



Licking Memorial Health Systems

# Community Connection

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Measurably Different ... for Your Health!

# LMHS Careers Shaped by Military Experience

Many employees and volunteers at Licking Memorial Health Systems (LMHS) are military veterans or currently in the armed forces (see page 5). In recognition of Veterans Day, LMHS honors staff members who have served their nation.

"We look forward to this annual salute of the military veterans among our staff," stated Rob Montagnese, LMHS President & CEO. "In addition to the skills that veterans bring to the Health Systems, we recruit veterans because of the dedication and respect they so often possess. Veterans tend to be very hardworking and loyal and bring an invaluable perspective to our team. LMHS is proud to offer flexible scheduling to accommodate employees who are serving in the military."

In some ways, individuals who serve their country share similar traits with those who choose to work in health care – they generally have a strong sense of duty and want to protect their community from harm. The following profiles illustrate the ways that four LMHS staff members found that their military experience influenced their health care careers.

## LT Elizabeth A. Yoder, D.O. United States Navy

Elizabeth A. Yoder, D.O., a psychiatrist with Licking Memorial Behavioral Health Services & Addiction Medicine, served 12 years in the U.S. Navy before beginning to practice in the private sector. One day following her graduation from Capital University in Columbus, she was commissioned as a first lieutenant in the U.S. Navy. She met her husband, Grant L. Yoder, D.O., on their first day in medical school at Ohio University College of Osteopathic Medicine in Athens, Ohio. After earning a Doctor of Osteopathic Medicine degree, Dr. Yoder completed her general psychiatry internship and residency at Naval Medical Center Portsmouth in Virginia. For most of her commission, Dr. Yoder served as a psychiatrist at Camp Lejeune in North Carolina. She also served six months aboard the USNS COMFORT, a naval hospital ship.

Dr. Yoder believes that her 12 years of military service quickly strengthened her psychiatric skills. "Working in the military forced me to assert myself more confidently as a physician," she said. "There were times that I needed to explain to a three-star general my reasons for a specific diagnosis or treatment with which he didn't agree. I was rather shy at first, but I soon learned to be more confident in my skills as a psychiatrist."

In 2011, the USNS COMFORT embarked on Operation Continuing

Promise, winding its way through the Caribbean, Central America and South America, with Dr. Yoder as the sole psychiatrist on board. In addition to providing humanitarian care to local residents from those areas, Dr. Yoder treated many

military personnel from war zones, and even her own ship's medical crew. "As you would expect, post-traumatic stress disorder (PTSD) was common among the combat personnel, but it also was common among our ship's hospital crew. We spent only two weeks in each of the nine countries we visited, so our medical teams were limited in what they could do for their patients. That was very frustrating for our staff, and I was able to help them keep their emotions in perspective," Dr. Yoder explained.

Today, at her practice in Newark, Dr. Yoder still receives many referrals for PTSD. She explained, "I see some patients with PTSD who were in the military, but many others suffered trauma under civilian situations, such as sexual abuse, car accidents, domestic abuse, or childhood neglect or abuse. There often is a correlation in their behavior, whether their trauma originated overseas in combat or locally in a domestic situation. For example, many PTSD patients tell me that they cannot tolerate large crowds of people. I think it gives them hope to know that I was in the Navy and have treated many others who faced terrible conditions. I believe that I am definitely a better doctor for having the military experience."

## Sr. Airman Patience Miller United States Air Force

"I've known all my life that I wanted to work in health care," stated Patience Miller, R.M.A., a registered medical assistant

at Licking Memorial Women's Health in Newark. Patience grew up in Mississippi where her father served as an Air Force pilot. She was enrolled in premed classes at a college in New Orleans when she decided to pursue her dream of a healthcare career while following her father's example of military service by joining the U.S. Air Force.

After basic training and eight months of technical school, Patience was stationed at Nellis Air Force Base near Las Vegas, Nevada. "I worked as a cardiopulmonary lab technician, assisting with a wide variety of tasks, such as stress testing, echocardiograms, and bronchoscopies," Patience said. "We provided care mostly to active duty personnel, veterans, veterans' dependents, and civilians who came to our emergency room because it was the closest to them."

Near the end of Patience's four-year enlistment in the Air Force, she served an eight-month rotation in Kuwait, an experience that affected her deeply. "It was pretty intense. I was the only respiratory therapist for the entire installation of 1,500 individuals, and I was on call 24/7," she explained. "Most of our patients were American soldiers who had been injured in Kuwait, Iraq, Iran and Afghanistan or local individuals who were supporting the American troops' efforts. Their injuries often were caused by construction accidents, as well as gunfire or shrapnel. My role was to help stabilize these patients' conditions and stay at their bedside until they could be transported to a hospital in Germany."

Patience was discharged from the Air Force at the rank of senior airman in 2008 and enrolled at Virginia College to receive her associate degree in applied science. In a two-week period in 2013, she graduated from Virginia College, got married and moved to Ohio with her new husband, Josh. She soon accepted her current position at Licking Memorial Women's Health.

"I am very proud of my work in the Air Force. I would not be the person I am today without it, and I would not trade that experience for anything," Patience said. "However, it was very stressful.

Some days were pretty normal, but we always knew that gunfire and bombs were nearby. I never knew if I was safe or not. As a healthcare worker, you had to be compassionate on one hand, while on the other hand, you had to be ready to fight for yourself and your patient."

Patience said the office setting at Licking Memorial Women's Health provides a more relaxed environment. She said, "I feel safe now. I appreciate that I can get to know our patients and continue seeing them for many years. In Kuwait, we stabilized patients just long enough to send them to Germany, so we were never able to learn how they fared in the long run. I really care about my patients, and that follow-through is important to me."

Patience has found that her Air Force background helps her to connect with patients who come from military families. In addition to understanding the sacrifices made by American soldiers, she can offer genuine empathy to her patients who are eagerly awaiting the return of loved ones serving their country.

## Sgt. Ben Moran United States Army Reserves

Lakewood High School alumnus Ben Moran, POCT, had been working at Licking Memorial Hospital (LMH) for one year when he enlisted in the U.S. Army Reserves in 2011, at the age of 23. "I felt very strongly that I wanted to play a role in supporting the troops," he said. "I want my life to be about service to others."

As a point-of-care-technician in LMH's Emergency Department, Ben is responsible for a wide variety of patient care assignments, such as recording patient information, taking vital signs, drawing blood, transporting patients between Hospital departments, and stocking the patient exam rooms. He currently is taking classes at Central Ohio Technical College toward an associate degree in nursing.

Every month, Ben reports to the 83rd Infantry Division Memorial U.S. Army Reserve Center in Whitehall, Ohio, where he is stationed with the 338th U.S. Army Reserve Band. Ben explained, "The band is comprised of musicians from Ohio and Michigan, and I play the tuba. Our band provides service to our troops and the country in the form of music. We play at military ceremonies, 'welcome home' events, parades and other appearances to support the troops and promote patriotism within the general public."

Many of the patients who visit the Emergency Department are military veterans, and Ben often feels a special connection to them because of their shared experiences. "Even though my role in the Army is pretty different from that of an average soldier, I can appreciate the sacrifices that these veterans have made. I was away at Fort Jackson in South Carolina for six months when my wife, Melinda, was expecting our first child. I am trained for combat and could be deployed overseas at any time. Every month, I need to leave my wife and three kids at home while I fulfill Reserve

(continued on page 4)

# LMHS Careers Shaped by Military Experience

(continued from page 3)

duty. These are sacrifices that I am proud to make because it all comes down to serving the troops and my country. I definitely have a strong respect for our patients who have served our country through active duty," he said.

Ben's Army Reserve contract expires in 2017, and he plans to commission with the Armed Forces – but in a different role. He said, "By then, I will have received my nursing degree, and I intend to join the Air Force Reserves as a flight nurse. I'll be able to continue working at LMH, which will allow me to serve my country and community at the same time. The Hospital and my coworkers have been very supportive of my military service."

## Sgt. Curtis Pyle United States Marine Corps

At the age of 22, Curtis Pyle was struggling to find his focus in life. He had been to college and worked various jobs after graduating from Heath High School, but nothing had sparked a real sense of purpose. Curtis discovered his passion for information technology after enlisting in the United States Marine Corps in 2002, a move that paved the way to his current position as lead information technology support at LMHS.

"I was looking for direction," Curtis remarked. "After basic training at Parris Island, I went to the 29 Palms Marine Corps Base in California for six months of computer training. Before that, the extent of my computer abilities was that I could turn the computer on and off. I learned a lot in a short amount of time."

Curtis then was stationed at New Orleans, helping to manage the Defense Messaging System (DMS) at the Marine Corps Forces Reserve Headquarters. His responsibilities quickly shifted in response to Hurricane Katrina. "The Headquarters was relocated to Kansas City, Missouri, so that we could keep

the DMS up and running," Curtis explained. "It was a big project to move our operations and keep the electronic communications secure amid all the chaos from the hurricane."

Today, Curtis and his wife, Nicole, live in Heath with their three young sons. Following his honorable discharge from the Marines in 2006, he accepted a position in the LMHS Information Systems Department because he wanted to devote his work to helping the Licking County community. "I joined the Health Systems during the Hospital's construction of the John & Mary Alford Pavilion," Curtis recalled. "Our Information Systems Department spent many months setting up new computers and medical technology, as well as upgrading existing systems within the Hospital's remodeled areas."

Curtis emphasized that there are striking similarities between information technology in the military and health care. "In both cases, I needed to understand the potential impact of the information that I was handling and who was entitled to receive it. In the Marines, I had top security clearance and regularly encrypted administrative electronic messaging that could affect the welfare of our troops. At LMHS, I ensure the computer systems and applications for sensitive encrypted medical records and messaging comply with federal HIPAA (Health Insurance Portability and Accountability Act) regulations. This technology enables the patient's providers to share information and provide care more quickly, so it directly affects the patient's welfare," he commented. "Another point that the Marines and the Health Systems have in common is that they both have well-defined administrative structures that begin with strong leadership and flow down through individual positions. That structure at LMHS gives everyone a clear understanding of the job responsibilities

and facilitates their work as a fine-tuned team for the benefit of the patient."

The Health Systems pays Veterans Day tributes to its veterans and active-duty staff members through published recognitions, a Hospital-wide broadcast of each of their names, and display of the Veterans Day flag on the Hospital's front lawn.



# LMHS Honors Employees for Military Service

In honor of Veterans Day, Licking Memorial Health Systems (LMHS) would like to recognize employees who have served in the Armed Forces. LMHS provided a celebration on Veterans Day, November 11, to show gratitude to those who have sacrificed for the liberty and security of our nation. Please join LMHS in recognizing the following individuals for their service to our country:

Name	Branch	Department	Name	Branch	Department
Michael Barker	Air Force	Volunteer	Charles Roberts	Army	Police
Aubrey Biller	Army National Guard	Volunteers/Concierge	Grant Roberts	Army	Police
Kevin Biller	Army	Police	Alek Rogne	Navy/Navy Reserves	Intensive Care Unit
Dick Birtcher	Marine Corps	Transportation	Ashley Samson	Army	Urgent Care – Granville
William Bivins	Air Force	Culinary Services	Myra Sapp	Air Force	Environmental Services
Jacob Blackstone	Air Force	Emergency Department	Theresa Schumacher	Air Force	Acute Inpatient Rehab
Matthew Born	Air Force	Intensive Care Unit	Andrew Seipel, M.D.	Army National Guard	Family Practice – Licking Valley
John Bowyer	Army	Information Systems	Debora Shaw	Army	Culinary Services
Dale Boyd	Navy	Plant Operations	Mark Shaw	Marine Corps	Environmental Services
Bob Brooker	Air Force	Volunteer	Bill Sigmon	Air Force	Radiology
D. Roché Brown, CRNA	Army	Anesthesiology	Darin Smaage	Navy	Information Systems
Bill Butler	Navy	Volunteer	Doug Smith	Navy	Printing Services
Jason Carrier, CRNA	Army	Anesthesiology	Keith Staggers	Marine Corps	Police
Philip Cassone	Army	Volunteer	Dick Stewart	Army	Volunteer
Eddie Cline	Navy	Volunteer	Deborah Steams	Marine Corps	Registration
Mike Cochran	Army	Environmental Services	Kimberly Swartz	Army National Guard	Family Practice – Licking Valley
Laurel Cunningham	Army	Pediatrics	Scott Stuart	Army	Purchasing
Daniel Daugherty	Navy	Culinary Services	Brian Thatcher	Army	Process Improvement
Elliot Davidoff, M.D.	U.S. Public Health Services	Center for Sight	Allan Thomas, PA-C	Army	Emergency Department
Patricia Dunlap	Navy	Hospital Coding	Karen Thompson-Snipes	Air Force	Community Case Management
Cameron Evans, PA-C	Army National Guard	Emergency Department	Kathy Tittle	Air Force	Pharmacy
Kevin Finley, M.D.	Air Force	Urgent Care – Granville	Brenda Tompkins	Air Force/Air National Guard	Volunteer
Pete Fleming	Army	Information Systems	Steve Warren	Army	Urgent Care – Pataskala
Nathan Forsthoefel	Marine Corps	Emergency Department	James Whitaker	Air Force	Surgery
Ken Friel	National Guard/Marines	Transportation	Trent Willard	Army National Guard	Pharmacy
Bob Gabe	Air Force	Volunteer	Tom Williams	Army	Plant Operations
Audrey Garove	Army	Radiology	Beth Worstall	Army	Respiratory Therapy
Percella Gualtieri	Navy	Intensive Care Unit	Elizabeth Yoder, D.O.	Navy	Psychiatric Services
Gary Hamilton	Army	Volunteer			
Malcom Harris	Air Force	Radiology			
Dustin Hartman	Army	Emergency Department			
Dave Hiatt	Air Force	Volunteer			
Vincent Hill	Air Force	Police			
Patrick Hollis	Navy	LMHP Administration			
Matthew Holmes	Marine Corps	Information Systems			
Amanda John, CRNA	Navy	Anesthesiology			
Kristen Jones	Army National Guard	Coronary Care Unit			
Mary Klark	Air Force	Case Management			
Chris Lallathin	Marine Corps	4-South			
Owen Lee, M.D.	Army	Radiology			
Darryl Lehman	Army	Culinary Service			
Victoria Lennon	Army	Home Care			
Donald Lewis, M.D.	Army	Urology			
Camille Mack	Air National Guard	Information Systems			
Cheryl Maier	Navy	Hospital Coding			
Kateri Marie	Army	Emergency Department			
Zackery McElroy	Army	Environmental Services			
Casey McGowan	Army Reserves	Transportation			
Jay McKinney	Navy	Emergency Department			
Jeffrey McTerrell	Army	Information Systems			
Phil McLellan	Army	Engineering Services			
Patience Miller	Air Force	Women's Health			
Andrew Molnar	Air National Guard	Laboratory			
Darlene Montgomery	Army	Public Relations			
Seth Montgomery	Marine Corps	Emergency Department			
Ben Moran	Army/Army Reserves	Emergency Department			
Brad Mosher	Navy	Plant Operations			
Robert Mueller, M.D.	Navy	Orthopedic Surgery			
Jim O'Bryan	Navy Reserves	Environmental Services			
Brandi Offineer	Air National Guard	Laboratory			
Ralph Ottensmeier	Army	Volunteer			
Tiffany Owens, M.D.	Air Force	Allergy & Asthma			
K.W. Tim Park, M.D.	Air Force	Anesthesiology			
Michelle Pease, C.N.M.	Army Reserves	Women's Health			
Curtis Pyle	Marine Corps	Information Systems			



# LMHS Named One of the Top 100 Workplaces for Women by Great Place to Work® and Fortune

Licking Memorial Health Systems (LMHS) has been named one of the best workplaces for women. Great Place to Work® and Fortune published the Top 100 list after surveying 137,762 women across the nation about gender equality, the quality and authenticity of communications with managers, and equitable pay and promotion practices. LMHS ranked 88th on the list of national organizations.

Over 600 LMHS employees returned surveys on behalf of the Hospital. The survey results were compared to the benchmark for organizations of the same size, and led to the ranking. Winning a spot on this list indicates the organization has distinguished itself from peers by being a great place to work for women, and has a workplace where women have high representation in the total employee population and in management positions.

“According to our study, 91 percent of Licking Memorial Health Systems employees say it is a great workplace,” said Sarah Lewis-Kulin, Great Place to Work’s Senior Editor.

LMHS President & CEO Rob Montagnese said, “It is gratifying knowing our employees rated the workplace so highly. We are pleased that our efforts to create an environment that supports people in and outside of work are making a difference for our employees, as demonstrated by the results of this survey. Our employees continue to excel at meeting the high standards set for them, and ultimately, LMHS patients benefit by receiving care from healthcare professionals who are dedicated and content with the workplace environment.”

“We applaud Licking Memorial Health Systems for seeking certification and releasing its employees’ feedback,” said Kim

Peters, Vice President of Great Place to Work’s Recognition Program. “These ratings measure its capacity to earn its own employees’ trust and create a great workplace – critical metrics that anyone considering working for or doing business with Licking Memorial Health Systems should take into account as an indicator of high performance.”

Earlier this year, LMHS was ranked twelfth in the Best Workplaces in Health Care also published by Great Place to Work® and Fortune. In 2015, LMHS also received the Best Places to Work in Healthcare Award from Modern Healthcare, in addition to the Fortune and Great Place to Work recognition.

With more than 1,900 employees, Licking Memorial Health Systems is Licking County’s second largest employer. Employee benefits include tuition assistance, free uniforms, free wellness center access and a variety of exercise classes, performance recognitions, special occasion celebrations, and excellent medical, dental and vision insurance packages. For more information about employment at LMHS, please visit [www.LMHealth.org](http://www.LMHealth.org).



Women  
**GREAT PLACE TO WORK®**  
**2016**  
**Best Workplaces**

# Heart to Play Program Screens Licking County Students for Heart Defects

Throughout May and June, Licking Memorial Health Systems (LMHS) once again offered free pre-participation screenings to Licking County middle- and high-school students involved in sports, marching band, or C-TEC’s Criminal Justice, Fire, and Physical Therapy programs. The annual screenings included the Heart to Play program, which provides electrocardiograms (EKGs) and echocardiograms free of charge.

The 2016 Heart to Play screenings provided 351 EKGs to students in grades 7, 9 and 11, as well as students in grade 8 who were new to the program. Students in grades 9 and 11 received 198 echocardiogram tests. Twenty-two students were referred for further evaluation and treatment after preliminary results indicated possible abnormalities.

“LMHS is proud to provide Heart to Play EKG and echocardiogram screenings at no cost to our local youth,” said Rob Montagnese, LMHS President & CEO. “The addition of the EKG testing in 2008 and the echocardiogram testing in 2015 to the state-required pre-participation screening has proven to be an invaluable tool in protecting young lives. Over the past nine years, the Heart to Play cardiac testing 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.”

Fifty-seven LMHS employees – including pediatricians, other family practice and specialty physicians, advanced nurse practitioners, nurses, and

support personnel – staffed the Heart to Play screenings in 2016. The program included 12 screening sessions, which were conducted after regular business hours at the Licking Memorial Pediatrics – Tamarack office.



# LMHS Announces Leadership Promotions

Licking Memorial Health Systems is pleased to announce the promotions of **Greg Wallis, M.H.A., B.S.N., R.N., to Vice President Physician Practices**, and **Holly Slaughter to Assistant Vice President Human Resources**. Greg will direct more than 110 Licking Memorial Health Professionals providers and their practices in his new role. Holly will continue to oversee the Human Resources Department, and also will be responsible for Safety and Security.



**Greg Wallis** joined Licking Memorial Hospital (LMH) in 1997 as a nursing attendant before accepting subsequent positions as a scrub technician and staff nurse in the Surgery Department, patient care manager for the Operating Room, Director of Surgery, and Assistant Vice President Outpatient Services. He received an associate degree in nursing from Central Ohio Technical College, a bachelor’s degree in nursing from The Ohio State University and a master’s degree in hospital administration from Ohio University.

The Newark Advocate recently named Greg to its 20 Under 40 list. In addition, he received the LMHS Manager of the Year Award in 2011.

Greg is a member of the Ohio Organization of Nurse Executives and the Association of periOperative Registered Nurses. He also is a board member for the Licking County Chapter of the American Red Cross, and a member of the Newark Kiwanis and First Baptist Church in Heath. Greg and his wife, Carrie, reside in Heath and have two daughters, Brooklyn and Avery.



**Holly Slaughter** joined LMHS in 2007 as a Human Resources Specialist, and was promoted in 2008 to Recruitment & Retention Manager in the Human Resources Department. In 2010, she again was promoted as Director of Human Resources, with responsibility for overseeing the organization’s

compensation program, recruitment and retention, employment practices, employee relations, employee development programs, and compliance with all applicable statutory and legislative regulations.

Holly graduated from Ohio Dominican University, with both a bachelor’s degree in business administration, and a Master of Business Administration. She is a member of the Society of Human Resources Managers, American Society for Healthcare Human Resources Administration and the Licking County Human Resource Management Association. She serves as Treasurer on the Board of Directors for the Licking County Aging Program and as the Project SEARCH Steering Committee Co-Chair. Holly lives in Heath with her husband, Jason, and their two children.

# 2016 Physician of the Year

**Janae M. Davis, M.D.**, was named Physician of the Year at the annual LMH Medical Staff Recognition Dinner on September 27. Dr. Davis began practicing at Licking Memorial Women's Health – Newark in 2006.

She received her Medical Degree from Northeast Ohio Medical University in Rootstown, Ohio. Dr. Davis completed an obstetrics/gynecology residency at Aultman Hospital in Canton, Ohio. She is a member of the American College of Obstetrics and Gynecology, and the Central Association of Obstetrics and Gynecology. She is board certified in obstetrics and gynecology.

The Ohio native lives in Frazeytsburg with Kevin Zoladz, her significant other, and

her two daughters, Jady and Mara. In her spare time, Dr. Davis enjoys ballroom dancing, cooking, playing piano and providing education on women's health topics.

The Physician of the Year recipient is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge and a good relationship with peers and other Hospital staff members. Other nominees included Aruna C. Gowda, M.D., Hematology/Oncology; Brian W. Korn, D.O., Emergency Medicine; and Nawar Saieg, M.D., Hospitalist.



LMHS President & CEO Rob Montagnese, Janae Davis, M.D., and Talya Greathouse, M.D.

## LMH Physicians Recognized for Commitment to the Community

During the annual Medical Staff Recognition Dinner in September, Licking Memorial Hospital (LMH) paid special tribute to physicians who reached anniversaries in five-year increments with the Hospital's Active Medical Staff. In 2016, the LMH Active Medical Staff has grown to 171 members, with approximately 40 physicians on consulting staff in addition.

"The Hospital's success is directly related to the collaborative efforts of the physicians," commented Rob Montagnese, President & CEO of Licking Memorial Health Systems. "We are very fortunate that these physicians have chosen to provide care in our community. LMH's level of technology and patient care is unparalleled in the State of Ohio because of your contributions, and we are proud to pay tribute to your years of service that have established the Hospital's outstanding reputation for excellence."

Since October 2015, fifteen new members have joined the LMH Medical Staff. Talya Greathouse, M.D., Chief

of Staff, welcomed the new physicians and shared their biographical information with the dinner guests. Honorary Medical Staff in attendance included Lawrence "Pete" Dils, M.D., Mary Beth Hall, M.D., Thomas J. Hall, M.D., Donald G. Jones, M.D., Robert R. Kamps, M.D., Harold E. Kelch, M.D., Mark A. Mitchell, M.D., Larry N. Pasley, M.D. and John D. Quimjian, M.D.

The LMH Active Medical Staff physicians represent more than 30 medical specialties. Patients may inquire about physician referrals by calling (220) 564-4014 or visit [www.LMHealth.org](http://www.LMHealth.org) and click on "Find a Doctor."



Talya Greathouse, M.D., Lawrence "Pete" Dils, M.D., and LMHS President & CEO Rob Montagnese



Talya Greathouse, M.D., Mark Mitchell, M.D., Gerald Ehrsam, M.D., and LMHS President & CEO Rob Montagnese

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

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

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

## 2016 Physician Service Awards

- |   |   |
|---|---|
| <b>50 years</b> – Lawrence A. Dils, M.D.  | <b>10 years</b> – Joel W. Anders, D.O.<br>Brad L. Bernacki, M.D.<br>Janae M. Davis, M.D.<br>James W. DeSapri, D.O.<br>William R. Gorga, Ph.D.<br>Timothy S. Lifer, D.O.<br>Kenneth C. Parker, M.D.<br>Padmaja R. Tanneru, M.D.  |
| <b>40 years</b> – Gerald R. Ehrsam, M.D.<br>Mark A. Mitchell, M.D.<br>Thom D. Wood, M.D.  | <b>5 years</b> – David A. Bartnick, M.D.<br>Joshua E. Bitter, D.O.<br>Kevin T. Graham, M.D.<br>Abdul-Karim Elhayban, M.D.<br>Donald J. Fairbanks, M.D.<br>Mindy M. Labac, M.D.<br>Ghulam Mujtaba, M.D.<br>Hassan Rajjoub, M.D.<br>Jamie A. Rhodes, D.O.<br>Linda Yu, D.O. |
| <b>35 years</b> – Larry N. Pasley, M.D.   |   |
| <b>30 years</b> – John D. Quimjian, M.D.  |   |
| <b>25 years</b> – Michael D. Barth, M.D.<br>Richard R. Donnard, D.O.<br>Jacqueline J. Jones, M.D.<br>Richard R. Kamps, M.D.<br>Diane M. LeMay, M.D.<br>M. Jane Scott, M.D.<br>Katrina M. Timson, M.D. |   |
| <b>20 years</b> – Hanaa Abdelmessih, M.D.<br>Azaria Akashi, Ph.D.<br>Donald J. Lewis, M.D.  |   |
| <b>15 years</b> – Terrill D. Burnworth, D.O.<br>Peter T. Nock, D.O.<br>Eric R. Pacht, M.D.<br>Colleen M. Smith, M.D.<br>Richard N. Whitney, M.D.<br>Melinda J. Woolfer, M.D.                          |   |



# Honorary and Memorial Gifts Sustain Loved Ones' Dedication to Community

Licking Memorial Health Systems (LMHS) and its subsidiary, Licking Memorial Hospital (LMH), proudly offer state-of-the-art technology and services to the community. Many national- and state-level awards have extolled the high quality of care at LMHS and LMH, including Truven Health Analytics' 12 separate designations as one of the 100 Top Hospitals® in the U.S. As LMHS Vice President Development & Public Relations Veronica Link explained, the Health Systems' success can be credited, not only to excellent patient care, but also to steadfast support from the community. "LMHS' physicians and services rival the best hospitals in Ohio," Veronica stated, "but the warm partnership that we share with the community definitely enriches the Health Systems. Much of the Health Systems' strength is based on community members' trust to provide their families' care, and the community's enthusiastic support given through gifts of their time and finances."

## Contributions Keep Judy's Legacy Alive



Judy and Robin Pierce became devoted supporters of LMH in 2003. Judy had recently retired after a distinguished career

in which she worked in high-level managerial positions at 11 cable television companies throughout Ohio, ultimately serving as Regional Manager for Cox Cable and Frontier Vision. "One of Judy's children had health challenges, so when she retired, she wanted to volunteer her time in a way that could help others with similar difficulties," Robin remembered. "First, she joined the LMH Board of Directors, and then the LMHS Board of Directors. She was Chairman of the LMH Board of Directors when the Hospital constructed its new John & Mary Alford Pavilion expansion. She always felt that her work with the Health Systems was

very rewarding and meaningful for the community."

Judy and Robin also supported the Hospital through monetary gifts to a variety of programs, including honorary contributions, Paving Our Future commemorative bricks, and the distinguished William Schaffner Society donations. "Judy had a brick engraved in memory of my mother, Ramona Pierce. It is located in the Hospital's front entrance area, and is a nice acknowledgement of how beloved she was by our family," Robin said.

Sadly, Judy passed away in 2015, and in her memory, friends placed a commemorative brick at the Cardiology entrance area of the Hospital. Additionally, other friends made four memorial contributions in her name to Licking Memorial Health Foundation (LMHF). Robin said, "I was deeply moved that her friends chose to remember her in this way. I know these gifts are helping the Hospital provide health care to the community, which is what Judy always wanted."

Robin, who is the long-time owner of Cornell Clothing Company in Downtown Newark, continues to support LMHF at the Schaffner level. He said, "The Hospital is providing extraordinary health care to the community, and I like knowing that I can perpetuate Judy's legacy of helping to improve others' lives."

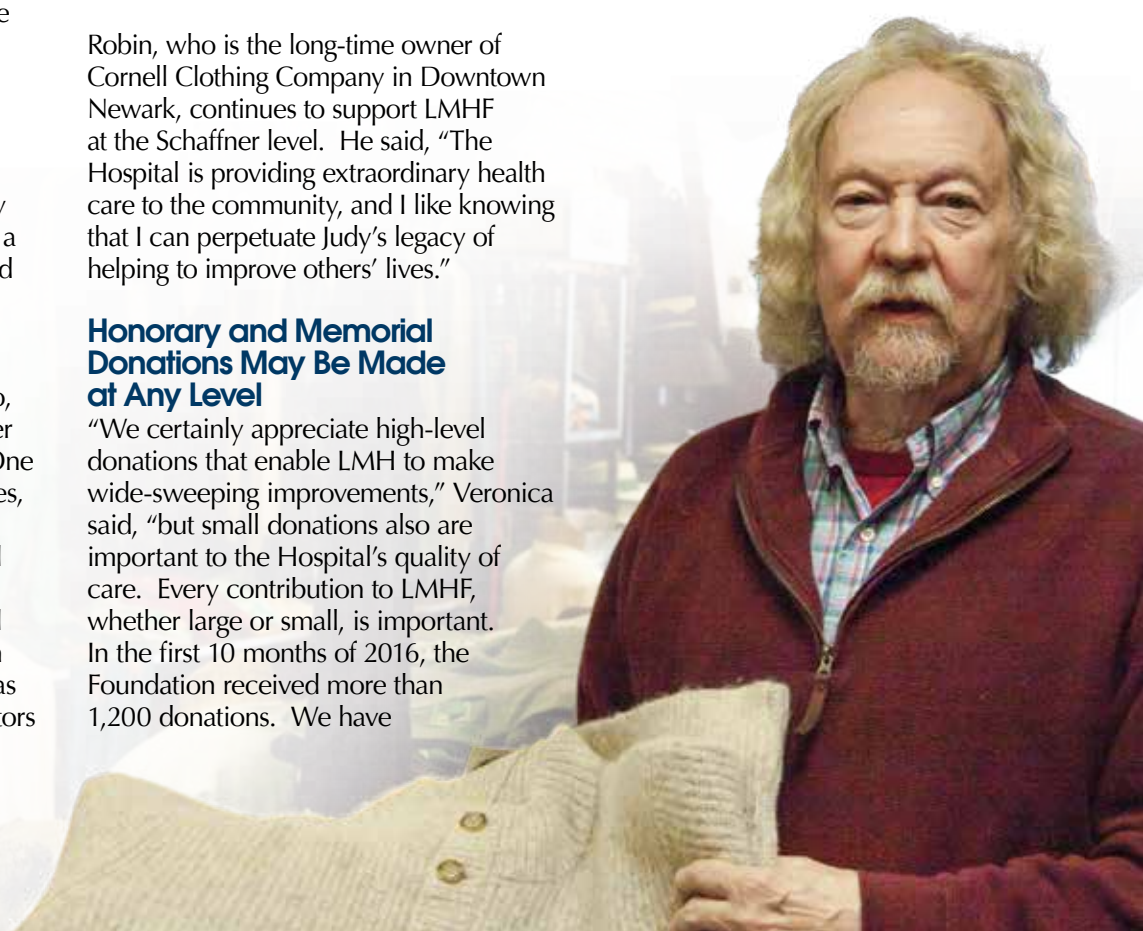
## Honorary and Memorial Donations May Be Made at Any Level

"We certainly appreciate high-level donations that enable LMH to make wide-sweeping improvements," Veronica said, "but small donations also are important to the Hospital's quality of care. Every contribution to LMHF, whether large or small, is important. In the first 10 months of 2016, the Foundation received more than 1,200 donations. We have

varied donation programs available for the convenience of those who want to contribute at any level."

Honorary and Memorial contributions allow donors to support LMH in the name of a friend or relative. In some cases, family members suggest memorial contributions to LMHF in the obituary notice of a loved one who has passed away. Honorary donations also provide special recognition to living individuals. Upon the donor's instruction, Honorary and Memorial contributions are listed with the honoree's and donor's names in the LMHS Community Connection magazine and the LMHS Annual Report. The honoree, or their family members, are notified by mail that a donation has been made in their name.

All charitable contributions to LMHF are tax deductible to the extent allowed by law. Undesignated contributions received in 2016 will benefit the new Downtown Newark facility, which will include family practice and urgent care.



# Paving Our Future

The Licking Memorial Hospital (LMH) Development Council offers a lasting and unique way to recognize a family member, special friend or organization through a personalized tribute. Commemorative bricks are located at LMH in the Front Circle, the John & Mary Alford Pavilion Walkway, the Cardiac Rehabilitation Walkway and the Employee Entrance Walkway. Your generous gift will help LMH maintain the high standards of medical treatment and care essential to the well-being of our community.

The beige bricks are available with the option of two sizes – 4 inches by 8 inches and 8 inches by 8 inches. The personal brick (4" x 8") will accommodate up to 20 characters per line, including spaces and punctuation, with three lines per brick. The corporate brick (8" x 8") will accommodate up to 20 characters per line, including spaces and punctuation, with five lines per brick. A second option for the corporate brick is to place 20 characters per line, three lines per brick, and a corporate logo.

To purchase a commemorative brick, complete the order form below and return it to: Licking Memorial Health Foundation, 1320 West Main Street, Newark, OH 43055. Receipt of your contribution and confirmation of your brick order will be sent by mail immediately. In addition, a letter of acknowledgment will be sent promptly to your designated honoree or the honoree's family. A confirmation letter regarding the installation of your brick and its location also will be sent following project completion.

## Order Form

Your gift is a special way to recognize a family member, special friend or organization. By choosing a commemorative brick, you are creating a lasting impression of your support for a loved one or corporation, and ultimately, support for LMH. Commemorative bricks will be placed in one of the following four locations: the Front Circle (Garden Area), Pavilion Walkway, Cardiac Rehab Walkway or the Employee Entrance Walkway. Please mark the location where you would like your brick placed. We will do our best to accommodate your first choice. All characters will be uppercase.

Name

Address

City

State

Zip

Phone

Cell phone

Please make checks payable to **Licking Memorial Health Foundation**. Credit/debit card gifts are accepted by phone at (220) 564-4102. (Gifts are tax-deductible to the extent allowed by law.)

## Locations

- Front Circle (Garden Area)       Cardiac Rehab Walkway  
 Pavilion Walkway                       Employee Entrance Walkway

## Brick Options

Print exactly as you would like the engraving to appear. Use one character/letter per box, leaving a box blank for each space between words.

### Personal Brick (4" x 8") - \$250


### Corporate Brick (8" x 8") without logo - \$500


### Corporate Brick (8" x 8") with logo - \$500

Please call (220) 564-4102 for more information about providing logo artwork.

**Logo Will Go Here**


# LMH Reunions Reconnect Patients and Staff

Licking Memorial Hospital (LMH) recently held two reunion events for former patients of the Acute Inpatient Rehabilitation Unit and Interventional Cardiology. The reunions offered an opportunity for patients to reconnect with Hospital staff and meet fellow community members with shared experiences. At each event, guests were able to visit a variety of informational tables and enjoy free massages and blood pressure screenings prior to a meal catered by the LMH Culinary Services Department.

Former Inpatient Rehabilitation patients and their guests were treated to a cookout-style meal at LMH on August 13. Guest speakers at the event included Licking Memorial Health Systems Vice President Development & Public Relations Veronica Link, Medical Director of Acute Inpatient Rehabilitation David W. Koontz, D.O. (below), and former patient Terry Fout of Newark.

Terry completed approximately two weeks of therapy in the LMH Acute Inpatient Rehabilitation Unit (ARU) after a single-car crash on November 30, 2015 that left him with a fractured vertebra. He had surgery to remove the broken vertebra in Columbus, and was admitted to the LMH ARU eight days after his accident. "My rehabilitation began just seven minutes after I arrived," Terry recalled, "and the entire staff was committed to help me recover."

After being discharged, Terry set gradual goals for himself that he was able to achieve in part because of the foundation provided by his stay in the ARU. He was able to watch one of his grandson's wrestle at Licking Valley High School in January, walk on the beach during his vacation to Ocean Isle Beach, North Carolina, in June, and play nine holes of golf several times this summer.

The LMH Acute Inpatient Rehabilitation Unit opened in 2012 on the Hospital's sixth floor. It features eight inpatient rooms for those who require medical treatment as they regain independent life skills following an illness, accident, or surgery.

Interventional Cardiology patients and their guests enjoyed a heart-healthy dinner at LMH on October 13. Licking Memorial Health Systems President & CEO Rob Montagnese, Interventional Cardiologist Hassan Rajjoub, M.D. (right), and LMH Cardiology patient Jim Abbott spoke during the event.

Jim, a football coach at Newark Middle School, suffered a heart attack on July 1, 2015, while mowing his lawn. After a neighbor called 911, he was transported to LMH where the Catheterization Lab team was awaiting his arrival after receiving the 12-lead electrocardiogram that had been sent en route by the Newark EMS. Three of Jim's coronary arteries were 100 percent blocked, and a fourth one was 50 percent blocked. Dr. Rajjoub was able to use a balloon pump inside of Jim's arteries to restore blood flow to his heart and stabilize him for transport to Riverside Methodist Hospital in Columbus, where he had a quadruple bypass on July 10.

After recovering from his surgery, Jim was cleared to participate in the LMH Cardiac Rehabilitation program, designed for patients who have experienced a heart attack. "I was apprehensive at first, but constantly being supervised while exercising really put me at ease," Jim said. "The Cardiac Rehab staff is great because



they make the entire process so much fun. You don't even realize how hard they make you work!"

"What Dr. Rajjoub and his staff do is absolutely phenomenal. We are so lucky to have one of the best cardiologists in the world right here in Licking County," Jim continued. "I appreciate everything you all did for me, but hopefully I won't need your services again."

Another special guest at the Interventional Cardiology Reunion was 8-year-old Madison Howell, who called 911 after her father had a heart attack while mowing the lawn. Rob presented her with a "prescription" for an American Girl doll that Dr. Rajjoub had filled in recognition of her heroic actions.

Attendees to each reunion received a Reunion T-shirt and a scratch-off card to win various prizes including gift cards to Dick's Sporting Goods, and local spas and garden centers, as well as a Fitbit fitness tracker. The Inpatient Rehabilitation Reunion and Interventional Cardiology Reunions are annual events.

# Sepsis Awareness – Quick Diagnosis Could Save Your Life

Licking Memorial Hospital (LMH) hosted a Community Education Program in September to discuss sepsis and raise awareness about this deadly disease. Phillip Savage, D.O., of Licking Memorial Hospitalists, spoke to attendees and explained the importance of sepsis awareness. Death from sepsis is on the rise – forty percent of people diagnosed with severe sepsis do not survive, while others live with long-term physical and psychological impairments.

Sepsis is a life-threatening condition that arises when the body's response to infection injures its own tissues and organs. It can be caused by either a bacteria or virus in the system. Effective treatments are available, but must be provided early in the course of the illness. Dr. Savage stated that there is a three-hour window to provide fluids and antibiotics to a patient who is showing signs of sepsis.

During his lecture, Dr. Savage shared the history of sepsis. In 400 B.C., Hippocrates first mentioned the topic of blood poisoning – what the healthcare industry now calls sepsis. Then in the 19th century, physicians discussed microbe producing toxins that caused fever and symptoms from infection. Around the 1940s, scientists identified some of the toxins, but it was not until 1998 when they finally established a link between bacterial toxins and human illness.

Today, more people die of sepsis than breast, prostate and lung cancers combined. In a California study, researchers found ten percent of people hospitalized were diagnosed with sepsis. According to the U.S. Centers for Disease Control and Prevention, sepsis kills approximately 258,000 Americans each year – nearly 700 people each day. It has been estimated that 38 Ohioans die from sepsis every day.

Dr. Savage also noted a number of well-known people have died of sepsis, including Mohammed Ali. While Ali suffered from Parkinson's disease, the official cause of death for the former boxer was septic shock.

Anyone can get sepsis from an infection, but the CDC says the risk is higher in:

- People with weakened immune systems
- Babies and very young children
- Elderly people
- People with chronic illnesses, such as diabetes, AIDS, cancer, and kidney or liver disease
- People suffering from a severe burn or wound

Quick diagnosis and treatment is the key to surviving sepsis. Dr. Savage said, "The risk of death increases by nearly eight percent with every hour that passes before treatment begins. If you wait or treatment is delayed by just six hours, your survival rate is only fifty percent."

To remember the symptoms of sepsis, Dr. Savage shared an easy reminder. He explained just use the word itself to determine the signs:

- S** – Shivering, fever or very cold
- E** – Extreme pain or general discomfort ("worst ever")
- P** – Pale or discolored skin
- S** – Sleepy, difficult to rouse, confused
- I** – "I feel like I might die"
- S** – Short of breath

Again, sepsis is caused by the body's reaction to an infection. If you have suffered a recent injury or burn, or have been running a fever, carefully consider the symptoms of sepsis. If you suspect sepsis, call 911 or go to a hospital emergency department immediately.



# Active•Fit Supports Local Schools

The award-winning Active•Fit Youth Wellness initiative at Licking Memorial Health Systems (LMHS) has found additional success in its school incentive program. LMHS' Active•Fit Program encourages youth, ages 6 through 12, to establish more healthful lifestyles through increased exercise, better food choices and appropriate sleep habits. Through the free, online Active•Fit Program, participants set personal goals and track their progress – all under the guidance of a parent or other adult. Youth who meet their goals by the end of each four-month period are entered into a drawing for valuable prizes that include bicycles, Xbox gaming systems with exercise software, iPod Nano devices, Nike athletic shoes, and gift cards to sporting goods stores.

At the onset of the 2015-2016 school year, LMHS revamped Active•Fit to include the school incentive program to increase awareness and student participation. The school incentive program aligns closely with Ohio Physical Education Guideline Goals to assist Licking County's physical education instructors and their students in achieving Active•Fit goals. Participating schools have the opportunity to earn rewards from LMHS in the form of U.S. Games gift certificates to supplement their gym equipment needs. The rewards are based upon student participation within each school. To earn the rewards, each school's students must register for the program and accomplish their goals during Periods 1 and 2, which encompass the months of September through April.

"In addition to the rewards, schools with the highest percentage of students who met their personal Active•Fit goals for Periods 1 and 2 receive bonuses to use toward gym equipment," explained Rob Montagnese, LMHS President & CEO. "Our first year of the school incentive program was very successful

with 20 Licking County elementary schools participating. The number of students who met their personal Active•Fit goals for increased activity and more healthful diets was much higher than in previous years, so I believe the physical education teachers' involvement had a tremendous impact on students' commitment to improved lifestyles. The positive changes that Active•Fit youth are making could benefit them for life by lowering their risks for health conditions such as heart disease and diabetes as they mature into adulthood."

The three schools whose students recorded the highest percentage of completed goals during the inaugural school incentive program in 2015-2016 earned additional gift certificate bonuses. Licking Valley Elementary led the county's schools, earning \$660 in gift certificate rewards and a \$300 bonus. Pataskala Elementary students placed second, earning \$620 in gift certificate rewards and a \$200 bonus. The third-place school was Northridge Primary, resulting in \$550 gift certificate rewards and a \$100 bonus to be used toward physical education.

Todd Carmer, Principal at Licking Valley Elementary, said the school encourages students to participate in the Active•Fit Program. He stated, "Mrs. (Sara) Kramer, our physical education teacher, promoted it in all of the physical education classes. LMHS provided our students with assemblies to kick off the Program, and every student received a pedometer, along with information about the free registration. Mrs. Kramer continues to motivate

students to participate and answer any questions. She also discusses the Program at parent-teacher conferences and community events. We include information about Active•Fit in some of our newsletters and on our school Facebook page so everyone will be informed and have an opportunity to participate in this wonderful Program."

Mr. Carmer said that the school's parents have had a positive response to the Active•Fit program. "Parents of some of our students have told us that they are very happy to give their kids another reason to get off the couch, and that they, themselves, must get up and get moving to help their children accomplish the goals they picked," he explained. "Some parents hang the Active•Fit goals on the refrigerator at home to remind their children to eat their fruits and vegetables and drink water instead of soft drinks."

LMHS launched the Active•Fit Program in 2012, and since that time, more than 2,600 local students have participated. The initiative has received national and local recognitions, including Jackson Healthcare's "Program of Promise," the Gannett Company's "Greater Good Award," and Columbus Business First's "Community Outreach Award." Parents who are interested in improving their child's health and supporting their school's physical education through Active•Fit can visit [www.ActiveFit.org](http://www.ActiveFit.org) to register and for additional information.



## Family Movie Night

LMHS Partners with Denison University for Community Event

Approximately 200 community members filled the Denison University Mitchell Center in Granville on September 9 to watch *Stars Wars: The Force Awakens*. Licking Memorial Health Systems (LMHS), in partnership with Denison University, hosted the free movie, which was preceded by an Active•Fit Youth Wellness Event.

Denison students led children through crafts and games, and LMHS clinical staff members provided free blood pressure screenings for adults. Before the movie began, attendees viewed a video overview of many available services provided by the Health Systems.

LMHS began hosting its free Family Movie Nights in 2010 as an initiative to promote healthy, family-oriented activities. *Stars Wars: The Force Awakens* was the final feature of LMHS' Family Movie Night series in 2016.



Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 3. Participants in the Youth Wellness Program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners and their families received their prizes at the LMHS Family Movie Night on September 9 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 2016-2017 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](http://www.ActiveFit.org).

- |  |  |   |
|--|--|---|
| 1. <b>Xbox Kinect &amp; Xbox Game</b><br>Abigail Mulford, Licking Valley Elementary        | 8. <b>\$150 Dick's Sporting Goods Gift Card</b><br>Austin Rush, St. Paul                         | 15. <b>\$50 Dick's Sporting Goods Gift Card</b><br>Rylan Celajes, Heritage Middle School      |
| 2. <b>Xbox Kinect &amp; Xbox Game</b><br>Karma Wells, Legend Elementary                    | 9. <b>\$100 Dick's Sporting Goods Gift Card</b><br>Jacob Berisford, Licking Valley Middle School | 16. <b>\$50 Dick's Sporting Goods Gift Card</b><br>Logan Hughes, Southwest Licking            |
| 3. <b>Bicycle</b><br>Ryan Gilbert, Granville Elementary                                    | 10. <b>\$100 Dick's Sporting Goods Gift Card</b><br>Olivia Brown, Hillview Elementary            | 17. <b>\$50 Dick's Sporting Goods Gift Card</b><br>Morgan Kandel, Etna Elementary             |
| 4. <b>Bicycle</b><br>Maggie Tomlinson, Hillview Elementary                                 | 11. <b>\$100 Dick's Sporting Goods Gift Card</b><br>Allen Evans, Etna Elementary                 | 18. <b>\$50 Dick's Sporting Goods Gift Card</b><br>Jacob Latshaw, Granville Christian Academy |
| 5. <b>Nike Shoes, iPod Nano &amp; iTunes Gift Card</b><br>Peyton Robey, Lakewood           | 12. <b>\$100 Dick's Sporting Goods Gift Card</b><br>Elise Hughes, Southwest Licking              | 19. <b>\$50 Dick's Sporting Goods Gift Card</b><br>Neveah Riggs, Granville Christian Academy  |
| 6. <b>Nike Shoes, iPod Nano &amp; iTunes Gift Card</b><br>Eric Schroeder, Utica Elementary | 13. <b>\$100 Dick's Sporting Goods Gift Card</b><br>J.D. Morningstar, Utica Elementary           | 20. <b>\$50 Dick's Sporting Goods Gift Card</b><br>Jeremiah Snow, Homeschool                  |
| 7. <b>iPod Nano &amp; iTunes Gift Card</b><br>Aidan Chacey, Legend Elementary              | 14. <b>\$100 Dick's Sporting Goods Gift Card</b><br>Angel Smith, Utica Elementary                |   |



# Licking Memorial Occupational Health

During the past year, Licking Memorial Company Care has revamped its services and updated the practice name to Licking Memorial Occupational Health to better reflect current care offerings. Part of Licking Memorial Health Professionals (LMHP), Occupational Health partners with local and regional employers to provide prevention and management services for work-related injuries and illnesses. The practice staff strives to return employees to work in a timely manner, reduce medical expenses, and decrease time away from work.

The experienced Occupational Health staff understands the Workers' Compensation system and aims to provide efficient, cost-effective and convenient care. They also provide an extensive range of preventative and screening services to support the specific needs of various organizations and their employees.

Staff members collaborate with employers as well as other areas within Licking

Memorial Health Systems (LMHS), such as Orthopedic Surgery, to design programs that fit each employer's needs while fulfilling Workers' Compensation requirements, health standards, and the employer's particular industry specifications. Utilizing Licking Memorial Occupational Health helps to ensure employee health, wellness and productivity.

Susan C. Zwiebel, M.D., joined Licking Memorial Occupational Health in September 2016. She previously served as locum at the office since early March. Dr. Zwiebel received her Doctor of Medicine degree at The Ohio State University College of Medicine and Public Health in Columbus. She completed a family practice residency at Mount Carmel Health System in Columbus. Dr. Zwiebel is a member of the American Academy of Family Physicians and the American Academy of Medical Review Officers. She is board certified in family medicine.



## Services provided by Licking Memorial Occupational Health include:

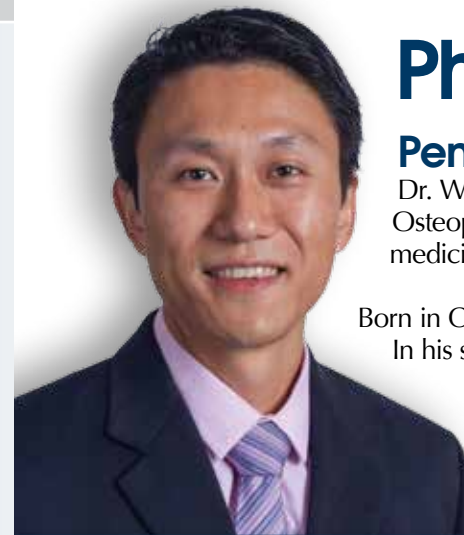
- Work-related injury/illness care
- Medical case management
- Drug and alcohol screening
- Medical Review Officer (MRO) services
- Physical examinations: Department of Transportation (DOT), school bus driver, firefighter, police officer, specialty, pre-employment
- Random drug and alcohol screening services consortium (DOT and non-DOT)
- Respirator clearance and FIT testing
- Hearing tests
- Visual acuity tests
- Tuberculosis testing (skin or blood)
- Immunizations
- EKG testing
- Laboratory testing
- Medical and screening services at an employer's business location
- Ergonomic assessments/plant walk-throughs
- Health risk assessments, health and wellness activities
- Functional capacity exams
- Specialist referrals
- Spirometry



**Licking Memorial Occupational Health**

**Licking Memorial Occupational Health** is located at 1865 Tamarack Road in Newark. The office has a new phone number, (220) 564-4972, and is now open Monday through Friday, from 7:30 a.m. to 4:30 p.m. Walk-in visits also are available during these hours; however, it is recommended that patients call the office to avoid any delay in service.

# Physician Spotlight



**Peng E. Wang, D.O.**, joined Licking Memorial Internal Medicine in August 2015. Dr. Wang received his Doctor of Osteopathic Medicine degree at Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed a family practice internship and internal medicine residency at Fairfield Medical Center in Lancaster, Ohio.

Born in China, Dr. Wang now lives in Lewis Center, Ohio, with his wife, Cynthia, and son, Ethan. In his spare time, he enjoys tennis, learning computer programming, travel and cooking.

## Ask a Doc – Gluten Intolerance with Peng E. Wang, D.O.

**Question:** How could I determine if my body is intolerant to gluten?

**Answer:** Gluten-free diets have become a popular way for people to change eating habits, and those avoiding gluten often comment they feel better without it. Gluten is a mixture of proteins found in wheat, barley and rye. Many people complain of experiencing digestive and health problems from eating gluten; however, gluten intolerance is rare.

If a person is gluten intolerant, the typical medical diagnosis is celiac disease or sprue. Celiac disease is an autoimmune disorder in which the immune system responds abnormally to gluten. It affects one percent of the general population in the United States, or one in 133 Americans. Recognizing celiac disease in adults can be difficult because of the myriad of resulting symptoms.

Adults and children often experience different symptoms due to celiac disease. Children most commonly will have digestive symptoms such as abdominal bloating, gas, nausea and vomiting. Adults also may experience the same digestive symptoms, however, they also could suffer from a broad range of other symptoms not related to the digestive system including:

- Chronic fatigue
- Osteoporosis

- Anemia
- Depression and anxiety
- Joint pain
- Reproductive health issues
- Itchy rash

It can be challenging to recognize celiac disease because these symptoms overlap with many other chronic conditions. The symptoms vary from person to person as well, and the time between initial exposure to gluten and the onset of symptoms also can vary. There is a genetic component to the disease as well as it can occur in families. To obtain a diagnosis, blood tests are available for screening, but the definitive test will be a scope with biopsy. Left undiagnosed, celiac disease can lead to further complications, such as the onset of other autoimmune diseases and some cancers.

Again, celiac disease is rare, and often people experiencing symptoms of gluten intolerance will test negative for celiac disease. However, new research is currently underway for another possible gluten-related issue. Researchers refer to it as non-celiac gluten sensitivity (NCGS). NCGS is a less-severe immune response to gluten. It causes minimal intestinal damage and recedes with the gluten-free diet.

The most common symptoms of non-celiac gluten sensitivity are:

- Mental fatigue (known as "brain fog")
- Fatigue
- Gas, bloating, abdominal pain
- Headache

The symptoms typically appear hours or days after gluten has been ingested. There is no test to diagnose an individual with non-celiac gluten sensitivity as of today. Diagnosing the disorder is a process of exclusion, first ruling out celiac disease or a wheat allergy. If experiencing such symptoms, contact a primary care physician to discuss and determine if your condition is gluten-related.

# Quality Reporting to the Community

## Patient Story and Benchmarks for Rehabilitative Care

### Patient Story – Terry Fout

Drew works in the Engineering Services Department at LMH, and he knew that the ARU staff would provide the attention and encouragement his father needed.

However, Terry discovered from the onset that he was not going to be coddled. “The staff expects you to do your part,” he said. “My rehabilitation began just seven minutes after I arrived. I requested help for a small task that had been too difficult for me. They told me that they would provide assistance if I really needed it; however, I should try to do it for myself first.”

Terry appreciated this compassionate-yet-challenging approach to his rehabilitation. “The next morning, the occupational therapist brought in bathing and shaving equipment, and I washed myself for the first time since the accident. She chatted with me and stayed nearby in case I needed help, but she wanted me to learn to take care of myself. The entire staff was dedicated to helping me recover enough that I could function well at home,” Terry said.

Terry’s daily routine in the ARU consisted of occupational therapy which included cooking and laundry activities, physical therapy, moderate activity and socialization. “The staff was creative in my rehabilitation,” he said. “One day, I helped wrap Christmas presents for an Adopt-a-Family project. That seemed simple enough, but it was actually very therapeutic because it involved walking, standing, hand coordination, and doing something while talking to others. They also encouraged me to have my meals with others in the ARU’s dining room. I realize now how important the socialization was to my recovery. They didn’t want me to lie in bed and think about the accident.”

As a retired educator and coach, Terry has been athletic and goal-oriented all his life, so it was natural that he would measure his

recovery by achieving personal goals. “At first, my goal was to watch one of my grandsons wrestle at Licking Valley High School in January – I did that. My next goals were to walk on Ocean Isle Beach in North Carolina and to play nine holes of golf. I walked on the beach in June, and I played nine holes of golf four separate times over the summer. Then, I set a big goal for myself – I wanted to play 18 holes of golf on my birthday which was September 10. I’m happy to say that I achieved that as well!”

During his two-week stay in the Hospital’s ARU, Terry maintained a motto that he calls his “ABCs,” which stand for ambition, balance and communication. “‘Ambition’ refers to goal-setting, ‘balance’ means ensuring that my goals are in line with what I can realistically achieve, and ‘communication’ means that I express my appreciation for others. It’s so important to be positive and not complain. I was very happy to see that the ARU staff followed the same principles. I believe that remaining positive was the biggest step in my recovery.”

Terry also appreciated the staff’s warmth toward his family. “My wife, Kathie, was more than elated with the care,” he stated. “Whenever Kathie and our daughter, Erin, came to visit, the staff greeted them and knew them by name. My son was welcome to stop by anytime or to share lunch, and it was a blessing to have these rehabilitative services close to home so Kathie could go home every night after visiting me. She felt comfortable knowing that I was in good care.”

The ARU opened on the LMH’s sixth floor in 2012. The department is staffed by a dedicated team comprised of a medical director, nurses, physical therapists, occupational therapists, speech therapists, social workers, psychologists and other Hospital personnel.



Newark resident Terry Fout believes that it is important to face each day with a positive attitude. Throughout the past year, he has faced challenges that could have dampened his optimistic outlook. However, bolstered by the compassionate and skilled care he received in the Acute Inpatient Rehabilitation Unit (ARU) at Licking Memorial Hospital (LMH), Terry found the courage and determination to emerge triumphant after a serious accident.

On November 30, 2015, Terry was driving alone in Dublin, Ohio, when he lost control of his car. In agonizing pain, he was transported to Riverside Methodist Hospital, which was nearby in Columbus. The emergency physicians determined that Terry had suffered a severe compression fracture of his L1 vertebra, located just above his waistline. He underwent a four-hour surgery the next day to remove the broken vertebra, implant a titanium spinal cage in its place, and fuse two vertebrae to the spinal cage.

“At that point, there were a lot of unanswered questions about my recovery,” Terry recalled. “I knew it was a miracle that my injuries were not more severe. My spinal cord had not been damaged, so I was able to walk with a walker within a few days. However, any twisting or bending motion caused a great deal of pain, so I was very limited in what I could do. No one could tell me whether my limitations were permanent. One big question I had was, ‘Would I be able to golf again?’ That was very important to me.”

Eight days after Terry’s surgery, he was dismissed from Riverside with the recommendation to participate in an inpatient rehabilitation program. His son, Drew, made arrangements for Terry to be admitted immediately to LMH’s ARU.

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

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

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Overall patient satisfaction with ARU experience	98%	97%	97%	98%

2. Patients who are undergoing rehabilitation are at increased risk for falls due to factors such as expected increased independence, weakness and, possibly, pain medication. Falls can result in injuries and potentially delay a patient’s rehabilitation. All ARU patients receive daily assessments for their level of fall risk and are advised of precautionary measures.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	0	0	0	0

3. Painful bedsores (also known as pressure sores) can occur when the skin is damaged by prolonged pressure to one area of the body and can be difficult to heal and even lead to infection. ARU patients receive daily skin assessments and participate in therapy at least three hours each day, which increases mobility and reduces the risk of bedsores.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(1)</sup>
ARU patients who developed new or worsened pressure sores during their stay	N/A	1.6%	0.5%	0.6%

4. Upon admission to the ARU, patients receive a standardized Functional Independence Measure (FIM) assessment, scoring their ability to perform daily skills. The FIM is composed of 18 measures to capture the improvement in an individual’s function. The FIM skills are reassessed before discharge. A few of the key FIM skills are listed below.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(1)</sup>
Average amount of ARU patients’ functional improvement at discharge				
Overall	21.4%	23.5%	26.5%	23.7%
Locomotion (walking or using wheelchair)	2.89%	2.86%	2.71%	2.61%
Bathing	1.88%	1.84%	1.74%	1.62%
Eating	0.77%	0.88%	1.15%	0.96%

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

	LMH 2013	LMH 2014	LMH 2015	National <sup>(1)</sup>
ARU patients discharged directly to home	82%	84%	81%	78%

Rehabilitative Care – Inpatient and Home Care – How do we compare? (continued to page 20)

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

**6.** LMH Home Care provides skilled professional care to patients at home. Services are based on the individual’s needs and include a wide range of support, such as therapy, nursing care, medication instruction, pain management, home management, financial needs assistance, emotional support, as well as others. LMH surveys Home Care patients regarding their level of satisfaction to evaluate how well their needs are being met.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(2)</sup>
Home Care patients’ overall satisfaction	96th percentile (top 4% nationally)	79th percentile (top 21% nationally)	89th percentile (top 11% nationally)	<b>50th percentile</b>

**7.** LMH Home Care patients often have some degree of physical deficit which can interfere with their ability to walk and quality of life. The Home Care staff provides physical therapy and other support to help patients improve their walking function. In 2015, LMH began tracking patients’ improvement to evaluate the effectiveness of the program.

	LMH 2013	LMH 2014	LMH 2015 (May through December)	LMH Goal
Home Care patients with improved walking function	N/A	N/A	79%	<b>73%</b>

**8.** Studies have shown that patients are more likely to take their medications properly in the correct dosage and at the correct intervals if they are informed about the importance and purpose of the drugs. LMH Home Care nurses provide medication education to patients and their caregivers. The nurses and therapists also perform medication reconciliation to check for possible adverse interactions or out-of-date drugs.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Home Care patients receiving medication education	100%	100%	100%	<b>100%</b>
Home Care patients receiving medication reconciliation	100%	100%	87%	<b>90%</b>

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Fall risk assessment completed for every Home Care patient	100%	100%	100%	<b>100%</b>

**10.** Pain is commonly associated with acute injury and illness. LMH Home Care implements pain interventions to facilitate the patient’s healing and recovery. Pain intervention methods may include medication, exercise, behavioral strategies and other modalities.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Pain interventions implemented	100%	99%	100%	<b>100%</b>

**Data Footnotes:** (1) eRehabData®, American Medical Rehabilitation Providers Association. (2) Press Ganey Associates, “Home Health Care Consumer Assessment of Healthcare Providers and Systems (HHCAHPS)” survey results.

# LMH’s Acute Inpatient Rehabilitation Provides Customized Care

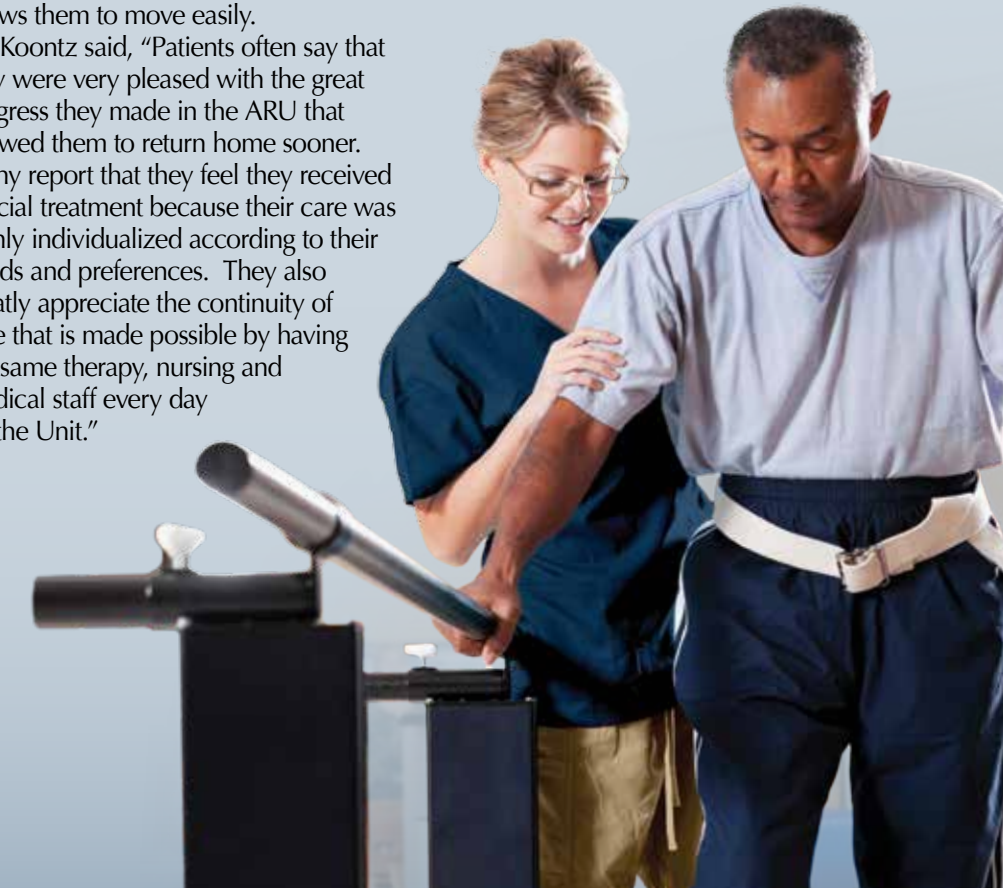
The Acute Inpatient Rehabilitation Unit (ARU) at Licking Memorial Hospital (LMH) is a specialized care center for patients who require medical care while receiving therapy to recover from an illness, accident or injury. The ARU provides a minimum of three hours of skilled therapy services at least five days per week. The ARU team includes specially-trained nurses, social workers, dietitians, and physical, occupational, and speech therapists, directed by a physician.

David W. Koontz, D.O., Medical Director of LMH’s ARU, explained that patients in the Unit benefit from being immersed in the rehabilitative environment. “Having acute rehabilitation in an inpatient setting provides immediate access to all the diagnostic and therapeutic resources needed to optimize patients’ recovery,” he said. “We can continue their treatment and rehabilitation without interruption, and this translates into shorter inpatient and rehabilitation stays.”

After a patient receives a referral to the Unit, Dr. Koontz reviews the patient’s medical records to determine whether the ARU program is appropriate for that patient. Admission criteria are dependent on many factors, including medical necessity and the likelihood that the patient will be able to return home after being discharged from the Unit.

Individualized treatment plans and programs are developed for each patient based on a thorough evaluation by each ARU team member at the time of admission. The team’s goals are to help the patient obtain the highest possible level of mobility and to achieve a level of self-care that allows the patient to return home at discharge. ARU patients are encouraged to wear comfortable street clothing that allows them to move easily. Dr. Koontz said, “Patients often say that they were very pleased with the great progress they made in the ARU that allowed them to return home sooner. Many report that they feel they received special treatment because their care was highly individualized according to their needs and preferences. They also greatly appreciate the continuity of care that is made possible by having the same therapy, nursing and medical staff every day on the Unit.”

Family members are welcome to share meals with their loved ones on the ARU or to visit during the day. Family members also are included in the rehabilitation process so that they can receive appropriate training to ensure the patient’s safe transition to home. For more information regarding LMH’s ARU, please call (220) 564-4603.



**Lauren R. Baker, D.O.,** joined Licking Memorial Women’s Health – Newark.



**Tiffani L. Dom, PA-C,** of Orthopedic Specialists & Sports Medicine, Inc., joined the LMH Active Medical Staff.



**Nina Hourmouzis, M.D.,** joined Licking Memorial Internal Medicine.



**Ryan W. Longstreth, M.D.,** joined Licking Memorial Emergency Medicine.



**Paul S. Mathew, M.D.,** joined Licking Memorial Anesthesiology.



**Susan C. Zwiebel, M.D.,** joined Licking Memorial Occupational Health.

**New Appointments**



# Quality Reporting to the Community

## Educational Story and Benchmarks for Surgery Care

### Patient Story – Ed Lewis

infection, and noted that Dr. Mueller visited daily to review his progress and answer questions. Ed pointed out that he has continued to receive this high level of treatment in the office as well.

Fortunately, Ed's recovery was smooth. He did not need a single dose of pain medication or require any therapy. Dr. Mueller's office provided a wooden shoe for Ed to assist with post-surgery mobility and offered helpful recommendations for protective footwear. He currently wears a hiking shoe lined with extra thick foam providing protection for the entire foot.

"I never thought something like this would happen to me," Ed said. "But I had not been vigilant about keeping track of my blood sugar or my diet," he continued. Ed explained how being in the Hospital and following a new special diet was very enlightening. He now understands that diabetes is a condition that needs constant attention in order to avoid medical episodes. Ed credits his family for their continuing support. Just recently, he was on vacation with his two sons who also have learned how to help him keep track of his diet. "I have certainly realized the need to fully appreciate my good health and having the use of my body, hands and feet. Most people just don't think about how fortunate they are until a body part is out of commission and the effects are very noticeable."

Ed fondly refers to his physicians as his "medical team" and remarked that he has experienced great results with Licking Memorial Health Systems (LMHS). He also has a high comfort level with Urologist Donald Lewis, M.D., whose office performed very thorough testing to confirm an early

diagnosis of prostate cancer. As he progressed with treatments, he noted that the communication between Licking Memorial Hospital (LMH) and the James Cancer Hospital was invaluable. "I feel so blessed with the care I've received at LMH. I do not know why patients would travel to Columbus for care, unless it was essential."

Ed was an avid tennis player, runner and little league coach for many years and enjoys cooking for his family. He has three grown sons. After retiring from a career with Park National Bank, he purchased a 300-acre farm previously owned by the Heisey family. The farm is home to a 200-year-old, 3,400 square-foot log cabin. He maintains the property and operates the Tall Pines Hall events facility.

Licking Memorial Orthopedic Surgery physicians Robert W. Mueller, M.D., Kevin M. Ouweleen, M.D. and Andrew John Terlecky, D.O., provide general orthopedic care and surgery, including diagnosing and treating conditions such as fractures, sports injuries, and arthritis and disabling conditions of the upper and lower extremities. Office hours are Monday through Friday, from 8:00 a.m. to 5:00 p.m. All visits with the physicians are scheduled. To request an appointment, please call (220) 564-2900 during regular business hours.

LMH's state-of-the-art surgical facilities are located in the John & Mary Alford Pavilion which opened in 2007. Out of the 7,275 surgeries performed in 2015, more than 5,600 took place on an outpatient basis, saving the patients from extended hospital stays and additional expenses.



A blister on a toe may not be cause for concern for most people, but for a diabetic, it can progress into a significant medical problem, which was certainly the case for Ed Lewis, whose condition ultimately resulted in a toe amputation. Diabetes can slow down a body's ability to fight infection. The high sugar levels in blood and tissues allow bacteria to grow and help infections develop more quickly. Feet and skin are common sites for these problems.

After purchasing a new pair of shoes before a recent vacation to Florida, Ed developed a blister. "I tried to doctor it myself for a week, but it clearly needed medical attention, so I made an appointment when I returned home," he explained. Garth Bennington, M.D., his family physician, referred him to the ER due to the severity of the infection and Ed was admitted that evening.

The following day, Robert Mueller, M.D., Licking Memorial Orthopedic Surgery, reviewed his X-ray, determined the toe was 'suspect' and may need to be removed, and ordered an MRI for the next day. When the tip of Ed's toe had turned black, Dr. Mueller declared that surgery was necessary. "Dr. Mueller explained the procedure and recovery thoroughly. "He is very good with his patients one-on-one and I was comforted," Ed commented. "I had a lot of questions and he was more than patient with me. He was the first person I saw upon awaking from surgery and he assured me the procedure went well." Ed remained in the Hospital for several days to ensure his body was clear of

# Surgery Care – How do we compare?

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

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Use of reversal agent for GI procedures	0.08%	0.09%	0.08%	Less than 0.90%

- The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time 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 2015, 7,275 surgeries were performed at LMH.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Wrong-site surgeries	0	0	0	0

- 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 2013	LMH 2014	LMH 2015	National <sup>(1)</sup>
Outpatient procedure patients with correct antibiotic prescribed	96%	96%	100%	98%

- Patients who have open-incision surgery are at elevated risk to develop an infection at the surgical site. In extreme cases, a localized infection can lead to sepsis, which is a systemic, life-threatening condition. LMH utilizes strict infection-prevention strategies for each surgical patient and ensures that the Hospital's Central Sterile staff members receive certification in proper reprocessing sterilization policies for surgical equipment.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Central Sterile staff with certification within one year of completed training	100%	100%	100%	100%
Post-operative sepsis, per 1,000 patients	NA	NA	2.1	State <sup>(2)</sup> 5.4

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

	LMH 2013	LMH 2014	LMH 2015	National <sup>(3)</sup>
Total hip replacement readmissions	10.35%	3.77%	7.50%	2.22%
Total knee replacement readmissions	3.33%	2.78%	3.23%	2.12%

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

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Surgeries that started on time	80%	78%	88%	Greater than 90%

- Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots.

	LMH 2013	LMH 2014	LMH 2015	State <sup>(2)</sup>
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis, per 1,000 outpatients	NA	NA	0	12.9

Data Footnotes: (1) Centers for Medicare & Medicaid Services Hospital Compare website (2) Battelle WayFinder™ Q.I. Dashboard. (3) Hospitalcompare.hhs.gov national benchmarks.



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

# An Overview of Orthopedic Medicine

Orthopedics is the study of the musculoskeletal system, which includes bones, joints, muscles, tendons, ligaments, cartilage and nerves. The musculoskeletal system can be considered as the framework for the body and the mechanics that make it function. Almost every medical specialty has some overlap with orthopedics and the musculoskeletal system.

Orthopedic physicians are medical experts who focus on repairing injuries to the musculoskeletal system, including the spine and major joints. This involves:

- Diagnosis of the injury or disorder
- Treatment with medication, exercise, surgery or other treatment plans
- Rehabilitation by recommending exercises or physical therapy to restore movement, strength and function
- Prevention with information and treatment plans to prevent injury or slow the progression of diseases

Generally, the specialty is referred to as orthopedic surgery, although many non-surgical treatments are provided by orthopedic surgeons. In fact, most orthopedic surgeons have an office-based practice and spend the majority of their time treating patients outside of the operating room. Orthopedists also can be found assisting in the emergency department, taking care of patients in an inpatient hospital setting, or even on the sidelines of a sporting event.

Orthopedists have extensive training and complete up to 14 years of formal education:

- Four years of study in a college or university
- Four years of study in medical school
- Five years of study in orthopedic residency at a major medical center
- One optional year of specialized education

The most common reasons that patients receive treatment from an orthopedic physician are for a broken bone, arthritis, rotator cuff injuries, meniscus tears and carpal tunnel syndrome. Orthopedic physicians routinely perform arthroscopies, which are minimally invasive procedures to explore hip, shoulder or knee damage.

Minor joint problems often can be corrected during an arthroscopy, but more serious conditions may require further surgery. Other commonly-treated orthopedic conditions include:

- Bursitis
- Elbow pain
- Foot pain
- Hand pain
- Knee pain
- Osteoporosis
- Soft-tissue injuries

At Licking Memorial Orthopedic Surgery, physicians Robert W. Mueller, M.D., Kevin M. Ouweleen, M.D., and Andrew John Terlecky, D.O., provide general orthopedic care and surgery, including diagnosing and treating conditions such as fractures, sports injuries, arthritis and disabling conditions of the upper and lower extremities.

Dr. Mueller received his Doctor of Medicine degree at Johns Hopkins University Medical School in Baltimore, Maryland. He completed an internship and residency in orthopedic surgery at Johns Hopkins Hospital in Baltimore, Maryland. Dr. Mueller is board certified in orthopedic surgery. Dr. Ouweleen received his Doctor of Medicine degree at The Ohio State University in Columbus. He completed an internship and residency in orthopedic surgery at Mount Carmel Medical Center in Columbus. He is a member of the American Medical Association, American Academy of Orthopedic Surgery, and American College of Sports Medicine. Dr. Terlecky received his Doctor of Osteopathic Medicine degree at The Ohio University College of Osteopathic Medicine. He completed an orthopedic research fellowship with Southwest Ohio Orthopedic Associates and his residency at Grandview Hospital in Dayton. He is a member of the Ohio and American Osteopathic associations.

Licking Memorial Orthopedic Surgery also provides services for individuals with work-related injuries. Patients who have been assigned a claim number should bring this information to

their appointment. Partnering with Licking Memorial Occupational Health, every effort is made to return employees to work in a timely manner, reduce medical expenses, and decrease time away from work. The experienced staff understands the Workers' Compensation system and the processes are efficient, cost effective and convenient.

An online medical record allows patients to have secure access to their health information and communicate with the physician's office – without the need to call or visit. To set up an account, please call the office during regular business hours and the staff will offer assistance.

Licking Memorial Orthopedic Surgery office hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. All visits with the physicians are scheduled. To request an appointment, please call (220) 564-2900 during regular business hours. Physicians allow time in the daily appointment schedule for urgent or emergency visits. In the event of an urgent situation after hours, please call our answering service at (220) 564-1635.



# LMHS Sets Goal to Increase Screenings for Colorectal Cancer

Licking Memorial Health Systems (LMHS) recently set a goal to help improve the prevention and detection of colorectal cancer. The goal aligns LMHS with the American Cancer Society, the Centers for Disease Control and Prevention, and the National Colorectal Cancer Roundtable, which aim to increase the rate of colorectal cancer screening in the United States to 80 percent of adults age 50 and older by 2018. Estimates suggest that doing so will prevent more than 200,000 deaths by 2030.

While colon cancer is highly preventable, as many 135,000 adults are diagnosed with this form of cancer each year. Through colorectal cancer screening, a physician can detect and remove growths (called polyps) from the colon before they become cancerous. However, about 35 percent of individuals age 50 and older do not complete recommended colorectal cancer screenings.

Recent improvements in screening rates already have had a positive impact on the occurrence of colon cancer in the United States: colorectal cancer incidence and mortality rates have dropped by over 30 percent in the past 15 years, much of which is a result of increases in screening. However, many individuals continue to refrain from testing due to concerns about

the screening procedures or a belief that they are not at risk. While colorectal cancer carries the potential to be fatal, it typically does not present any symptoms in its early stages. As such, screening is absolutely vital to detection and subsequent treatment. In addition, while some individuals have a greater risk for colorectal cancer than others, it is possible to receive a diagnosis of colon cancer regardless of one's medical history.

"The 80 percent by 2018 goals falls directly in line with our mission to improve the health of the community," said Debbie Young, LMHS Vice President Patient Care Services. "The Licking County community can help us to reach this important goal by completing all recommended screenings, and by educating friends and family members who are over the age of 50. Because this type of cancer is highly preventable, our joint efforts can truly help to save lives in this community."

LMHS aims to improve colon cancer screening compliance by offering a variety of screening options to Licking County patients. One such option is the noninvasive Cologuard test, which can be performed at home with no special preparation. For those whose Cologuard results are negative, a colonoscopy procedure can be avoided. However,

a follow-up colonoscopy is required for patients who receive positive test results. Because each patient is different, a primary care physician or gastroenterologist can help patients to determine whether Cologuard is an appropriate option.

While innovative screening options such as Cologuard have the potential to greatly improve screening compliance, experts still agree that colonoscopy is the most effective method of detecting colon cancer. A colonoscopy allows for physicians to examine the entire colon. During the process, physicians also can remove polyps as necessary, and may even be able to diagnose other diseases. In addition, colonoscopies do not need to be performed as frequently as other testing options: if results are normal, most patients can wait ten years before repeating the procedure.

The American Cancer Society recommends colorectal cancer screening beginning at age 50 for most individuals. However, those with certain risk factors – such as family history or colon problems – may need to begin screening earlier and/or get tested more frequently. Please contact your primary care physician to discuss your colorectal cancer risk and screening options.



# LMHS Recognizes Donors at Annual Receptions

Two annual events were held in September to thank those who made generous financial contributions to the Health Systems throughout the past year. The Donor Appreciation Reception, hosted by the Licking Memorial Hospital (LMH) Development Council, and the PRIDE Appreciation Open House, hosted by the Licking Memorial Health Foundation, provided opportunities to express appreciation to donors and update them about LMH's current improvement projects and recent national recognitions.

At the Donor Appreciation Reception, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese highlighted several of the prestigious awards that LMH has received this year including Health Care's Most Wired, Modern Healthcare's Best Places to Work in Healthcare and Great Place to Work's Best Places to Work for Women. "These recognitions truly speak to the dedication of our employees," Rob commented. "Their high level of commitment to provide quality care in a nurturing environment stems from the continued support of the community," he continued. "Your actions as donors and Hospital ambassadors in the community give our employees a great sense of pride in their workplace."

The Health Systems provides services and events beyond traditional health care. This summer, LMHS hosted Camp Courageous, a one-day camp for youth who have had an encounter with cancer through a friend or family member, Camp Feelin' Fine, which helps local children care for their asthma, and Camp A1C for youth with diabetes. Community youth and adults also attended a variety of Active•Fit and Active•Senior events, such as the Mini-Triathlon, Field Day and Brunch Walk. Camp Med, a two-day intensive camp for high school seniors interested in a career in the healthcare industry was held in August. Students visited various departments, including Cardiology, Surgery, Laboratory and Emergency, experiencing interactive medical demonstrations, and had an opportunity to ask questions of medical staff in various specialties. In addition to the current patient reunions celebrated, a Special Care Nursery Reunion was held in the spring. The event offered an opportunity for families to reconnect with Hospital staff and meet fellow community members with shared experiences.

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 Licking County. Amy and Jim Matesich, Founder-level donors, unveiled the eighteenth

piece of the LMHS Main Street Collection – the Rod Callander Memorial Aquarium. Dedicated on May 6, 2012, the aquarium gift was made in memory of Amy's father, Rod Callander. It is the seventh piece in the series of Hospital amenities. The Rod Callander Memorial Aquarium is located on the fifth floor of the Hospital in the Hematology/Oncology lobby, and provides peace and comfort to patients and their families. This year's addition represents the \$9,000 level of giving.

"The best way for us to grow is by the breadth and depth of the services we provide to our community. We take great pride in offering amenities and state-of-the-art equipment at the Hospital as well as important community programs that promote health and wellness. Donor generosity truly helps LMH fulfill its mission to improve the health of the community," Rob concluded.

LMHS employees who support the Health Systems through PRIDE (Providing Resources in Dedicated Employees) were honored during the PRIDE Appreciation Open House on September 20. There are currently more than 700 PRIDE members. Since its inception in 1987, PRIDE has raised over \$2.5 million to fund major projects and capital improvements at LMH, including the Emergency Department lobby, renovation of the LMH main lobby, construction of the LMHS information highway, and the John & Mary Alford Pavilion fireplace area. Employees were treated to brunch-style appetizers and beverages.

Contributions received in 2016 will benefit the new Downtown Newark facility, which will include family practice and urgent care. Conveniently located to provide

services for all residents of Licking County, the new building will feature six exam rooms, two treatment rooms and X-ray services. As with all LMHS medical practices, the electronic medical records will be linked into the secure, confidential LMHS EMR system for continuity of care.

LMHS, a not-for-profit organization, reinvests revenue over expenses back into the Hospital for the ultimate benefit of the community. Gifts may be designated for a specific department, service, facility or piece of equipment. However, unrestricted gifts allow the money to be used where the need is greatest. All donations are used for the capital expansion, renovations and equipment needs for LMH. No contributor's money is used to pay for operating expenses, salaries or other expenditures. These resources are essential to maintain an up-to-date facility and enable LMH to continually meet the needs of the community with measurably different standards.



## Donors

Undesignated contributions to Licking Memorial Health Foundation in 2016 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts, which were recently received.

### Capital Improvement Fund

TWIGS 6  
TWIGS 8

### Caduceus Society

Jesse Ewald, M.D.  
Robert Mueller, M.D.  
Fikadu G. Tekleyes, M.D.

### Community Cornerstone Club

Tony and Rita Adams  
Tom and Lu Bline  
David and Pamela Froelich  
John and Elaine Gard  
Elliott and Barbara Gerber  
Clarissa Ann Howard  
Nicole and Anthony Judd  
Nelson and Kathleen McCray  
Richard P. Reed  
James Riley  
Lynne Dolan Rotruck  
Phil (D) and Mary Fran Shannon  
John and Barbara Weaver  
Carol E. Wollenburg

### Cradle Roll

In Honor of: Mason Richard Daniels  
By: Licking Memorial Health Systems  
In Honor of: Wyatt James Hill  
By: Licking Memorial Health Systems  
In Honor of: Ainsley Marie Lewis  
By: Licking Memorial Health Systems  
In Honor of: Abigail Rose Mills  
By: Licking Memorial Health Systems  
In Honor of: Ellie Porter  
By: Cara Porter  
In Honor of: Josie May Riley  
By: Licking Memorial Health Systems  
In Honor of: Holden Parker Worstell  
By: Licking Memorial Health Systems

### General

Anonymous  
Newark Area Club of Zonta  
International 704

### Golf Gala

Jack and Bev Crockford  
Denison University  
Erin Curtis Insurance Agency,  
Incorporated  
Foundations Health Solutions,  
Incorporated  
Andrew and Jill Guanciale  
Heartland Communications  
HeartLight Pharmacy Services  
Ms. Vickie Marshall  
Mattingly Family Foundation  
Mountjoy Chilton Medley, LLP  
OhioHealth  
Pappy's Grill  
Price Road Health & Rehab Center  
Tectum, Incorporated  
US Foods  
Waste Away Systems, LLC

### Memorial

In memory of: Joyce Meckley and our  
wedding anniversary, July 20  
By: David Meckley

### Paving Our Future

In Honor of: Tracey Joyce  
By: Licking Memorial Women's Health  
and Family

### William Schaffner Society

The Kovalik Family  
Trisha Whetstone



In October, Licking Memorial Hospital Development Council hosted the third annual Baby Expo. Approximately 350 guests including new parents, expectant mothers, women considering pregnancy and grandparents attended the informational event. Licking Memorial Health Systems (LMHS) staff were available to speak with attendees about Hospital maternity services as well as the wellbeing of mother and child. Area businesses also participated offering an opportunity to learn more about local baby/maternity products and services.

The day's activities included tours of the Maternal Child facilities and hands-on demonstrations from three subject-matter experts. Safety was the theme for the live demonstrations. Participants learned how to perform CPR on both an infant and a child from a demonstration using life-like manikins. They were also taught how to save a child from choking. A safe bath-time demonstration helped new parents understand the best practices for bathing a newborn. Finally, parents were encouraged to keep babies safe with additional information about



avoiding dangers in the home and in vehicles.

The Baby Expo covered a wide variety of topics. Other information available to guests included:

- "First Impressions" classes at LMH
- Pregnancy care, including nutrition
- Breastfeeding
- Newborns' special needs, including nutrition and safe sleep
- Licking Memorial Pediatrics services
- Licking Memorial Women's Health services
- Car seat checks, sponsored by LMH and State Farm Insurance
- "Quit for You, Quit for Your Baby" tobacco cessation services

Guests were also treated to hand massages and light refreshments. Licking Memorial Hospital (LMH) as well as the participating vendors also offered door prizes for those who attended. LMH provided a \$100 Toys R Us gift card for the winner of the punch card raffle, Alicia Phipps. LMH also purchased a bouquet of gift cards from participating massage therapists which was awarded to Amber Ety. Hanna Soter won a rocker/glider with ottoman also donated by the Hospital.



## Active•Senior

## Brunch Walk with Dr. Hanif

Licking Memorial Health Systems invited seniors ages 60 years and up to the Active•Senior Brunch Walk in August. Participants enjoyed a walk beginning at the Rotary Park Pavilion in Newark, as Hufza Hanif, M.D., of Licking Memorial Rheumatology, discussed treatment options for rheumatologic diseases. A healthy brunch followed the walk.

Hufza Hanif, M.D., joined Licking Memorial Rheumatology in 2013. Dr. Hanif received her M.B., B.S. degree from Dow Medical College in Karachi, Pakistan. She completed a residency in internal medicine at Ball Memorial Hospital in Muncie, Indiana, and a fellowship in rheumatology at Indiana University School of Medicine in Indianapolis, Indiana. Dr. Hanif is board certified in internal medicine and rheumatology. Licking Memorial Rheumatology diagnoses and treats adults with musculoskeletal conditions and rheumatologic autoimmune disease.

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

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

For more information or to register for the Active•Senior program, please visit [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org). Registration on the website allows participants to document their progress on an ongoing basis for the opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, and then transfer the information to the [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org) website prior to the end of each program year in April. Booklets are available at Licking Memorial Hospital, Licking Memorial physician offices and other select community locations.



## New 3D Mammogram Provides Superior Accuracy

Licking Memorial Hospital (LMH) has replaced traditional 2D mammography with new technology that offers more accurate results. Digital Breast Tomosynthesis (DBT), also known as 3D Mammography exams, provides more detailed images of the breast tissue allowing for increased cancer detection.

DBT provides a superior mammogram for all breast types and is far more accurate in earlier breast cancer detection than any other mammogram. Researchers have found that the DBT exam provides:

- A 41 percent increase in the detection of invasive breast cancers, compared to 2D alone.
- Up to 40 percent reduction in anxiety-provoking false-positive recalls.

Similar to a traditional 2D mammogram, the technologist positions the patient, compresses the breast and takes images from different angles. No additional compression is required with the DBT exam, and it only takes a few seconds longer. Very little X-ray dose is used during the DBT exam – approximately the same amount as a traditional film mammogram and well within the FDA safety standards for mammography.

In 2D traditional mammography, a physician views just one top image of the breast. The DBT exam captures multiple slices (images) of the breast, creating a layered 3D image. The radiologist then is able to review the breast, one thin slice at a time, similar to turning pages in a book, which assists with a more

accurate diagnosis. The DBT exam shows more detail and provides a view of all complexities of the breast tissue in a flat image. In addition, the DBT exam is approved for all women undergoing a standard mammogram regardless of age or breast type, or for a screening and/or diagnostic mammogram.

Some insurance may not cover this new technology and some patients may have out-of-pocket expense. For additional information about the DBT or 3D Mammography exam, please contact the LMH Radiology Department at (220) 564-4718.

# Corporate Breakfast – LMH Patient Portal

Members of the community who attended the Corporate Breakfast learned about the Licking Memorial Hospital (LMH) Patient Portal and the benefits that the online tool provides to patients. Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese introduced speakers Diana Ermlich, RHIA, Director of Health Information and Hospital EMR Applications, and Nemili Johnson, M.M.I., Clinical Applications Analyst II. Diana and Nemili guided attendees through the login process and features available on the Patient Portal.

“At the heart of what we are trying to do is to provide patients with the opportunity to manage their health and have direct access to their health information,” said Diana. “The Patient Portal allows patients and families to take charge of their health and well-being.” Diana explained that Portal users are able to access results for laboratory tests, radiology reports and other procedures immediately after the results have been finalized. Through the Portal, access is offered 24 hours per day, seven days per week, without the need to call or visit the Hospital. Current available features include:

- Health summary
- Medical conditions (upon discharge)
- Visit history (with summary)
- Allergies
- Medications (with instructions)
- Laboratory results
- Reports (Cardiology, Radiology, etc.)
- Educational instructions

Nemili shared with attendees how to begin an enrollment request and create a login ID and password. Patients first are asked to sign the Authorization for Patient Portal Access form, which gives LMH consent to create a unique Patient Portal account connected to the patient’s email address. The form may be completed during an inpatient stay, outpatient visit or by visiting the LMH Medical Records Department and providing valid photo identification. The system then safely and securely matches a patient with their health information.

After this step is complete, the LMH Patient Portal is available on any

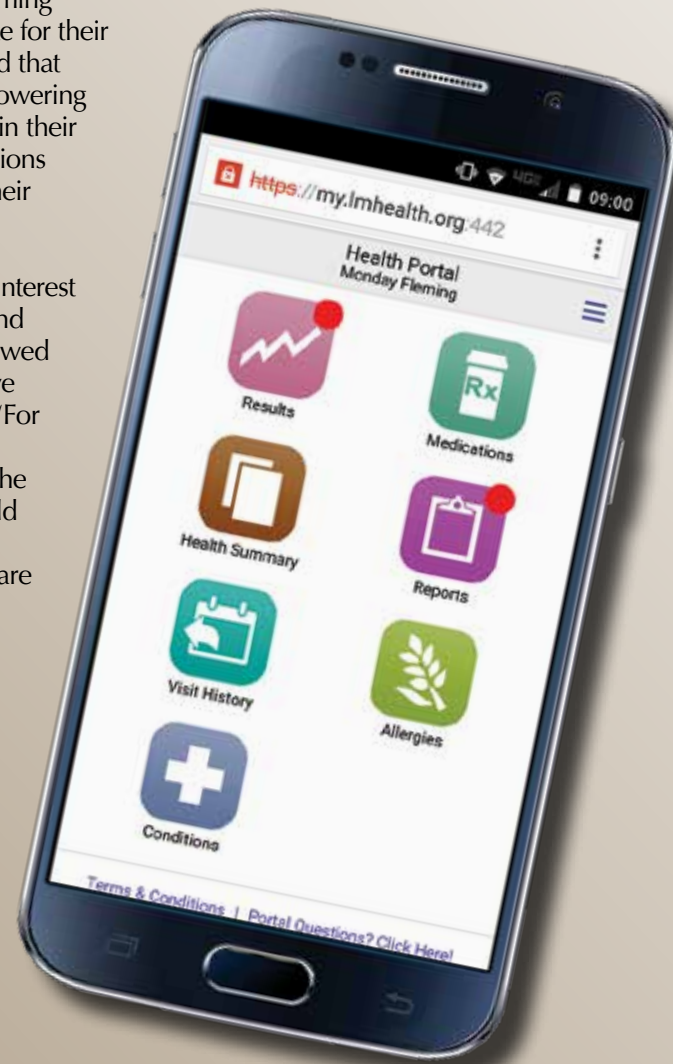
smartphone or other device with an Internet connection. Once logged in at my.LMHealth.org, easy-to-read icons will allow users to quickly navigate through their own personal health information securely. Nemili explained that an icon displaying a red dot indicates that a user has new information in his or her medical record. Another valuable feature described by Nemili is the section with hyperlinks to information on specific lab tests, located within the Resource Website section. This feature enables users to learn more about each test and better understand the results.

Since the LMH Patient Portal became available for patients to use in May 2014, almost 7,800 patients have enrolled in the system, and approximately 4,800 have completed the login process. “Approximately 63 percent usage in such a short amount of time is fantastic to see,” Nemili said. “Even though it is a relatively new system, we are seeing more and more patients becoming interested in being an advocate for their health care.” Nemili explained that accessing these results is empowering patients to take an active role in their health and have better discussions about their health care with their physician.

Patients have shown a strong interest in accessing their lab results and reports, which also can be viewed through a historical perspective over the previous five years. “For example, if a patient has had cholesterol levels tested over the past few years, he or she would be able to view the trends in levels from each visit to compare results,” Nemili said. She explained that a large number of reports can be accessed, and patients are able to easily print this information in order to provide it to specialists or providers to which they have been referred.

Proxy access to medical record information also is available with consent from the patient. This allows caregivers to

view and manage the health information of minors under 18 years of age or elderly relatives. If an individual is a proxy for children or aging parents, legal power of attorney or legal guardian, the system provides quick and secure navigation to their information and reports on the Portal. Patient Portal Specialists are available Monday through Friday, from 8:00 a.m. to 4:30 p.m. (except holidays), by calling (220) 564-4030 to answer technical questions. Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about new technology and services within LMHS. The Development Council was established in 1987 to increase charitable giving to LMH and to promote positive community relations. Approximately 75 distinguished members of the community volunteer their time to serve on the Development Council.



# Honorary Medical Staff Luncheon



Licking Memorial Hospital (LMH) hosted the 10th annual Honorary Medical Staff luncheon in September to pay tribute to physicians who dedicated their lives to providing care in Licking County. Members of the LMH Honorary Medical Staff are physicians who retired after long-time service on the LMH Active Medical Staff. The annual luncheon provides a way for Honorary Medical Staff members to maintain friendships and keep abreast of developments

within Licking Memorial Health Systems (LMHS).

LMHS President & CEO Rob Montagnese addressed the luncheon attendees, saying, “It is always a pleasure to welcome this group of individuals back each year to share stories and catch up on each other’s lives. LMH is an excellent facility today because of the strong foundation you helped to build through your expertise and devotion to

the community.” LMH Chief of Staff Talya Greathouse, M.D., also spoke at the luncheon, providing attendees with an overview of the most recent updates taking place within the Health Systems. There are currently 40 retired physicians who are members of the LMH Honorary Medical Staff. LMHS is proud to thank them for their past service and continued support of the Health Systems.

# Dr. Dils Retires After 50 Years of Service

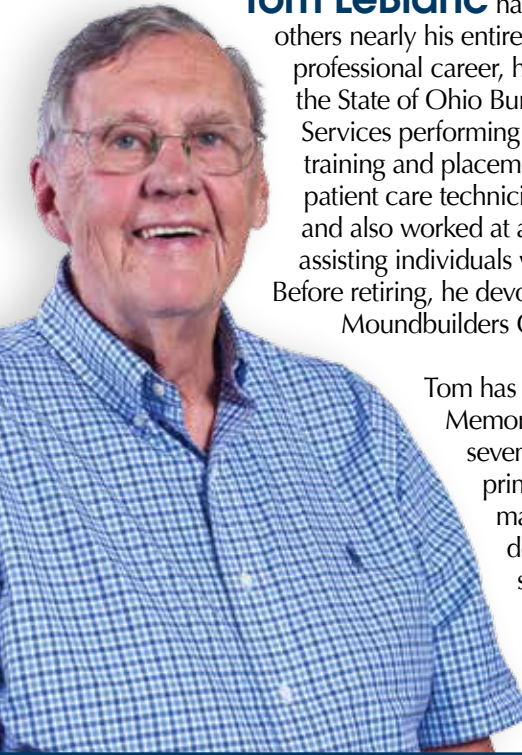
Colleagues and family recently attended a luncheon at Licking Memorial Hospital (LMH) to honor Lawrence “Pete” A. Dils, M.D. A member of the LMH Medical Staff since 1966, Dr. Dils retired after 50 years of service to the Licking County community. He also was recognized at the Medical Staff Dinner in September at the Moundbuilders Country Club.

Dr. Dils graduated from Miami University in 1959 and obtained his medical degree in 1963 from the University of Cincinnati. He completed his internship at the Cincinnati General Hospital in 1964 and then joined the United States Air Force, where he attended the School of Aerospace Medicine. Dr. Dils served as a Captain and Flight Surgeon in the Air Force until 1966, when he established his practice at the Granville Medical Center. In 1995, Dr. Dils joined the Licking Memorial Professional Corporation.





# Volunteer Spotlight



**Tom LeBlanc** has been caring for others nearly his entire adult life. During his professional career, he spent 17 years with the State of Ohio Bureau of Employment Services performing counseling, job training and placement. Tom was a patient care technician at Shepherd Hill and also worked at a men's halfway house assisting individuals with behavioral issues. Before retiring, he devoted 10 years to the Moundbuilders Guidance Center.

Tom has volunteered for Licking Memorial Hospital (LMH) for seven consecutive years, primarily assisting in the mail room. "I wanted to do some community service, and the healthcare field appealed to me," he explained. "I knew (former Director of

Volunteer Services) Carol Barnes from when I worked at Shepherd Hill, so I had a connection to the Hospital and felt this was a good choice," Tom continued. He volunteers every Friday for four hours.

A native of Licking County, Tom graduated from Newark High School in 1955 and received a degree in sociology and psychology from Otterbein University in 1959. "I enjoy the people and the staff at the Hospital. My work here offers me a chance to give back to the community," he said.

In addition to volunteering at the Hospital, Tom also is a member of the Heisey Club. Tom's daughter, Laura Edelblute, is the Pataskala Health Campus Director. His two other children, son, Richard, and daughter, Jennifer, also work in the healthcare industry. His wife, Nancy, has been volunteering in the LMH Gift Shop for four years.

Tom always has been interested in antiques. He and Nancy previously owned "Just in Time," an antique shop in the old arcade in Downtown Newark. They continue to buy and sell antiques and rent space locally at Matilda Charlotte Antiques Etc. and in antique malls in Columbus and Rockbridge, Ohio.

# Development Spotlight

**Judge Michael Higgins** has served as one of two Licking County Municipal Court Judges since 1991 and has been re-elected five times. He joined the Licking Memorial Hospital (LMH) Development Council Education and Membership Committee in May 2016.

"I have been continuously impressed by the leadership of Licking Memorial Health Systems (LMHS)," said Judge Higgins. "It is great to see the level of outreach that is being made to the citizens of Licking County." He explained that he has been a patient through LMHS a number of times and has had good experiences. Since becoming a Development Council member, he has enjoyed attending Corporate Breakfasts, which focus on updates and technology within the Health Systems.

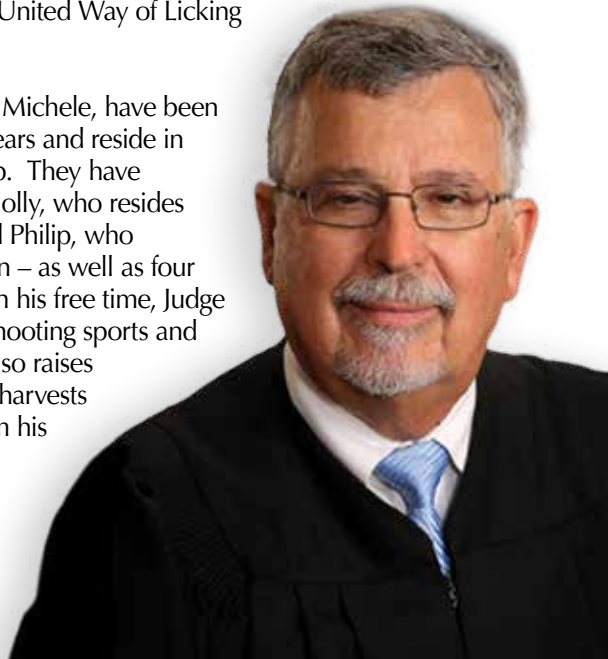
Judge Higgins was awarded a Bachelor's Degree from Edinboro State College in 1970 and a Juris Doctor Degree from Capital University in 1977. Prior to becoming a judge, he was a prosecutor in the Licking County Municipal Court from 1978 to 1991 and also engaged in the private practice of law. He served as Buckeye Lake's first Law Director until 1991. Additionally, he was the Small Claims Magistrate for the Licking County Municipal Court.

A resident of Licking County since 1971, Judge Higgins was admitted to practice before all Ohio courts in 1977. He was admitted to practice before the United States District Court for the Southern District of Ohio and the United States Court of Appeals

for the Sixth Circuit in 1980. In 1986, he was admitted to practice before the Supreme Court of the United States of America.

An active community supporter, Judge Higgins is a member of the Ohio State and Licking County Bar Associations and the Ohio Judicial Conference. He currently serves on the Board of Licking/Knox Goodwill Industries, Inc. and is a member of Ohio Municipal and County Court Judges Association. He previously served as a Board Member of the Newark Public Library, the Licking County Board of Developmental Disabilities, and United Way of Licking County.

He and his wife, Michele, have been married for 47 years and reside in Licking Township. They have two children – Holly, who resides in Honolulu, and Philip, who resides in Hebron – as well as four grandchildren. In his free time, Judge Higgins enjoys shooting sports and fly fishing. He also raises honey bees and harvests maple syrup from his own maple trees on the Higgins' 25-acre lot.



# Megan Miller, D.O., Relocates Practice

**Effective November 14, 2016,** Megan Miller, D.O. will be relocating her outpatient family practice from Hebron to Newark. Her new office will be located at **150 McMillen Drive in Newark.** She will continue to see patients at the Hebron location through November 11, 2016.

**Megan Miller, D.O.,** joined Licking Memorial Health Systems (LMHS) as a family physician at Licking Memorial Family Practice – Hebron in March 2005. Dr. Miller earned her medical degree from the Ohio University College of

Osteopathic Medicine in Athens. She completed her internship and residency with St. Vincent Mercy Medical Center in Toledo. She is board certified in family medicine and a member of the American Osteopathic Association and the American College of Osteopathic Family Physicians. In 2010, Dr. Miller was named as a Health Systems MVP.

To schedule an appointment at the Hebron location, please call (220) 564-7930 before November 11, or the Newark location at (220) 564-7930 after November 14. Dr. Miller has been honored to serve the Hebron community over the past years. She looks forward to providing ongoing health care at her new location.



# LMHS Donates More Than 400 Pounds of Meat to Salvation Army

In August, Licking Memorial Health Systems (LMHS) purchased the 1,344-pound Hartford Fair grand champion market steer, which was owned by Clay Foor, a member of the Boots & Buckles 4-H Club. LMHS President & CEO Rob Montagnese (far right) and employees Mike Cochran (far left) and Shay Marmie (middle left) recently presented the processed meat from the steer to Lieutenant Denise Martin (middle right) of the Salvation Army of Licking County. The 427 pounds of beef will be used in the Salvation Army soup kitchens and food pantries to benefit community members in need.



## In Memoriam – Employees and Retirees

Despite having more than 1,900 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. As a tribute to their dedication, LMHS honors employees who passed away during their service to the Health Systems each year:

Suzanne Boyd of Outpatient Clinic passed away on November 25, 2015, after 6 years of service.  
Janet Eskins of Environmental Services passed away on June 13, 2016, after 15 years of service.

The Health Systems also honored retirees who passed away during the last year:

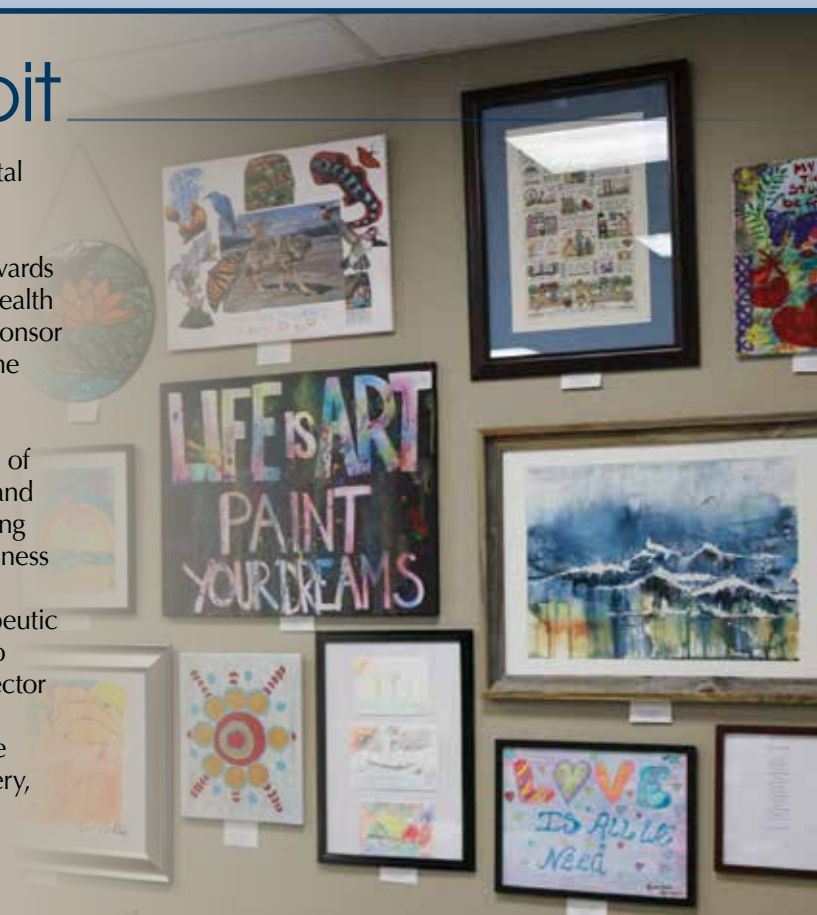
Eula Baughman retired from 4 South in 1985 after 23 years of service.  
Judith Bruckner retired from Registration in 1998 after 33 years of service.  
Ella Courson retired from Environmental Services in 1988 after 20 years of service.  
Cheryl DeAtley retired from Maternal Child in 2011 after 25 years of service.  
Vickie Lemmon retired from Granville Family Practice in 2015 after 17 years of service.  
Marion LoCurto retired from the Intensive Care Unit in 2007 after 27 years of service.  
JoAnn Lovell retired from Environmental Services in 1997 after 22 years of service.  
Nancy Moran retired from Home Care Services in 2002 after 4 years of service.  
Mary Lou Morris retired from 4 North in 1987 after 23 years of service.  
Joan Nesbitt retired from Behavioral Health in 1996 after 5 years of service.  
Martha Nash retired from 4 North in 1990 after 19 years of service.  
Mary Jo Oberfield retired from the Family Medical Center in 1986 after 17 years of service.  
Marilyn Oney retired from the Coronary Care Unit in 1999 after 39 years of service.  
Margaret Pendleton retired from Linen Services in 1997 after 26 years of service.  
Kenny Thompson retired from Linen Services in 2005 after 40 years of service.  
Fran Williams retired from Health Professionals Administration in 2007 after 6 years of service.

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

## Art of Recovery Exhibit

The Art of Recovery was celebrated in the Licking Memorial Hospital (LMH) Café in October. In addition to the local artwork that was displayed on the walls throughout the month, Mental Health and Recovery of Licking and Knox Counties (MHR) hosted its annual awards presentation in the LMH Café on October 20. Licking Memorial Health Systems partners with MHR and other mental health agencies to sponsor and encourage programs and activities that improve the health of the community.

The Art of Recovery is a yearly exhibit that showcases the creations of community members who live with mental illnesses or addictions and have used creative outlets as part of their recovery processes. During the recognition program, several artists shared the impact mental illness or addiction has made on their lives, the struggles they have faced dealing with the conditions, and how art has been a positive therapeutic influence. Additionally, MHR Executive Director Kay Spergel, Ohio Department of Mental Health and Addiction Services Medical Director Mark Hurst, M.D., Rhonda Gibson of The Main Place, and Shari Johnston of Mental Health America in Licking County discussed the powerful impact that self-expression through art can have in recovery, health and wellness.



# CELEBRATE THE HOLIDAYS WITH HEALTHY RECIPES

### Cran-Apple Orange Fizz

Serves 4

#### Ingredients:

- 2 cups sparkling apple juice
- 2 cups orange juice
- 1/2 cup unsweetened cranberry juice
- 12 frozen cranberries, whole
- 4 oranges slices

#### Directions:

Mix all ingredients together and equally divide into flute-shaped glasses. Serve Immediately.

#### Nutritional Information:

Per serving: 160 Calories, 0g Total Fat, 40g Carbohydrates, 1g Protein, 270mg Sodium, 2% Vitamin A, 80% Vitamin C, 0% Vitamin E, 0% Vitamin B6, 4% Calcium, 0% Iron

### Roasted Red Flannel Hash with Turkey

Serves 4

#### Ingredients:

- 1/4 cup olive oil
- 4 medium red potatoes, cut into medium dice (about 2 1/2 cups)
- 4 small red beets, peeled and cut into medium dice (about 1 1/2 cups)
- 1/2 medium white onion, peeled and cut into medium dice
- 2 medium garlic cloves, peeled and finely chopped
- 8 ounces roasted turkey, cut into medium chunks
- Kosher salt
- Freshly ground black pepper
- 1/2 cup finely chopped fresh Italian parsley leaves
- 4 large eggs

#### Directions:

1. Heat the oven to 425°F and arrange a rack in the middle. Place the oil in a large cast iron skillet and put the skillet in the oven until the oil shimmers and the pan is heated through, about 5 minutes.
2. Combine the potatoes, beets, onion and garlic in a large bowl. Sprinkle generously with salt and pepper and toss to coat. Spread in an even layer in the hot skillet and roast in the oven until everything starts to get crispy, about 30 minutes.
3. Remove from the oven, add the roasted turkey, and return to the oven to roast until the beets and potatoes are fully cooked and browned, about 15 minutes more.
4. Remove from oven, divide into four portions, and set aside.
5. Spray four small ramekins with cooking spray and crack an egg into each one. Place the ramekins on a baking tray and bake until the desired doneness is achieved (about 3-5 minutes)
6. Top each portion of the hash with an egg and sprinkle with parsley.

#### Nutritional Information:

Per serving: 260 Calories, 18g Total Fat, 18g Total Carbohydrates, 8g Protein, 0% Vitamin A, 20% Vitamin C, 0% Vitamin E, 0% Vitamin B6, 6% Calcium, 10% Iron



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 healthy recipes that are perfect for holiday gatherings. We hope that you and your family enjoy these recipes in good health!



## Licking Memorial Health Systems

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# Community Events

### Walk with a Doc

Saturday, December 10, 9:00 a.m.  
Denison University Mitchell Center, Indoor track,  
off Pearl Street

Ann Govier, M.D. of Licking Memorial Anesthesia will discuss  
organ donation.

### First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-2527 or visit  
[www.LMHealth.org](http://www.LMHealth.org).

### Community Blood Pressure Screenings

Second and Fourth Thursdays of each month,  
1:00 to 3:00 p.m.

Licking Memorial Wellness Center at C-TEC  
150 Price Road in Newark  
No charge. Open to the public.

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

### Diabetes Self-Management (a four-class series)

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

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

### Ask the Doc

Second and fourth Saturdays of each month,  
9:00 to 10:00 a.m.

No charge. Open to the public.  
Shepherd Hill, 200 Messimer Drive in Newark

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

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

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](http://www.LMHealth.org).

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