surgeons and a member of the Ohio State Medical Association. He and his wife, Crystal, have five children, seven grandchildren, and recently adopted a 4-year-old child they have had in their care since she was 6 weeks old. Dr. Meyer is active in his church, volunteering as a youth leader and serving as an elder. He and his wife are also a volunteer host family with Safe Families for Children. They enjoy many outdoor activities including hiking, biking, and camping.



Robotic-assisted Surgery Provides Benefits to Licking County Residents

Licking Memorial Health Systems (LMHS) strives to implement the best modern medical advances to expand access to surgical services in the community and improve healthcare experiences. Last summer, LMHS acquired the da Vinci Surgical System, which allows surgeons to perform minimally invasive procedures and enhances the capabilities of the surgeon's eyes and hands with robotic-assisted actions. Licking Memorial Hospital (LMH) has been using the da Vinci Surgical System to perform hernia repairs, colon resections, gall bladder removal, prostate surgery, and other general surgeries.

A major advantage to performing laparoscopic procedures robotically is the surgeon's ability to view the operative field in 3D and more precisely perform delicate techniques. The enhanced visualization allows surgeons to view areas that may not be seen by the naked eye. The da Vinci Surgical System translates the surgeon's hand, wrist, and finger movements in

real time to the instruments, providing improved access to areas that are difficult to reach, as well as the ability to pinpoint and separate healthy tissue from cancerous tissue.

The da Vinci Surgical System offers a number of benefits to the patient, including minimal blood loss, decreased damage to skin, muscles, and tissue, reduced risk of infection, and smaller, less visible scars. Post-surgery benefits include a decrease in the patient's pain, an increase in mobility, a drop in the usage of pain medication, and shorter hospital stays.

Qualified candidates for a procedure using the da Vinci Surgical System may be referred by their physician. Because robotic surgeries are considered laparoscopic and minimally invasive, procedures should be covered by most insurance plans. Patients should check with their insurance provider to determine coverage prior to scheduling a surgery.



New Appointments



Courtney D. Bode, APRN-CNP, of Hospice of Central Ohio, joined the LMH Medical Staff



Rami M. Hanna, M.D., joined Licking Memorial Anesthesiology



Adrian Leibas, APRN-CNP, joined Licking Memorial Pediatrics - Tamarack



Yuxuan (Tony) Qiu, M.D., joined Licking Memorial Emergency Medicine



Amanda N. Walker, D.N.P., APRN-CNP, joined Licking Memorial Emergency Medicine



Jody L. Wall, PA-C, joined Licking Memorial Emergency Medicine



Tara L. Wisecarver, APRN-CNP, of Hospice of Central Ohio, joined the LMH Medical Staff

Creating a Conversation Allows More Control of Personal Health

Taking an active role in personal healthcare begins by creating a conversation with a healthcare provider – either a primary care physician, certified nurse practitioner, or physician’s assistant. Clear and honest communication is vital in making informed choices about options to maintain well-being. Typically, patients are encouraged to visit a primary care physician annually for a routine wellness visit, which is the perfect opportunity to discuss health history, current concerns, medications, and immunizations, as well as determine what health issues may become a concern in the future.

Create an Agenda

Before a scheduled visit, prepare for the conversation by considering what information should be shared with the provider and what questions need to be asked. A basic agenda can assist in making the most of the appointment, which typically lasts only 15 to 20 minutes. Create and prioritize a list of topics for discussion including concerns and questions. Even if the topic seems sensitive or embarrassing, it is best to be honest and upfront with the healthcare provider.

Questions to Ask

Why am I taking certain medications?

Prepare an updated list of current prescription medications, over-the-counter medicines, vitamins, and herbal remedies or supplements, including the dosage taken. The discussion could include an understanding of the purpose of each

medication to contribute to a healthier lifestyle.

Am I current on routine health maintenance, immunizations, and testing?

Preventive healthcare focuses on maintaining wellness and addressing health problems before issues arise. Routine checkups, scheduled immunizations, and testing are tools that guide choices to promote better health and detect issues that may become a problem in the future. During a visit, be sure to review blood pressure, cholesterol levels, and testing for diabetes, as well as recommended cancer screenings.

What else could I be doing to avoid disease?

Be honest with the provider and share information about lifestyle, social obligations, and relationships at home and work. Providing detailed information assists in developing a full understanding of overall well-being and assessing factors that might contribute to health.

Are there activities I should avoid?

Many assume they understand the concept of living a healthy lifestyle; however, some activities,

such as smoking or overeating, are risk factors for serious illnesses and disease. Again, be honest with the healthcare provider, and ask if there are unhealthy habits to avoid to maintain good health.

In addition to questions and concerns, discuss any changes in family history with the provider and have insurance information and the names of other healthcare providers visited readily available.

Access Your Health Records

Be sure to access your personal health records before any visit. Licking Memorial Health Systems uses MyChart, which includes an easy-to-navigate website and app available in the Apple App Store or Google Play. If you are unsure how to use MyChart, ask the staff during your visit. MyChart offers access to test results, diagnoses, treatment plans, medicines, and any provider instructions offered during an appointment. Through MyChart, you can also ask providers questions and schedule appointments.

By having an open dialogue with a healthcare provider, you can be proactive and better understand personal healthcare and any diagnosis, treatment, and recovery. If you feel as though the provider presented too much information too quickly or in complex terms, ask for clarification. Work together with the physician for the best outcome. If there is not enough time during the scheduled appointment to address all concerns, ask how to receive more information or if there is another provider who can assist in answering questions.

LMHS Offers Annual Sports Screenings

Licking Memorial Health Systems (LMHS) is hosting the annual Sports Screening Program in May for students entering grades 7 through 12 who are involved in sports, marching band, and C-TEC’s Criminal Justice, Fire, and Physical Therapy programs. Now in its 17th year, the program offers comprehensive screenings at no cost to help Licking County youth safely participate in physically-challenging activities. The LMHS Sports Screening Program consists of three major components: Heart to Play electrocardiograms (EKGs) and echocardiograms, ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion testing, and state-required pre-participation physical examinations.

EKGs and echocardiograms, which are provided to students entering grades 7, 9, and 11, can identify heart conditions that place an athlete at risk for a sudden cardiac death even when there are no symptoms. The painless EKG displays the heart’s electrical impulses, and the echocardiogram screens the functioning of the heart’s valves and muscles. Since the Heart to Play screenings began in 2008, serious cardiac abnormalities have been detected and treated in 49 students who previously were unaware of their conditions.

ImPACT testing is offered to students entering grades 7, 9, and 11 who participate in a contact sport and do not have testing available at their school. The computerized evaluation establishes a baseline of the brain’s cognitive functions, such as memory, attention span, and reaction time. If a concussion is suspected, the ImPACT test is re-administered within 72 hours of the injury after a primary care or

emergency room physician has evaluated the athlete. When compared to the baseline test, the difference in the scores helps physicians determine the amount of rest and frequency of examinations that will be needed before the student is able to return to competition or activity.

LMHS medical personnel also complete pre-participation physical examinations, which the Ohio High School Athletic Association (OHSAA) requires annually. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the provider’s office to have it signed. In such cases, eligible students may participate in the heart or concussion screenings without receiving a pre-participation physical exam.

“The health and wellness of our local youth remains a priority at LMHS. Through the Sports Screening Program, we encourage area students to be physically active and provide an opportunity to discover undiagnosed health concerns before participating in strenuous activity,” LMHS President & CEO Rob Montagnese said. “We are grateful for the enthusiastic response that the program continues to receive in its 17th year. It is our pleasure to serve the many students who take advantage of the

opportunity to receive heart and baseline concussion screenings, along with state-required physical examinations, at no cost in one convenient appointment.”

Nine screening dates are available at two locations throughout the month of May. The first two dates will be held at the Pataskala Health Campus, and the remainder of the program will take place at Licking Memorial Pediatrics on Tamarack Road in Newark.

Due to limited appointments available each night of the program, advance registration is required and may be completed online at LMHealth.org/SportsScreenings. Appointment times are available at 20-minute intervals from 5:00 to 6:40 p.m. After registering, a packet of forms will be available to print out from the website. Additionally, any student who requires a sports physical must bring a completed OHSAA pre-participation evaluation form (available online at ohsaa.org/medicine/physicalexamform), a PrivIT Profile (e-ppe.com), or an equivalent school form.

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





Simple lifestyle changes such as regular exercise and healthier eating can help decrease the risk of colorectal cancer. Eating plant-based foods such as vegetables, fruits, legumes, and whole grains help maintain a healthy weight and can aid in weight loss. A diet containing fiber-rich foods such as raspberries, pears, apples, bananas, oranges, cooked artichoke, peas, broccoli, corn, whole grains, and legumes promotes regularity and prevents constipation.

Research shows that regular exercise may reduce the risk of colorectal cancer by improving immune function, reducing inflammation, and moving food more rapidly through the colon. The U.S. Department of Health and Human Services recommends that adults get 150 minutes of moderate-intensity exercise each week.

In addition to a dynamic social media campaign, LMHS held events throughout the month of March to increase awareness of colorectal cancer and the importance of preventative screenings, including a Walk with a Doc event on March 26 with David E. Subler, M.D., of Licking Memorial Gastroenterology. Employees participated in Wear Blue Day for Colon Cancer Awareness on Friday, March 4, and the Main Street Café featured high-fiber specials during the week of March 21.

When discovered early, colorectal cancer is highly treatable and one of the most curable cancers. Most colorectal cancers can be treated with surgery followed by chemotherapy to decrease the risk of recurrence. There are a number of ways to get screened for colorectal cancer, but a colonoscopy is key to early detection and pre-cancerous polyp removal. Visit LMHSColonHealth.org to learn more about colorectal cancer prevention.

The American Cancer Society estimates that there will be 106,180 new cases of colon cancer and 44,850 new cases of rectal cancer in 2022. Embracing this year's theme that no one fights cancer alone, Licking Memorial Health Systems (LMHS) continues to spread awareness to the community about colorectal cancer by providing information and resources on cancer screenings and colon health.

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers in both men and women. Increased colon cancer screenings and the advancement in treatments for colorectal cancer has contributed to a decrease in deaths from these cancers; however, the disease has been rising among people younger than 50. The United States Preventive Services Task Force (USPSTF) now recommends that all average-risk individuals should begin screening for colorectal cancer at age 45. Regular screenings are important to detect and remove pre-cancerous polyps, which often are present without symptoms.

Individuals who have a family history of colorectal cancer or certain risk factors, such as inflammatory bowel disease, should start screening earlier and more frequently. There are often no signs or symptoms of colorectal cancer, which is why regular screenings are so important. Many symptoms of colorectal cancer can also be associated with other health conditions. Only a physician can determine the cause. Do not delay seeking treatment if symptoms worsen.

For more resources, visit

LMHSColonHealth.org



Behind the Scenes – Gastroenterology

Apprehension about receiving medical treatment is not uncommon. Fear of certain invasive medical procedures, pain, or an unfavorable diagnosis may cause patients to delay needed medical care. To ease anxiety, the highly-qualified and professional staff at Licking Memorial Gastroenterology strives to provide engaging and supportive care. Through preventative screenings, early diagnosis, and high-quality treatment, the staff improves patient quality of life by preventing cancer and other gastroenterological illness, relieving pain, and saving lives. Their goal is to make sure individuals receive the gastroenterological treatment they need, while earning the community's trust as a reliable, high-quality healthcare provider.

Gastroenterology is a subspecialty of internal medicine that focuses on the diagnosis and treatment of digestive tract and liver diseases. Acid reflux, peptic ulcer disease, ulcerative colitis, Crohn's disease, irritable bowel syndrome (IBS), colon polyps, and cirrhosis are some of the diseases treated by the healthcare professionals at Licking Memorial Gastroenterology. The practice provides office consultations, hospital care, and diagnostic procedures, such as colonoscopies, for early detection and prevention of colon cancer.

Recently, President Joe Biden declared cancer prevention a national priority and relaunched the Cancer Moonshot Initiative. Originally introduced in 2016, the initiative looks to accelerate progress in cancer research, reduce the death rate from cancer by 50 percent, and improve the experience of patients and families living with and surviving cancer. Licking Memorial Gastroenterology shares this goal and strives to improve the day-to-day life of patients through preventing disease, including colon cancer.

According to the American Gastroenterological Association, colon cancer has the third highest cancer mortality rate in both men and women, yet is one of the most preventable diseases. Early detection is crucial to the prevention of colon cancer; however, many patients do not obtain colon screening because they are not

experiencing symptoms. Colon cancer develops from polyps, which often take years to evolve into cancer. By the time symptoms develop, such as a blockage or bleeding, the cancer may be too advanced to treat. Because regular screenings help discover cancer early when it is more treatable, Licking Memorial Gastroenterology offers several screening options, including colonoscopy, fecal occult blood test (FOBT), and stool DNA test.

Colon cancer screenings are recommended for high-risk individuals, such as those who have a personal or family history of colon cancer or polyps and a history of inflammatory bowel disease. As of May 2021, the United States Preventive Services Task Force lowered the recommended age of those who should be screened from anyone 50 years of age to 45 years.

Colonoscopy is the "gold standard" for colon cancer screening. During this procedure, the entire colon – approximately three feet – is evaluated by the physician using a colonoscope, a long, flexible tube equipped with a light and tiny camera. The test is one of the most sensitive tests currently available for detecting colon cancer. If abnormalities are discovered, a biopsy or complete removal of polyps can be accomplished during the procedure. Negative findings indicate that no further studies are necessary for approximately 5 to 10 years.

Although a colonoscopy is generally tolerated well, it is an invasive procedure that requires extensive preparation and sedation. This may cause some patients to feel uncomfortable and forgo screening. Embarrassment or fear of judgment can also lead to reluctance. To help alleviate any apprehension, the Licking Memorial Gastroenterology staff works to create a comfortable space for patients to share their concerns so that they can find the care that best fits their needs. Additionally, patients are provided educational information and step-by-step instructions so they know exactly how to prepare and what to expect during the test. Other non-invasive procedures are also available, such as the Hemoccult test and Cologuard.

The Hemoccult test, a fecal occult blood test, is the most common screening tool. The test checks for traces of blood in the stool. It is an inexpensive test with no complications; however, it is only able to detect approximately 30 percent of potential cancers. Cologuard involves screening a collected stool specimen for cancer DNA. The test has been proven to be accurate and is recommended every three years.

If screening shows cancer is present, Licking Memorial Gastroenterology coordinates treatment with Licking Memorial Oncology and the Licking Memorial Surgery Department. After treatment, Licking Memorial Gastroenterology provides follow-up care that may include nutrition and diet changes, supplementation treatment, and continuing care for any other gastroenterological conditions. As every patient is different, the treatment is tailored to individual needs.

Among other services, Licking Memorial Gastroenterology also performs esophagogastroduodenoscopy (EGD), Bravo® study, esophageal motility study (EMS), and capsule endoscopy. EGD, which is one of the more common procedures performed, is used to examine the lining of the esophagus (the tube that moves food from the throat to the stomach), the stomach, and the upper part of the small intestine. Gastroenterology staff often perform the test to investigate abdominal pain, difficulty swallowing, prolonged nausea and vomiting, heartburn, anemia, or blood found in stool.

A Bravo® study is used to measure the amount of acidity in the esophagus and to diagnose gastroesophageal reflux disease (GERD). GERD occurs when stomach acid frequently flows back into the esophagus. During the test, the clinician adheres a small recording device to the esophagus to monitor how much acid is flowing backward from the stomach. The results will allow the physician to determine the extent of the condition and how better to treat the patient.

EMS also detects and treats conditions of the esophagus. The procedure is used to

assess how well the esophagus contracts and relaxes. During the procedure, a small catheter is placed in the nose and stomach. While the patient takes a series of deep breaths or swallows repeatedly, tiny sensors detect and record the pressure and motor function of the esophagus. EMS may be performed in order to further evaluate the causes of gastric reflux, heartburn, difficulty swallowing, or functional chest pain. It may also be used in pre-operative testing for patients who are being considered for anti-reflux surgery.

When the gastroenterologist needs a more comprehensive view of the digestive system, a capsule endoscopy is completed. Also known as the pill cam, the procedure uses a tiny wireless camera to take pictures of the entire digestive tract. The camera is contained in a vitamin-sized capsule that is swallowed by the patient. As the capsule travels through the digestive system, thousands of pictures are transmitted to a recorder worn around the individual's waist. The procedure allows the physician to receive a complete view of the digestive system. A capsule endoscopy may be performed to:

- Find the cause of gastrointestinal bleeding
- Diagnose inflammatory bowel disease, such as Crohn's disease
- Diagnose cancer
- Diagnose celiac disease
- Screen for polyps

Licking Memorial Gastroenterology strives to treat the whole patient. Through following up on referrals to other organizations, requesting appropriate testing, and providing resources, they assist patients in achieving their best level of health. Additionally, once a procedure is completed, Gastroenterology checks in with patients to ensure that repeat procedures and screenings are completed to optimize early detection and treatment when necessary. To learn more about the services available at Licking Memorial Gastroenterology, visit LMHealth.org. For more information about colon cancer prevention, visit LMHSColonHealth.org.

Virtual Red Dress Event Focuses on Brain Health and Heart Disease

Out of an abundance of caution due to a surge in COVID-19 cases in the area, Licking Memorial Health Systems (LMHS) hosted The Heart Truth – A Red Dress Event virtually on February 10. The red dress is the nationally-recognized symbol to increase awareness for heart health for women. For the past 19 years, LMHS has presented a program to improve healthy heart behaviors in conjunction with the American Heart Association’s Go Red for Women campaign.

LMHS President & CEO Rob Montagnese welcomed and thanked participants by explaining that heart disease affects people of all ages and that education about the disease can assist in improving heart health. He also shared some of the measures LMHS has taken to provide the best quality heart care for local residents.

“For many years, our community has been blessed with an exceptional team of cardiologists. Since 2007, LMHS has operated a very successful interventional cardiology program, and we are fortunate to have an outstanding team of interventional cardiologists who are available at any hour of the day to serve the community,” Rob said.

Rob has also worked to ensure the overall heart health of the community by establishing a heart failure clinic, a donation of AED equipment in many public areas, donations of EKG equipment to local emergency medical technician squads, a Wellness Center at the Career and Technology Education Centers of Licking County, and the Heart to Play Program, which has helped to identify detrimental heart issues in 49 local youth. He also prioritizes the health of over 2,200 LMHS employees with many initiatives throughout each year.

The guest speaker, Leslie Solomon, APRN-CNP, joined LMHS in 2007, and has been serving as a nurse practitioner at the Licking Memorial Heart Center since 2017. She earned her Associate Degree of Nursing from Ohio University in Zanesville, and received her Bachelor and Master of Science in Nursing degrees

from Ohio University in Athens. Leslie is certified by the American Academy of Nurse Practitioners.

Leslie’s presentation – Brain Health and Heart Disease – focused on the connection between a healthy heart and conditions that affect the brain, such as stroke and dementia. She explained that the head receives almost 25 percent of the blood pumped by the heart, and brain cells use at least 20 percent of the nutrients and oxygen carried by the blood to function normally. If the heart is not pumping strongly or the blood vessels leading to the brain are damaged, the brain does not receive enough oxygen and nutrients to function properly. Studies show that people who develop heart disease may experience a more rapid decline in brain and cognitive function than those who have never had heart problems.

Researchers have also discovered links between the brain and the heart. Poor mental health has been found to increase risks for heart disease. Some of the most common mental health disorders associated with heart disease include:

- Mood disorders – depression or bipolar disorder
- Anxiety disorders – generalized anxiety, social anxiety, panic disorders, and phobias
- Post-traumatic Stress Disorder (PTSD)
- Chronic stress

Those who experience depression, anxiety, stress, and PTSD may experience increased heart rate and blood pressure,

reduced blood flow to the heart, and heightened levels of cortisol. Over time, these conditions may lead to calcium buildup in the arteries, metabolic disease, and heart disease. Mental health disorders can affect behavior as well. Those experiencing a mental health disorder may be less likely to engage in heart-healthy behaviors that reduce the risk of heart disease and increase the chance of unhealthy behaviors, such as smoking and high alcohol consumption.

Taking steps toward better heart health will also lead to better brain health. Attempt small manageable daily improvements to enhance overall health. Be sure to control and manage blood pressure by taking medication as prescribed, maintaining a healthy weight, and eating a healthy diet. Quitting smoking reduces the risk of heart and brain disease. Smoking damages blood vessels and makes blood more likely to clot, which can lead to heart disease and stroke. It is also vital to tend to mental health by pursuing hobbies, talking with family and friends, and practicing relaxation techniques.

Sufficient, quality sleep is important to both brain function and heart health. Sleep provides time for the body to restore and recharge. Insufficient or fragmented sleep can contribute to increased risk of high blood pressure, heart disease, heart attack, diabetes, and stroke. Sleep deprivation can affect the memory and lead to issues with thinking, learning, focusing, and emotional and behavioral control.



Leslie Solomon, APRN-CNP, and LMHS President & CEO Rob Montagnese

Virtual Corporate Breakfast Highlights Urology and da Vinci Surgical Robot

In January, the Licking Memorial Hospital (LMH) Development Council hosted a virtual Corporate Breakfast focused on Licking Memorial Urology services and an introduction to the recently acquired da Vinci Surgical System. Roy Brown Jr., M.D., of Licking Memorial Urology, discussed the numerous abilities that urologists possess in treating urological ailments. Curt Misko, M.D., of Licking Memorial Women’s Health, presented an overview of urogynecological services and the many benefits of using the da Vinci robot for procedures.

Dr. Brown and Derrick Reedus, M.D., who both joined Licking Memorial Urology in October, are board certified in urology and have more than 25 years of experience in treating urological conditions. The physicians along with two highly-qualified nurse practitioners – Lacie A. Emerine, APRN-CNP, and Katie M. Long, APRN-CNP – offer the community access to general and advanced urology health services.

Dr. Brown began his presentation by describing the practice of urology – the study of the functions and disorders of the urinary system, which includes the bladder, kidneys, ureters, and adrenal glands. Urologists also are an extremely valuable asset to men’s health by providing care for the male reproductive organs and male fertility. Common complications that can be treated by a urologist include kidney stones, enlarged prostate, male and female incontinence, prostatitis, and various cancers of the urinary system, such as prostate, kidney, and bladder cancer.

Prostate cancer is the most commonly treated cancer by urologists. Dr. Brown recommended that all men above the

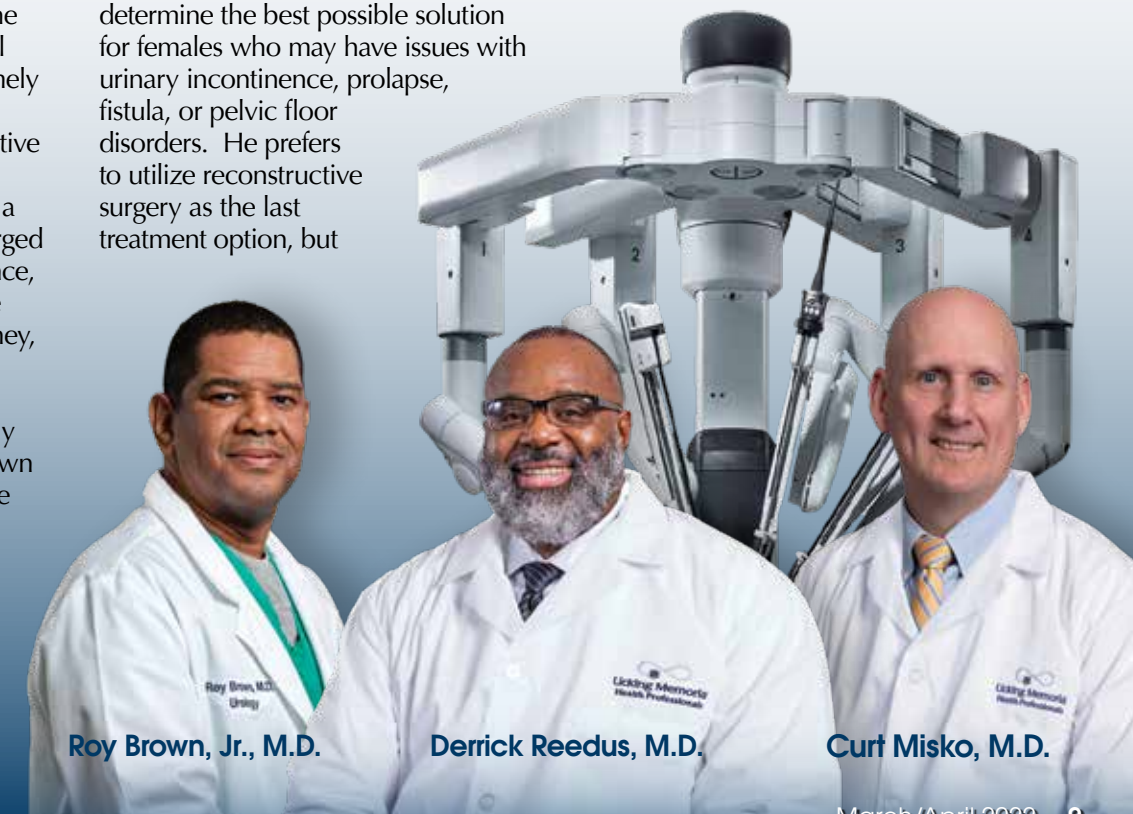
age of 55 should receive a prostate exam, while African American males and men with a family history of prostate cancer should receive an exam starting at age 45. The most efficient treatment for prostate cancer is a prostatectomy, which is the removal of the prostate. Dr. Brown shared that the procedure is completed robotically approximately 85 percent of the time, and the first robotic prostatectomy was recently performed using the da Vinci Surgical System at LMH. Patients may also undergo various methods of radiation therapy for prostate cancer. Dr. Brown provided various treatment options for bladder and kidney cancer, as well as treatment for other ailments, such as kidney stones and an enlarged prostate, that are offered by LMH urologists.

Dr. Misko, who joined Licking Memorial Women’s Health in July, provided a detailed synopsis of urogynecology during his portion of the presentation. A urogynecologist specializes in female pelvic medicine, which includes the female bladder, rectum, and reproductive system. Dr. Misko explained that his practice collaborates with urologists and gynecologists to help determine the best possible solution for females who may have issues with urinary incontinence, prolapse, fistula, or pelvic floor disorders. He prefers to utilize reconstructive surgery as the last treatment option, but

complimented the da Vinci Surgical Robot in its ability to make surgeries safer and easier.

“The da Vinci Surgical Robot has been an extremely valuable tool for physicians who perform surgeries at LMH,” said Dr. Misko. “Surgeries are now much easier for both the surgeon and the patient. We can now make less and smaller incisions in the abdomen, which heavily decreases blood loss and surgery time, and increases the patient’s comfort. Patients are able to go home the same day after some procedures that previously did not allow them to leave the Hospital, which helps to provide more patient relief.”

Both Dr. Brown and Dr. Misko answered a few questions after the presentation and encouraged viewers to schedule an appointment or request a referral from their primary care physician for any of the issues mentioned during the virtual event. Please call (220) 564-7520 to schedule an appointment with Dr. Brown or Dr. Reedus, or call (220) 564-4677 to schedule an appointment with Dr. Misko.



Roy Brown, Jr., M.D.

Derrick Reedus, M.D.

Curt Misko, M.D.

2022 Board of Directors Announced

Licking Memorial Hospital (LMH) is pleased to announce the recent addition of community leaders Charles (Chuck) Moore and Jay Young to the Board of Directors. In addition, the LMH Board of Directors elected the following officers for 2022-2023: Jacqueline Parrill, Ed.D., Chair; James Cooper, Esq., Vice Chair; Sharad Thakkar, Ph.D., Secretary; and Paul Thompson, Treasurer.



Chuck has served as the Executive Director of the Food Pantry Network of Licking County since 2003. In 1995, he earned a Bachelor

of Science degree in mathematics with a minor in finance from the University of Rio Grande in Rio Grande, Ohio. Currently, he serves on the Canal Market District and Licking County Chamber of Commerce Boards and the Licking County Job & Family Services Sub-committee. He is also a member of the Newark Rotary Club. In 2020, Chuck was named the Employee of the Year by the Licking County Chamber of Commerce and received the Bravo Award from the Newark Rotary Club. He also received the Newark Salvation Army 2018 Over & Above Service Award. Chuck and his wife, Lori, reside in Nashport with their two children – Riley and Peyton.

Licking Memorial Health Systems (LMHS) has a separate Board of Directors to oversee all aspects of three corporations – Licking Memorial Hospital, Licking Memorial Professional Corporation, and Licking Memorial Health Foundation. It is comprised of eight community leaders, who provide guidance and leadership to the organization. During the annual elections, the LMHS Board elected Patrick Guanciale as Chair, Nancy Neely as Vice Chair, and Judge Craig Baldwin as Secretary/Treasurer for the 2022-2023 term.

Members of both Boards are dedicated individuals who volunteer their time to guarantee the best healthcare and services are available for the community.



Jay has lived in Licking County for more than 30 years. He is the President and CEO of TrueCore Federal Credit Union.

Jay received a Bachelor of Science degree in accounting from Franklin University in 1997. He has also earned the professional designation of Certified Chief Executive from the Credit Union Executive Society. He currently serves as Chair of the Food Pantry Network of Licking County, Vice Chair of the Fostering Further Board, and is a member of the Licking Memorial Hospital Developmental Council. Jay resides in Johnstown with his wife, Eloise. They have three adult children – Jennifer, Matthew, and Amber.

2022 LMHS Board of Directors

Patrick Guanciale, Chair
Nancy Neely, Vice Chair
Judge Craig Baldwin, Secretary/Treasurer
Eschol Curl, Jr.
David Doney
Joyce Malainy, Ed.D.
Michael Massaro
Brian Mortellaro
Jacqueline Parrill, Ed.D., LMH Board Chair
Robert A. Montagnese, Ex Officio

2022 LMH Board of Directors

Jacqueline Parrill, Ed.D., Chair
James Cooper, Esq., Vice Chair
Sharad Thakkar, Ph.D., Secretary
Paul Thompson, Treasurer
Marcia Downes
C. Daniel Hayes, Esq.
Scott Hayes
Alex Miller, Ed.D.
Mark Mitchell, M.D.
Charles (Chuck) Moore
André Sarap
Jack Treinish, Jr.
Philip Wagner, Ph.D.
Jay Young
Robert A. Montagnese, Ex Officio
Andrew C. Seipel, M.D., Chief of Staff

National Healthcare Decisions Day Emphasizes Advance Care Planning

On April 15, Licking Memorial Health Systems (LMHS) observed National Healthcare Decisions Day (NHDD) to inspire, encourage, and empower people to discuss advance care planning (ACP). Founded in 2008, NHDD is an annual initiative of The Conversation Project in all 50 states to provide clear, concise, and consistent information on healthcare decision-making through the widespread distribution of simple, free, and uniform tools – not just forms – to guide the process. Pastoral Care Chaplain Cory Campbell will be available throughout the day to offer employees education regarding the LMHS Advance Care Planning Program.

Numerous community, state, and national organizations are committed to providing adults who have decision-making capacity with the information and resources to communicate and document their personal wishes about current and future healthcare decisions. To ensure their preferences are followed and respected, individuals are encouraged to reflect on and discuss the type of care they would want if seriously ill, the fears they have about becoming seriously ill, and the beliefs that guide their decisions.

Making future healthcare decisions is one part of the ACP process, but it includes much more than determining options. ACP begins with expressing preferences, clarifying values, and selecting an agent to communicate healthcare decisions if incapacitated. NHDD encourages individuals to express their wishes regarding healthcare and for providers and facilities to respect those wishes. Conveying wishes to loved ones, friends, and healthcare providers removes uncertainty in the event of a healthcare or medical crisis.

The plan can be completed at any time or age and should be revisited, especially if there is a significant change in medical condition.

ACP involves the use of advance directives – legal documents (living will and healthcare power of attorney) that direct medical care when a patient is unable to communicate his or her own wishes due to a medical condition. State-specific advance directives are available to download. Each state's advance directive is legally reviewed on an annual basis and meets each state's statutory requirements. Completing an advance directive is an important step toward having healthcare preferences honored.

In Ohio, do not resuscitate orders, living wills, organ donation, and durable power of attorney are advance directives that are authorized by state law. The elements involved in drafting or determining wishes regarding advance directives are very important. The Ohio Hospital Association and Ohio

hospitals are committed to providing the education and resources needed to assist individuals to take control and record these wishes in writing, including the Ohio Advance Directives booklet, *Choices: Living Well at the End of Life*, which includes the most recent advance directive forms.

Joining the efforts to spread the importance of conversations about end-of-life care, LMHS offers a free program to answer questions about advance care planning and explain the documentation needed to ensure an individual's right to accept or refuse medical care if they become mentally or physically unable to communicate those wishes. LMHS employees are also encouraged to urge friends and family members to have similar conversations. To learn more about LMHS' Advance Care Planning program, call (220) 564-4004 to schedule a free consultation.



LMH 124th Birthday Celebration Offers an Opportunity to Assist Those in Need

Licking Memorial Hospital (LMH) marks January 18 as the date the first Hospital in Newark was created to provide care for area residents. Following in the footsteps of the founders, LMH continues to work to improve the health of the community and assist those in need. The employees, members of the medical staff, volunteers, retirees, TWIGS members, Boards of Directors, and Development Council members are all integral parts of the organization that provide excellent care.

This year, LMH celebrated 124 years of caring. As part of an annual birthday tradition started 18 years ago, the employees generously provided monetary donations and cold weather items, such as new outerwear and blankets, to donate to the Centers for New Beginnings and the Salvation Army.

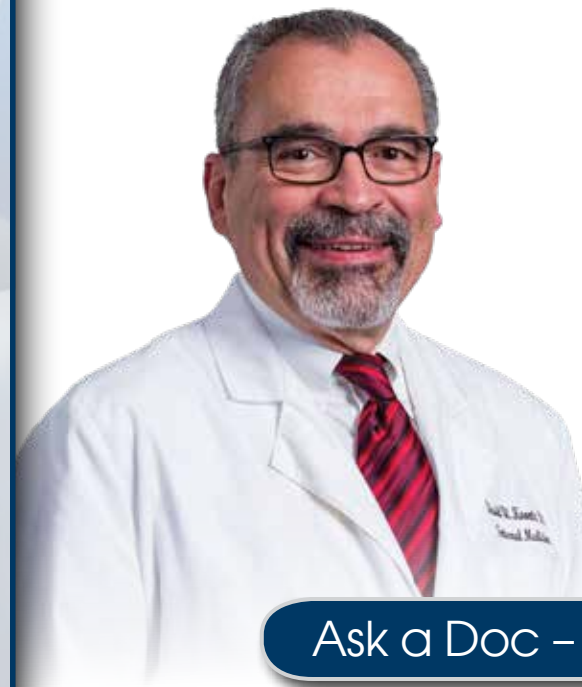
“The community not only benefits from the hard work and expertise of our staff, but also their generosity. The employees are always ready to assist others, and we are proud of the care provided to our neighbors, friends, coworkers, and family members,” said LMHS President & CEO Rob Montagnese.

For the birthday gift collection, a friendly interdepartmental competition was established. Various departments were organized into teams with equal numbers of participants. The teams competed to determine which group donated the largest amount of cold weather items in pounds and the largest monetary donations. In keeping with social distancing requirements, the awards ceremony announcing the winners was streamed live online.

Total contributions of cold weather items equaled 136.2 pounds, with 105.8 pounds donated by the first-place team comprised of Culinary Services, Environmental Services, Laundry, and Transportation staff members. Monetary donations totaled \$10,870, and the team comprised of Anesthesiologists, Hospitalists, Infectious Disease, Laboratory, LMHP Administration, and Pathology staff donated \$2,505 to receive first place. Members of each team received a gift card to the Main Street Café at LMH.



Top Photo: Lt. Kaitlyn Haddix (left), of the Salvation Army of Licking County, and LMHS President & CEO Rob Montagnese. Right Photo: Director of Domestic Violence Services Tricia Hufford, (right), of The Center for New Beginnings, and LMHS President & CEO Rob Montagnese.



Physician Spotlight

David W. Koontz, D.O., a lifelong resident of Newark, has served the community as an Internist for almost 33 years. Dr. Koontz graduated from Newark High School in 1975 and completed his undergraduate studies at Miami University in Oxford, Ohio. He received his Doctor of Osteopathic Medicine from the Ohio University College of Osteopathic Medicine, where he served as class president. Dr. Koontz completed an internship at Doctors' Hospital and his internal medicine residency at Riverside Methodist Hospital, both in Columbus.

Dr. Koontz is a member of the American Osteopathic Association and the Ohio Osteopathic Association. Dr. Koontz is the former Medical Director of the Hospital and Palliative Care of Central Ohio, and also has served on the Boards for the Licking County Aging Program and the Licking County Diabetic Association. He currently serves as the Medical Director of the Licking Memorial Hospital Acute Inpatient Rehabilitation Unit.

Dr. Koontz and his wife, Karen, reside in Newark. The couple has two sons, Maxwell and Spencer. In his free time, he enjoys traveling to National Parks, hiking, fly fishing, hunting, and working on his farm. Dr. Koontz is active with Honor Flight Columbus and flies as the chief medical lead, responsible for all veterans and guardians on board. He is also a member of Spring Hills Baptist Church.

Ask a Doc – Dementia with David W. Koontz, D.O.

Question: Can maintaining a healthy lifestyle lower the risk for dementia?

Answer: At the present time, there are no means to prevent or cure most forms of dementia. As medical studies and research continues, evidence suggests a healthy lifestyle reduces the risk of developing dementia. A number of healthy behaviors that benefit overall health have been associated with substantially lowering the risk for disorders affecting the brain. Modifying risk factors, such as promoting heart health and managing depression, also reduces the risk of dementia.

Dementia is the loss of cognitive functioning, thinking, remembering, and reasoning to such an extent that it interferes with daily life and activities. Some people with dementia cannot control emotions and experience personality changes. The disease ranges in severity from the mildest stage, when it initially begins to affect functioning, to the most severe stage, in which the sufferer depends completely on others for basic activities of living. There are several different forms of dementia, including Alzheimer's disease, and symptoms vary depending on the type.

While about one-third of all people age 85 or older may have some form of dementia, the disorder is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia. Signs and symptoms of dementia result when once-healthy neurons, or nerve cells, in the brain stop functioning, lose connections with other

brain cells, and die. While everyone loses some neurons as they age, people with dementia experience far greater loss.

It is not possible to change certain dementia risk factors, such as age and genetics. New research indicates having two or more chronic conditions in middle age is associated with an increased risk of dementia later in life. Common chronic conditions include high blood pressure, diabetes, coronary heart disease, depression, and chronic lung disease (COPD). The results show that the risk is greater when chronic conditions develop in a patient in their mid-50s, rather than later in life.

However, managing chronic conditions and combining healthy lifestyle behaviors has been associated with substantially lowering the risks for brain disorders. Chronic disease management requires treating the symptoms of a long-term condition to reduce the progression of the disease. Management is accomplished through appropriately following the instructions on prescribed medications and making lifestyle changes. Research participants who adhered to specified healthy behaviors were found to have a 60 percent lower risk of dementia – specifically Alzheimer's disease. The behaviors were at least 150 minutes per week of physical activity, not smoking, light-to-moderate alcohol consumption, a high-quality diet, and cognitive activities.

A lack of regular physical activity increases the risk of heart disease, becoming overweight or obese, and type 2 diabetes, which are all linked to a higher risk of dementia. Older adults who do not exercise are also more likely to have problems with memory or other cognitive abilities. Follow the recommended guidelines of doing at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking, cycling, or dancing. Strengthening exercises at least twice a week, such as gardening or yoga, also are recommended. In addition to exercise, avoid sitting for long period of times by moving around regularly.

Strong evidence exists that indicates smoking increases the risk of developing dementia. While not everyone who smokes will be diagnosed with dementia, quitting reduces the risk to the level of non-smokers. Smoking causes the arteries to become narrower, which can raise blood pressure. High blood pressure increases the risk of vascular problems, including strokes or smaller bleeds in the brain, which are also risk factors for dementia. In addition, toxins in cigarette smoke increase oxidative stress and inflammation, which have both been linked to the development of Alzheimer's disease.

Diet is also important in lowering dementia risks. A diet high in saturated fat, salt, and sugar and low in fiber increases the risk of high blood pressure,

high cholesterol, becoming overweight or obese, and type 2 diabetes – all conditions that can lead to developing dementia. A healthy diet includes consuming plenty of vegetables, fruits, nuts, whole grains, and fish while limiting sodium, saturated fat, and added sugars. Including foods that are rich in potassium, calcium, and magnesium is also suggested as these nutrients assist in controlling blood pressure. Drinking excessive amounts of alcohol can damage the nervous system and increases the risk of stroke, heart disease, and some cancers. The recommendation is to limit consumption to no more than 14 alcoholic drinks per week.

Finally, being intellectually engaged strongly benefits the brain. People who engage in personally meaningful activities, such as volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve brain function as well. For example, one study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities. Research on engagement in activities such as music, theater, dance, and creative writing has shown promise for improving quality of life and well-being in older adults, from better memory and self-esteem to reduced stress and increased social interaction.



Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Patient Story – Lisa Hardy

The chemotherapy drugs interfere with cancer cell development and growth by preventing the cancer cells from dividing and multiplying. In addition to the AC chemotherapy, Lisa also received 12 cycles of paclitaxel – another chemotherapy medication used to interfere with the cancer cell growth.

“I was told this type of chemotherapy is very aggressive, and I would likely experience side effects such as nausea or vomiting, but I never did,” Lisa shared. “I was very lucky. I felt fatigued, but I never once felt ill or weak after a treatment.”

Lisa visited the Oncology Clinic at Licking Memorial Hospital (LMH) to receive her treatments. “The staff is absolutely wonderful,” Lisa said. “They were kind and supportive, and would get excited with me when the results from my blood tests confirmed my white blood cell count was adequate enough to receive treatment.” Oftentimes, the chemotherapy medications temporarily cause a drop in the number of white blood cells in the body. When the number is too low, treatment must be delayed. “I did not want any delays. I just wanted to receive my treatments, complete them all, and move on to the next step. By the grace of God, I received all but one of my treatments on time and never had to be hospitalized.”

As she underwent her treatments, Lisa continued contract work as a Sourcing Specialist at Owens Corning. Lisa began working for the company in 2004. When she retired in 2016 to assist taking care of her grandchildren, Owens Corning offered her a contractor position to allow her more flexibility and the ability to work from home.

“The company was amazing through my treatments,” Lisa said. “They were very supportive and allowed me to take whatever time I needed to care for myself.”

After her last dose of chemotherapy was complete, Lisa marked the occasion by ringing the bell at LMH – a worldwide tradition that allows patients to memorialize a monumental milestone while providing hope and determination. Lisa brought her daughter and son to her final appointment to participate in the occasion.

“I made the treatments look easy, breezing through them without slowing down much at all,” Lisa joked, “But it was not easy. It can be overwhelming to think about what could happen if the treatments do not work, or if I became too ill to continue.”

After the chemotherapy treatments, Lisa’s recovery journey continued in December when she underwent a lumpectomy – surgery to remove the cancer from her breast. After a recuperation period from the surgery and another round of oral chemotherapy, Lisa will receive radiation therapy to destroy any remaining cancer cells. Special high-energy X-rays are used in the treatment to damage cancer cells so that the cells cannot repair themselves and reproduce.

The cancer treatment process was familiar to Lisa and her family as her husband, Jim, underwent similar treatments for lung cancer. His treatments ended with success in February 2020, when he was declared to be in remission. Unfortunately, Jim contracted COVID-19 and died in April 2020. Lisa and Jim had been married for 35 years. The couple raised their four children, Joshua Boone, Joshua, Jason, and Elizabeth Hardy, in Licking County. Lisa is now a proud grandmother to 10 grandchildren, Eric, Taylor, Avery, Finley, Harper, Brooks, Lauren, Dylan, Paige, and Camden. Though the past years have been a challenge, Lisa’s family continues to be the motivation that assists in working to fight the cancer. She feels strong and confident and looks forward to being a part of her grandchildren’s lives for many more years.

Lisa Hardy focuses on reasons to feel blessed rather than on the challenges of the past two years and those she has yet to face in the coming months. She is grateful for her family who has provided support through her ongoing battle with breast cancer and the loss of her husband, Jim, in 2020. She also is appreciative of the team of healthcare professionals, including staff at Licking Memorial Health Systems (LMHS), who continue to assist her through treatments.

Lisa’s breast cancer diagnosis came as a complete shock. When she discovered the lump in her breast in May 2021, she was not overly concerned because she had experienced similar lumps that were found to be benign cysts. Lisa made an appointment to visit her obstetrician and gynecologist, Janae M. Davis, M.D., of Licking Memorial Women’s Health – Downtown Newark. Dr. Davis ordered a mammogram to determine the nature of the lump. After the mammogram and an ultrasound confirmed the lump was a tumor, Lisa underwent a biopsy and was informed she had triple negative breast cancer in June. Dr. Davis suggested that Lisa meet with an oncologist to begin treatments.

“I started talking with people I knew about which healthcare provider to visit, and a friend recommended Oncologist D’Anna Mullins, M.D., of Licking Memorial Hematology/Oncology,” Lisa said. “The very first visit with her, I felt instantly comfortable and confident that she was the right provider.”

Dr. Mullins suggested Lisa receive four cycles of AC chemotherapy to contain the spread of the cancer beyond the breast. AC is a combination of two chemotherapy medications, doxorubicin, also known as Adriamycin, and cyclophosphamide.

LMH Hematology/Oncology Department Introduces New Initiatives to Improve Cancer Care

Licking Memorial Health Systems (LMHS) is dedicated to improving patient outcomes and quality of life for cancer patients by providing high-quality, comprehensive care that focuses on the health and well-being of the patient from the time of diagnosis through treatment and survivorship. Throughout the past year, the Hematology/Oncology Department has established new programs and initiatives designed to support cancer patients and their caregivers emotionally and physically.

Last spring, Licking Memorial Hospital (LMH) established a Cancer Support Group to help people cope with all aspects of cancer by providing a safe environment to share experiences and learn from others who are facing similar situations. The monthly support group is open to all individuals with cancer in the community, regardless of where treatment is administered. Facilitated by the LMH Oncology staff, the group offers encouragement, education, and an opportunity for participant discussion. A healthy food option, selected by the Oncology Dietitian, is served at each meeting.

The support group recently extended participation to caregivers of cancer patients. Caregivers meet with an Oncology staff member to learn how to better understand what their loved one is experiencing and how to best support them, while understanding their own role in their loved one’s cancer journey. The group provides encouragement, resources, and camaraderie for those who are caring for a loved one with cancer. The Cancer Support Group meets in the Hematology/Oncology Department lobby on the LMH Fifth Floor on the fourth Tuesday of each month at 5:00 p.m.

LMH recently introduced a chair yoga session for cancer patients and their caregivers. Studies have shown that yoga provides both mental and physical health benefits to people with cancer. Gentle yoga exercises can help to combat fatigue and improve strength and range of motion for patients undergoing cancer treatment. It also can reduce depression and anxiety. The class focuses on basic physical poses with the use of a chair for support, breathing techniques, and meditation. The next session is scheduled on Tuesday, April 26, from 4:00 to 5:00 p.m., in the LMH Ground Floor Auditorium. Registration is required and may be completed by calling (220) 564-1890. Participants are welcome to stay for the Cancer Support Group that immediately follows.

To expand access to breast cancer surgeries in Licking County, LMHS recently hired Christopher S. Meyer, M.D., a general surgeon with a focused interest in the surgical management of breast cancer and benign breast disease. He earned his medical degree from The Ohio State University College of Medicine and completed a general surgery residency at the University of Cincinnati Medical Center. He is board certified in general surgery and has over 20 years of surgical experience.

In efforts to provide treatment options close to home for patients who receive positive results from a mammogram, LMH has hired a breast cancer navigator who offers support and guidance to patients from screening and diagnosis through treatment and survivorship. The primary role of a breast cancer navigator is to educate and coordinate services to meet the physical and emotional needs of the patient during treatment. The navigator helps patients effectively communicate with their cancer care team and specialists involved in their care, as well as assist with scheduling and coordinating appointments with various healthcare specialists.

The LMH Hematology/Oncology Department has been continuously accredited by the American College of Surgeons’ Commission on Cancer (CoC) since 2000 and is the proud recipient of the CoC’s Outstanding Achievement Award. In 2018, the CoC granted a three-year approval with commendations to the program, indicating that LMH demonstrates compliance with all mandatory standards for organizational and operational elements.



Cancer Care – How do we compare?

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

1. Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Percentage of cancers correctly identified by the mammogram	93.4%	98.5%	100%	78%⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	98.5%	98.7%	98.4%	90%⁽²⁾

2. Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and effectively treated when it is diagnosed in its early stages. The results from most screening mammograms are negative – meaning no cancer was detected; however, the screening mammogram may have been life-saving technology for patients who are found to have breast cancer. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations – meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	5	6	6	2 to 10⁽³⁾

3. Wait time is defined as the number of days between the completion of the first procedure and the second scheduled procedure. The amount of time between testing and procedure is significant to enabling physicians to more quickly identify and diagnose breast cancer and begin patient treatment.

Wait times:	LMH 2018	LMH 2019	LMH 2020	National ⁽⁴⁾
Screening to diagnostic mammogram	5.2 days	4.8 days	4.4 days	6.5 days
Diagnostic mammogram to needle/core biopsy	6.7 days	5.1 days	5.2 days	5.1 days
Biopsy to initial breast cancer surgery	26.6 days	20.3 days	18.4 days	24 days

4. Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

5. When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It then is the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff also may contact the primary care physician to ensure the health of the patient.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Cancer Registry patients with annual follow-up	91%	94%	94%	greater than 80%

6. Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program to provide maximum service.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	7%	8%	12%	greater than 2%

7. In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals measure and track results of cancer screening tests for breast cancer, cervical cancer, and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2018	LMHP 2019	LMHP 2020	LMHP Goal
LMHP active patient population that received screening tests for:				
Cervical cancer (female patients, age 21 to 65)	73%	73%	73%	75%
Breast cancer (female patients, age 50 to 75)	80%	78%	73%	National⁽⁵⁾ 69%
Colorectal cancer (all patients, age 50-75)	69%	67%	67%	National⁽⁵⁾ 66%

8. Hereditary cancers, such as breast cancer, are caused in part by gene mutations passed from parents to children, and generally begin to develop in a person at a younger age. Through genetic testing, researchers can determine if someone carries a specific mutation that puts them and their family members at an increased risk and need for early screenings. LMH offers genetic testing to newly diagnosed patients with breast cancer that meet certain qualifications in order to equip them with the knowledge to make the best choices for themselves and their families.

	2019	2020	2021	LMH Goal
Breast cancer diagnoses that met criteria and received genetic testing	*	61%	74%	90%

**LMH began tracking the number of breast cancer diagnosis that met and received genetic testing in 2020.*

Data Footnotes:

(1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005.

(2) Bassett LW, Hendrick RE, Bassford TI, et al. Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994.

(3) D'Orsi CJ, Bassett LW, Berg WA, et al. BI-RADS: Mammography, 5th Edition in: D'Orsi CJ, Mendelson EB, Ikeda DM, et al: *Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas*, Reston, VA, American College of Radiology, 2013.

(4) National Quality Measures for Breast Centers (NQMBC) www.nqmbc.org database.

(5) Percentages are compiled by averaging Commercial, Medicare, and Medicaid data as reported in "The State of Health Care Quality Report," 2017 Screening Rates.



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

Improving Mental Wellness during Cancer Treatment

A cancer diagnosis is a life-changing experience that can affect the emotional health of patients and their families. Research from the National Cancer Institute suggests that psychological stress may affect the growth and spread of a tumor. Below are several ways for people to overcome stress and anxiety and promote mental wellness and emotional resilience during cancer treatment.

- Physical activity stimulates the production of endorphins, helps to reduce stress, and increase circulation, which can boost the immune system.
- Eating high-quality foods that contain plenty of vitamins, minerals, and antioxidants help to nourish the brain and protect it from free radicals that can damage cells.
- Practicing meditation and mindfulness helps to reduce stress and anxiety and also offers many health benefits such as controlling pain and fatigue, improving sleep, managing feelings of sickness, and lowering blood pressure.
- Create a bedtime routine and consistent sleep schedule, avoid stimulants late in the day, such as caffeine and sugar, and discontinue the use of electronic devices 30 minutes before bedtime to obtain the proper amount of sleep.
- Surround yourself with people who can provide social and emotional support.

Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Kelsey Weisent

is a safe option for delivery under careful assessment and advanced medical care. Women who achieve a vaginal birth after cesarean avoid major abdominal surgery and have lower rates of hemorrhage, thromboembolism, and infection, and a shorter recovery period than women who have an elective repeat cesarean delivery. Kelsey was in good health and deemed to be a good candidate for TOLAC.

“Certified Nurse Midwife Erica Brown explained to me that many healthcare facilities do not offer TOLAC as a choice because a team of experts, including a physician and anesthesiologist, must be present on the Labor and Delivery floor throughout the entire labor process due to the risks. However, I felt TOLAC was the right choice for me,” Kelsey said.

The staff at Licking Memorial Women’s Health and Maternity Services encourage women to take an active role in creating a birth plan by providing a support system and resources that prepare the expecting family for the arrival of their new family member. The patient’s needs and desires are at the forefront of any treatment plan.

“No one ever said that I could not deliver my baby naturally. They discussed my preferences and were considerate of the vision I had for the experience,” Kelsey explained.

Kelsey’s pregnancy was carefully monitored. When she began having contractions late on a December evening, she knew she could labor at home for several hours before heading to Licking Memorial Hospital (LMH). Upon arrival, Kelsey was allowed to choose her preferred method of relaxation and position herself as needed for comfort. The time spent at home had been productive, and her labor was progressing well.

“The nurses were the real champions for me,” Kelsey shared. “They gave valuable coaching advice, explained the details of the next steps, were supportive, and cheered for me as I progressed toward delivery. Every aspect of the experience was my choice. I felt empowered, capable, and excited to achieve the birthing experience I had imagined.”

As the contractions grew stronger, Kelsey was feeling exhausted and did request an epidural – a regional anesthesia that blocks pain in the lower half of the body. The goal of an epidural is to provide analgesia – or pain relief – rather than anesthesia, which leads to a total lack of feeling. Since the labor had already progressed fairly quickly, Kelsey received only minimal pain relief.

“I still felt some of the pain; but, in the end, I was very proud to have endured through the labor and delivery,” Kelsey remarked. “It was a beautiful experience, and I was overjoyed to be able to hold Riley on my chest afterward just as I had dreamed.”

As standard practice at LMH, Kelsey, her husband, Jack, and Riley shared a room for the remainder of their stay. The “rooming-in” model allows parents to bond with their newborn while the professional nursing staff provides support and one-on-one education necessary for a smooth transition home. After a short stay, mother and infant were released to return home and begin life as a family of four.

Both Kelsey and Jack grew up in Newark just a mile apart, but did not meet until they were adults. The couple has been married for four years. Kelsey teaches 4th grade for Newark City Schools. Jack is a nurse at LMH. They are excited to continue raising their family in the Licking County community.

LMH Patient Centering Program

A woman can experience a wide range of emotions when she learns she is pregnant. Excitement and joy are common feelings, but there can also be anxiety about the many life changes that are about to occur. It is natural for a woman to be concerned about her baby’s health, her adjustment to parenthood, and other demands of raising a child. Licking Memorial Health Systems offers a Prenatal Patient Centering program called M.O.M.S. (Maximizing Outcomes with Maternal Support) to provide assistance and prenatal care for qualifying expectant mothers.

The Patient Centering Program offers more personalized care for mothers-to-be and provides a space for women to voice their concerns, share their experiences, and promote self-care. Licking Memorial Hospital (LMH) launched the program in the fall of 2019 to promote healthy birth outcomes by providing educational experiences and more healthcare provider contact to pregnant women.

When a woman attends her initial prenatal appointment with her provider, she meets with an LMH Perinatal Nurse Navigator who offers her the opportunity to participate in the M.O.M.S. program.

The program groups 8 to 12 women with similar due dates to participate in nurse-led meetings beginning around their 14th week of pregnancy. The group meets once a month for the first four meetings, then twice a month for the last four meetings to complete the program around their 36th week of pregnancy.

Each session bundles the prenatal appointment, prenatal education, and social support into a two-hour visit. In the first hour, each woman meets individually with a midwife who checks blood pressure, records weight, and assesses the baby’s growth. Individual concerns are also discussed at this time. The group has the opportunity to socialize, discuss concerns, and provide support to one another while waiting for their individual appointments.

The second hour consists of prenatal education that focuses on all aspects of wellness during pregnancy. Topics for discussion include understanding pregnancy, nutrition, breastfeeding, stress management, exercise, birth, newborn care, child safety, and new mothering issues. Guest speakers, such as LMH dietitians and lactation consultants, attend meetings to discuss their area of expertise and answer questions. The group also receives a tour of

the Labor & Delivery Department to view the facilities and learn more about the maternity services that LMH offers to patients.

In addition to the Patient Centering Program, LMH offers a home visit to every first-time mother, every breastfeeding mother, or a mother who is referred by a physician or nurse, and may need a little assistance or reassurance after delivery. During the visit, a Home Visiting Nurse will complete a blood pressure check, depression screening, and offer breastfeeding support. The nurse will also complete a newborn assessment, weight check, and answer general newborn questions.

M.O.M.S. meetings are held in the lobby of Licking Memorial Women’s Health – Newark, located at 15 Messimer Drive. For additional information about the program, please contact Megan Layman or Kaylissa Smith at (220) 564-3685 or email mLAYMAN@LMHealth.org or kbsmith@LMHealth.org.



For many women, childbirth is an exhilarating, challenging experience that demonstrates the function and design of the female body. The labor of bringing a new life into the world and the intimacy of the moment creates a unique bond between mother and child. However, health concerns may necessitate a cesarean section – the surgical delivery of a baby through an incision made in the mother’s abdomen and uterus. Although the procedure may be a necessary intervention, the experience can cause a mother to experience a range of emotions, including fear and sadness about being unable to deliver naturally. Once a woman has had to have a cesarean delivery, it is often advised that all subsequent deliveries be by cesarean due to increased risk of uterine rupture.

Kelsey Weisent’s first daughter, Emery, was delivered cesarean due to concerning vital signs. Three and a half weeks before her due date, Kelsey’s medical team felt Emery was in distress as her heart rate was dropping. Action was taken to protect the baby’s health.

“The entire experience was overwhelming and left me feeling out of control. I was terrified,” Kelsey remembered. “In the end, I felt like I had missed out on having a natural birth which was something I had envisioned and dreamed of for years.”

When planning for the birth of her second child, Kelsey discussed the possibility of a vaginal birth with her healthcare providers. She discovered that trial of labor after cesarean (TOLAC)

Maternity Care – How do we compare?

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

1. According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother's poor nutritional status before and during pregnancy, and drug, tobacco, or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. **In 2021, there were 872 babies delivered at Licking Memorial Hospital (LMH).**

	LMH 2019	LMH 2020	LMH 2021	National ⁽¹⁾
Low birth-weight infants	5.4%	4.3%	5.7%	8.28%

2. Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women's Health providers have increased their efforts to assess patients' active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH's free "Quit for You, Quit for Your Baby" tobacco cessation program. **During 2021, 23 percent of patients reported smoking at some point during pregnancy and were referred to the program. The below measure reflects the statistical improvement at the time of delivery.**

	LMH 2019	LMH 2020	LMH 2021	State Average ⁽²⁾
Patients who reported smoking at any time during pregnancy	28%	25%	23%	11.9%
Patients who reported as a current smoker on admission for delivery	19%	17%	17%	14.1%

3. Exclusive breastfeeding is recommended as the optimal nutrition for infants for the first six months of life, with continued breastfeeding after the introduction of solid foods for the first year or longer, if desired. The American Academy of Pediatrics (AAP), ACOG, World Health Organization and other healthcare organizations support this recommendation recognizing the significant lifelong health benefits of breastfeeding for both mother and child. The AAP recommends breastfeeding should be initiated within one hour of the infant's birth and recommends against routine supplementation of newborn infants with formula or glucose water unless medically indicated. LMH provides prenatal education as well as support and assistance during the postpartum period to help mothers achieve their goals for successful breastfeeding.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Breastfeeding rate upon discharge	59%	62.5%	65.3%	greater than 55%
Breastfed infants receiving exclusive breast milk prior to discharge	81%	77%	71%	National ⁽⁴⁾ 53%

4. Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages are preferable.

	LMH 2019	LMH 2020	LMH 2021	National ⁽⁴⁾
First-time C-sections	14%	14%	14%	15%

5. Elective deliveries are scheduled in advance rather than occurring naturally, either through induction or C-section. Studies have shown that elective inductions performed before 39 weeks' gestation have higher rates of newborn complications, higher C-section rates, and longer hospitalization for mothers.

	LMH 2019	LMH 2020	LMH 2021	National ⁽⁵⁾
Elective deliveries performed before 39 weeks	0%	1.7%*	0%	2%

*In 2020, one individual out of the 884 births at LMH was scheduled for an elective delivery.

6. Group B streptococci (GBS), which emerged in the U.S. in the 1970s, is an infection that is associated with illness and death among newborns. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	100%	100%	100%	100%
Number of newborns testing positive with GBS	0	0	1	0

Data Footnotes:

(1) Final data for 2018. National Vital Statistics Reports, 68(13). Hyattsville, MD: National Center for Health Statistics. Available at https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_13-508.pdf

(2) Ohio Department of Health: Center for Public Health Statistics and Informatics (2019). Retrieved from <http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/OhioLiveBirths>

(3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5226303/>

(4) MIDAS+ CPMS Comparative Database

(5) HospitalCompare.hhs.gov Comparative Database.



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

Important Vaccines during Pregnancy

Vaccines cause the body to produce antibodies, which are proteins that can identify and prevent pathogens from entering cells and causing illness. When a pregnant woman receives a vaccine, some of the antibodies that are created are passed on to her unborn child, giving the baby protection against disease after birth until the baby can be vaccinated during the first months of life. There are two vaccines that are recommended for pregnant women to receive during pregnancy: influenza and tetanus/diphtheria/pertussis (Tdap).

Pertussis, also known as whooping cough, is a serious disease that can be deadly for infants. Babies are unable to build immunity to whooping cough until they

are vaccinated at 2 months old, which is why medical experts recommend that pregnant women get the Tdap vaccination during each pregnancy. According to the CDC, women who get a Tdap vaccine between 27 and 36 weeks of pregnancy reduce the risk of whooping cough in babies younger than 2 months by 78 percent.

Women who are pregnant during flu season should get a flu vaccine to protect themselves and their unborn child from serious illness. Flu seasons vary in timing each year, but the CDC recommends getting the influenza vaccine by the end of October to ensure the greatest amount of protection for mother and baby before flu season begins.

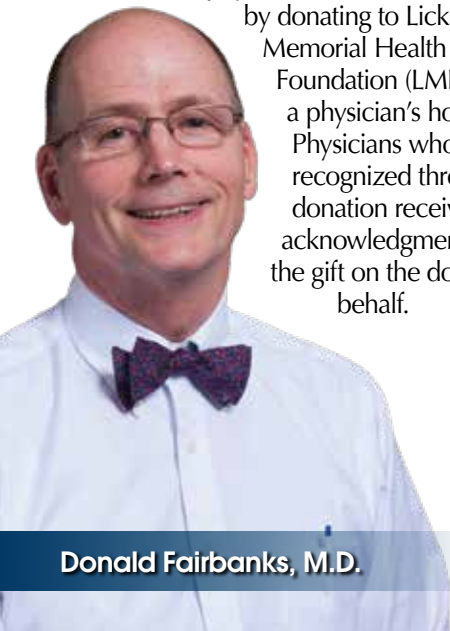
Many pregnant women are hesitant about receiving the COVID-19 vaccine because they are concerned about how it may affect their baby. Studies suggest that pregnant and recently pregnant women are more likely to become severely ill with COVID-19, compared with those who are not pregnant. The vaccine can protect against severe illness from COVID-19, and data has shown that the vaccine is safe for pregnant women and their unborn babies.

Other vaccines are recommended based on a woman's risk factor for getting certain diseases. An expectant mother and her provider should discuss vaccines that she received in the past as well as other vaccines that she may need during or after pregnancy.

LMHS Physicians Recognized in Honor of National Doctors' Day

National Doctors' Day is celebrated to acknowledge the contributions of physicians to individual lives and communities. As part of the annual observation, Licking Memorial Health Systems (LMHS) honors the Active Medical Staff for their dedicated service and ongoing support of the LMHS mission to improve the health of the community. LMHS also encourages patients and community members to recognize

physicians for their dedication by donating to Licking Memorial Health Foundation (LMHF) in a physician's honor. Physicians who are recognized through a donation receive an acknowledgment of the gift on the donor's behalf.



Donald Fairbanks, M.D.

Mike and Pat Massaro showed their appreciation for the years of service that Donald Fairbanks, M.D., of Licking Memorial Family Practice – North Newark, provided them by making an honorary donation in his name for Doctors' Day. They are especially thankful for his attentive care. "Dr. Fairbanks is a wonderful physician," said Mike, "He truly listens and takes the time to make sure we are comfortable and all of our concerns are addressed."

Mike and Pat welcome the opportunity to support the Health Systems and their dedicated staff. In addition to honoring Dr. Fairbanks, they also contribute to Licking Memorial Hospital (LMH) as members of the Community Cornerstone Club – a program that allows supporters to offer gifts used to provide new medical equipment and expanded services at LMH. "As a resident of Licking County, it is important to support organizations that strive to better our community," he said. "By improving the health of the community, LMHS has become one of the greatest assets to Licking County." Mike also supports LMHS through his service as the LMHS Board of Directors Secretary/Treasurer.

Dr. Fairbanks joined Licking Memorial Health Systems in 2011, and serves as the physician at Licking Memorial Family Practice – North Newark. He attended The Ohio State University and earned a Bachelor of Science in Natural Resources, with a focus on Parks and Recreation, in 1979. In 1995, Dr. Fairbanks received his Medical Degree from the University of Utah School of Medicine, and completed his residency at Aultman Hospital in Canton, Ohio. He is board certified in family practice.

Dr. Fairbanks is a member of the American Academy of Family Physicians. He and his wife, Lisa, are parents to four children – Jon, Taylor, and twins, Ben and Beth. They also are grandparents to Kenzie, Russell, Roma, and Dallan. Dr. Fairbanks is a member of the Church of Jesus Christ of Latter-day Saints, and his hobbies include camping, ornithology, and genealogy.

The LMH Active Medical Staff includes approximately 171 physicians and more than 40 consulting physicians who provide their expertise and care to the community. Licking Memorial Health Professionals is a group of more than 100 physicians in

45 various practices. Physician offices are located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark, and Pataskala.

All charitable contributions to LMHS and LMHF are tax-deductible to the extent allowed by law. Currently, contributions received for LMHF will be directed toward new Hospital inpatient beds equipped with advanced safety features. The EarlySense patient monitoring system continuously tracks vital signs, including heart rate and respiratory rate to determine a patient's clinical status, alerting staff for immediate intervention if necessary. The motion detection component reduces the risk of falls. In addition, the Hercules patient repositioning system improves comfort and safety for the patient, while eliminating risk of injury to the caregiver. To make a donation honoring a physician, please contact the LMH Development Office at (220) 564-4102. You also may visit LMHealth.org and click "Donate."

National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to Licking Memorial Health Foundation in his or her honor. An acknowledgment of your gift will be sent to the physician on your behalf. Contributions will be directed toward new Hospital inpatient beds equipped with advanced safety features. The EarlySense patient monitoring system continuously tracks vital signs, including heart rate and respiratory rate, to determine a patient's clinical status, alerting staff for immediate intervention if necessary. The motion detection component reduces the risk of falls. In addition, the Hercules patient repositioning system improves comfort and safety for the patient, while eliminating risk of injury to the caregiver.

Name

Address

City State

Zip Phone number ()

Email address

Enclosed is my gift of

In recognition of

Your message

Please make checks payable to **Licking Memorial Health Foundation**. Donations also may be made online at LMHealth.org. For more information or to donate with a credit or debit card, please call (220) 564-4102. (Gifts are tax-deductible to the extent allowed by law.)

Donors

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

Capital Improvement Fund

- TWIGS
- Community Cornerstone Club**
 Doug & Lynn Anders
 Patricia C. Bates-Woods
 Thomas & Elizabeth Beattie
 Rick & Ann Campbell
 In Memory of Eddie Cline
 By: Carolyn Cline
 Mark & Paula Coleman
 Fred & Suzanne Costaschuk
 J. Andrew & Cheryl A. Crawford
 Seth Ellington
 Fred Ernest
 Nasie Gallagher
 Dori & T.D. Griley
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- Cradle Roll**
 In honor of Bekett Leigh Dill
 By: Licking Memorial Health Systems
 In honor of Roman Thomas Lewis
 By: Licking Memorial Health Systems
 In honor of Adalyn Grace Patterson
 By: Licking Memorial Health Systems

- Founder**
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- Grants**
 Licking County Foundation
 State Farm Companies Foundation

- Honorary**
 In honor of Licking Memorial Health Systems Information Systems Department
 By: Christina Krugh
 In honor of Licking Memorial Hospital Surgery Department
 By: Robert Stidham
 In honor of David Claypool and the LMH Fiscal Services Department
 By: Steven Zima

- Memorial**
 In memory of Idabelle Koontz
 By: Robert N. Bursleson
 Coterie Club
 Mary J. Deweese
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 Allyn & Jasper Eanes
 Mr. & Mrs. Richard Egger
 C. Ann Howard
 Licking Memorial Hospital Medical Staff
 In memory of Britney Jacobs
 By: Mr. and Mrs. Richard L. Gummer

- In memory of Freda Jacobs, R.N.
 By: Mr. and Mrs. Richard L. Gummer
 In memory of Doug Freeman
 By: Licking Memorial Health Systems
 In memory of Father Justin Reis
 By: Catherine Reis Mitchell
 In memory of Connie Gelfer
 By: Ellie Unger
 Julie A. Wiegman

- Paving Our Future**
 In honor of The Carrelli Family
 By: Nicole L. Carrelli
 In memory of Connie Gelfer
 By: Robert Kaczor
 In memory of Paul and Christine Crist
 By: Susan Zwiebel, M.D.

- Platinum Circle**
 Capital Wholesale Drug Company
- The William Schaffner Society**
 Mr. and Mrs. Herbert Murphy

Development Spotlight

Seth Dobbelaer is one of the newest Development Council members. The United Way Campaign and Resource Director joined the Licking Memorial Hospital (LMH) Development Council Education & Membership Committee in February after being a part of the Community Cornerstone Campaign. Education and Membership Committee Chair John Gard extended the invitation to Seth, who was eager to join the Development Council.

“Licking Memorial Health Systems (LMHS) supports us at the United Way in so many ways. They have been a tremendous advocate in supporting non-profits who help Licking County residents,” said Seth. “I was thrilled to receive an invitation to join the Development Council, and I am excited to support LMHS through my service on the Education & Membership Committee.”

Seth recognizes the importance of having a community hospital with local leadership involved in its operations. “LMH truly values providing great patient care to area residents and also understands the importance of being involved in the community through various health-related events and supporting other local non-profits,” Seth explained. “The Development Council consists of local leaders who also carry these principles and help to make LMH successful in its mission to improve the health of the community.”

Seth continues to learn about LMH through his membership on the Council. He is looking forward to helping his committee bring more local leadership to the Council, gaining valuable experience, and meeting fellow members and LMH employees.

Seth is a lifelong resident of Licking County and lives in

Newark. In his spare time, he enjoys mountain biking, hiking, and caretaking his apple orchard with his brother, Zachary.



Active•Fit Period 1 Prize Winners

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

Nintendo Switch and Fitness Software

Savannah Caugherty, Watkins Intermediate
Chloe Meek, Newton Elementary
Brody Spaulding, Watkins Intermediate

Bicycle and Helmet

Sadie Carver, Utica Elementary
Lori Crock, Watkins Intermediate
Evangeline Ferguson, Watkins Intermediate

Athletic Shoes

Elizabeth Newman, Watkins Intermediate
Iris Taylor, Utica Elementary

iPod Touch and Fitness Software

Elijah Bender, Watkins Intermediate
Cecelia Conley, Watkins Intermediate
Lilly Connors, Watkins Intermediate
Tiernee McGovern, Utica Elementary

\$100 Dick's Sporting Goods Gift Card

Chase Bauman, Watkins Intermediate
Kendal Cole, Pataskala Elementary
Olivia Dawoodarry, Watkins Intermediate
Carolyne Hardesty, Utica Elementary
Alexas Leonardo, Watkins Intermediate
Kaylynn Marks, Watkins Intermediate
James Martin, Watkins Intermediate
Paige Mason, Watkins Intermediate
Carter McGhee, Watkins Intermediate
Alex Mobeche, Watkins Intermediate

\$50 Dick's Sporting Goods Gift Card

Toby Baker, Watkins Intermediate
Mya Bojanowski, Watkins Intermediate
Hezekiah Campbell, Pataskala Elementary
Ayden Denig, Watkins Intermediate
Jax Dey, Watkins Intermediate
Audrina Galloway, Watkins Intermediate
Luke Owens, Utica Elementary
Isaac Royal, Watkins Intermediate
Gabriel Sprouse, Watkins Intermediate
Grayson Summers, Watkins Intermediate

Since its creation in 2012, the Active•Fit program has registered more than 9,000 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2021-2022 began January 1 and continues through April 30. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.



Volunteer Spotlight

Myla Yang has gained valuable experience while serving as a Licking Memorial Hospital (LMH) volunteer. She became a volunteer in Fall 2019 and hoped to learn more about the hospital environment while she was beginning college. She is pursuing a bachelor's degree in pre-medicine at The Ohio State University.

“When I first joined, I wanted to work with people and watch their interactions in a professional healthcare setting. I also hoped to build character and people skills while assisting others,” Myla said. “Volunteering at LMH has been a fantastic experience for me as a student and as a person, and I am grateful for this opportunity.”

Myla started volunteering on 4-East, then moved to the Pain Clinic, and now primarily volunteers in Oncology. She has transported patients to their vehicles after procedures, responded to call lights in patient rooms, and currently delivers specimens to the Laboratory. She compliments LMH employees for the appreciation and kindness shown toward volunteers.

“The employees always make me feel welcome and recognize the work that volunteers do each day. Sometimes, they are extremely busy, and we are able to relieve some of their stress through our

duties. It is great to see the volunteers and employees interact in such a positive manner,” Myla shared.

Myla was born in Newark, moved to Indiana, then returned to Newark with her mom, where she attended Newark High School. She began her college career at The Ohio State University – Newark (OSU-N) and is completing her degree at the main campus in Columbus. She is involved in student organizations for community service and social change, such as 1Girl and Students for Social Change in Licking County, and works in the Student Access and Outreach and Social Justice Department at OSU-N as a student assistant.

Myla has one sister, two dogs, two cats, and one rabbit. Her father owns a restaurant in Jacksonville, Florida, and she enjoys traveling there to visit. In her spare time, she is learning to play piano, enjoys playing soccer with her friends, and watching movies and shows.



Teens Donate Care Items for Oncology Patients

Members of Junior Friends at Community Library in Sunbury collected donations from patrons and assembled care packages to donate to Licking Memorial Hematology/Oncology. Junior Friends is a volunteer group for teenagers in the Sunbury area that meets once a month at the library. The members assist in planning activities for teens, decorating the library, and other volunteer duties as needed. They also participate in community outreach and service projects.

While planning a new service project, Hannah Phillips suggested that the group gather items such as puzzle books, adult coloring books, colored pencils,

lip balm, and warm socks that would be comforting to patients receiving chemotherapy. The group, along with their advisor, Cindy Reliford, wanted to make a strong community connection and were aware that Licking Memorial Oncologist D'Anna Mullins, M.D., lives in the Sunbury area. After three weeks of collecting items, the group assembled the care packages and contacted Licking Memorial Health Systems to donate the items in honor of Dr. Mullins.

Pictured from left to right: Davey Mazza, Grace Huffman, Ellie Whittington, Kinsey Williams, Anna Swager (Not pictured: Hannah Phillips and B Lyons)



Retiree Spotlight

Terri Hazlett knew she wanted to be in the medical field at an early age. Her first experience working at Licking Memorial Hospital (LMH) was as a nurse's aide in the early 1980s. She earned her nursing degree in 1984 from Central Ohio Technical College. After nursing school, Terri stayed at home to raise her children. She returned to work at LMH in 1991 as a nurse in the Surgery Department and Outpatient Clinic assisting patients in pre- and post-operation.

and nutrition, medication instruction, and personal care. Terri enjoyed working with a variety of patients and building relationships with them while she assisted with their needs. Eventually, Terri returned to the Surgery Department as a pre- and post-op nurse in Outpatient Surgery.

In 2003, LMH realized a need for wound management within the community. Terri collaborated with staff nurses and medical professionals to help establish the LMH Wound Clinic, which provides individual wound care programs based upon each patient's needs.

"We created the Clinic from scratch," Terri explained. "We looked at a number of different Wound Clinics to get an idea of what was needed to provide convenient, cost-effective wound care service to the community. A lot of research was performed to determine how the Clinic would operate and the types of instruments and supplies needed."

The LMH Wound Clinic is an outpatient service, supported by physicians specifically trained in chronic wound care. The Clinic is staffed by registered nurses who are also specially trained and

certified in wound care. Terri assessed and treated wounds and provided education to patients and their family members about how to properly care for their wounds to prevent further complications.

"Seeing patients come in with a wound and teaching them how to provide self-care and improve their quality of life was very satisfying," said Terri. "I enjoyed getting to know all of my patients and watching them progress through their treatment to healing."

Making the decision to retire was difficult for Terri, especially during the ongoing COVID-19 pandemic. She misses the camaraderie of her coworkers and providing care to her patients. She currently spends her time babysitting and helping her seven grandchildren and assisting her mom.

Terri has many travel plans for the upcoming year. She and her husband, Joseph, are planning a cross-country trip to the Rocky Mountains and Alaska for their 25th wedding anniversary. She will also be traveling to Europe and taking a cruise with a friend. After completing her travels, Terri plans to volunteer within her community.

Terri later transitioned to Licking Memorial Home Care Services, working first as a casual nurse and then taking a full-time position. She provided comprehensive home care services to patients, such as IV therapy



Commemorate a New Baby with the LMH Cradle Roll Program

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

Three levels of giving are available:

- **Cradle Roll Bronze** (\$25 to \$149)
- **Cradle Roll Silver** (\$150 to \$249)
Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).
- **Cradle Roll Gold** (\$250 or more)
Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).
- **A gift of any amount will receive:**
 - A receipt for your contribution
 - A letter of acknowledgment to the honoree's family
 - The names of the baby and the donor placed in the Cradle Roll Log in the Main Lobby of the Hospital
 - Your gift listed in Licking Memorial Health Systems' *Community Connection* magazine and *Annual Report*



Handcrafted step-up stool
(Shown with cherry finish)



Handcrafted child-size rocker
(Shown with oak finish)

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

The Mary Jane McDonald 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 2022 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

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

Nomination Form

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

Address: _____

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

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

Explanation of how the 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 Licking Memorial Hospital Development Office, 1320 West Main Street, Newark, Ohio 43055 by June 17, 2022, at 5:00 p.m.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

Walk with a Doc

Saturday, May 7, 9:00 a.m.
The Dawes Arboretum
7770 Jacksontown Road, Newark

David Koontz D.O., of Licking Memorial Internal Medicine, will talk about the importance of knowing the numbers when living with a chronic disease.

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

Community Education

Defeating Cancer

Thursday, May 12, 5:30 to 7:30 p.m.
Licking Memorial Hospital First Floor Conference Rooms

Hanaa Abdelmessih, M.D., of Licking Memorial Pediatrics – Tamarack, will discuss vaccination against human papillomavirus (HPV) – a group of more than 200 related viruses, some of which can lead to certain types of cancer. Seating is limited to the first 40 participants. To register, please call Licking Memorial Public Relations at (220) 564-1560.

First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-3388 or visit LMHealth.org/Calendar.

Diabetes Self-Management Education and Support (a four-week series class)

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

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

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

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

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