



Community Connection

Licking Memorial Health Systems

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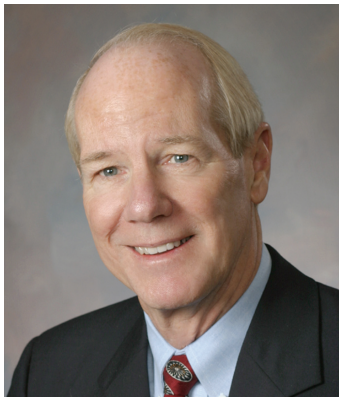


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November/December 2014

Measurably Different ... for Your Health!

LMHS Presents Prestigious Honors at Lifetime Achievement Reception



Patrick M. Jeffries

Licking Memorial Health Systems (LMHS) presented its 2014 Lifetime Achievement Award to Patrick M. Jeffries of Newark during the annual Lifetime Achievement Reception on November 7 at the John Gilbert Reese Center in Newark. During the reception, LMHS also presented the 2014 Building a Healthier Community Award to The Thomas J. Evans Foundation. Both awards are prestigious recognitions for contributions that reflect LMHS' mission to Improve the Health of the Community.

Lifetime Achievement Award - Pat Jeffries

Pat retired from State Farm as Manager of Learning and Development in 2003. "Pat's dedication and vision have positively affected the lives of Licking County residents, and we are proud to honor him with the Lifetime Achievement Award," stated Rob Montagnese, LMHS President & CEO. "In his position with State Farm, he was responsible for training thousands of associates, all of whom have benefited greatly from his encouragement and extensive knowledge. Even in retirement, Pat continues to support Licking County residents as a leadership consultant, and has contributed to the success of the community through his ability to inspire others to perform at the highest level."

LMHS Presents Prestigious Honors at Lifetime Achievement Reception (continued on page 2)

LMH Named Gold Partner for Organ, Eye and Tissue Donation Advocacy

There are more than 3,400 Ohioans waiting for a lifesaving organ transplant, and every 48 hours an Ohioan dies waiting. Licking Memorial Hospital (LMH) was recognized by Donate Life Ohio, the Ohio Hospital Association (OHA) and the Ohio Department of Health's Second Chance Trust Fund for taking action to reduce these numbers during 2014. The Hospital was named a Gold Partner in the Midsize Hospital category of the 2013-2014 Hospital Champions program, which aimed to increase organ, eye and tissue donor registration. LMH was one of 46 Ohio hospitals recognized during the 2014 OHA Annual Meeting.



LMH Named Gold Partner for Organ, Eye and Tissue Donation Advocacy (continued on page 4)

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

See pages 16-22 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Diverticulitis

- Date:** Thursday, December 11
- Location:** LMH First Floor Conference Rooms
- Time:** 6:00 p.m.
- Speaker:** Shakil Karim, D.O.



Shakil Karim, D.O.

Diverticulitis is a painful condition involving infection or inflammation of small pouches within the lining of the intestinal tract. Diverticulitis responds well

to treatment most of the time, but more serious problems can develop. Successful management is possible with the right treatment approach based on the extent and severity of the disease.

Join Gastroenterologist Shakil Karim, D.O., to learn more about the management of this common digestive disorder on **Thursday, December 11**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, registration is required. To register, please call (740) 348-2527.



Patrick Jeffries (left) received the prestigious Lifetime Achievement Award from LMH President & CEO Rob Montagnese (right) at a reception on November 7.

A Newark native and Newark High School alumnus, Pat graduated from Newark High School. He received a business degree from The Ohio State University and earned a Masters of Business Administration degree from Xavier University in Cincinnati, where he graduated first in his class. Upon graduation, Pat accepted a position with State Farm as a Claims Representative. He later joined the Human Resources Department as Personnel Director, achieving the position of Manager of Learning and Development before retiring in 2003. Following retirement, Pat served as the Interim Dean of Arts, Sciences, and Integrated Studies at Central Ohio Technical College in Newark.

Pat has helped to shape the quality of health care in Licking County for many years through his active roles at LMHS. He joined the Licking Memorial Hospital (LMH) Development Council soon after its inception in 1987, and led the Community Cornerstone Club Campaign for several years. He previously served as Chairman of the LMH Board of Directors for nearly a decade. It was during his tenure as LMH Board Chairman that LMH completed its \$3.5 million John & Mary Alford Pavilion expansion in 2007 that added 100,000 square feet for new Emergency, Surgery and Critical Care space at the Hospital. Currently, Pat is Chairman of the LMHS Board of Directors.

He and his wife, Linda, have three children, Corey, Mikal, and Jennifer, as well as five grandchildren, Ethan, Cole, Ollie, Sophia, and Jake. In addition to his extensive involvement in the community, Pat's hobbies include golf, racquetball, and reading.

Pat explained that his dedication to community service was influenced by several key individuals. "I was very fortunate to work with Cal Roebuck (1999 Lifetime Achievement Award recipient) and Norm Sleight (1994 Lifetime Achievement Award recipient), who both valued community service and encouraged my active engagement in a variety of local organizations," he said. "I am also grateful for the constant support of my wife and children, who have always impressed me with their own passion for helping others. Linda has volunteered extensively with the

Hospital, and my children have demonstrated their commitment to community service, as well."

Even in retirement, Pat continues to work toward enhancing community residents' quality of life. In addition to emceeding numerous local events, some of his current activities include:

- Licking County YMCA Board of Directors (Chairman)
- LMHS Board of Directors (Chairman)
- LMH Development Council Executive and Community Relations Committees
- LMH Golf Gala Committee (Chairman)
- Midland Theatre Board of Directors (Secretary)
- Licking County Chamber of Commerce Board of Directors
- Corporate Membership Committee – The Works (Chairman)
- Newark Rotary Club (Sergeant-at-Arms and past President)
- Central Ohio Technical College (Business Advisory Board Member)

Other local organizations still benefit from Pat's past involvement, including:

- LMH Board of Directors (past Chairman)
- Licking Memorial Professional Corporation Board of Directors (past Chairman)
- Licking Memorial Health Foundation Board of Directors (past Chairman)
- Licking County United Way (past Board Chairman and Campaign Chairman)
- Babe Ruth World Series 16-18 Division (past President)
- Licking Knox Goodwill Board of Directors (past Chairman)
- Leadership Tomorrow Program (past Chairman and Charter Member)
- Newark Personnel Managers Association (past President)
- Woodlands Foundation Board of Directors (past Chairman)
- Newark City Schools (past Chairman and past Levy Campaign Chairman)
- Licking Muskingum Community Governing Board (past Chairman)
- The Private Industry Council (past Chairman)
- Licking County Hospital Commission (past Member)
- Licking County Operation Feed (past Chairman)

Pat has received numerous other awards to recognize his contributions to Licking County, including the John W. Alford Memorial Award given by the Ohio Cancer Research Association, the BRAVO Award for Community Service given by the Newark Rotary Club, the 2014 Rotarian of the Year Award given by the Newark Rotary Club, the Alumni Citizenship Award given by Newark City Schools, the Outstanding Young Man in Licking County Award, the Distinguished Service Award for Licking County, and the National Recognition Award given by the Chartered Property Casualty Underwriter Society.

The Thomas J. Evans Foundation Receives LMHS' Building a Healthier Community Award

Sally Heckman accepted LMHS' 2014 Building a Healthier Community Award on behalf of The Thomas J. Evans Foundation. The award is presented each year to an individual, group, or organization in Licking County with a non-profit project that reflects the Health Systems' mission to Improve the Health of the Community. The Thomas J. Evans Foundation



Since 1989, Licking Memorial Health Systems (LMHS) has presented the Lifetime Achievement Award each year to individuals who have given distinguished service that supports the Health Systems' mission to Improve the Health of the Community. Pictured are (left to right): front row – Eschol Curl, Jr., Clarissa Ann Howard, John H. Weaver, Patrick M. Jeffries, Mary Jane McDonald, William T. McConnell and Glenn F. Abel. Back row – C. Daniel DeLawder, Jerry McClain, Robert A. Barnes, PhD., Robert H. McGaughy, Stuart Parsons and LMHS President & CEO Rob Montagnese.

Past Recipients of LMHS' Lifetime Achievement Award

The Lifetime Achievement Award was created in 1989 and is the highest award that LMHS confers each year. Past recipients have included:

1989 – John W. Alford
 1990 – Howard E. LeFevre
 1991 – Ernestine W. Spencer
 1992 – J. Gilbert Reese
 1993 – John H. Weaver
 1994 – Norman R. Sleight
 1995 – Robert H. Pricer
 1996 – Carl L. Petersilge, M.D.
 1997 – Clarissa Ann Howard

1998 – Rev. Dr. Charles W. Noble Sr.
 1999 – Calvin E. Roebuck
 2000 – John J. Kutil
 2001 – Mary Jane McDonald
 2002 – William T. and Jane C. McConnell
 2003 – Raymond Guy Plummer, M.D.
 2004 – Robert N. Kent
 2005 – Robert A. Barnes, Ph.D.

2006 – Stuart Parsons
 2007 – Lewis R. Mollica, Ph.D.
 2008 – Glenn F. Abel
 2009 – C. Daniel DeLawder
 2010 – Robert H. McGaughy
 2011 – John "Jack" O'Neill
 2012 – Jerry McClain
 2013 – Eschol Curl, Jr.

was established in 1965 by Thomas J. Evans and J. Gilbert Reese in order to enhance local educational, cultural, and recreational programs and opportunities.

The 2014 Building a Healthier Community Award was given to The Thomas J. Evans Foundation in recognition of their bike path system that consists of more than 44 miles of trails that are part of the Licking County Recreation and Transportation Corridor. After decades of construction that began in the early 1980s, the trails extend from the cities through Licking County's scenic woods, pastures and farmlands. The T.J. Evans Trails system is unique because of the many bridges and tunnels built to enable users to cross rivers and city streets safely.

Rob said, "The T.J. Evans Trails provide a safe and enjoyable opportunity for walking, running, biking, skating or roller blading. This project definitely supports LMHS' mission to Improve the Health of the Community. We are proud to recognize The Thomas J. Evans Foundation for its role in encouraging healthier lifestyles in our community."

The Foundation is currently developing the Canal Market District project that aims to improve Licking County residents' access to healthy, locally grown food and to serve as a downtown revitalization project. The Canal Market District will include The Canal Market Plaza located between 2nd Street and 3rd Street, enhancements to the Walnut Street Park, improved downtown parking, and will provide a venue for local musical and cultural events. The Canal Market District is expected to open in the spring of 2016.



On behalf of The Thomas J. Evans Foundation, Sally Heckman (left) accepted the Building a Healthier Community Award from LMHS President & CEO Rob Montagnese (right). The Thomas J. Evans Foundation is the 10th recipient of the award, which was established by the LMH Development Council in 2005. Previous recipients have included:

2005 – LMH TWIGS
 2006 – Newark Rotary Club
 2007 – Salvation Army of Licking County
 2008 – Hospice of Central Ohio
 2009 – Granville High School Key Club
 2010 – Twentieth Century Club
 2011 – American Red Cross of Licking County
 2012 – The Licking County Coalition of Care
 2013 – Look Up Dental Clinic

Art of Recovery Program

In October and November, the walls of the Café at Licking Memorial Hospital (LMH) were adorned with artwork by local artists. The exhibit, titled The Art of Recovery, showcased the creations of individuals who use art as therapy to deal with stressful mental health or addiction issues.

Kay Spergel, Executive Director of Mental Health & Recovery for Knox & Licking Counties (MHR), explained that artwork often provides a constructive outlet for self-expression. “This exhibit demonstrates the inspirational power of possibilities,” Kay said. “The Art of Recovery recognizes that the talent of community members who live with mental illnesses and addiction, as well as the role that creative outlets like art can play in the recovery process.”

The MHR conducted its Annual Awards Presentation in October. Among its recognitions, MHR presented a Wellness & Recovery Champion Award to Rob Montagnese, President & CEO of Licking Memorial Health Systems. Rob was honored for his leadership in the Health Systems’ partnerships with mental health agencies, as well as LMHS’ sponsorship of programs that encourage healthy activities.



LMH Named Gold Partner for Organ, Eye and Tissue Donation Advocacy (continued from front page)

“Currently, more than 122,000 people nationwide – more than 3,400 of them from Ohio – await a lifesaving organ transplant,” said Lance Himes, Interim Director, Ohio Department of Health. “By registering new donors and sharing this lifesaving message through the Hospital Champions program, LMH is saving lives and helping to reduce the time critically ill patients must wait for a second chance at life.”

As part of the program, LMH hosted events focused on providing information to the community about organ, eye and tissue donation. Licking Memorial Hospital Vice Chief of Anesthesiology Ann V. Govier, M.D., was a guest speaker at several events providing education to community leaders. She spoke about the importance of education and dispelling the myths and misconceptions that are associated with organ donation. Because of her experience as the Director of Anesthesia for cardiac transplantation at the Cleveland Clinic Foundation from 1984-1993, Dr. Govier was a valuable resource to the 2013-2014 Hospital Champions campaign.

“A single donor potentially can save the lives of eight people through organ donation, and enhance the lives of up to 50 more by tissue donation,” Dr. Govier said. “The sponsored events and activities were part of the 2013-2014 campaign to spread the life-changing and lifesaving message of donation throughout our



LMHS President & CEO Rob Montagnese is pictured here accepting the Gold Partner award presented to LMHS by Kent Halloway, the CEO of Lifeline of Ohio.

community. Participants were able to ask questions, learn the facts and discuss the step-by-step process of organ, eye and tissue transplantation. This allows the individual to be better informed when making the donation decision for themselves and their loved ones.”

LMHS President & CEO Rob Montagnese said that the Hospital Champions program has allowed LMH to become a more active advocate for organ donation. “The Ohio Hospital Association Donate Life Partnership is a great way for

LMH to become more involved and help save lives not only in Licking County, but also nationwide,” Rob said.

“We are so proud of our hospital champions for committing to promote this important initiative to our communities,” said Mike Abrams, OHA President and CEO. “We saw tremendous engagement from all our hospital partners who went above and beyond to support this cause.”

Donate Life Ohio is a coalition of the state’s organ, eye and tissue recovery agencies dedicated to educating Ohioans about the need for organ and tissue donation. In this effort to increase donor registrations, they are joined by the Ohio Department of Health and the Ohio Department of Public Safety. For more information, please visit www.DonateLifeOhio.org.

Rob Montagnese Recognized as Friend of Public Schools



During the 2014 Fall Conference of the OSBA (Central Region), OSBA Central Region President Randy Reisling (left) presented a Friend of Public Schools Award to LMHS President & CEO Rob Montagnese (right).

Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS), has received a Friend of Public Schools Award from the Ohio School Boards Association (Central Region). The award is given to community members who have a demonstrated record of supporting public education in the Central Region, which includes 14 Ohio counties.

In their nomination for Rob, the Licking County Educational Service Center cited many initiatives that Rob has helped to provide that benefit the county's students. The nomination stated, "Under Rob's leadership, LMHS has provided free pre-participation physicals for student-athletes for a number of years. Rob arranged for LMHS to team up with the Newark Advocate to sponsor the Active•Fit Youth Wellness Program, and he provided school nurses for several school districts in the county. Rob has been a business partner in the Our Futures program, designated employees to participate in the Licking County Business and School Advisory Committee, sponsored a Summer Teacher Extern Program teacher, and

supported Junior Achievement with funds and volunteers. In addition, he has coached teams in the Southwest Licking Youth League."

Rob currently serves as a member of the Ohio Hospital Association Board of Trustees and the Central Ohio Technical College Board of Directors. He is Board President of Big Brothers Big Sisters of Licking and Perry Counties, President of the Newark Campus Development Fund, Past President and Treasurer of the Salvation Army of Licking County Board of Directors, and a Board Member for First Federal Savings and Loan, The Works, and Our Futures in Licking County. He is a former Board Member of Kendal at Granville and Midland Theatre and served as Chairman of the successful Citizens for Parks, Paths and Trails levy campaign in 2012. He is an active member of the Newark Rotary Club.

Rob and his wife, Lauren, reside in Pataskala with their three children, Ashley, Robby and Brady. The Montagnese children attend Southwest Licking Schools.

Eight other individuals also were recognized with Friend of Public Schools Awards in the Central Region. In addition, Kay Ecelebery of Granville Exempted Village Schools and Jo Lynn Torbert of the Licking Valley School District were honored as Exemplary School Employees. The recognitions were presented during the 2014 Central Region Fall Conference at Villa Milano in Columbus on September 24.

Heart to Play Program Screens Licking County Students for Heart Defects



LMHS' Heart to Play program provided free screenings to Licking County's middle and high school students in 2014.

Licking Memorial Health Systems (LMHS) once again offered its free pre-participation screenings, including electrocardiograms (EKGs) as part of the Heart to Play program, to Licking County middle and high school students who participate in sports, marching band, or other physically demanding activities. The 2014 Heart to Play program provided 587 EKGs to students who

did not receive one last year, as well as those who have a family history of heart disease, students who have symptoms of heart disease, or those who have had a previous abnormal EKG result. Fifty students were referred for further evaluation and treatment after preliminary results indicated possible abnormalities,

and one individual was diagnosed with a serious and possibly life-threatening cardiac condition that had been previously undetected.

"LMHS is proud to provide Heart to Play EKG screenings at no cost to our local youth," said Rob Montagnese, LMHS President & CEO. "The addition of the EKG testing to the state-required pre-participation screening in 2008 has proven to be an invaluable tool in protecting young lives. Over the past seven years, the Heart to Play EKGs detected serious heart defects in 24 students that placed their lives at risk. Early detection and diagnosis of these abnormalities prevented the possibility of sudden tragedy in our community during athletic competition and other strenuous activities."

A total of 77 LMHS employees – including physicians, advanced nurse practitioners, nurses, and support personnel – staffed the Heart to Play screenings in 2014. The program included a total of 11 screening sessions, which were conducted after regular business hours in May and June at the Licking Memorial Pediatrics office on Tamarack Road.

Licking Memorial Health Systems Continues to Offer Cancer Clinical Trials to Patients

In 2014, the Columbus Community Clinical Oncology Program (Columbus CCOP) was awarded a \$93 million per year grant from the National Cancer Institute Community Oncology Research Program (NCORP) to become a part of NCORP. The Columbus CCOP is a consortium of 15 hospitals and over 100 health professionals located in Central and Southern Ohio dedicated to the delivery of the latest cancer care. This cutting-edge cancer care comes in the form of clinical trial opportunities for patients, available at their community hospitals. Licking Memorial Health Systems (LMHS) has been a member of the Columbus CCOP since 1994 – this membership allows the Licking Memorial Hematology/Oncology Department to offer clinical trial treatments to patients.

The federal government announced funding cuts will occur to the Columbus CCOP in 2015. This would leave the 15 Central and Southern Ohio community hospitals without access to cancer clinical trials as a form of treatment. If the Columbus CCOP had not received the NCORP grant, all clinical trial treatments at these community hospitals would have been discontinued or moved to large research centers. Access to the NCORP grant funds offers patients the continued opportunity to receive the most relevant cancer treatment opportunities close to home at Licking Memorial Hospital (LMH).

“Through the new NCORP funding, we are proud to be able to continue to offer cancer clinical trials at LMH,” Heather Burkhart, Assistant Vice President of Inpatient Services at LMH, said. “These research trials allow us to provide progressive treatment options to patients right here in Licking County. Through the clinical trials, we also are contributing to cancer research to benefit every patient who suffers from cancer.”

In 2013, 9.7 percent of LMH Oncology patients received clinical trial treatments, which far exceeds the Commission on Cancer standard recommendation of at least 4 percent. This means that patients at LMH are receiving the most up-to-date treatment opportunities available, and supporting future treatment and prevention methods through research data.

“Cancer clinical trials are the most innovative treatment options available,” Heather said. “These trials are research studies conducted with cancer patients, and include treatment options and combinations that are not yet available as standard care. The studies are important because some may lead to better treatments, cures and improved health.”

LMH is able to offer Phase II and Phase III trials. Phase II trials test new treatments to see if they have an anti-cancer effect. Phase II treatments have been safely tested on humans previously. Phase III treatments occur when they have shown to be both safe and to have anti-cancer effects in previous trials. The phases are then compared to the standard treatment options in the Phase III trial.

“The decision to participate in a clinical trial is 100 percent up to the patient,” Kenita Robinson-Keck, an Oncology Research Nurse at LMH, said. “Clinical trials compare the best currently accepted treatment with a new option that our Oncologists hope will be better than the standard. Our goal is to offer as many options as possible in order to find the treatment that will be successful for the individual patient.” For more information concerning cancer clinical trials, please contact the LMH Hematology/Oncology Department at (740) 348-4475.

LMHS Partners with Denison University for Community Event

On the third Saturday of September, the Denison University Fine Arts Quad in Granville filled with approximately 200 members of the community who gathered to watch the Warner Brothers comedy film “Little Giants.” Licking Memorial Health Systems (LMHS), in partnership with Denison University, hosted the free outdoor movie, preceded by an Active•Fit Youth Wellness Event.

KOOL 101.7 played classic rock music from their remote broadcast van as Denison students led children through crafts and games. LMHS clinical staff members provided free blood pressure screenings for adults. Just before the movie began at sunset, KOOL 101.7 threw out free t-shirts to audience members, and LMHS premiered its new Women’s Health television ad which features local residents.

LMHS began hosting its free, outdoor Family Movie Nights in 2010 as an initiative to promote healthy, family-oriented activities. “Little Giants” was the final feature of LMHS’ Family Movie Night series in 2014.



Donations Help LMHS Achieve Mission

Licking Memorial Health Systems (LMHS) is supported by the generosity and forethought of many Licking County residents and businesses. These contributions help LMHS continue to provide high quality patient care, with state-of-the-art equipment and facilities. With the approaching holiday season, individuals often consider making memorial contributions and gift donations to honor loved ones.



Pictured above are David Craig (bottom center) and his family. "David's whole life was dedicated to his family," Zelma Craig, his wife said.

Zelma Craig and her two sons, Mark and Jim, purchased a commemorative brick in honor of her late husband, David L. Craig. David passed away in 2014, after battling cancer for nine years. "I can't imagine a better oncology staff anywhere in the world," Zelma said. "Dr. (Jacqueline) Jones and her staff were like our family, they were so supportive and did anything they could to help David."



David L. Craig

"David was always happy, through everything," Zelma continued. "No matter what he was going through, when someone asked how he was, he always said he was doing well and made sure to ask about them, too. He always smiled, no matter what kind of pain he was in – he was just amazing."

Zelma listed Licking Memorial Oncology as a suggestion for memorial contributions in David's obituary. She said the care and positive atmosphere David and her family encountered at Licking Memorial Hospital (LMH) was unrivaled. "If we had been anywhere else, I can't imagine we would have encountered the same positive attitude and wonderful care that we experienced at LMH," Zelma said. "I know the staff helped David keep his positive outlook on life."

Zelma and her sons hope the brick they engrave in David's honor is something that friends and family notice as they walk in and out of the Hospital. Because of the care they received from LMH, Zelma said she hopes others see the memorial brick and are encouraged to donate as well.

"We want the same amazing care to be available to anyone else who may be facing a cancer diagnosis, in the same way it was available to us," Zelma said. "I have told Dr. Jones, if I am ever faced with a cancer diagnosis, I hope she is still there, because I have great confidence in her. I know the treatment she and her staff prescribed gave us more time together."

The Craigs' brick will honor David, who was a loving husband, father and grandfather. It will include David's name,

birth date, and the day he passed, as well as Zelma, Mark and Jim's names. "We want people to remember how wonderful he was," Zelma said. "He was loving, caring, generous and giving, and his whole life was dedicated to his family. He respected everyone. He was a deacon and involved with the youth group at church, where everyone loved him. He was like a grandfather to them. If anything good could come from our loss, I know David would have wanted it."

The Craigs' gifts to LMH were given to truly honor and commemorate David, and what a wonderful person he was. "David was a special person, full of love and hope," Zelma said. "We wanted to remember how he was always smiling, positive and upbeat. Giving back to LMH was a way to show our gratitude to the staff and the care we received there."

Donors have an opportunity to contribute in a way that is most meaningful to them. Options include honorary and memorial donations to recognize a loved one or a staff member at LMHS, Doctors' Day donations in honor of a physician, and the Paving Our Future project, which is a series of walkways comprised of commemorative bricks. Donors also have the potential to be recognized through several fellowships and societies.

Licking Memorial Health Foundation (LMHF) gratefully accepts financial gifts by cash, check or credit card. Contributions can be earmarked for a specific purpose; however, unspecified donations are currently helping to fund technological advances at LMH. All financial gifts to LMHF are tax-deductible to the extent allowed by law. For more information about making a charitable contribution, please call the Development Department at (740) 348-4102.



Dr. Savage Named 2014 LMH Physician of the Year



The Physician of the Year Award announcement was made at the LMH Medical Staff Recognition Dinner on October 7. Pictured are (left to right): LMHS President & CEO Rob Montagnese, Brent M. Savage, M.D., and Chief of Staff Eric R. Pacht, M.D.

General Surgeon Brent M. Savage, M.D., has been named 2014 Physician of the Year at Licking Memorial Hospital (LMH). Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese announced the award during the annual LMH Medical Staff Recognition Dinner at Moundbuilders Country Club.

LMHS President & CEO Rob Montagnese said, “Dr. Savage has distinguished himself by his outstanding ability in the operating room and his rapport with colleagues. He is very deserving of joining LMH’s prestigious list of Physician of the Year recipients over the past 26 years.”

Dr. Savage joined Licking Memorial Surgical Services in 2010. He earned a bachelor degree in molecular genetics from The Ohio State University and a Medical Degree from Northwestern Ohio University College of Medicine in Rootstown, Ohio. Dr. Savage completed an internship in pediatrics at Children’s Hospital Center of Akron, as well as an internship and residency in general surgery at Wright State University School of Medicine in Dayton, Ohio. He is board certified in general surgery.

The Physician of the Year is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees for the 2014 LMH Physician of the Year Award included Audrey K. Bennett, M.D., Khanh V. Dang, M.D., Janae M. Davis, M.D., and Aruna C. Gowda, M.D.

Past Recipients of the LMH Physician of the Year Award

Past recipients of the LMH Physician of the Year Award include:

- | | | |
|--|---|--|
| 1988 – Charles F. Sinsabaugh, M.D. | 1999 – Debra A. Heldman, M.D. | 2010 – Richard A. Baltisberger, M.D.
David R. Lawrence, D.O. |
| 1989 – Craig B. Cairns, M.D.
C. Michael Thorne, M.D. | 2000 – Frederick N. Karaffa, M.D. | 2011 – Talya R. Greathouse, M.D. |
| 1990 – Mark A. Mitchell, M.D. | 2001 – Elliot Davidoff, M.D.
Bryce I. Morrice, M.D.
Mark L. Reeder, M.D. | 2012 – Bassam Kret, M.D. |
| 1991 – Carl L. Petersilge, M.D. | 2002 – Jacqueline J. Jones, M.D. | 2013 – Shakil A. Karim, D.O. |
| 1992 – Edward A. Carlin, M.D.
Harold E. Kelch, M.D. | 2003 – Owen Lee, M.D. | |
| 1993 – Gerald R. Ehram, M.D. | 2004 – Larry N. Pasley, M.D. | |
| 1994 – William K. Rawlinson, M.D. | 2005 – Joseph E. Fondriest, M.D. | |
| 1995 – Pattye A. Whisman, M.D. | 2006 – May-Lee M. Robertson, D.O. | |
| 1996 – J. Michael Wills, M.D. | 2007 – Peter T. Nock, D.O. | |
| 1997 – Terry P. Barber, M.D. | 2008 – Eric R. Pacht, M.D. | |
| 1998 – Mary Beth Hall, M.D. | 2009 – Ann V. Govier, M.D.
David E. Subler, M.D. | |



LMH Physicians Recognized for Long-Time Service to the Community



Donald G. Jones, M.D., was honored at the LMH Medical Staff Recognition Dinner for 50 years of service. Pictured are (left to right): LMHS President & CEO Rob Montagnese, Dr. Jones, and Chief of Staff Eric R. Pacht, M.D.

During the annual Medical Staff Recognition Dinner in August, Licking Memorial Hospital (LMH) paid special tribute to physicians who reached anniversaries in 5-year increments with the Active Medical Staff. The LMH Active Medical Staff includes approximately 160 physicians.

“As a community Hospital, Licking Memorial Hospital is fortunate to have physicians with such excellent credentials and experience,” Rob stated. “More than 90 percent of our physicians are board certified after demonstrating an advanced level of expertise in their fields.”

The LMH Active Medical Staff physicians represent more than 30 medical specialties. For a physician referral, patients are welcome to call the LMH Physician Referral Line at (740) 348-4014, or visit www.LMHealth.org and click on “Find a Doctor.”

2014 Physician Service Awards

The following physicians were recognized for their 5-year incremented anniversaries with the LMH Active Medical Staff:

50 years – Donald J. Jones, M.D.

45 years – G. Franklin Gabe, M.D.
Chung Han Koo, M.D.
Nicholas P. Trifelos, M.D.

35 years – Mary Beth Hall, M.D.
Thomas J. Hall, M.D.
Richard E. Simon, M.D.

30 years – Michael E. Campolo, D.O.
Wesley V. Forgue, M.D.
Owen Lee, M.D.

20 years – Joseph E. Fondriest, M.D.
Andrew C. Seipel, M.D.

15 years – David E. Born, M.D.
Khanh V. Dang, M.D.
Donald A. DeShetler Jr., M.D.
Hsien J. Hsu, M.D.
Talya R. Greathouse, M.D.
Joshua C. Nelson, D.O.
Howard L. Reeves, D.O.
May-Lee M. Robertson, D.O.

10 years – Jeremy R. Campbell, D.O.
Kevin J. Finley, M.D.
Ann V. Govier, M.D.
Phillip G. Savage, D.O.
David E. Subler, M.D.
Hints A. Tewolde, M.D.

5 years – Abhay J. Anand, M.D.
Matthew C. Bromley, D.O.
Michael C. Duffey, M.D.
Jennifer D. Killion, M.D.
William E.C. Knobloch, M.D.
Latha Urs, M.D.
Petter A. Vaagenes, D.O.

New Appointments



Marita L. Moore, M.D.,
joined Licking Memorial
Family Practice – McMillen.



Laurie J. Schaeffer, D.O.,
joined Licking Memorial
Dermatology – Pataskala.



Elizabeth A. Yoder, D.O.,
joined Licking Memorial Outpatient
Psychiatric Services – Newark.



LMHS President & CEO Rob Montagnese (left) welcomed the retired physicians who attended the 2014 Honorary Medical Staff luncheon at LMH (left to right): Mary Beth Hall, M.D., RR Evans, M.D., Lucena Ong, M.D., Zdravko Nikolovski, M.D., Robert Kamps, M.D., Tom Mills, M.D., Robert Raker, M.D., and Donald Harris, D.O.

Retired Physicians Honored at Luncheon

Members of the Licking Memorial Hospital (LMH) Honorary Medical Staff gathered in September to celebrate their many years of providing dedicated medical care to the citizens of Licking County. LMH hosted the eighth annual Honorary Medical Staff luncheon to provide the retired physicians with an opportunity to socialize with each other and to demonstrate the Hospital's enduring gratitude for their service.

"We are incredibly grateful for your contributions to the Hospital and Health Systems throughout your careers," Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese said. "Through your dedication to the Licking

County community, you set an example that laid the foundation for the excellent care and services we provide today. Thank you for setting the standard high for those who have followed in your footsteps."

The LMH Honorary Medical Staff, which is currently comprised of 33 members, is reserved for physicians who retired after long-time service on the Active Medical Staff and have maintained an outstanding reputation in the community. In addition to the annual luncheon, which was established in 2007, Honorary Medical Staff members are recognized each year at the LMH Medical Staff Reception.

Dr. LeMay Retires from Licking Memorial Pediatrics – East Main

After 23 years of caring for children in Licking County, Pediatrician Diane M. LeMay, M.D., FAAP, has retired from Licking Memorial Active Medical Staff. Licking Memorial Health Systems (LMHS) hosted a retirement reception to allow patients, coworkers, fellow physicians and family an opportunity to thank Dr. LeMay for her service to the Licking County community.



LMHS President & CEO Rob Montagnese (left) presented a plaque to Diane M. LeMay, M.D. (right), to commemorate her years of service to the community's pediatric patients.

Dr. LeMay earned her Medical Degree from Wright State University School of Medicine in Dayton, Ohio, after receiving her Bachelor of Arts degree in chemistry from The Ohio State University in Columbus. She completed her internship and residency at Children's Hospital (now Nationwide Children's Hospital) in Columbus. She is board certified in pediatrics.

In 2012, Dr. LeMay received national recognition with the CDC Childhood Immunization Champion Award. She was named a

Healthcare Hero by Columbus Business First in 2008, and received Licking County's Woman of Achievement Award in 2009. She received LMHS' MVP Award in 2008, and Woodward/White's Best Doctors in America Award eight separate times. She was also included in the Guide to America's Top Pediatricians by Consumer Research Council of America. Dr. LeMay spearheaded LMHS' successful Heart to Play program that offers free pre-participation EKGs to all Licking County middle and high school athletes,

as well as other students enrolled in physically demanding training programs, including emergency medical technicians, firefighting and physical therapy.

Dr. LeMay has been named to the Honorary Medical Staff at Licking Memorial Hospital (LMH). She also will continue to promote the community's health as a member of the LMH Development Council.

BABY EXPO



In October, the inaugural Baby Expo was held at Licking Memorial Hospital (LMH). The event was hosted by the Community Relations Committee of the LMH Development Council, and provided new and expectant mothers, as well as women considering pregnancy, an opportunity to learn more about LMH's Maternal Child services as well as other local products and services available to mothers and babies. Approximately 300 participants attended the free Baby Expo, enjoying a variety of informational vendor displays, speakers, and tours of the LMH Maternal Child facilities.

The Baby Expo featured 24 vendors, six massage therapists, and covered a wide variety of topics. Information available to guests included:

- Pregnancy care, including nutrition
- Breastfeeding
- Newborns' special needs, including nutrition and safe sleep
- First Impressions classes at LMH
- CPR for infants, children and adults
- Licking Memorial Pediatrics services
- Licking Memorial Women's Health services
- Quit for You, Quit for Baby tobacco cessation services
- Vendors' products for mothers-to-be, as well as mothers and babies
- Safe car seat checks, sponsored by LMH and State Farm Insurance

Along with the informational booths and vendors, four subject-matter experts presented to guests throughout the day.

2014 Baby Expo Speakers

Tiffany Inglis, M.D.
You and Your Pregnancy

Amanda Baker, R.N.
LMH Maternal Child Department
Overview

Brian Klima, M.D.
You and Your New Baby: What to Expect

Annamarie Thacker, R.D., L.D., C.D.E.
Nutrition for Mom and Baby: Before,
During and After

Guests also were served light refreshments, received many give-away items and were eligible to win exciting door prizes. LMH provided a \$100 Toys R Us gift card for the winner of the punch card raffle, Amy Wright. LMH purchased additional door prizes, including a bouquet of \$50 gift cards from participating massage therapists, won by Melody Klontz, and a rocker/glider with ottoman, won by Melissa Lewis.



Panel Discusses Urology Issues

Three members of the Licking Memorial Hospital (LMH) Active Medical Staff presented information about urology issues during a recent Corporate Breakfast that was sponsored by the LMH Development Council. The physicians outlined common urological conditions, as well as tests and treatment options at LMH.

Urinary Incontinence

Obstetrician/Gynecologist

Ngozi V. Ibe, M.D., of Licking Memorial Women's Health, has a special interest in urogynecology, addressing female urinary incontinence and pelvic floor disorders. Urodynamic testing is one of several tools used to evaluate a patient for urinary incontinence. It assesses a patient's bladder and urethra to evaluate the efficiency of bladder storage and voiding functions.

"It is estimated that 10 to 30 percent of women aged 15 to 64 experience urinary incontinence. In their senior years starting at age 65, nearly 25 percent of women will have at least some involuntary loss of urine. This is often attributed to childbirth or aging," Dr. Ibe explained. "In many cases, the diagnosis and treatment are relatively simple; however, in more complex cases, urodynamics can help the physician determine the cause of the incontinence. Urodynamic studies can measure factors such as the amount of pressure in the bladder, the urine flow rate, the amount of urine that is retained in the bladder after voiding, and the bladder's capacity. After we determine the cause of the incontinence, we can work with the patient to devise a treatment plan that may include behavior modification, pelvic floor exercises, physical therapy, medication or surgery."

Kidney Stones

Urologist Donald J. Lewis, M.D., of Urological Center, Inc., discussed the diagnosis and treatment options for kidney stones, enlarged prostate glands and impotence. The National Institute of Health reports that approximately 1 in 11 individuals in the United States will develop kidney stones. Stones form when urine becomes concentrated with certain substances that begin to crystallize within the kidneys. "Pain from a kidney stone can be quite severe," Dr. Lewis said. "In fact, some women have told me that pain from a kidney stone is worse than labor pain during childbirth. The pain level is not dependent on the size or quantity of stones present. Ironically, one small kidney stone can be more painful than several larger stones."

Small kidney stones and stones that are not causing severe pain may be treated with non-surgical methods, such as medications or drinking increased amounts of water. However, stones that are large or painful, or those that have become lodged in the kidneys or urinary tract usually require surgery. LMH offers



During a recent LMH Corporate Breakfast, guests had the opportunity to address urology-related questions to (pictured left to right) Ngozi V. Ibe, M.D., Donald J. Lewis, M.D., and William A. Stallworth, M.D.

two non-invasive surgical options to remove kidney stones – ureteroscopy with Holmium laser and extracorporeal shock wave lithotripsy ("lithotripsy" for short).

Ureteroscopy with Holmium laser is performed while the patient is under general anesthesia. It uses a small scope with a spaghetti-sized laser fiber to pass through the urethra to the site of the stone. A fine Holmium laser is fed through the tube to break the stone apart. Ureteroscopy is often performed on an outpatient basis, and the patient

usually is able to return home the same day.

In 2013, LMH added the lithotripsy procedure to break up stones in the kidney or ureter through the use of shock waves. During lithotripsy, the patient lies on a water-filled cushion and is placed under general anesthesia. The lithotripsy machine is positioned against the patient's abdomen and produces shock waves that pass harmlessly through the soft tissues. Approximately 1,000 to 2,500 shock waves focus directly on the stones, causing them to shatter into sand-sized particles. The patient is taken to the surgical recovery room after the procedure and usually is able to return home within a few hours.

Enlarged Prostate Gland

Men's prostate glands commonly become enlarged in a condition that is associated with aging. "If a man lives long enough, he most likely will experience an enlarged prostate at some point. By the age of 60, it is estimated that 40 percent of men will have the condition," Dr. Lewis cited. "That prevalence rises to 90 percent by the age of 80."

The prostate gland normally surrounds the urethra that carries the urine out of the body. When the prostate becomes enlarged, it partially blocks the urethra and causes urinary difficulties. The condition often can be treated with medication; however, patients may require corrective surgery if symptoms become severe. At LMH, GreenLight HPS™ Laser therapy is used to remove excessive prostate gland tissue. The laser treatment is less invasive than traditional surgery and involves feeding a thin laser fiber through a scope to the prostate gland. The laser then emits light energy to vaporize tissue that is pressing upon the urethra. The laser treatment is performed on an outpatient basis, and the patient usually can return home a few hours later.

Impotence

Impotence, also known as erectile dysfunction, can be treated in men at any age. It may have a wide range of causes, including: diabetes, kidney disease, cardiovascular disease, neurological

disease, tobacco use, injury, or certain medications. Impotence is often successfully treated with oral prescription medications. For men who are not good candidates for the oral medications due to pre-existing health conditions, self-injected medications that affect penile blood flow may provide successful treatment.

Dr. Lewis explained that in addition to medication therapy, LMH offers a surgical option for erectile dysfunction. “Some men with impotence do not respond well to pharmacological treatment, or they may have a health condition that prevents them from taking the medications. In those cases, a penile implant may be the best treatment.”

The penile implant that is available at LMH includes two cylinders, a reservoir, and a pump that are all surgically implanted. The reservoir contains a liquid that is used to inflate the cylinders. The surgery is performed under general anesthesia and usually requires an overnight hospital stay. The implant is not visible after surgery, and does not adversely affect the patient’s fertility.

Prostate Cancer

Urologist William A. Stallworth, M.D., of Licking Memorial Urology, stressed the importance of digital rectal exams to help screen for prostate cancer beginning at the age of 50 for men of average risk. Some men with a strong family history of prostate cancer may be advised to start screenings at the age of 45 or earlier. “Many men mistakenly believe that a PSA (prostate specific antigen) blood test is sufficient to confirm prostate cancer,” Dr. Stallworth said. “But that test was not developed to confirm prostate cancer. The PSA test helps us decide which men would be more likely to have biopsies test positive for prostate cancer if biopsies are performed. It is so important to diagnose prostate cancer in the early stages when there are more

treatment options available. For treatment, radical surgery is not always necessary,” he said.

In Licking County, prostate cancer ranks third in the number of new cancer diagnoses, following breast cancer and lung-related cancers, according to a 2012 report by the Licking County Health Department. Dr. Stallworth explained that since prostate cancer is often a slow-growing disease, recommendations for treatment vary on a case-by-case basis. “If cancer is determined to be slow growing, observation is often suggested every six months. There is less risk that a slow-growing cancer would affect a man’s health, especially at an advanced age. The critical point, however, is that when prostate cancer is detected early enough at any age, there are usually several options for treatment.”

Risk factors for prostate cancer include age, race, and family history. Approximately 60 percent of new prostate cancer diagnoses are made in men older than 65, and it occurs more often in men who are African-American or Caribbean-born with African ancestry. The risk also is increased for men who have a brother or father with prostate cancer, especially if they were diagnosed at a young age. There may not be any noticeable symptoms of prostate cancer until the disease is at an advanced stage.

Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about new technology and services within Licking Memorial Health Systems. The Development Council was established in 1987 to increase charitable giving to LMH and to promote positive community relations. More than 75 distinguished members of the community volunteer their time to serve on the Development Council.



Happy
Holidays!



Licking Memorial
Health Systems

Active•Fit Period 3 Winners Honored

Licking Memorial Health Systems recently recognized the Active•Fit prize winners from Period 3. Participants in the youth wellness program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners and their families received their prizes from Licking Memorial Health Systems as special recognition for their achievements. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2014-2015 began September 1 and continues through December 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.

1. Xbox Kinect & Xbox Game

Caden Marinacci, Stevenson Elementary

2. Xbox Kinect & Xbox Game

Avery DeFoor, St. Matthew School

3. \$200 Dick's Sporting Goods Gift Card

Austin Rush, St. Paul School

4. \$200 Dick's Sporting Goods Gift Card

Jack Lohri, Blessed Sacrament

**5. iPod Nano with Fitness Software &
\$75 Dick's Sporting Goods Gift Card**

Zachary Schwartz, Welsh Hills School

6. Nike Shoes & iPod Nano with Fitness Software

Ryan Frost, John Clem Elementary

7. iPod Nano with Fitness Software

Kevin Dunlap, Garfield Elementary

8. iPod Nano with Fitness Software

Lauren Argyle, Granville Intermediate

9. \$100 Dick's Sporting Goods Gift Card

Christian Tucker, Cherry Valley Elementary

10. \$100 Dick's Sporting Goods Gift Card

Hailey Smith, Northridge Elementary

11. \$100 Dick's Sporting Goods Gift Card

James Hampton, Granville Elementary

12. \$100 Dick's Sporting Goods Gift Card

Bailey Schurdell, Newark Digital Academy

13. \$100 Dick's Sporting Goods Gift Card

Joey Crawford, Etna Elementary

14. \$100 Dick's Sporting Goods Gift Card

Emma Lohri, Blessed Sacrament

15. \$50 Dick's Sporting Goods Gift Card

Maddy Gundler, Watkins Middle School

16. \$50 Dick's Sporting Goods Gift Card

Delaney Dunlap, Heath Middle School

17. \$50 Dick's Sporting Goods Gift Card

Kylie Miller, Legend Elementary

18. \$50 Dick's Sporting Goods Gift Card

Peyton Robey, John Clem Elementary

19. \$50 Dick's Sporting Goods Gift Card

Isaac Rush, St. Paul School

20. \$50 Dick's Sporting Goods Gift Card

Katelynn Garman, Heritage Middle School



Active•Fit YOUTH WELLNESS PROGRAM

The Active•Fit program promotes healthy lifestyles for youth ages 6 to 12.

Visit www.ActiveFit.org to register. Participants who complete the free program will be entered into a drawing to win prizes!

Newark
Advocate
A GANNETT COMPANY Media

Licking Memorial
Health Systems

For more information, visit www.ActiveFit.org

Physician Spotlight – Lori J. W. Elwood, M.D.



Lori J. W. Elwood,
M.D.

Lori J. W. Elwood, M.D., serves as Chief of Pathology and Medical Director of the Laboratory at Licking Memorial Hospital, as well as Secretary/Treasurer of the Medical Staff. She has been a member of Licking Memorial Pathology since 2000.

Dr. Elwood earned her Medical Degree from the University of Nebraska Medical Center in Omaha, Nebraska. She then completed an internal medicine internship and residency at the University of Nebraska Medical Center. She also completed a residency in anatomic and clinical pathology at the University of Colorado Health Sciences Center in Denver, Colorado. Dr. Elwood completed a hematopathology fellowship at the National Cancer Institute at the National Institutes of Health in Bethesda, Maryland. Dr. Elwood is board certified in anatomic and clinical pathology, cytopathology and internal medicine.

Ask a Doc – Having Blood Drawn with Lori J. Elwood, M.D.

Question: Whenever I need blood drawn for testing, the phlebotomists have difficulty finding a suitable vein. Is there anything I can do to make my blood draws more successful?

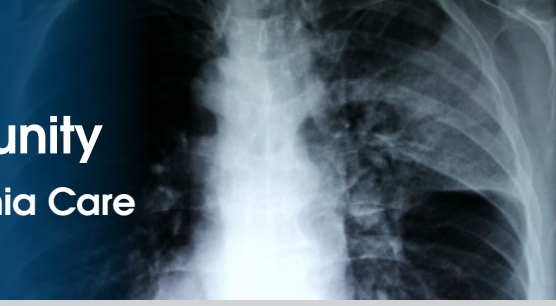
Answer: The information provided by blood tests often is critical for your physician to make decisions about your health care. Nobody likes to have blood drawn, but the procedure should not be overly unpleasant. Each patient's veins are a little different. Plump, engorged veins are ideal for blood draws, but if you have small veins or veins that tend to "roll," there still are some simple steps you can take to improve the experience.

- Hydrate. Dehydration increases the risk that your vein will collapse during a blood draw. Unless you have been instructed not to eat or drink anything before the test, start drinking water 24 hours in advance. It is not necessary to drink excessive amounts of water – 64 ounces over 24 hours should be plenty.
- Avoid caffeine. As a diuretic, caffeine forces fluids into the kidneys and constricts the veins.
- Stay warm. Especially in cold weather, wear warm clothing and allow your body to warm up inside the building for several minutes before having your blood drawn. This will improve your blood flow.
- Walk briskly and shake hands vigorously. Activity will promote a stronger blood flow.
- Do arm curls. If you know in advance that you will have a blood test, it may help to build up muscle tissue by lifting weights or using dumbbells. As the muscles expand, blood flow is increased, and veins are moved closer to the surface.
- Schedule the visit later in the day. Veins tend to be flatter in the early morning. Unless you have been instructed to fast, enjoy a full breakfast or lunch before the blood draw.
- Sit very still. If you squirm or flinch during the blood draw, it will be more difficult for the phlebotomist to insert the needle smoothly.
- Breathe. Holding your breath can make you feel lightheaded. Just breathe normally during the blood draw.
- Do not look. Focusing on the needle may intensify your apprehension or discomfort. Try taking a book or another method of distraction.

- Talk about your concerns. Many patients are fearful of needles or the sight of blood. Phlebotomists can help with these fears, but only if they know in advance. If you are fearful of the pinprick, the phlebotomist may be able to apply a numbing agent. It is especially important to let someone know if you feel lightheaded or have fainted during previous blood draws so that special measures can be taken to prevent possible falls.

Licking Memorial Hospital's Laboratory Services Department is available to perform blood draws 24 hours a day, seven days a week with a physician's order. Patients who wish to have blood drawn after 5:30 p.m. on weekdays or any time on weekends should use the phone in the Main Lobby to request assistance. Blood draws also can be performed on weekdays at Licking Memorial Health Systems' Pataskala Health Campus or Licking Memorial Hospital – Tamarack location in Newark.





Patient Story – Greg Smith

When Greg Smith of Newark awoke with chills in the early morning hours on May 2, his wife, Pat, covered him with a blanket. However, the chills persisted, and she soon realized that he had a fever. Worse yet, Greg began speaking incoherently. At that point, Pat called 911 for emergency help.

“I had not been feeling sick, and I do not remember anything that happened at home that night,” Greg said. “It came on so quickly without warning.”



Greg and Pat Smith

At Licking Memorial Hospital (LMH), Emergency Physician Terrill D. Burnworth, D.O., discovered that Greg had a buildup of fluid on his lungs. Dr. Burnworth ordered a chest X-ray that showed two areas of infiltrate on his lungs. Greg then was admitted to LMH for aggressive treatment of pneumonia. Three days later, he was released from the Hospital with instructions to visit his family physician for follow-up care.

Before the follow-up appointment date, Greg had another episode on May 29. “It was just like the first one,” Pat described. “He woke up in the middle of the night shivering with chills and talking incoherently. Again, I called the squad.” At LMH’s Emergency Department, Randy E. Jones, M.D., determined that Greg had suffered a recurrence of pneumonia, and he was admitted overnight to receive intravenous antibiotics.

“Just like the first time, I did not feel sick beforehand, and nothing seemed to have brought on the pneumonia,” Greg said. “I did not have the typical pneumonia symptoms of chest pain or shortness of breath.”

Three weeks later, Greg suffered a third incident in the middle of the night. At LMH, Asegid H. Kebede, M.D., who had recently joined Licking Memorial Pulmonology and Sleep Medicine, examined Greg and reviewed his records. Dr. Kebede told the Smiths that he suspected that something different was happening this time since Greg already had received the appropriate care to treat his pneumonia. Dr. Kebede performed a bronchoscopy and took a tissue sample from Greg’s lungs. The tissue sample showed that he may have nocardiosis, an

infection from nocardia bacteria that are commonly found in soil and water.

Dr. Kebede said, “Most people come into contact with nocardia nearly every day, but their healthy immune systems quickly fight off the bacteria. In Greg’s case, his immunity was weakened by recent illnesses, and nocardiosis was able to develop. Fortunately, Greg responded well to antibiotics and was able to recover completely.”

Pneumonia and nocardiosis were the latest health challenges that Greg has faced in the past few years. Pat said, “Greg was never sick a day of his life until 2011. Since that time, he has had a heart attack, a stroke, mini strokes, rheumatoid arthritis, broken vertebrae and pneumonia. The doctors have told us that most of these conditions can be attributed to a history of tobacco use.”

It took several attempts, but Greg gave up cigarettes “cold turkey” in 2006 after smoking for 46 years. “I began smoking at the age of 14,” he said. “My friends smoked, my parents smoked – pretty much everyone I knew smoked back then.” Pat also gave up smoking in 2007 after she was diagnosed with bronchitis. “It was a wake-up call for me,” she said. “Now, if we see anyone smoking, we warn them, ‘You will pay for it later.’”

Throughout Greg’s illnesses, both he and Pat found comfort and reassurance from the Hospital staff. “The doctors were excellent, and the nurses were so helpful,” Pat said. “We never had to wait – they could see how sick Greg was and attended to him right away. We like LMH very much.” Greg agreed, saying, “If you do not feel good, this is the place to be. The nurses have always been nice to us.”

Licking Memorial Pulmonology and Sleep Medicine focuses on the diagnosis and treatment of sleep disorders and lung conditions, such as chronic obstructive pulmonary disease, asthma, chronic bronchitis, chronic cough, pneumonia, lung cancer, and lung cancer-related problems. Appointments are available with Dr. Kebede or Eric R. Pacht, M.D., by calling (740) 348-1805. Their offices are located on LMH’s sixth floor.

Pneumonia Care – How do we compare?

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

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

1 Best practice in pneumonia care says that a blood culture should be collected before any antibiotics are given to a pneumonia patient to determine more accurately which microorganism is causing the illness.

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
Patients receiving blood cultures prior to antibiotics	100%	100%	98%	98%
Pneumonia patients given the most appropriate antibiotic	97%	91%	98%	95%

2 Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine, if appropriate.

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
High-risk patients screened for the pneumonia vaccine	NA	94%	99%	92%
Patients screened for the influenza vaccine	NA	94%	98%	90%

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

	LMH 2011	LMH 2012	LMH 2013	LMH Goal
Head of bed elevated to 30 degrees	NA	100%	100%	greater than 90%
Oral care	NA	NA	99%	greater than 90%
Daily test to reduce sedation	NA	98%	97%	greater than 90%
Stomach ulcer prevention	NA	99%	99%	greater than 90%
Blood clot prevention	NA	99%	99%	greater than 90%

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

	LMHP 2011	LMHP 2012	LMHP 2013	National ⁽³⁾
Physician office patients over 65 years receiving the pneumonia vaccine	87%	87%	87%	71%
Physician office patients over 65 years receiving the influenza vaccine	LMHP 2011-2012 82%	LMHP 2012-2013 82%	LMHP 2013-2014 82%	National ⁽³⁾ 70%

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

	LMHS 2011-2012	LMHS 2012-2013	LMHS 2013-2014	National ⁽⁴⁾	LMHS Goal
LMHS employees receiving the influenza vaccine	84%	84%	85%	72%	greater than 80%

Data Footnotes: (1) *Hospitalcompare.hhs.gov* national benchmarks. (2) Midas CPMS Comparative Database. (3) *Hedis – 2013 National Committee for Quality Assurance (NCQA). The State of Healthcare Quality 2013*. (4) *Centers for Disease Control and Prevention (CDC). Seasonal Influenza Vaccination Coverage Among Health-Care Personnel. MMWR September 27, 2013*.



Quality Reporting to the Community

Patient Story and Benchmarks for Surgical Care



Patient Story – Zachary Ruckman

Seventeen-year-old Zachary Ruckman is an avid amateur filmmaker, so it is only natural that he would like to create a short documentary about his recent surgery at Licking Memorial Hospital (LMH). In this video, Zachary would play himself, and the supporting cast would include his parents, many caring professionals at LMH, and General Surgeon Brent M. Savage, M.D., of Licking Memorial Surgical Services.

In December 2013, Zachary noticed some tenderness low on his back. “At first, I did not think anything of it – it was just a bump that was a little sore,” he said. He showed it to his mother, Andrea, who is a nurse. “To me, it looked like a simple skin irritation, so we put some salve on it,” she explained.

After just two or three days, the bump had grown larger and was much more tender. Andrea’s experience as a nurse led her to believe that Zachary was facing something more serious than a skin irritation, and she made an appointment with Zachary’s pediatrician. The pediatrician confirmed her suspicion that Zachary had a pilonidal cyst, and recommended that he seek surgical care.

Pilonidal cysts are most commonly found low on the back near the tailbone. They usually contain hair and skin debris and can easily form painful abscesses. It is uncertain what causes pilonidal cysts, although some evidence suggests that friction and pressure (from prolonged sitting or tight clothing, for example) force hairs to grow inward, and the body forms a defensive pocket around the ingrown hairs.

In addition to their instinctive parental concerns about their son’s health, Andrea and her husband, Matt, had apprehensions because Zachary has autism. As a result, he sometimes cannot comprehend complex procedures. “I knew immediately which surgeon I wanted for Zachary,” Andrea said. “I have known Dr. Savage for many years through some of my home care patients, and I knew that he also has a child with autism. I was confident that Dr. Savage would be able to communicate with Zachary at his level. It was so important for him to understand everything so that he would not be afraid or confused by the hospital environment.”



Zachary Ruckman

Unfortunately, Zachary’s cyst ruptured before his scheduled appointment with Dr. Savage. “Yeah, that was pretty painful,” Zachary admitted. “But it helped that my mom is a nurse, so she was able to explain what was happening.”

“When I first saw Zachary, he had a large pilonidal cyst that had ruptured a few days previously and was still draining,” Dr. Savage said. “Even though one of the reasons that we perform surgery on pilonidal cysts is to drain the infectious fluid, it was still important for us to remove the cyst completely, along with any surrounding tissue that had been damaged. These precautions lower the risk that the cyst will recur.”

Zachary and his parents arrived at LMH on January 20 for the outpatient procedure. Matt said, “Zachary was nervous about the surgery and just wanted to get it over with. The staff was great. Instead of using medical jargon, they explained everything they were doing in clear, simple terms and checked to ensure that Zachary understood.”

In the operating room, the surgical team continued to reassure Zachary as he was prepared for anesthesia. “Basically, I remember getting wheeled into a room with a big light, and the doctor asked me about my vacation to Universal Studios. I was talking to them about the trip, and then I was ‘out,’” Zachary said with a chuckle.

When Zachary awoke, he was greeted by nurses and both of his parents. After a few hours of recovery, Andrea and Matt were given instructions about Zachary’s wound care, and all three Ruckmans were able to return home.

Zachary’s surgical wound needed to be packed with new dressing on a daily basis. “It was shocking to see how big the cyst had been,” Matt said. “Since it formed beneath the skin, we could not tell before the surgery. It left a hole that was the size of a tennis ball.”

Patient Story – Zachary Ruckman (continued on page 20)

Surgical Care – How do we compare?

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

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

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

	LMH 2011	LMH 2012	LMH 2013	LMH Goal
Use of reversal agent for GI procedures	0.19%	0.13%	0.11%	less than 0.90%

- 2** The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site by the surgeon, and final verification in the operating room. In 2013, 7,498 surgeries were performed at LMH.

	LMH 2011	LMH 2012	LMH 2013	LMH Goal
Wrong-site surgeries	1*	0	0	0
Surgical site verification checklist completed	99%	99%	99%	100%

*Following a non-incisional urinary-tract surgery, an error was discovered while the patient was in recovery. A corrective, non-incisional procedure was immediately performed with favorable results.

- 3** Receiving the appropriate antibiotic within an hour before surgery reduces a patient's risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient's risk of developing antibiotic-resistant bacterial infections. Medical studies have shown that the use of certain antibiotics, specific to each surgery type, can be most effective at preventing infections after surgery.

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
Antibiotic received within 1 hour	98%	98%	100%	99%
Antibiotic selection accurate per national recommendations	98%	98%	99.6%	99%
Antibiotic discontinued within 24 hours	96%	98%	100%	98%

- 4** Some surgeries require the temporary insertion of a catheter into the patient's bladder. The catheter can enable the patient to evacuate the bladder even when unconscious or otherwise incapacitated. However, leaving a catheter in the bladder for too long can increase the risk for a urinary tract infection. Ideally, catheters will be removed within two days following surgery to minimize the risk for this type of infection after surgery.

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
Urinary catheter removed within two days after surgery	97%	98%	99.6%	97%

- 5** Medical studies have shown that if patients experience hypothermia (low body temperature) during and after surgery, they have a greater risk of developing complications. Effectively warming patients during surgery can ensure their body temperatures remain in normal range. This measure tracks the percentage of patients at LMH who had a normal body temperature immediately after surgery.

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
Peri-operative temperature within normal range	100%	100%	100%	100%

- 6** VTE, or venous thromboembolism, is the medical term for a blood clot that forms in a vein. Surgery increases the risk of VTE, and while most clots can be treated, some can be life-threatening. It is recommended that hospitals use medications and mechanical devices to prevent the formation of blood clots. LMH tracks the percentage of patients who correctly had these interventions activated, based on CMS guidelines, within 24 hours of surgery.

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
VTE prophylaxis started within 24 hours of surgery	94%	97%	99%	98%

7 LMH tracks surgery patients who appropriately receive beta-blocker medications during the peri-operative period. Studies show that in selected patients undergoing non-cardiac surgery, beta-blocker medication can reduce the incidence of heart attack and death.⁽²⁾

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
Appropriate use of beta blocker prior to admission and peri-operatively	95%	97%	98%	98%

8 Patients undergoing certain surgical procedures as outpatients (not admitted to the hospital) should receive antibiotics before their procedure. Using the correct antibiotics at the correct time can reduce the risk of infections after the procedure.

	LMH 2011	LMH 2012	LMH 2013	National ⁽¹⁾
Outpatient procedure patients with correct antibiotic prescribed	84%	94%	96%	98%

Data Footnotes: (1) *Hospitalcompare.hhs.gov national benchmarks.* (2) *Specifications Manual for National Hospital Inpatient Quality Measures, 2012.*

Patient Story – Zachary Ruckman (continued from page 18)



Brent M. Savage, M.D.

Because the cyst had been so large, the healing was a lengthy process. For approximately three months, Andrea changed the dressings daily, using a special packing technique that Dr. Savage had recommended.

Dr. Savage said, “After surgery for a pilonidal cyst, I instruct patients to use a ribbon-like gauze to pack into the wound

and change the packing every day. This method allows the wound to heal from the inside out instead of healing over at the skin’s surface first. This packing method is another step to help prevent a cyst from recurring. In addition, I advised Zachary to keep the affected area clean shaven from now on.”

The incidence of pilonidal cysts is estimated to be approximately 26 per 100,000 individuals. Some characteristics that increase

the risk of developing a pilonidal cyst include:

- Male, between the ages of 15 and 24
- Large amount of body hair
- Coarsely textured body hair
- Caucasian
- Obesity
- Sedentary lifestyle or prolonged sitting
- Poor hygiene
- Excessive sweating

The location of the cyst made it difficult for Zachary to sit in a chair, so he spent much of his recuperation lying on his side as he worked on his laptop. He quickly learned that his teenaged friends had never heard of a pilonidal cyst and tended to become queasy when he tried to explain. “I ended up just telling them that I had a sore on my behind,” he shrugged.

Health Tips — Preparing for Surgery

If you are expecting to have surgery, the following steps will improve your safety, help prevent infection and facilitate recovery:

- Discuss with your surgeon whether or not “banking” your own blood is indicated for your procedure.
- Eat a nutritious diet during the two-week period leading up to your surgery.
- Quit smoking at least two weeks before surgery.
- If you have diabetes, carefully monitor your blood sugar levels in the days leading up to the surgery.
- Do not drink alcoholic beverages during the 24 hours prior to surgery.
- Follow your physician’s instructions about taking your regular medications before surgery.
- Use the germicidal cleanser provided by your physician to shower or bathe the night before and the morning of surgery.
- Do not shave the surgical site area.
- Get eight hours of sleep the night before the surgery.
- Your physician will give you specific instructions regarding how long you must fast. Do not eat or drink anything during the fasting period or your surgery must be postponed.
- Do not wear makeup, lotions, powders, nail polish or perfume to the Hospital.
- Arrange to have someone drive you home from the Hospital and help take care of you for a few days.

Recovery from Pneumonia Is Prolonged

Patients who have experienced pneumonia often say that they felt extremely sick, and many also report that they had severe chest pain. Medical treatment usually brings quick relief of the worst symptoms, but a low-grade fever, malaise and overall discomfort can persist for weeks or months, leading some patients to wonder if their treatment is effective.



Asegid H. Kebede,
M.D.

“Pneumonia is a serious infection of the lungs,” stated Asegid H. Kebede, M.D., of Licking Memorial Pulmonology. “It was a dreaded disease just a few generations ago because many patients died from pneumonia. Today, patients usually recover well with proper treatment; however, full recovery takes some time, and patients often ask if that means their pneumonia is not improving or even getting worse.”

Pneumonia occurs when one or both lungs become infected with a bacterium, virus or fungus. The individual air sacs in the lungs swell with inflammation and fill with mucus and other liquids, making it difficult or painful to breathe. The patient usually has a frequent cough that may produce yellow or green mucus. In addition, the patient may have a high fever or chills.

Depending on many factors, including the severity of the illness, the patient’s age and pre-existing chronic conditions, the patient may require immediate hospitalization for aggressive treatment. In other cases, the patient may be able to manage the disease at home with consultations and visits with the physician.

Pneumonia that is determined to be caused by a bacterial infection is treated with antibiotics. Viral or fungal infections typically do not respond to antibiotics; however, antibiotics still may be prescribed to treat any secondary complications that arise from the pneumonia. Other medications often are prescribed to alleviate coughing, chest pain, body aches and fever. Dr. Kebede said, “It is critically important that patients take the entire course of medications that their physician prescribes – especially if they are taking antibiotics. All too often, patients feel better after several days, and they mistakenly believe that the remainder of their antibiotics is unnecessary. The truth is that their immune system is still quite weak, and just a few microbes of surviving bacteria could bring on another case of pneumonia that could be even more difficult to treat because of antibiotic immunity.”

Regardless of whether pneumonia patients were hospitalized, their recovery time at home may take a few weeks or even months. To facilitate their full recovery, pneumonia patients should:

- Take all prescribed medications
- Drink plenty of water, tea, or fruit juices
- Practice frequent deep breathing
- Get plenty of rest
- Get plenty of activity
- Avoid all tobacco smoking and secondhand smoke
- Limit alcohol consumption

“Pneumonia patients sometimes are tempted to stay in bed for many days because they do not feel good, but it is important for them to balance rest with activity,” Dr. Kebede emphasized. “We advise our patients to move around frequently. Even sitting upright in a chair or casual walking will help to clear the lungs.”

Full recovery from pneumonia is often a slow process. Some patients continue to have a low fever, cough, chest pain or fatigue for weeks after initial treatment, leading them to wonder if their treatment may be ineffective. “With most other infections, the patient does feel ‘back-to-normal’ within a couple of weeks,” Dr. Kebede explained, “but pneumonia is more serious and affects the body more extensively. It is not at all uncommon for the symptoms to persist for weeks. Some patients report that it took several months for them to feel completely normal again.”

If symptoms persist for more than a few weeks, or patients have other concerns about their recovery, they are advised to consult with their physician. “Some patients become alarmed over the slow recovery and go to the emergency room, but they really should simply call their physician first. Unless they notice new or worsening symptoms, their conditions are not life-threatening, and their physician will be able to evaluate whether their progress is appropriate,” Dr. Kebede said.

Pneumonia patients who are recovering at home should seek emergency help if they experience new or significantly worsened signs, such as:

- High fever, over 101 degrees F
- Breathing that is fast, shallow and painful
- Skin tone that turns a bluish color
- Coughing up more than a few specks of blood
- Rapid heart rate (more than 100 beats per minute)
- Excessive sweating
- Confusion

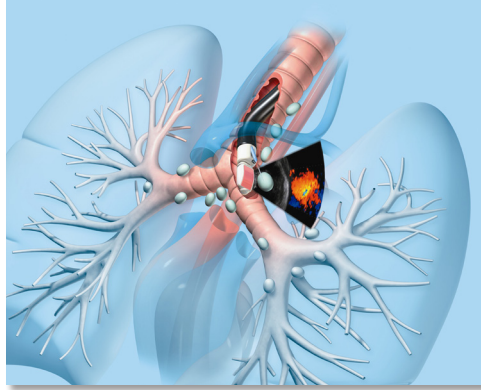
Pulmonology focuses on diseases of the lung, including pneumonia, chronic obstructive pulmonary disease, asthma, and chronic cough. Licking Memorial Pulmonology is staffed by two board-certified pulmonologists, Dr. Kebede and Eric R. Pacht, M.D. Both physicians are accepting new patients at their practice, which is located on the sixth floor of Licking Memorial Hospital. Appointments can be made by calling (740) 348-1805.



A non-invasive chest X-ray is commonly used at LMH to diagnose pneumonia and monitor the patient’s recovery.

Endobronchial Ultrasound Offers Minimally Invasive Surgical Assessment of Lung Cancer

Licking Memorial Hospital (LMH) has added a new tool to help physicians determine the stage of a patient's lung cancer and develop an appropriate course of treatment. Endobronchial ultrasound-guided transbronchial needle aspiration is a minimally invasive surgical procedure that combines sound wave technology with bronchoscopy to allow the surgeon to visualize areas deep in the lungs and, if necessary, take tissue samples for biopsy and staging (determining how much cancer has spread).



Endobronchial ultrasound provides information that helps physicians determine how extensively a patient's lung cancer has spread.

Asegid H. Kebede, M.D., of Licking Memorial Pulmonology, received special training to perform the endobronchial ultrasound procedure. "At LMH, endobronchial ultrasound is performed while the patient is under general anesthesia," he said. "We pass a thin flexible lighted tube through the patient's windpipe so that we can visualize the airways, lymph nodes and other tissues. The ultrasound waves help the surgeon pinpoint the location of any tumor, lesions or diseased tissue. The surgeon then uses a hollow needle to take tissue samples that help determine the type and progression of disease. The entire procedure takes up to one hour and provides invaluable information to help us determine the stage of any cancer that is present and customize an effective treatment plan."

Endobronchial ultrasound is an alternative to lung biopsies that are performed through conventional surgery or examination of

the patient's sputum. For many patients, endobronchial ultrasound may be the preferred method because it does not require an incision, is highly accurate, and allows the surgeon to examine lymph nodes from an area that is otherwise difficult to reach.

"Endobronchial ultrasound has been used as a diagnostic tool in the U.S. since 1994. It has proven to be very safe and accurate," Dr. Kebede explained, adding, "Cancers of the lungs, bronchus and trachea are the leading cause of cancer deaths in Licking County. All too often, these cancers are diagnosed at a late stage

when treatment is not as effective. Our ability now to improve the diagnosis and staging methods for patients will offer more treatment options and hope to patients who receive a lung-related cancer diagnosis."

Individuals who are at an elevated risk for lung cancer include those who have a history of tobacco smoking, are exposed to secondhand smoke, are exposed to asbestos or other harmful chemicals, or have a family history of lung cancer. Early warning signs of lung cancer include a cough that will not go away, chest pain, hoarseness, weight loss and loss of appetite, coughing up blood, shortness of breath, weakness, fatigue, repeated bouts of pneumonia or bronchitis, and wheezing. Patients who are concerned about their symptoms are advised to visit their family physician.

Health Tips — Who Should Receive a Pneumonia Vaccine?

Pneumonia is a lung infection that can be caused by a variety of bacteria, viruses or (rarely) fungi. More than 90 strains of pneumococcal pneumonia, a pneumonia-causing bacterium, have been identified. Fortunately, an effective vaccine is available to help protect against pneumococcal pneumonia. The vaccine is recommended for:

- All adults, 65 years of age and older
- Anyone, 2 through 64 years of age, who has a long-term health problem, such as heart disease, lung disease, or diabetes
- Anyone, 2 through 64 years of age, who has a disease or condition that lowers the body's resistance to infection
- Anyone, 2 through 64 years of age, who is taking a drug or treatment that lowers the body's resistance to infection, such as long-term steroids, certain cancer drugs or radiation therapy
- Any adult, age 19 through 64, who smokes tobacco or has asthma

A single dose of pneumonia vaccine is usually recommended for patients who are 65 years or older. A second dose is recommended for patients over the age of 65 if they received their first dose before the age of 65, and at least 5 years have passed since that first dose.

A second dose of pneumonia vaccine is recommended for children and adults, age 2 through 64 years, if at least five years have passed since their first dose, and they have a chronic medical condition that may affect their immune system.



LMHS Donates Over 400 Pounds of Meat to the Salvation Army Employees

In August, Licking Memorial Health Systems (LMHS) purchased the Hartford Fair's 1,308-pound reserve champion market steer owned by Logan Horn, a member of Cream of the Crop 4-H Club. LMHS recently donated the processed meat from the steer to the Salvation Army, located at 250 East Main Street in Newark. The 440 pounds of meat will be used in their soup kitchens and food pantry to benefit community members in need. Pictured are (left to right) LMHS employees Michael Cochran and Shay Marmie, Salvation Army Majors Diana and Ronald DeMichael, and LMHS President & CEO Rob Montagnese.

In Memoriam: LMHS Remembers Former Employees

Despite having more than 1,800 employees, the Licking Memorial Health Systems' (LMHS) staff is a closely connected team who depend upon each other to fulfill the Health Systems' mission to improve the health of the community. Therefore, the loss of an employee always affects the organization in a profound way. LMHS would like to honor the following employees who passed away over the last year during their service to the Health Systems:

Debra Blackburn

of Registration, passed away on February 17, after 9 years of service.

Frederick Karaffa, M.D.

a physician at Shepherd Hill, passed away on February 27, after 21 years of service.

Rosa Spivey

of Food Service, passed away on March 9, after 36 years of service.

Jeannie Clark

of Gastroenterology, passed away on July 14, after 20 years of service.

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



Emergency Preparedness Ensures LMH's Continuity of Care in Event of Disaster

Despite Licking County's inviting, small-town atmosphere, disasters and other widespread harmful events can – and do – occur locally. The Joint Commission requires U.S. hospitals to establish emergency preparedness response plans and coordinate their plans with local emergency organizations. Licking Memorial Hospital (LMH) has invested extensive funds and staffing hours to meet and expand upon The Joint Commission's guidelines. While most residents and businesses in Licking County may be forced to curtail normal activities during a disaster, it is vital that LMH continues to provide care to the community members who are affected by such an event.

In general, disasters fall into two categories – natural and manmade. Some of the natural events that have been identified as possible disasters for Licking County include severe thunderstorms and tornados, high winds, blizzards, floods, wildfires and disease epidemics. Examples of manmade disasters that have been determined to be possibilities for the county include widespread communications failure, chemical spills on highways and railways, accidental chemical releases in factories, explosions, gun violence, structural fires, bioterrorism and widespread power outages.

“There are so many possible scenarios that it would be impractical to prepare for each one, explained Terri LoPresti, Director of Safety at Licking Memorial Health Systems (LMHS). “The LMH Safety Committee prioritized the types of disasters that are very probable, such as tornados, and the types of disasters that we believe are not likely, but would have major consequences for residents. We then examined our readiness to respond to each event.”

Terri added, “Historically, most of the disasters that occur in Licking County are weather related. People tend to think of tornados as the biggest weather disasters, but severe thunderstorms, floods and winter storms seem to occur more often, and some have been very disruptive. Our detailed planning helped the Hospital remain completely open during the

derecho of 2012. In addition, the Hospital provided assistance for the surge of patients who did not have electricity at home to power their medical equipment.”

The LMH Safety Committee carefully studies The Joint Commission's standards, other hospitals' experiences and local trends to identify emergency procedures that need to be updated. For example, reports following the devastating May 2011 tornados in Joplin, Missouri, revealed that patients who were quickly evacuated from the storm-damaged hospital were walking outside in bare feet among broken glass and debris. As a result, LMH revised its policies to require staff to place footwear on patients' beds during an evacuation.

LMH has two emergency electrical systems that activate during the event of a power outage – the uninterruptible power supply (UPS) and diesel-fueled generators. The generators activate automatically to provide a full power supply within 10 seconds. In the meantime, the UPS systems already will have bridged the gap by activating immediately in all areas of patient care. “The value of our electrical system planning became very apparent during the widespread ‘Northeast Blackout’ on August 14, 2003. LMH was able to continue operating on generator power,” explained Jeff Kovalik, Director of Facilities Management. “The UPS system that was added in 2005 is designed to maintain a continuous flow of electricity during a power outage. Many staff members who were using equipment and computers when the UPS systems activated did not even realize that there was an outage from the main power supply.”

In 2011, LMH completed the construction of a new Information Systems Data Center. The Data Center houses the computer infrastructure necessary to support LMHS' highly advanced clinical information systems that are used to provide patient care. The Data Center was designed with emergency preparedness and disaster recovery in mind. The electrical and mechanical systems are designed with multiple layers of redundancy to ensure continued performance in the event of a

disaster or other significant event. LMH also stores redundant copies of its key clinical information systems at secure off-site locations where it can be accessed in the event of an emergency. This ensures that during a power outage, failure of mechanical systems or another significant event, patients' medical information is still secure and immediately available to physicians.

LMHS' emergency preparedness has been developed through a series of improvements and strategic activities. Some of the measures include:

- The Health Systems staff practices many fire and disaster drills each year.
- The Health Systems employees can be called in quickly for additional staffing.
- Active Medical Staff physicians can be called in quickly to provide additional coverage.
- All communications are backed up with secondary systems.
- LMH has the ability to receive its water supply from three different municipalities.
- The Hospital regularly stocks a two-week supply of food for patients and staff.

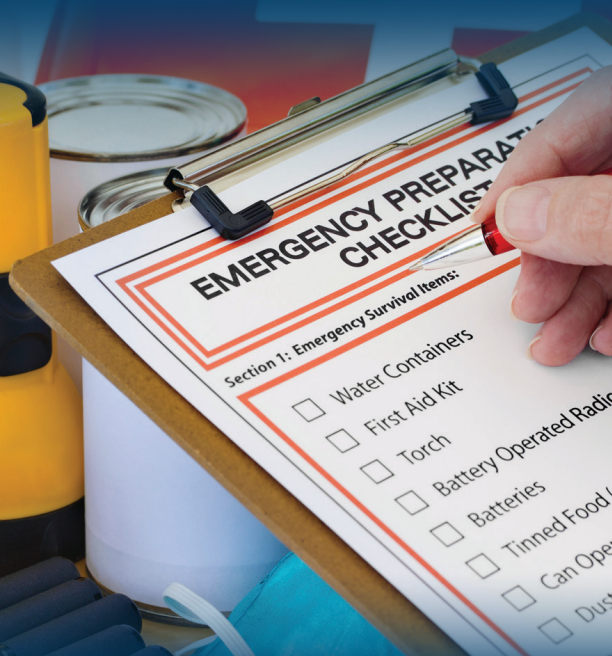
Terri said, "During the power outage that followed the derecho in 2012, a large number of Licking County residents came to LMH to seek refuge from the sweltering heat. Some needed an electrical source for home medical equipment, and many needed food and water. We are proud that we were able to provide their needs. However, with some advance planning, these residents could have been spared a great deal of discomfort and inconvenience. Everyone should have a plan that enables them to provide for their basic needs during an emergency."

The Centers for Disease Control and Prevention (CDC) has compiled a list of emergency precautions that every family should take before a disaster occurs. The precautions include:

- Get an emergency kit. (See inset below for suggested contents of kit.)
- Create a family communication plan. Give each family member a list of out-of-town contact numbers and e-mail addresses to keep in their wallets or backpacks.
- Ensure that every family member knows how to send a text message. Text messages often are easier to send and receive than a phone call during times of extreme usage.
- Learn how to shut off the gas, electric and water supply to your home.

Every household should be prepared with an emergency supply kit to be used when an unexpected event occurs. The American Red Cross, the Centers for Disease Control and Prevention, and www.Ready.gov have compiled lists of non-perishable items to be used during a lengthy power outage or other emergency. Their suggestions include:

- Three-day supply of drinkable water (one gallon, per person, per day)
- Two-week supply of non-perishable food
- Battery-powered or hand-crank flashlights
- Battery-powered or hand-crank radio
- Extra batteries
- First-aid kit
- Seven-day supply of medications, plus list of medications
- Other medical supplies, such as insulin needles, and disposable catheters
- Multi-purpose tool, such as a Swiss army knife
- Sanitation and personal hygiene items
- Copies of personal documents, such as deed/lease, passports, birth certificates, marriage certificate, insurance policies and proof of address
- Cell phones and chargers
- Emergency contact information
- Extra cash
- Blanket
- Map of the area
- Extra keys for the house and car
- Manual can opener



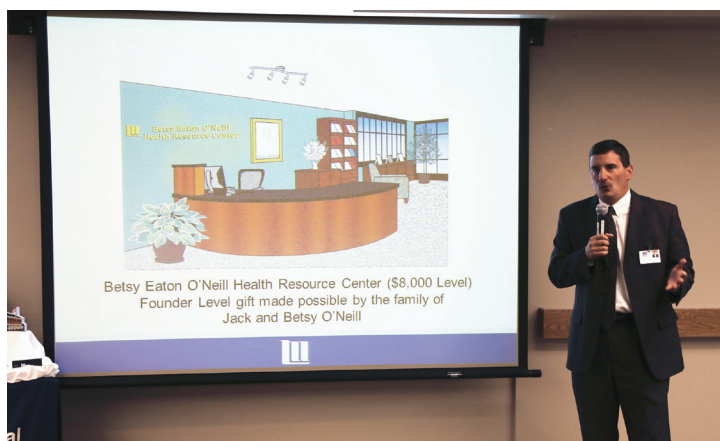
LMHS Recognizes Donors at Annual Receptions

Licking Memorial Hospital (LMH) hosted two annual events in September to thank those who made generous financial contributions throughout the past year. The Donor Appreciation Reception and PRIDE Appreciation Reception provided an opportunity to express appreciation to donors and update them about LMH's current improvement projects and recent national recognitions.

"We are extremely grateful for the financial support we receive from the community," said Vice President Development and Public Relations Veronica Link. "As a non-profit community hospital, LMH relies on private charitable donations to provide amenities and state-of-the-art equipment at the Hospital, as well as important community programs that promote health and wellness. Your generosity truly helps LMH fulfill its mission to improve the health of the community."

Currently, all unrestricted contributions are used to fund the purchase of CBORD Food and Nutrition Services software to help automate and improve efficiency in LMH's Food Service operation. Enhanced bedside service will be among the most notable benefits of the project. This will assure that meals are freshly prepared when a patient wants to eat, while providing greater flexibility to promote healthy food choices, monitor nutritional intake, and accommodate dietary restrictions.

During the events, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese highlighted several of the prestigious awards that LMH and LMHS have received this year. Truven Health Analytics named LMH as one of the 100



LMHS President & CEO Rob Montagnese addressed the attendees at the Donor Appreciation Reception after the unveiling of the newest piece of the Main Street Collection. The replica of the Betsy Eaton O'Neill Health Resource Center is presented to donors who have reached the \$8,000 level of giving.

Top Hospitals® in the country for the 12th time. A national recognition from Modern Healthcare, a leading source of industry news in the United States, also distinguished the Health Systems as one of the Best Places to Work in Healthcare.

"We work hard to improve services and provide the best level of care that is available anywhere. As a result, our medium-sized community Hospital ranks overall among the best facilities in the nation," Rob said. "Additionally, our employees create a very caring environment and take pride in

the services they provide to the community, which makes the Health Systems a great place to work."

At the Donor Appreciation Reception on September 22, Tom Cummiskey, Chairman of the LMH Development Council Annual Support Committee, recognized donors who reached new giving milestones, at increments of \$500. These donors received a new piece from the LMH Main Street Collection, a series of hand-painted replicas of LMHS buildings and amenities located throughout the Health Systems. The latest addition to the Main Street Collection was unveiled at the event. A replica of the Betsy Eaton O'Neill Health Resource Center, which is located near the LMH Main Lobby, was presented to donors who have reached the \$8,000 giving milestone.

LMHS employees who support the Health Systems through PRIDE (Providing Resources in Dedicated Employees) were honored at a reception on September 23. Since its inception in 1987, PRIDE has raised more than \$2 million to fund major projects and capital improvements at LMH.

Donors

Undesignated contributions to Licking Memorial Health Foundation in 2014 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in July and August 2014.

CADUCEUS SOCIETY

Laurie Schaeffer, D.O.

CAPITAL IMPROVEMENT FUND

Goodwill Industries

TWIGS 6

TWIGS 8

Community Cornerstone Club

Tony and Rita Adams

Elliott and Barbara Gerber

William and Virginia Lavelle

Christine Lindskog

Nelson and Kathleen McCray

Jack and Ann Oberfield

Mr. James P. Riley

Lynne Dolan Rotruck

Phil and Mary Fran Shannon

John and Barbara Weaver

Carol E. Wollenburg

Verna Zelein

DOCTORS' DAY

In honor of: Richard Simon

By: Dave and Tickle Shull

GENERAL

Anonymous

2014 GOLF GALA

ComDoc, Incorporated

US Food Service Incorporated

GOLDEN CORPORATE HONOR ROLL

Southgate Corporation

JOHN ALFORD FELLOWSHIP

Orville Varasso, in loving memory of

Violetta B. Varasso

MEMORIAL

In memory of: Charles Sherman

Baldwin, Jr.

By: Robert and Patricia McGaughy

PAVING OUR FUTURE

Timothy Cline

(In honor of Carolyn L. Cline and Eddie G. Cline, LMH Co-Volunteers of the Year 2014)

WILLIAM SCHAFFNER SOCIETY

Lynda L. Hoffman

Elizabeth and Russell Suskind

Donors Recognized for Contribution to Licking Memorial Health Foundation

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

The Platinum Circle Gutridge Plumbing, Inc.

Gutridge Plumbing, Inc. was recognized for its commitment to The Platinum Circle, a distinguished list of business and corporate donors that have pledged \$25,000 or more to LMH. Located in Newark with an additional office in Columbus, the company has been providing service with a commitment to outstanding quality and customer service since 1970.

Gil and Helga Gutridge founded the company in their home, and began by performing traditional residential plumbing services. In the 44 years since, Gutridge Plumbing has grown to employ 140 people and added commercial plumbing, HVAC (heating, ventilating and air conditioning), and fire protection to its offered services. Gil and Helga's sons, Wayde and Rod, now serve as Presidents of the family-owned-and-operated business, and their daughter, Shelly, is the company's Secretary/Treasurer. Three grandchildren, Anthony Gutridge, Samatha Gutridge and Lane Hartfield, and Rod's wife, Betsy, also work for the business.



LMHS President & CEO Rob Montagnese (right) and Vice President Development and Public Relations Veronica Link (left) presented a glass recognition piece to Helga and Gil Gutridge in appreciation of Gutridge Plumbing's membership in The Platinum Circle.

Gil is a lifelong resident of Licking County and met Helga in Berlin, Germany, while serving in the Army. The couple has been married for 55 years and resides in Venice, Florida, during the winter and spends summer weekends in Marblehead, Ohio, on Lake Erie.

The William Schaffner Society Fred Pryor, in Memory of Roberta Pryor

Fred Pryor was honored for his commitment to The William Schaffner Society in memory of his wife, Roberta Pryor. The Society is comprised of community members and Licking Memorial Health Systems (LMHS) employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years.

As lifelong residents of Newark, Fred and Roberta both graduated from Newark High School where they met and became

sweethearts. After high school, Fred attended the United States Military Academy at West Point and Roberta received her nursing degree from the former White Cross School of Nursing. After her graduation, Roberta worked for two years in Labor and Delivery at the former Newark City Hospital. The couple married in a ceremony at West Point on June 7, 1961, then moved to Fort Knox, Kentucky, Fort Benning, Georgia, and Fort Hood, Texas, as part of Fred's service in the Army. While he was deployed during the Korean War, Roberta returned to Newark and worked at the obstetrics and gynecology practice of Drs. Sperry and Zolo. When Fred's tour of duty in Korea was completed, the couple once again made Newark their home.



The Pryor Family – (left to right) Holly Lantz, Fred Pryor and Todd Pryor – honored the memory of their wife and mother, Roberta (pictured in portrait), through a commitment to The William Schaffner Society.

After the couple welcomed twin children, Todd and Holly, Roberta became a stay-at-home mom. Fred then owned Eagle Equipment Corp., a distributor of pneumatic and hydraulic components in Central and Southwest Ohio, from 1970 to 2002. The couple became active in the community as members of the First United Methodist Church, The Works, The Dawes Arboretum, and Heisey Collectors of America, as well as being loyal supporters of Newark High School sports. Roberta was a member of TWIGS 16 and Fred joined Moundbuilders Country Club, the Newark High School Boosters Club, and Newark Mannerchor. Together, they also enjoyed landscaping and yard work at their home and vacationing in Nags Head, North Carolina. Additionally, Roberta's love of the outdoors led her to become an avid snow skier, fisherman and deer hunter.

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

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMHF will be utilized to provide state-of-the-art technology at LMH. The contributions are not used for salaries or general operating expenses.

Volunteer Spotlight – Carol Yost



Carol Yost

Throughout the years, Carol Yost has pursued a long list of hobbies, including caning chairs and baskets, painting, wood carving, knitting, refinishing furniture, and canning jellies, pickles, and relishes. However, when she began considering organizations with which she could volunteer her time, the list was much shorter. Licking Memorial Hospital (LMH) was her preferred choice because

she knew her service would be beneficial to a wide variety of people from patients and visitors to physicians and staff members.

Carol joined the LMH Volunteer Services Department in 2008 and has accumulated more than 1,600 hours of service time. She regularly serves in the Registration Department and with the Messenger Service on Monday mornings, but always is willing to help in other areas and on other days, as needed. During the past six years, Carol also has volunteered in the Hematology/Oncology Department and at the reception desk in the John & Mary Alford Pavilion.

“Carol is an exemplary volunteer,” said Director of Volunteers, TWIGS and Events Carol Barnes. “She always brings a friendly smile and helpful hands through a willingness to serve wherever and whenever she is needed. We are truly grateful for Carol and the time she gives to our Volunteer team.”

A lifelong Newark resident, Carol remains involved throughout the community as a member of the Newark Mannerchor and the Newark Elks Lodge #391, and regularly plays euchre and canasta at the Heritage Hall Senior Center. She also is a lifetime member of the First Baptist Church of Newark where she sings in the choir and helps in the kitchen for fellowship time after weekly worship services, monthly fellowship breakfasts, and bereavement meals.

Carol loves flowers and is such a skilled gardener that her late husband, Jay, would joke she could plant a toothpick in the ground and it would bloom. The couple was married 56 years and raised four children with whom Carol is very close. She speaks with her children every day, and enjoys spending time with them, her four grandchildren and three great-grandchildren. Her son, Rod Yost, also lives in Newark and supports Licking Memorial Health Systems as a member of its Community Cornerstone Campaign Committee.

Retiree Spotlight – Rose Kelly



Rose Kelley, R.N.

Even though Licking Memorial Hospital (LMH) retiree Rose Kelly, R.N., stopped working in April 2012, she remains proud to say she was a dedicated employee for 23 years. Rose began her career at LMH in 1988 as a night-shift nurse on 4-South. She also spent time caring for patients in other LMH Medical/Surgical units such as 4-North and 5-South.

Rose is very fond of the time she worked in the Preadmission Testing Unit, which began in 1992. Rose said, “I am proud to have helped streamline the preadmission testing process at LMH. Before the inception of preadmission testing, I noticed that some patients were confused about where to get their next test prior to their scheduled surgery. I suggested that LMH create a unit where patients could go and do all of their testing – like visiting the Laboratory, getting an EKG and X-ray – in one convenient location in the Hospital and be cared for by the same nurses during the entire process. Once it was established, I noticed a difference in patients, especially the elderly, appearing more at ease.” Rose enjoyed her work in the Preadmission Testing Unit with fellow employees – Jan Campbell, R.N., Doug Predmore, and Elaine Washburn, R.N.

Rose also served as a Patient Care Manager for 5-South, 4-North, 4-South and Oncology. As a Manager, she noticed and appreciated the value that LMH put on progression and excellence “behind the scenes” by giving managers the opportunity to learn to grow and change in order to keep improving patient care. She received the LMHS Cares Award in 2000 and the LMHS President’s Award in 2001 as a member of the chemotherapy team.

In 2001, after three years of service as a Patient Care Manager for the Oncology Department, Rose decided to focus solely on nursing and became a staff nurse in Oncology until her retirement in 2012.

Since her retirement, Rose keeps her schedule full with many different activities and hobbies. She enjoys volunteering with children at St. Vincent De Paul School in Mount Vernon, visiting sick individuals through her church, the Church of the Nativity in Utica, and discussing women’s financial issues on the Women’s Advisory Board with Mosaic Financial in Mount Vernon. Rose also is a regular Red Cross blood donor. She resides with her husband, Jim, on a large 80-acre plot near Millwood/Apple Valley where her five children and 10 grandchildren come to relax and play near their pond.

LMH Volunteer Celebrates 95th Birthday



Long-time volunteer Audrey Snow was recently honored at Licking Memorial Hospital (LMH) in celebration of her 95th birthday. Audrey celebrated with fellow LMH volunteers, staff and friends who were invited to commemorate her special milestone. Licking Memorial Health Systems President & CEO Rob Montagnese and Vice President Development & Public Relations Veronica Link also joined the festivities to share their appreciation with Audrey. Since April 1983, after retiring from the Newark Advocate, Audrey has served as an LMH volunteer, and has accumulated more than 4,000 volunteer hours.

Audrey and her late husband, Harold, have five sons, Harold Jr., Bernard, Marvin, Gene and Duane. They also have 12 grandchildren and six great-grandchildren with whom Audrey loves to spend time. In addition, Audrey is an avid reader, and crochets in her free time.

Pictured at left are LMHS President & CEO Rob Montagnese and Audrey Snow.

Development Spotlight – William Mann



William Mann

William Mann recently joined the Licking Memorial Hospital (LMH) Development Council Community Relations Committee. He has 15 years of combined service within the Licking Memorial Health Systems (LMHS) Boards and served as Chairman of the LMHS Board of Directors from 2012 to 2014.

“After serving on the Board for so many years, I am pleased to continue my relationship with LMH and promote all the wonderful things that the Hospital does for the community,” Bill said. “As a Development Council member, I enjoy being involved with LMH and supporting the events, activities and special projects that the Hospital organizes. It is evident by

the amount of awards LMH receives that it is an excellent organization. I truly believe this organization lives up to its mission to improve the health of the community.”

Bill earned his bachelor’s and master’s degrees at Ohio University and completed post master’s study at The Ohio State University. He retired after 38 years of employment in Licking County’s schools, having served as a counselor, principal and superintendent. He remains active in the education of the community’s students through his roles on the Licking County Educational Service Center Board of Education and the C-TEC Board of Education.

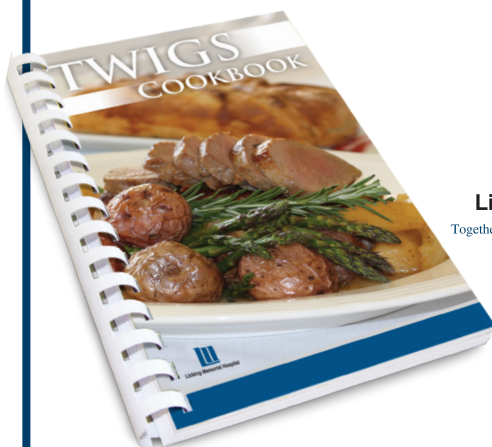
Bill and Barb, his wife of 51 years, reside in Hebron. They have two grown children, Tani and William, and three grandchildren. He enjoys golfing, OSU athletics, the Cleveland Indians, the Cleveland Browns and reading.



Licking Memorial Hospital

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Cookbooks & CDs are available for purchase at the Licking Memorial Hospital Volunteer Department located on the ground floor of the Hospital. For more information, call (740) 348-4044. All proceeds benefit Licking Memorial Hospital.



Celebrate the Holidays with Healthy Recipes

During the holiday season, large meals, decadent cookies, candies and desserts are often a trademark of family gatherings and celebrations. It is easy to understand how making healthy choices can be challenging during this season. Chef Brian Merritt, Director of Food Service at Licking Memorial Health Systems, has created the following healthy recipes that are perfect for holiday gatherings. We hope that you and your family enjoy these recipes in good health!



Shepherd's Pie

By Chef Brian Merritt

Serves 12

Ingredients:

1 lb., 4 oz. beef stew meat	6 cloves garlic, minced	2 cups frozen peas
2 tablespoons flour	1 tablespoon thyme, chopped	5 ¼ cups mashed potatoes (refrigerated)
1 ¼ teaspoons salt	2 teaspoons rosemary, chopped	2 egg yolks
⅛ teaspoons pepper	1 tablespoon canola oil	2 tablespoons parsley, chopped
3 cups carrots, small diced	2 tablespoons low sodium beef base	
3 onions, small diced	3 cups water	

Directions:

1. Preheat oven to 300 degrees F.
2. Season stew meat with salt and pepper, then dredge the meat in flour.
3. Heat pot with canola oil to medium-high heat. Sear stew meat for 5-6 minutes.
4. Remove stew meat with a slotted spoon. Reserve meat drippings in pot.
5. Sauté onions, carrots, garlic and rosemary in pot with meat drippings. Cook until onions caramelize.
6. Add water and beef base to pot and bring to a simmer.
7. Add stew meat to pot.
8. Remove pot from heat source and cover with aluminum foil.
9. Place pot in 300-degree oven and cook for 3 hours.
10. Remove pot from oven and allow to cool. Once stew meat is able to be handled, shred the meat apart with two forks.
11. Preheat oven to 400 degrees F.
12. Add peas to pot and stir until well mixed.
13. Spoon 1 cup of stew meat mixture into seven ramekins (small glass or ceramic serving bowls).
14. Mix mashed potatoes with egg yolk. Top each ramekin with ½ cup of mashed potatoes.
15. Place ramekins in 400-degree oven and cook for 10 minutes or until potatoes are golden brown.
16. Remove ramekins and garnish with chopped parsley.

Nutritional Information:

Per serving: 220 Calories, 8g Total Fat, 2g Saturated Fat, 60mg Cholesterol, 700mg Sodium, 24g Total Carbohydrates, 3g Dietary Fiber, 4g Sugar, 15g Protein

Bread Pudding

By Chef Brian Merritt

Serves 10

Ingredients:

For the Bread Pudding

8 slices Texas toast
1 tablespoon Canola oil
½ cup semi-sweet chocolate chips
6 egg whites
1 whole egg

2 cups skim milk
⅓ cup granulated sugar
Cooking spray
All-purpose flour

For the Sauce (makes 1 ½ cups)

¾ cup fat-free Greek yogurt
¼ cup heavy cream, whipped (½ cup)
¼ cup sliced strawberries, puréed in the blender
2 tablespoons powdered sugar
¼ teaspoon vanilla extract
Fresh raspberries for garnish

Directions:

For the Sauce

1. Fold all of the ingredients together in a bowl with a spatula.
2. Reserve in the refrigerator.

For the Bread Pudding

1. Preheat the oven to 325 degrees F.
2. Toss the Texas toast with the canola oil and place on a cookie sheet in one even layer. Toast in the oven until lightly browned, about 6-7 minutes.
3. Meanwhile, in a medium pot, heat the milk and granulated sugar over low heat until the sugar is dissolved. Remove from the heat, reserve and keep warm.
4. Place the egg whites and whole egg in a mixing bowl. Add the warm milk mixture slowly and whisk constantly until well combined.
5. Cube the toasted bread and combine with chocolate chips and the milk/egg mixture until the bread has soaked up most of the liquid.
6. Spray the inside of 10 individual ramekins (small glass or ceramic serving bowls).
7. Sprinkle each ramekin with some all-purpose flour, coating the sides, and shake out any excess flour.
8. Place in the ramekins in a high-sided baking dish. Add enough cold water to the baking dish to come one inch up the sides of the ramekins.
9. Bake the bread puddings at 325 degrees for 25 minutes, then remove them from the oven.
10. Increase the oven temperature to 400 degrees F and cook the bread puddings for an additional 10-12 minutes, or until the tops are golden brown. Serve with the sauce and fresh raspberries.

Nutritional Information:

Per serving: 290 Calories, 7.5g Total Fat, 3g Saturated Fat, 30mg Cholesterol, 150mg Sodium, 33g Total Carbohydrates, 1g Dietary Fiber, 18g Sugar, 9g Protein



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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

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

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

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Community Events

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

Community Education – Diverticulitis

Thursday, December 11, at 6:00 p.m.
LMH First Floor Conference Rooms
No charge. Registration is required. See front page for details.

Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center,
1865 Tamarack Road
Tuesday classes Wednesday classes
9:00 to 11:00 a.m. 1:00 to 3:00 p.m., or 7:00 to 9:00 p.m.

Registration and physician referral are required. To register, please call (740) 348-4722. For information on course fees, call (740) 348-4915. Fees vary depending on insurance coverage.

Ask the Doc

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

A physician will answer questions about chemical dependency and treatment options. Call (740) 348-4877 for more information.

Community Blood Pressure Screenings

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

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

First Impressions – Maternal Child Classes

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

For more information or to register, call (740) 348-4346 or e-mail: firstimpressions@LMHealth.org.