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Health Care



2015 Best Workplaces

FORTUNE

LMHS Ranks Among the Nation's Top 20 Best Workplaces in Health Care

Licking Memorial Health Systems (LMHS) has been named one of the nation's 20 Best Workplaces in Health Care. Fortune and Great Place to Work® recently released their evaluations after nearly 30,000 healthcare employees in the U.S. responded anonymously to survey questions about their workplace environment. LMHS is ranked ninth among the nation's healthcare organizations as a best place to work.

LMHS President & CEO Rob Montagnese said, "It is gratifying to know our employees rated the Health Systems' work environment so highly. We hold our employees to very high standards, and they continue to meet

LMHS Ranks Among the Nation's Top 20 Best Workplaces in Health Care (continued on page 2)

See pages 18-24 for Quality Report Cards in this issue.

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

COMMUNITY EDUCATION

Colorectal Cancer

Date: Tuesday, September 22
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Shakil Karim, D.O.

(continued on page 2)

LMH Named on 2015 HealthCare's Most Wired™ Award List

Licking Memorial Hospital (LMH) recently was recognized as one of HealthCare's Most Wired™ Hospitals for 2015. The Most Wired survey, which is conducted by the American Hospital Association (AHA) and the College of Healthcare Information Management Executives (CHIME), measures information technology usage among hospitals nationwide. The Most Wired Award is given to hospitals that have made great strides in establishing robust clinical information systems aimed at improving patient care and strengthening technology infrastructure to ensure the security and availability of patient information.



LMH Named on 2015 HealthCare's Most Wired™ Award List (continued on page 3)

Dining with Diabetes

Date: Thursday, October 15
Thursday, October 22
Thursday, October 29
Location: LMH First Floor Conference Rooms
Time: 5:30 p.m.
Speaker: Annmarie Thacker, M.S., R.D., L.D., C.D.E.
Shari L. Gallup, M.S.

(continued on page 10)

our expectations and excel in the care provided to our patients. Ultimately, LMHS patients benefit when they receive care from healthcare professionals who are dedicated and enjoy their work. Many patients have commented to me that they noticed our staff's positive energy which creates an outstanding healthcare experience."

Anne Peterson, Vice President Human Resources & Support Services, noted that LMHS' employee satisfaction-related recognitions help the Health Systems attract and retain highly qualified staff members. "LMHS regularly recruits physicians and other healthcare professionals who graduated at the top of their class and are well-respected in their fields," Anne said. "These professionals often have the option of working in a metropolitan hospital, but they choose to serve at LMHS, which includes a medium-size community hospital, largely because of our growing reputation as an excellent, employee-focused work environment. In 2014, LMHS received the Best Places to Work in Healthcare Award from Modern Healthcare, Healthiest Employer of Central Ohio Award from Columbus Business First, the Ohio Hospital Association Award for Workplace Safety, and

the American Heart Association's Fit-Friendly Worksite Recognition."

"Healthcare organizations have a responsibility, not only to their employees, but also to their patients to provide workplaces that support and bring out the best in their staff," commented Michael Bush, CEO of Great Place to Work United States. "Great workplaces are constantly monitoring and analyzing their employees' workplace experiences and then taking action to improve them. Inclusion on this list is a significant indicator that these companies' efforts to create great workplaces are resonating with their staff."

With more than 1,800 employees, Licking Memorial Health Systems is Licking County's largest employer. Employee benefits include tuition assistance, free uniforms, free wellness center access, free biometric screenings, 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.



Community Education – Colorectal Cancer (continued from front page)



Shakil Karim,
D.O.

Colorectal cancer is one of the most common forms of cancer in the United States, and is the second leading cause of cancer-related death. Attention to risk factors, early detection and treatment offer the best hope for leading a cancer-free life.

Join Licking Memorial Gastroenterologist Shakil Karim, D.O., to learn the latest advances in colorectal cancer prevention and treatment during an educational session on **Tuesday, September 22, at 6:00 p.m.**, in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required and may be completed by calling (740) 348-2527.

“Over the past several years, we have been heavily focused on implementing advanced clinical systems at the point of care to directly impact the quality of care provided to our patients,” said Rob Montagnese, LMHS President & CEO. “We are pleased to be recognized for a second year at the national level for our efforts to improve the health of our community.”

Those efforts include adopting technologies to support the instantaneous documentation of patient care, using integrated computer systems with advanced clinical decision support tools, and reducing the likelihood of medication errors through the use of electronic tools such as Computerized Provider Order Entry (CPOE) and Barcoded Medication Verification. In addition, information systems provide easy access to clinical information in a secure manner, and access to that information can readily be restored in the case of a disaster or outage.

“Research has shown that information technology can be a powerful tool in supporting the delivery of high quality patient care,” said LMHS Vice President Information Systems Sallie Arnett, M.S., RHIA, CHCIO. “For many years, we have used technology to assist physicians, nurses, and other members of the clinical staff in making informed patient care decisions, improving patient outcomes, and reducing medical errors. With the recent introduction of the LMH Patient Portal, patients are directly engaged in their care with real-time access to nearly all relevant clinical information.”

Among some of the key findings this year for LMH in particular:

- Total inpatient medication orders are entered 100 percent electronically.
- Approximately 99 percent of all inpatient medications are electronically matched to the patient.
- 100 percent of the Licking Memorial Health Professionals physician practices have implemented electronic clinical documentation, results viewing, CPOE, and decision support.
- Using the My.LMHealth.org Patient Portal, Hospital patients have the ability to access test results, view their medical record, and securely download information regarding a Hospital admission.
- Real-time alerts for nurses, pharmacists, and physicians regarding drug allergies, drug/drug interactions, drug/diet interactions, and duplicate orders ease the process of prescribing and administering medications.
- Clinical images are available to the appropriate care providers and integrated with the Hospital's electronic medical record (EMR).

LMH has excelled at leveraging its wireless network to support clinical technology at the point of care. Mobile radiology,

cardiology, and biomedical equipment communicate wirelessly with the Hospital's EMR. Voice communication using the unique hands-free Vocera devices, worn by nearly every clinical staff member, occurs over the secure wireless network. In addition, Vocera devices allow inpatients to communicate directly with nurses by activating the nurse call button. Bed alarms and patient monitoring equipment are also connected wirelessly to Vocera, providing clinical staff with continuous updates from the patient bedside.

LMH provides digital diagnostic images from Radiology, Cardiovascular Imaging, Mammography, Neuroimaging, and Nuclear Imaging to the appropriate care provider regardless of the provider's location, and integrates those images with the EMR. LMH also utilizes patient monitoring equipment which sends data directly into the EMR, including bedside blood pressure, pulse oximetry, temperature, blood glucose, lab tests, and fetal monitoring.



HealthCare's Most Wired survey, conducted between January 15 and March 15, asked hospitals and health systems nationwide to answer questions regarding their information technology initiatives. Respondents completed 741 surveys, representing 2,213 hospitals, or roughly 39 percent of all U.S. hospitals.

“Congratulations to our nation's Most Wired hospitals for harnessing the potential of information technology to improve quality care and patient safety, and lower healthcare costs,” said AHA President and CEO Rich Umbdenstock. “At the forefront

of the field, these hospitals are setting the bar for the protection of patient data through discerning security measures.”

According to the survey, hospitals are taking more aggressive privacy and security measures to protect patient data. Top growth areas in security among this year's Most Wired organizations include privacy audit systems, provisioning systems, data loss prevention, single sign-on, and identity management. Detailed results of the survey can be found in the July issue of Hospitals & Health Networks magazine. For a complete list of winners, please visit www.hhnmag.com.

The AHA is the national organization that represents and serves all types of hospitals and healthcare networks, as well as their patients and communities. Nearly 5,000 hospitals, healthcare systems, and other healthcare providers, in addition to 43,000 individuals, form the AHA. Founded in 1898, the AHA provides education for healthcare leaders and is a source of information regarding current healthcare issues and trends. For more information, please visit www.aha.org.



OUR FUTURES IN LICKING COUNTY



Our Futures in Licking

Our Futures in Licking County (OFLC), a local organization that provides drug/alcohol/tobacco-prevention programs to local schools, will soon join Licking Memorial Health Systems (LMHS). The move will ensure OFLC's sustainability after its federal grant funding ends during the last week of September.

"OFLC's mission is to improve the education, social, safety and economic environments of Licking County by reducing the use and abuse of alcohol, tobacco and other drugs by youth and adults, which aligns very well with LMHS' mission to improve the health of the community," stated LMHS President & CEO Rob Montagnese, who also is a member of the OFLC Leadership Board. "Drug, alcohol and tobacco use are all widespread in Licking County, so when a program like this comes along that shows good results in improving our students' behavioral health, LMHS wants to be involved. It is a natural fit for LMHS to assume OFLC's responsibilities."

Lewis R. Mollica, Ph.D., OFLC Community Impact Coordinator and Director, said that local support was instrumental in Our Futures' development. The Licking County Children and Family First Council obtained the federal grant and assigned its governance to Mental Health and Recovery for Licking and Knox Counties (MHR). "Notably, MHR has been a driving force behind Our Futures' success, and we are grateful for the resources that they have provided. The Health Systems will help OFLC become even more attuned to the local community. Under our present situation with federal grant funding, we must meet federal guidelines which may or may not be appropriate for our local needs. As an LMHS entity, the OFLC will further customize prevention programs to the specific needs of the community."

OFLC formed after a group of community leaders identified students' drug, alcohol and tobacco use as the most pressing problem in the county. Dr. Mollica, a former Licking County School Superintendent, was selected to lead OFLC, which is governed by a 27-member Leadership Board of Directors (see inset). The OFLC goal is to affect change in student behavior regarding drugs, alcohol and tobacco. To this end, evidence-based initiatives, developed by PAXIS, were implemented.

Participating teachers and other school personnel receive special training to adopt the classroom management skills and behavioral modification techniques. All school districts in Licking County are participating in the OFLC program. The program's initiatives include:

- Annual surveys that are given to students in grades 6, 8, 10 and 12 to assess the current trends and level of drug, alcohol and tobacco use among the county's youth
- Reward & Reminder recognitions for businesses that refuse to sell alcohol or tobacco products to minors
- PAX Good Behavior Game to provide teachers with low-cost, effective methods to reinforce positive behavior
- PAX-IT Notes to recognize good behavior
- Triple P (Positive Parenting Program) to reduce child maltreatment
- Youth Leadership Council, comprised of Licking County high school students

County to Join LMHS

Cherry Valley Elementary teachers have used the PAX Good Behavior Game for more than three years. Principal Chet Coleman explained, “The game accentuates the positive. Classrooms are divided into teams, and the students receive points for good behavior. The students encourage each other to behave in a way that will gain points for the team. This takes the attention away from negative behavior. The game has been very effective in promoting positive changes, and as a result, there were only 10 discipline referrals to the principal’s office last year, compared to 35 or 40 before OFLC introduced the game.”

LMHS Vice President Development & Public Relations Veronica Link, a member of OFLC’s Leadership Board of Directors, said, “It may take many years for us to understand the total impact that OFLC’s initiatives have on our community’s youth, but we are already seeing very encouraging results. Some parents have asked about the PAX-IT Notes and the PAX Good Behavior Game, saying that their children’s behavior has improved at home. In addition, other counties’ school districts have inquired about the initiatives so they can model their own program after the OFLC.”

OFLC will continue to receive office space and financial support from MHR, located at 65 Messimer Drive in Newark. For more information about OFLC’s programs, please call Dr. Mollica at (740) 522-1232, ext. 23.



Our Futures in Licking County’s Leadership Board of Directors is comprised of community leaders who volunteer their time to improving the lives of the county’s youth.

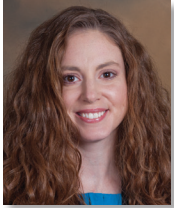
Members include:

- Ed Bohren**, Executive Director, Licking County Family YMCA
- Donna Carpenter**, Retired
- Barry Connell**, Chief, Newark Police Department
- Eschol Curl**, Retired
- Dan DeLawder**, Chairman, Park National Corporation
- Deb Dingus**, Executive Director, United Way of Licking County
- Marcia Downes**, Managing Director, The Works
- Joe Ebel**, Health Commissioner, Licking County Health Department
- Ben Englefield**, President, Englefield Oil
- John Fisher**, Director, Licking County Job & Family Services
- Kurt Harden**, President/CEO, MedBen
- Marc Hawk**, President, RevLocal
- Rodger Kessler**, Vice President, Kessler Sign Company
- Susan Krieger**, Vice President of Operations, State Farm Insurance
- Steve Layman**, Broker, Anderson Layman Company
- Veronica Link**, Vice President, Development & Public Relations, Licking Memorial Health Systems
- Nelson McCray, Ph.D.**, Superintendent, Licking County Educational Services Center
- William MacDonald, Ph.D.**, Dean & Director, The Ohio State University at Newark
- Rob Montagnese**, President/CEO, Licking Memorial Health Systems
- Janine Mortellaro**, Director, Mortellaro McDonald’s
- Rev. Michael Nobel, B.A., M.Div., D.Min.**, Pastor, Shiloh Missionary Baptist Church
- Park Shai**, Founder/President, Shai Commercial Real Estate
- Kay Spergel**, Executive Director, Mental Health & Recovery for Licking and Knox Counties
- Douglas Ute**, Superintendent, Newark City Schools
- Bart Weiler**, President, Weiler Financial Group
- Adam Weinberg, Ph.D.**, President, Denison University
- Jay Young**, President/CEO, TrueCore Federal Credit Union

Allergy/Immunology, Neurology and Orthopedic Surgery join Licking Memorial Health Systems

Licking Memorial Health Systems (LMHS) has recently welcomed three new physician practices, expanding the range of specialized healthcare services offered within Licking County. New practices include Licking Memorial Allergy/Immunology, Licking Memorial Neurology and Licking Memorial Orthopedic Surgery.

Licking Memorial Allergy/Immunology



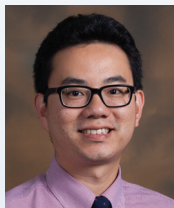
Tiffany J. Owens,
M.D., FAAP

As an allergist/immunologist, Tiffany J. Owens, M.D., FAAP, provides testing and care for patients of all ages with allergic disorders, asthma and diseases of the immune system. She treats a variety of conditions, including allergic rhinitis, allergic eye disease, eczema, hives, chronic cough, frequent colds, and allergies to food, penicillin, bee stings, or latex products.

Dr. Owens previously provided care at Licking Memorial Pediatrics – East. She received her Doctor of Medicine degree and completed a pediatric residency at Wright State University Boonshoft School of Medicine in Dayton, Ohio. She completed an allergy/immunology fellowship through the San Antonio Uniformed Services Health Education Consortium at the Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. Dr. Owens is board certified in pediatrics and allergy/immunology.

The Licking Memorial Allergy/Immunology practice is located at 14 Westgate Drive in Granville, at the northeast corner of the State Route 16/Cherry Valley Road intersection (next to Licking Memorial Urgent Care). Dr. Owens is accepting new patients. Appointments may be scheduled by calling (740) 348-7510.

Licking Memorial Neurology



Even F. Wang,
M.D.

Licking Memorial Neurology is located at 1272 West Main Street in Newark, on the lower level of Building 2. Even F. Wang, M.D., treats both acute and chronic illnesses, including stroke, seizure disorders, headaches, migraines, multiple sclerosis, movement disorders (e.g., Parkinson's disease), neuropathy, dementia and other neurological diseases. Neurophysiology tests, such as EEGs and EMGs, are also available.

Dr. Wang received his Doctor of Medicine degree from St. George's University in St. George, Grenada. He completed an internal medicine internship, a neurology residency, and a fellowship in neurophysiology and electromyography – all at The Ohio State University in Columbus.

Dr. Wang is accepting new patients. Appointments may be scheduled by calling (740) 348-7985.

Licking Memorial Orthopedic Surgery

Robert W. Mueller, M.D., and Kevin M. Ouweleen, M.D., have joined the new Licking Memorial Orthopedic Surgery practice, located at 36 McMillen Drive in Newark. Orthopedic surgery is a specialty that diagnoses and treats conditions that affect the musculoskeletal system, including fractures, sports injuries, arthritis, and disabling conditions of the upper and lower extremities.



Robert W.
Mueller, M.D.

Dr. Mueller received his Doctor of Medicine degree at Johns Hopkins University Medical School, and completed an internship and residency in orthopedic surgery at Johns Hopkins Hospital. Dr. Ouweleen received his Doctor of Medicine degree at The Ohio State University. He completed an internship and residency in orthopedic surgery at Mount Carmel Medical Center. Both physicians are board certified in orthopedic surgery.



Kevin M.
Ouweleen, M.D.

Dr. Mueller and Dr. Ouweleen are accepting new patients. Appointments may be scheduled by calling (740) 348-2900.



Rob Montagnese Named Chairman of Mental Health & Recovery Levy Campaign



Rob Montagnese,
President & CEO

Licking Memorial Health Systems President & CEO Rob Montagnese recently was named Chairman of the Mental Health & Recovery for Licking and Knox Counties (MHR) levy campaign. MHR's mission is to enhance the quality of life for individuals and families, and to diminish the problems associated with alcoholism, drug addiction, and mental illness. In 2014, Rob was presented with the MHR Wellness & Recovery Champion Award for his leadership in the Health Systems' partnerships with mental health agencies, as well as LMHS' sponsorship of programs that encourage healthy activities.

“The Health Systems’ mission is to improve the health of the community, and MHR is absolutely vital to the mental health of Licking and Knox County residents,” said Rob. “MHR’s programs are utilized directly by thousands of individuals and families in our community, and have a positive impact on the health, wellness and public safety of every resident. I am proud to be a part of the levy campaign, and urge community members to join LMHS in supporting the levy in November.”

Current MHR programs include:

Mobile Urgent Treatment Team

The Mobile Urgent Treatment Team (MUTT) offers support to families with youth in crisis. MUTT serves youth ages 8 to 24 who present a risk to themselves, their families or others due to mental illness and/or developmental disabilities. The program offers intensive care coordination, crisis intervention services, short-term residential treatment, and family support including transportation costs. MUTT has served over 400 youth and their families since its inception.

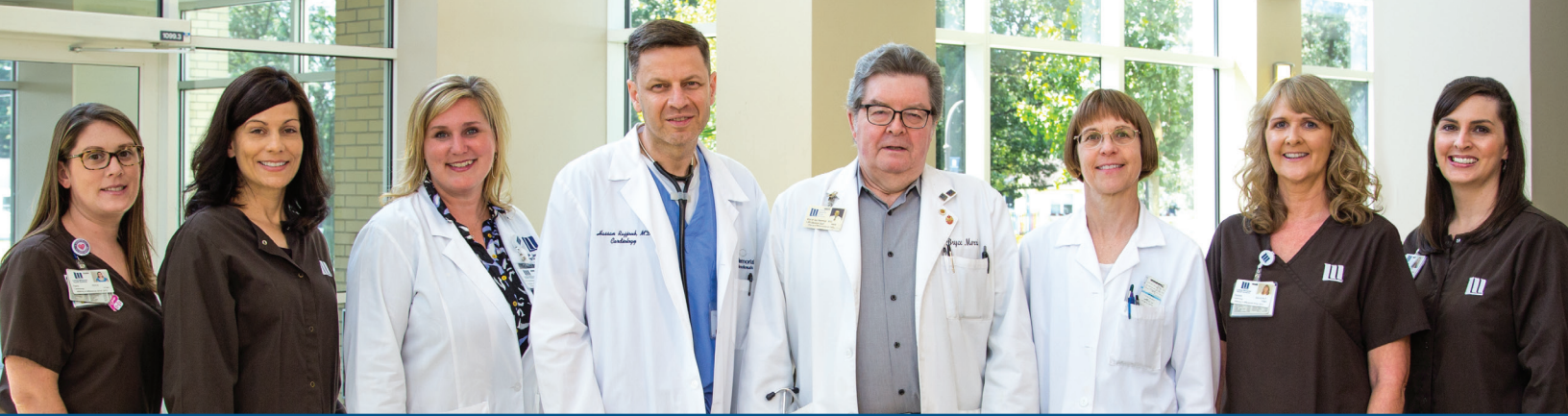
Mental Health First Aid

Mental Health First Aid is an internationally recognized program designed to assist community members in developing the skills to identify and respond to youth and adults experiencing a mental health crisis. MHR's certified trainers offer training to local organizations with an interest in taking a proactive approach to recognizing and assisting these individuals. Over 300 community members, fire fighters, EMS personnel, law enforcement, social workers, school administrators, and businesses have received this Mental Health First Aid training.

Crisis Intervention Training

Since 2004, MHR has facilitated numerous Crisis Intervention Training (CIT) classes in Licking and Knox Counties. CIT is a collaborative effort among law enforcement, mental health providers, mental health advocates, consumers, and the criminal justice system. CIT officers are trained to respond to and understand the mental health needs of individuals who come into contact with the criminal justice system. They are able to offer support by referring individuals to a variety of community health services and provider resources.

MHR receives funding from the federal government, the Ohio Department of Mental Health, the Ohio Department of Alcohol and Drug Prevention Services, and a local tax levy. Due to recent expansions in Medicaid, MHR is able to provide its services at the current funding level – therefore, the upcoming levy is simply a renewal of the levy that the community supported in 2005. This local tax levy provides funding for mental health services in Licking and Knox Counties, and is crucial to the organization's success, as these local funds are used to obtain additional state and federal dollars through various matching programs.



LMH Echocardiography Laboratory Achieves Reaccreditation

The Echocardiography Laboratory at Licking Memorial Hospital (LMH) was recently reaccredited through the Intersocietal Accreditation Commission (IAC) Echocardiography program. LMH has been accredited by the IAC since 2002, and repeats the reaccreditation process every three years to ensure constant adherence to national quality standards.

In order to meet accreditation standards, hospitals voluntarily undergo a review of their daily practices and procedures. The IAC notes that hospitals that choose to participate “demonstrate a commitment to the performance of quality echocardiography and strive to meet nationally recognized standards.” Accreditation is granted only to facilities that are shown to provide high quality care, in complete compliance with the IAC Standards and Guidelines for Echocardiography Accreditation.

An echocardiogram is a routine, non-invasive test that examines a patient’s heart and helps to diagnose potential heart abnormalities. Echocardiography is the most commonly used test for the diagnosis and management of known or suspected heart problems, and presents no known risks or side effects.

Echocardiography uses high-frequency sound waves to create images of all four chambers of the heart, the heart valves, and a variety of other structures including blood vessels and the sac surrounding the heart. The information provided by the test allows physicians to make accurate diagnoses and treatment decisions, and often facilitates early detection of potentially life-threatening heart disorders. The test is performed by a trained sonographer who specializes in the use of diagnostic ultrasound imaging, and the results are interpreted by a cardiologist. Abnormalities detected by an echocardiogram may include abnormal heart rhythms, congenital heart disease, heart murmurs, or damage to the heart following a heart attack or stroke. Stress echocardiography can help to determine whether a patient’s chest pain or similar symptoms were triggered by a heart abnormality.

A variety of factors contribute to accurate echocardiography. The experience and training of the clinical staff are key. Sonographers at LMH are registered through the American Registry for Diagnostic

Medical Sonography[®], and each cardiologist is board certified. In addition, the type of equipment used also has a major impact on the efficiency and accuracy of results. LMH purchased two new ultrasound units in November 2014. The new Phillips EPIQ represents the absolute top of the line in echocardiogram technology, and is typically found at larger, more metropolitan hospitals. The EPIQ units provide clearer images and more accurate results, as well as a variety of new functions, including 3D/4D imaging and strain analysis.

The strain analysis function provided by the new equipment is particularly important for patients with cancer. Some chemotherapy treatments may cause heart abnormalities in certain patients.

In order to maintain normal heart function throughout the chemotherapy process, strain analysis is used to detect potential heart abnormalities even before they are visibly present. Should an abnormality be detected, the oncologist is able to make adjustments to the patient’s treatment regimen before any serious damage to the heart occurs.

Licking Memorial Cardiology currently is working on the implementation of a new cardiology picture archiving and communication (PAC) system, an all-digital platform that improves productivity by consolidating disparate laboratory systems into a single workspace. The PAC system allows physicians to access images and compare them with previous test results more efficiently, leading to more efficient diagnoses, reporting, and storage of patient data.

LMH takes great pride in providing excellent cardiovascular services to the community. The Echocardiography Laboratory performs about 300 echocardiogram tests each month, and the Cardiology Department specializes in providing timely lifesaving techniques as well as the latest technology for patients at risk of cardiovascular disease. Licking Memorial Cardiology was recently honored with the Mission: Lifeline[®] Receiving Center Gold Level Recognition Award by the American Heart Association, and the ACTION Registry[®] Get with the Guidelines Platinum Performance Achievement Award by the American College of Cardiology and the American Heart Association, both for its exceptional heart care in the event of a heart attack.



Licking Memorial Hospital Home Care Awarded Four Stars by Centers for Medicare & Medicaid Services

Licking Memorial Hospital (LMH) Home Care recently was awarded four out of a possible five stars by the Centers for Medicare & Medicaid Services (CMS), surpassing both the national and state averages, as well as several other home healthcare providers in Central Ohio. The Quality of Patient Care Star Ratings are published as part of the CMS Home Health Compare program, which offers convenient and comprehensive information on provider quality, allowing consumers to make educated decisions regarding their health care. For more information, or to compare home health providers throughout Central Ohio, please visit www.Medicare.gov/homehealthcompare.

Home health agencies such as LMH Home Care are required by law to report a variety of quality data. CMS utilizes this data to develop star ratings for home health agencies across the country by assessing nine specific quality measures, including:

Process measures:

- Timely initiation of care
- Drug education on all medications provided to patient/caregiver
- Influenza immunization received for current flu season

Outcome measures:

- Improvement in ambulation
- Improvement in bed transferring*
- Improvement in bathing
- Improvement in pain interfering with activity
- Improvement in breathing*
- Acute care hospitalization

**LMH Home Care scored especially well in these areas.*

LMH Home Care also was recently named to the 2014 Top 500 of the HomeCare Elite™, a recognition of the top-performing home health agencies in the U.S. This was the second year that LMH Home Care has been recognized in this prestigious Top 500 ranking.

LMH Home Care provides a wide range of services to patients who require short-term medical care following a surgery, illness, or injury. Through LMH Home Care, patients can receive skilled nursing care and rehabilitative therapy at home, rather than staying at a nursing home facility. The LMH Home Care staff develops a

customized plan for each patient's care, providing a wide range of services. Services available through LMH Home Care include:

- IV therapy & nutrition
- Wound management
- Medication instruction
- Pain management
- Therapeutic home exercise programs
- Home management to improve activities of daily living
- Assistance with social, emotional and financial needs
- Assistance with speech and swallowing problems
- Personal care
- Private duty home health aides

Highly skilled Home Care staff members assist with decision-making processes and represent a wide variety of disciplines. Depending upon the individual patient's needs, services may be provided by the following Home Care staff members:

- Registered nurses
- Licensed practical nurses
- Home health aides
- Physical therapists
- Occupational therapists
- Speech therapist
- Medical social worker
- Support staff

After receiving a physician's referral, an LMH Home Care representative contacts the patient to arrange the first visit. Together, LMH Home Care, the patient, and the patient's referring physician develop a care plan to address the patient's unique needs.

All LMH Home Care staff members are employees of the Hospital and have received a thorough background and credentialing check through six separate state and national databases. In addition, LMH Home Care is Medicare/Medicaid certified and accredited by The Joint Commission, so patients can be assured that all staff members have passed very strict standards.

LMH Home Care services are available 24 hours a day, seven days a week. Direct billing for services is provided to Medicare, Medicaid, private insurance or other payer sources. For more information, please call (740) 348-1860.

Granville

14 Westgate Drive,
off State Route 16 and
Cherry Valley Road

Monday - Friday:
9:00 a.m. - 8:00 p.m.
Saturday & Sunday:
9:00 a.m. - 5:00 p.m.
Closed on Holidays



Pataskala

One Healthy Place,
off Broad Street

Monday - Saturday:
9:00 a.m. - 6:00 p.m.
Sunday:
12:00 Noon - 6:00 p.m.
Closed on Holidays



Licking Memorial
Urgent Care

Granville - (740) 348-7500
Pataskala - (740) 964-7600
www.LMHealth.org

Dr. Rajjoub Recognized at Health Care Heroes Awards Ceremony

Interventional Cardiologist Hassan Rajjoub, M.D., of Licking Memorial Heart Center, recently received an Honorable Mention as a Health Care Hero Provider. Columbus Business First presented Dr. Rajjoub with the recognition in the Provider category during the 2015 Health Care Heroes Awards ceremony on July 9 at the Hyatt Regency in Columbus.

The awards are presented each year to honor those who are making an impact on health care in Central Ohio. Out of 67 nominations, the judges selected 43 finalists to compete for awards in five categories that included: Provider, Manager, Innovator, Community Outreach, and Care for the Underserved.

Licking Memorial Health Systems President & CEO Rob Montagnese said, "Since Dr. Rajjoub first came to Licking Memorial Heart Center four years ago, he has worked steadfastly to streamline the response process for heart attack patients – from the emergency medical squad response to the patients' arrival at Licking Memorial Hospital and balloon angioplasty to reopen blocked arteries. As a result, critical minutes have been shaved from the Hospital's average 'door-to-balloon' time, and Dr. Rajjoub has been credited with saving many lives. I am so proud that he received this well-deserved recognition."

Dr. Rajjoub joined Licking Memorial Heart Center in 2011. He received his Doctor of Medicine Degree at Tichreen University, School of Medicine in Lattakia, Syria. He completed a residency in internal medicine at the University of Chicago/Weiss Hospital and completed a cardiology fellowship and interventional cardiology fellowship at Saint Louis University Hospital in St. Louis, Missouri. He also is fellowship trained in peripheral vascular disease intervention and board certified in cardiovascular disease, interventional cardiology and nuclear cardiology. In 2013, he received an MVP Award for his consistent demonstration of LMHS values. Under his leadership, the Cath Lab received the LMHS President's Award, and the Cardiology Department received the National Cardiovascular Data Registry Platinum Performance Achievement Award and the American Heart Association Mission: Lifeline Gold Level Recognition – all in 2015.

Hassan Rajjoub, M.D. (left), of Licking Memorial Heart Center, received an Honorable Mention recognition at Columbus Business First's Health Care Heroes Awards from Don DePerro, (right) President and Publisher.



Community Education – Dining with Diabetes *(continued from front page)*



Annmarie Thacker,
M.S., R.D., L.D.,
C.D.E.



Shari L. Gallup,
M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program for individuals with diabetes and their families that offers healthy alternatives for food preparation. The program, led by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., will include healthy meal demonstrations, taste-testing, and discussions about carbohydrates, fats, and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension Office and the Licking County Senior Levy. Advanced registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost, which is due at the time of registration, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants. Space is limited – please register by Friday, October 9.

Four Physicians Receive Recognition for Outstanding Immunization Rates

The Licking County Health Department recently presented special recognition to the physicians and staff at Licking Memorial Family Practice on McMillen Drive in Newark for their outstanding success in immunizing young patients. The four physicians honored were: Garth Bennington, M.D., Talya Greathouse, M.D., Marita Moore, M.D., and Pattye Whisman, M.D.



Pictured are (left to right): Garth Bennington, M.D., Pattye Whisman, M.D., Licking County Health Commissioner Joe Ebel, Talya Greathouse, M.D., and Marita Moore, M.D.

The Licking County Health Department strives for the same goals as the Centers for Disease Control and Prevention (CDC), ensuring that 90 percent of children are fully immunized by 24 months of age. In 2014, 90 percent of the patients at Licking Memorial Family Practice – McMillen in that age group were completely up to date on all immunizations.

Licking County Health Commissioner Joe Ebel presented a recognition plaque to the practice and said, “An immunization rate of 90 percent is difficult to reach and we congratulate this team on achieving such an honor. It demonstrates that they are doing a good job of communicating to parents the importance

of maintaining their children’s wellness through vaccinations.” Licking Memorial Health Systems President & CEO Rob Montagness said, “As an organization, we are proud of the Licking Memorial Family Practice – McMillen physicians and staff. Previously, we have had several pediatricians, who work exclusively with young patients, honored for their vaccination rates. To have four Family Practice physicians, who treat all ages, recognized for immunizing 90 percent of their patients under 2 years of age truly

shows how dedicated they are to improving the health of the community.”

In the late 1980s, an outbreak of measles in the United States revealed that many 2-year-old children had not received the recommended vaccinations for infants and toddlers. The CDC recommends that by the age of 24 months, children should be protected against hepatitis A, hepatitis B, rotavirus, diphtheria, tetanus, pertussis, influenza, hemophilis influenza type B, pneumococcal disease, polio, measles, mumps, rubella and chicken pox.

LMH Supports National Mammography Day with Free Mammogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women’s Health, and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women in order to promote the importance of breast cancer screening awareness. LMH will sponsor screenings on National Mammogram Day, Friday, October 16. Tests will be performed from 7:00 a.m. to 6:00 p.m. at the Women’s Imaging Center at LMH, and Licking Memorial Women’s Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 75. Any woman who is interested in receiving a free mammogram at LMH should contact her physician for more information and a referral.

In order to be eligible to participate in this program, women must meet the following criteria:

- Must reside or work in Licking County
- Must be at least 40 years old
- Must be uninsured, or not eligible for Medicare or Medicaid
- Must have a physician’s referral
- Should have no symptoms of breast cancer
- Must not have received a free mammogram from LMH in the last 12 months



The Women’s Imaging Center at LMH offers high-tech digital mammography for more precise diagnoses.

The X-rays will be interpreted by Tri-County Radiologists, including Sean Choice, M.D., Edward Del Grosso, M.D., Joseph Fondriest, M.D., Daniel Kennedy, M.D., Lisa Lee, M.D., Owen Lee, M.D., and Timothy Lifer, D.O. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program. However, financial assistance programs are available if follow-up is required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier’s Office.

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

To encourage community members to engage in healthy lifestyles, Licking Memorial Hospital (LMH) hosted the eighth annual “For Your Health” 5K Run/Walk & 1-mile Fun Walk on August 1 at scenic Dawes Arboretum in Newark. Nearly 1,400 individuals registered for the event, which marked an all-time high, and were given the option to run or walk a 5K course or walk a shorter 1-mile route through The Dawes Arboretum’s renowned botanical collections.

“The annual 5K Run/Walk & 1-mile Fun Walk supports our mission to improve the health of the community,” said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese. “The event promotes exercise and good health for all age groups while showcasing The Dawes Arboretum as a picturesque fitness environment for walking or running. We are proud to present this excellent event each year.”

The honorary chair of the 2015 “For Your Health” 5K Run/Walk & 1-mile Fun Walk was Pattye Whisman, M.D., of Licking Memorial Family Practice – McMillen. The Dawes Arboretum, Licking County Family YMCA, LMH Development Council and Park National Bank (PNB) sponsored the event.

The overall female and male winners of the “For Your Health” 5K Run/Walk & 1-mile Fun Walk included: first place – Jensen Buchanan (20:55.9) and Kameron Carpenter (16:40.8); second place – Haylee Zigan (21:24.4) and Taylor Hopkins (17:08.2); and third place – Kyra Herring (21:51.1) and J. Newman (17:17.5). The top three overall female and male finishers received medals and gift cards to Dick’s Sporting Goods. Medals also were awarded to those who finished first in their age and gender groups (see below).

LMHS and PNB invited Licking County businesses to promote employee wellness by joining the Corporate Participation Challenge. Businesses were grouped into three categories based on their total number of employees with the winners determined by the highest percentage of participants to run or walk the 5K course. The Couch to 5K Corporate Participation Challenge winners were: micro (1 to 10 employees) – McClain, Hill, Rugg and Associates, Inc.; small (11 to 20 employees) – Big Brothers Big Sisters of Licking County; medium (21 to 99 employees) – Center for Sight; and large (100 or more employees) – The Energy Cooperative.

Prior to the “For Your Health” 5K Run/Walk & 1-mile Fun Walk, the Active•Fit Youth Wellness Program offered a free 1-kilometer race for children aged 6 to 12 to promote the health benefits of running as regular exercise. More than 60 children registered for the event and went home with a souvenir t-shirt and goody bag.



Kameron Carpenter won the 2015 “For Your Health” 5K Run/Walk & 1-mile Fun Walk with a time of 16:40.8.



Jensen Buchanan won the women’s division with a time of 20:55.9.



2015 “For Your Health” 5K Run/Walk & 1-mile Fun Walk Medalists

Age Group	Top Female	Top Male
14 & Under	Leah Schultz	Xavier Foehl
15-19	Valerie Bowman	David Drushal
20-24	Daryan Wood	Chris Monroe
25-29	Lindsay Lachowski	Brock Finelli
30-34	Brea Sulfridge	Patrick Commins
35-39	Kara Hatfield	John Feeney
40-44	Laurie Schaeffer, D.O.	Jason Gay

Age Group	Top Female	Top Male
45-49	Colleen Skinner	Jim Silone, D.O.
50-54	Laura Edelblute	Jeff Cox
55-59	Susan Haas	Bob Castle
60-64	Terri Eley	Dale Shallow
65-69	Jean Countryman	Daniel Sekerak
70-74	Dorothy Crump	Mike Hendershot
75+	Nancy LeBlanc	Ron Fuller



Licking Park District

The Licking Park District is the only county-wide agency dedicated to preserving open space and providing outdoor recreation services to the citizens of Licking County. The Park District is responsible for the care and maintenance of more than 1,600 acres of open-space park land and reserves, as well as many miles of paths and trails for hiking, horseback riding, biking and more. The Licking Park District maintains 10 facilities around Licking County, six of which are open to the public for recreation and various activities. The remaining four are dedicated to nature preservation and conservation, and are open to the public by permit. Licking County's parks and trails are enjoyed by thousands of visitors of all ages each year, participating in a wide variety of activities, such as:

- Fishing
- Walking and jogging
- Hiking
- Horseback riding
- Picnicking
- Bird watching
- Cross-country skiing
- Photography
- Recreational games
- Bicycling and mountain biking
- Geocaching
- Nature observation and study
- Disc golf
- Canoeing and kayaking
- Sledding
- Meetings and gatherings
- Hunting

In 2012, Licking County citizens chose to invest in the health and wellness of the community through the approval of a park levy, which would generate several million dollars over the span of five years. Prior to the levy, funding for the Licking Park District had been cut by nearly 70 percent, leading to frequent park closures as well as maintenance and safety concerns. In addition, all park events and educational programs had been canceled.

Since 2012, the Licking Park District has utilized the community's support in a variety of ways. Licking County families have had the opportunity to enjoy a new dog park at Infirmary Mound Park, a canoe and kayak launch at the Riverview Preserve in Newark, providing safe, easy access to the Licking River, and countless repairs and updates to walkways, shelters, and parking lots. The Park District also has begun to repave its 26 miles of scenic bike paths throughout the county, and currently is determining the feasibility of developing new paths in Pataskala and Heath.

The Park District also has been able to offer numerous fun events for the community in recent years. Free activities have included guided horseback rides under moonlight, Saturday morning hikes, Art from the Park, and an Outdoor Adventure Day in celebration of Turn Your Screen Off Week.

"The Health Systems' mission is to improve the health of the community, and we greatly appreciate the Licking Park District's promotion of healthy outdoor activities and exercise for our community's families," said Rob Montagnese, LMHS President & CEO. "We are so grateful for the community's support of the levy in 2012, and for all the work that the Park District does to maintain and improve Licking County's beautiful parks and paths."

In addition to the obvious health benefits, the Licking Park District also enhances the cultural and economic well-being of the Licking County community. Property located near a public park or trail is worth an average of \$8,000 more than properties that are farther away, and the areas surrounding parks and trails are typically associated with decreased levels of crime. Furthermore, the local parks, paths, and trails are a unique selling point for companies looking to bring new businesses and jobs to the area. For more information about the Licking Park District, please visit www.LickingParkDistrict.org.

About Licking Park District...

Licking Park District maintains six park facilities and three paved trail networks around Licking County that offer recreational and educational opportunities for the community. The public facilities include:

T.J. Evans, Panhandle, and Buckeye Scenic Bike Trails – The T.J. Evans Trail travels from Newark to Johnstown, while the Panhandle stretches from east Newark, through Hanover, and out past the Longaberger Golf Club. The Buckeye Scenic Trail runs from northern Heath to Lakewood High School on US Route 40.

Infirmary Mound Park – Granville – located off State Route 37. The 316-acre park features Mirror Lake, hiking and horseback riding trails, picnic shelters, a shelter house and a dog park.

Lobdell Reserve – Alexandria – located off Mount Vernon Road. The reserve, 210 acres of mature woodlands, meadows, cliffs, and a stream, includes a disc golf course and eight miles of hiking, horseback riding, and mountain biking trails.

Morris Woods State Nature Preserve – Johnstown – located off Dutch Road. A 107-acre beech and maple woodland and small lake attract many species of birds and other wildlife. The park also is an excellent location for viewing spring wildflowers.

Ohio Canal Greenway – Hebron – located on the old Penn Central Railroad right-of-way. A 3.8-mile multi-purpose recreational trail offers opportunities for fishing, bird watching and hiking. The trail features a wooden truss covered bridge that was built in 1992.

Riverview Preserve – Newark – located on the east end of Ohio Street. The preserve extends along the Licking River through woodland and wetland habitats. It includes fishing access and a public canoe and kayak launch.

Taft Reserve – Newark – located on Flint Ridge Road. The 425-acre reserve contains meadows and woodlands with 8 miles of horseback riding and hiking trails.

William C. Kraner Nature Center – Newark – located at the south end of the Taft Reserve. The modern 2,800-square-foot building features educational displays and programs about nature.



Active•Fit Summer Events Get Children Moving

Licking County youth enrolled in Active•Fit recently completed the third phase of the goal-oriented wellness program. Youth, ages 6 to 12, who completed their goals during Period 3, which ended on August 31, were entered in a special prize drawing as a reward for achieving their initiatives.



Among the events held this summer, Licking Memorial Health Systems (LMHS) and the City of Pataskala collaborated for the Active•Fit Mini-Triathlon in June. The event took place at Pataskala Municipal Park, where participants progressed through the course with a 2.5K bike ride, 1K run, and 1-lap swim. Attendees were presented a certificate at the end for their accomplishment of completing the Mini-Triathlon.

Active•Fit Bowling was held in July, and included a free two-hour period of bowling at Park Lanes in Heath. Participants enjoyed the open session of bowling – courtesy of Park Lanes, as well as healthy snacks and a “glow bowl” portion of the event.

Also during July, youth had an opportunity to participate in Active•Fit Field Day. This two-hour event included activity choices such as soccer, flag football, kickball and freeze tag. At the end of the event, attendees joined in a variety of fun water games to cool down.

On August 1, the annual Active•Fit 1K was held at The Dawes Arboretum. All racers received an Active•Fit T-shirt and water bottle for participating. Darynne Zellar of Granville Christian Academy was the winner of the 1K race.

Participation in all Active•Fit summer events counted toward the Active•Fit program Period 3 goals. The current period, complete with new goals, began September 1. All program participants have an opportunity to choose new wellness goals, and will have until December 31 to complete those goals to qualify for the next incentive prize drawing. The Active•Fit program has registered more than 1,350 participants who select health-related goals and track their progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit www.ActiveFit.org.

Active•Fit YOUTH WELLNESS EVENT



LMHS Summer Camps

Provide Education and Summer Fun

This summer, local youth were provided the opportunity to attend camps to learn about various health topics from Licking Memorial Health Systems (LMHS) medical professionals. Asthma, cancer and diabetes were the main topics covered during the three camps, along with additional information concerning how to stay healthy and an opportunity to participate in active play with other youth.



Camp Feelin' Fine

In June, Camp Feelin' Fine helped local children care for their asthma – a condition that inflames and obstructs the airways in the lungs – with an annual day-long agenda comprised of educational games and

activities. During the camp, youth participated in activities to further asthma education, help manage their symptoms and provide an opportunity to interact with others who also have the condition. Licking Memorial Pediatrician Richard A. Baltisberger, M.D., and members of the Licking Memorial Respiratory Therapy Department taught participants ways to avoid common “triggers” of an asthma attack, such as pollen, strenuous exercise, dust and pet dander.

Camp Courageous

In July, youth ages 7 to 13 who have had an encounter with cancer – whether personally or through a close friend or family member – were invited to attend Camp Courageous, a day camp with a superhero theme, designed to



reduce stress and anxiety due to the uncertainties of the disease. D'Anna N. Mullins, M.D., of Licking Memorial Hematology/Oncology, educated participants about cancer, hand washing and nutrition. Children were encouraged to imagine their own super hero and create a T-shirt to represent the hero. The event schedule also included healthy snacks, water games and a presentation on overcoming fear.

Camp A1c

LMHS sponsored Camp A1c in August where youth ages 7 to 13 who have diabetes were invited to join the one-day event held at Infirmary Mound Park in Granville. Diabetes is a long-term health condition that causes high blood sugar and inadequate insulin levels in the body.

The camp's dinosaur-themed fun activities and educational presentations focused on controlling diabetes. The youth participants spent the day engaging in games and discussions to learn more about diabetes, manage their carbohydrate ratio and insulin use, and interact with others who also have diabetes. The event also was an opportunity for parents to network and discuss diabetes issues that affect their children.



BABY EXPO

LMH Hosts **Second Annual Baby Expo**

Licking Memorial Hospital (LMH) will host its second Baby Expo on Sunday, October 18, from 1:00 to 4:00 p.m. The Baby Expo is an exciting opportunity for new mothers, expectant mothers, and women who are considering pregnancy to learn more about LMH's Maternal Child services.

The Baby Expo will feature a variety of vendor displays, speakers and information on:

- Pregnancy care, including nutrition
- Breastfeeding
- Newborns' special needs, including nutrition and safe sleep
- "First Impressions" classes at LMH
- CPR for infants, children and adults
- Licking Memorial Pediatrics services
- Licking Memorial Women's Health services
- "Quit for You, Quit for Your Baby" tobacco cessation services
- Vendors' products for mothers-to-be, as well as mothers and babies
- Car seat check station

Tours of LMH's Maternal Child Department will be available on a first-come, first-served basis. Guests also will receive many give-away items and a chance to win door prizes. Light refreshments will be available. The Baby Expo is free and open to the community, and no registration is required. For more information, call (740) 348-4102.





Physician Spotlight – Megan E. Miller, D.O.

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 Doctor of Osteopathic Medicine degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed her internship and residency with St. Vincent Mercy Medical Center in Toledo, Ohio. She is board certified in family medicine.

Dr. Miller is a member of the American Osteopathic Association and the American College of Osteopathic Family Physicians. Appointments can be made by calling (740) 348-7930.

Ask a Doc – High Cholesterol with Megan E. Miller, D.O.

Question: As long as my weight is normal, is high cholesterol a real threat to my health?

Answer: Cholesterol is a waxy substance that travels through the blood in units called lipoproteins. The body needs it to work properly, but should be monitored to ensure healthy levels. Too much low-density cholesterol (LDL), which contributes to plaque being deposited on artery walls, and too little high-density (HDL) cholesterol, which helps remove LDL from artery walls, can lead to heart disease, heart attacks and stroke. Many factors can raise cholesterol levels, including a diet high in saturated and trans fat and cholesterol, being overweight, smoking, alcohol consumption, lack of exercise, heredity, age and long-term stress.

According to the U.S. Department of Health and Human Services, everyone age 20 and older should have their cholesterol measured at least once every five years. Although individuals who are overweight are at a higher risk of having high cholesterol, people of all ages and weights should stay informed and take steps to maintain normal cholesterol levels.

When a person has too much cholesterol in the blood, over time, the buildup of plaque deposited on arterial walls can lead to narrowed and hardened arteries. This can cause blood flow to the heart to become slowed or blocked. A heart attack could result if a blockage prevents blood supply to a section of the heart.

Cholesterol is made from two sources: food and what is produced by the body. Dietary cholesterol is found only in animal products, such as eggs, liver, milk, cheese and beef. In order to improve cholesterol, it is important to follow a healthy diet with unrefined, whole-grain foods, low amounts of beverages and foods with added sugars, and low amounts of saturated and trans fats. It helps to choose lean meats and poultry without skin and prepare them without added saturated or trans fats. Try to select fat-free, one percent fat and low-fat dairy products. Eating fruits and vegetables, preparing foods with little or no salt, and increasing fiber in your diet are also helpful. An individual's daily amount of cholesterol intake should be 300 mg or less.

In addition, exercise for 30 minutes a day at least five days a week, and look for opportunities to be active during the day, such as taking the stairs and parking your vehicle farther away from a location so you can walk. Always contact your primary care physician before beginning a new exercise program.

For some patients, following a healthy diet and exercise program is not enough to lower high cholesterol.

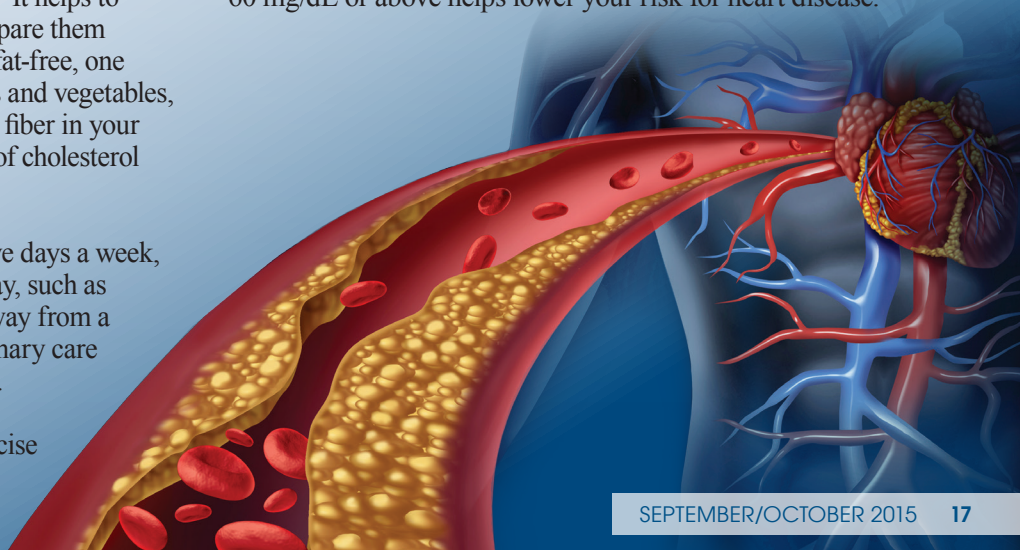
A physician may prescribe medication that lowers cholesterol to be taken in conjunction with a healthier diet. Since high cholesterol often shows no symptoms, have your cholesterol panel checked on a regular basis according to your physician's instructions. A full cholesterol panel includes total cholesterol, HDL, LDL and triglycerides. Triglycerides are a type of fat found in our bodies. High triglycerides also can raise the risk of heart disease. Normal levels for triglycerides are 150 mg/dL or less after a 12-hour fast.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High

LDL Cholesterol Level	LDL Cholesterol Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

*Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood. Chart from U.S. Health and Human Services National Heart, Lung, and Blood Institute.

HDL cholesterol protects against heart disease, so higher numbers are better. A level less than 40 mg/dL is low and considered a major risk factor for developing heart disease. HDL levels of 60 mg/dL or above helps lower your risk for heart disease.





Patient Story – Waylan

Eight-year-old Waylan* had a bad stomachache that would not go away. His mother, Melanie, recalled, “He had horrible stomach pains, and he kept saying, ‘I need to see Dr. Hanaa. Dr. Hanaa will fix me.’”

After some gentle questioning, Melanie suspected that Waylan’s discomfort was caused by constipation, and it was obvious that he needed medical evaluation. She called the office of Pediatrician Hanaa Abdelmessih, M.D., and was able to schedule an appointment later that same day.



Dr. Abdelmessih has been Waylan’s pediatrician since he was born. Melanie said, “He feels a special connection with her because she has always been there for him. He had his first well-baby visit with Dr. Hanaa when he was just eight days old. She has cared for him through all kinds of childhood illnesses, earaches and even a concussion. She is really good with him.”

Waylan had been reluctant to tell his parents about his stomach pain, so Melanie was not sure that he would feel comfortable discussing his symptoms with a physician. “I think his stomach had been hurting for three or four days before he told us,” Melanie said. “By then his abdomen was very tender.”

After an examination, Dr. Abdelmessih confirmed Melanie’s conclusion that Waylan’s discomfort was caused by chronic constipation. “Dr. Hanaa is amazing,” Melanie said. “She got down to Waylan’s level, eye-to-eye, and spoke directly to him. She explained the problem and even drew a picture of a colon to help him understand. She told him the factors that aid the digestive process and asked him to help her devise a plan for his treatment. She spoke in a way that made sense to him and did not embarrass him at all.”

Waylan’s personalized plan included medication, dietary changes and increased hydration. “Every time that my husband or I had suggested foods with more fiber, Waylan resisted because it was just another thing that someone was telling him he had to do,”

Melanie said. “But Dr. Hanaa explained what was happening and then included his input in formulating a plan with specific tasks. Because he was involved in the plan, he was excited about getting started. As soon as we got home, he told his grandparents and his little sister all about it.”

Dr. Abdelmessih prescribed an over-the-counter laxative to soften Waylan’s stools and help him regain regularity quickly. Then she and Waylan outlined the steps that would prevent future stomachaches.

“One of Waylan’s tasks was to increase his consumption of fruits and vegetables,” Dr. Abdelmessih said. “He told me that he already enjoyed lots of fruit, but was not fond of most vegetables. However, he said that he liked carrots. I assured him that carrots are an excellent source of fiber and vitamins, but it also is important to eat a variety of vegetables, and he suggested others that he would be willing to try.”

Melanie said that Waylan implemented his personalized plan immediately. “He began adding different vegetables to his diet, including broccoli, cabbage and kale. He has a water bottle with ounce markings, and he began filling it to track his intake and ensure that he was drinking at least 40 ounces each day. We had learned that another contributing factor to his problem was that he had been restricting liquids to avoid the need to use a public restroom.”

Dr. Abdelmessih explained that many boys and girls have fears about using public restrooms. “It is a very common problem for kindergartners entering school for the first time, but it also affects children of all ages. The child is often embarrassed or afraid to talk about the problem, but with some gentle, non-judgemental questions, we often can learn the cause. The child may have been bullied in the restroom or may be shy about using the restrooms with others nearby. Little boys may not be confident about using urinals, which are different than the bathroom facilities that they are accustomed to using at home. If I can help the child openly

*“Waylan” is not the child’s real name.

Pediatric Care – How do we compare?

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

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

- 1** Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:
- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
 - 3 doses of polio
 - 1 dose of measles, mumps and rubella
 - 3 doses of Haemophilus influenzae B (influenza type B)
 - 3 doses of hepatitis B
 - 1 dose of varicella (chicken pox)

	LMHP 2012	LMHP 2013	LMHP 2014	National ⁽¹⁾
Childhood immunization rate (4:3:1:3:3:1 series)	91%	91%	91%	75%
Children, aged 6 months to 18 years, receiving the influenza vaccination	2012-2013 49%	2013-2014 45%	2014-2015 42%	National ⁽¹⁾ 58%

- 2** LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2012	LMHP 2013	LMHP 2014	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	53%	53%	55%	33%
Adolescent children receiving varicella vaccination	94%	95%	95%	68%
Adolescent children receiving meningococcal vaccination	85%	87%	87%	64%

- 3** Pharyngitis (sore throat) is a common illness in children. Most children's sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, they are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2012	LMHP 2013	LMHP 2014	National ⁽¹⁾
Children with pharyngitis receiving test before antibiotics	97%	95%	96%	76%

- 4** LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood their children will enjoy long and healthy lives.

	LMHP 2012	LMHP 2013	LMHP 2014	LMHP Goal
Children, aged 9 to 11 years, receiving cholesterol screening	18%*	65%	81%	60%

*LMHP began collecting cholesterol screening data in the fourth quarter of 2012.

- 5** When a child arrives with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

Data Footnotes: (1) National Committee for Quality Assurance, "Improving Quality and Patient Experience – The State of Health Care Quality 2013." (2) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2012. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2011.

discuss his or her concerns, we can start to work on a solution,” Dr. Abdelmessih said.

Some tips that Dr. Abdelmessih suggests to help relieve children’s anxiety regarding public restrooms include:

- Take the child on a “rehearsal” trip to a public restroom when it is not in use. Demonstrate appropriate hygiene and handwashing techniques.
- Encourage the child to pair up with a buddy who will stand outside the stall door (or the entrance door of a small restroom) to ensure no one walks in.
- Review the child’s school schedule and identify times for restroom breaks to avoid last-minute, urgent situations.

In some cases, students are reluctant to ask their teachers for permission to go to the restroom. Dr. Abdelmessih said that it often helps to speak to the teacher privately to make it easier for the child to request a restroom break and also to assure the teacher that the child is not making the requests in order to be disruptive.

Health Tips – How to Treat Fever in Children

A fever typically suggests that your child’s body is fighting an infection, and may be caused by a variety of conditions including an ear infection, a common cold, or the flu. While fevers are generally harmless, taking steps to help reduce your child’s temperature may provide more comfort during the illness.

Call your pediatrician immediately if your child:

- is younger than two months of age and has a rectal temperature of 100.4°F or higher
- is any age and has a temperature of 104°F or higher
- is younger than two years of age and has a fever that persists for more than 24 hours
- is two years of age or older and has a fever that persists for more than three days
- is still experiencing the symptoms of an illness after the fever has subsided
- has a fever and looks very ill or drowsy, has been in an extremely hot place (e.g. an overheated car), or has had a seizure

Children over six months of age typically do not need to be treated for a fever below 101°F. Ensure that your child’s room is kept cool and encourage them to drink plenty of water. A lukewarm bath also may be beneficial. If your child is uncomfortable, medication may help to reduce their temperature:

- Acetaminophen and ibuprofen are safe and effective, so long as the proper dosage and medication schedule is followed.
- Children under six months of age, or those who are dehydrated and/or vomiting consistently, should not take ibuprofen.
- Do not use aspirin to treat your child’s fever.
- Before using medication to treat fever in a child younger than two years of age, please consult your pediatrician.

Active•Fit

YOUTH WELLNESS PROGRAM

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

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



Secondhand Smoke Increases Risk of Ear Infection in Children

Secondhand smoke is the combination of smoke produced by burning tobacco products and smoke that is exhaled by smokers. It contains hundreds of toxic chemicals, including at least 70 with known connections to cancer. No amount of secondhand smoke is safe – even short-term exposure poses a health risk. It is estimated that more than 50,000 nonsmokers die each year due to health problems resulting from exposure to secondhand smoke.

Secondhand smoke poses a significant threat to fetuses, infants, and children, as it can damage developing organs such as the lungs and brain. Among children, exposure to secondhand smoke has been linked to ear infections, asthma, respiratory infections such as bronchitis and pneumonia, and sudden infant death syndrome (SIDS).

Exposure to secondhand smoke has been shown to increase both the frequency and duration of ear infections among children. Such exposure causes swelling that interferes with pressure equalization in the ear, leading to pain, fluid buildup, and infection. Ear infections are the leading cause of hearing loss among children, and severe infections may require the surgical insertion of tubes into the child's ear. Accounting for nearly 800,000 physician office visits each year, American children receive more medical treatment for ear infections than for any other condition.

In 2006, the American Surgeon General issued a startling report that outlined the negative impact that secondhand smoke has on the nation's children. Children may face a greater risk from secondhand smoke than adults because their young bodies are still growing, and the poisonous chemicals in secondhand smoke may affect their development.

The American Surgeon General's report stated unequivocally that secondhand smoke causes premature death and disease in children and adults who do not smoke and that children who are exposed to secondhand smoke are at increased risk for acute respiratory infections, ear problems, more severe asthma, sudden infant death syndrome (SIDS). Meanwhile, the American Lung Association reports that secondhand smoke results in 7,500 to 15,000 hospitalizations and 430 SIDS deaths in the U.S. each year.

Even as awareness of secondhand smoke increases, many children continue to be exposed to secondhand smoke on a regular basis. Between 2011 and 2012, approximately 40 percent of children ages 3 to 11 in the United States, including about 70 percent of African-American children, were regularly exposed to secondhand smoke.

Separating smokers from nonsmokers, opening windows, and using air filters are ineffective methods of limiting exposure to

secondhand smoke. Instead, parents should ensure that their homes and vehicles are smoke-free, as well as their child's daycare center or school. Avoid public places that allow smoking, and teach children to avoid secondhand smoke at all times. Smokers should begin taking steps to quit smoking immediately.

The *Quit for Your Health* tobacco cessation program at LMHS is designed to help people stop using tobacco. Our counselors utilize evidence-based techniques to help participants develop a plan to become tobacco-free. LMHS also offers the *Quit for You, Quit for Your Baby* program for expectant and postpartum mothers. Upon successful completion of the 34-week program, participants receive a \$50 gift card to select businesses.

For more information about either tobacco cessation program or to schedule an appointment, please call (740) 348-QUIT (7848). Both programs are offered at no cost to the community.





Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care



Patient Story - Liz Lake

Liz Lake of Newark is enthusiastic about her new diabetes treatment plan. She has been using an insulin pump to deliver her medication since January, and she is excited to be feeling more vibrant and energetic now that her blood sugar levels are in better control.

Liz learned that she had type 2 diabetes 15 years ago at the age of 45 after having routine blood work. “My family doctor called to tell me that my fasting blood sugar was 199 mg/dL. (Normal fasting blood sugar levels are 100 mg/dL or lower.) I was not completely surprised by the diagnosis because several of my family members also were diagnosed with diabetes when they were adults,” she explained.

At first, Liz took metformin, an oral medication that is widely used to treat type 2 diabetes. Liz’s blood sugar level improved, but she eventually developed side effects from the medication. She began seeing Family Practice Physician Talya R. Greathouse, M.D., who prescribed insulin therapy, consisting of three fast-acting NovoLog® injections immediately before each meal, and an injection of long-lasting Levemir® every night. Despite the insulin therapy, Liz’s diabetes progressed over the next several years, and Dr. Greathouse referred her to see I-Tsyur Shaw, M.D., of Licking Memorial Endocrinology for closer management of her condition.

Dr. Shaw suggested that Liz visit Licking Memorial Hospital’s Community Case Management for nutritional counseling. “Even though I had been diagnosed with diabetes for more than 12 years at that point, I still did not really understand which foods I should be eating,” Liz said. “I learned so much from Annmarie (Registered Dietitian Annmarie Thacker, M.S., R.D., M.D., C.D.E.) about carb counting and portion control. She taught me to count how many carbs I would consume in an entire meal and then take enough insulin to cover the carbs. Annmarie also gave me a carb-counting book that I still use when I prepare meals.”

Late in 2014, Liz had a regular A1c blood test performed to monitor her average blood sugar level over a three-month period. It had risen to 8.1 percent, which was significantly higher than the target level of 7.0 percent or lower. In January 2015, Dr. Shaw



Liz Lake

equipped Liz with an insulin pump that dispenses a small, continuous flow of NovoLog.

The insulin pump has helped Liz achieve excellent blood sugar control. Her A1c in late 2014 was 8.1 percent, but after four months of using the insulin pump, her A1c blood test results fell to 5.3 percent. “Before, I did not want to get out of bed in the morning, and I was so lethargic. Now, I have more energy, and I just feel better all the way around!” she reported.

Liz added, “I really like the pump. I did not like taking several shots every day. The pump has a small needle-like cannula that is inserted just under the skin on my stomach. I check my blood sugar level with my meter three or four times a day and adjust the pump’s output according to how much insulin I need. During my

office visits, Dr. Shaw downloads the pump’s computer data to track my blood sugar levels and decides whether I need to adjust my insulin dosage. I absolutely would recommend that patients who are taking insulin should have a discussion with their doctor about whether a pump is right for them.”

Liz is a customer service representative at Velvet Ice Cream in Utica, which sometimes leads her acquaintances to assume that she is surrounded by forbidden temptation every day. “A lot of people think that if you have diabetes, you can’t have any desserts, but that’s not true. You just need to eat small portions and include the sugar content in your carb counting,” she stated. “Velvet does make several popular no-added-sugar flavors of ice cream, but I prefer the original flavors – my favorite is Butter Pecan and Cashew. When I want ice cream, I measure out one-half cup and savor it. It’s all about portion control.”

The two board-certified physicians at Licking Memorial Endocrinology provide care for patients with glandular disorders, such as diabetes, metabolic disorders, thyroid disease, pituitary and adrenal abnormalities, menopause complications and osteoporosis. Dr. Shaw and Sara J. Healy, M.D., are accepting new patients with a physician’s referral. To make an appointment, please call Dr. Shaw at (740) 348-1740, or Dr. Healy at (740) 348-7950.

Diabetes Care – How do we compare?

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

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

1 Much of the care diabetes patients receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2012	LMHP 2013	LMHP 2014	National
LMHP diabetes patients receiving eye exam	67%	67%	66%	58% ⁽¹⁾
LMHP diabetes patients having HbA1c test	96%	96%	96%	88% ⁽¹⁾
LMHP diabetes patients having lipid profile	94%	95%	93%	83% ⁽¹⁾
LMHP diabetes patients having microalbuminuria test	90%	90%	90%	84% ⁽¹⁾
LMHP diabetes patients having foot exam	92%	90%	90%	80% ⁽²⁾

2 While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time.

	LMHP 2012	LMHP 2013	LMHP 2014	National ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	58%	59%	58%	38%
LMHP diabetes patients with HbA1c less than or equal to 8%	78%	79%	75%	59%

3 People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease, a very serious complication of diabetes.

	LMHP 2012	LMHP 2013	LMHP 2014	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	65%	67%	69%	48%

4 The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends that a person with diabetes should have an HbA1c blood test at least every six months to monitor glucose levels. LMH staff members work closely with patients and their physicians to ensure that this test is performed as recommended in order to manage each patient's condition better.

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
CCM diabetes patients who obtained an HbA1c test	99%	100%	99%	Greater than 80%

5 Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists provide one-on-one education to patients and work closely with them to set their own meaningful personal goals for improving their health and well-being.

	LMH July 1, 2011 thru June 30, 2012	LMH July 1, 2012 thru June 30, 2013	LMH July 1, 2013 thru June 30, 2014	Goal
Goals met by diabetes education graduates – within six months	92%	90%	91%	Greater than or equal to 80%

Data footnotes: (1) Average of reported Commercial Medicare and Medicaid/HEDIS measures. (2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program.

New Options for Insulin Delivery

The National Diabetes Education Program reports that diabetes affects more than 29 million individuals living in the U.S. – nearly one of every 10 U.S. residents. These individuals are at increased risk of developing serious complications, such as heart disease, stroke, blindness, kidney failure, and lower limb amputations. Careful management and treatment of diabetes has been shown to lower the risk of complications. New options continuously evolve to help insulin-dependent patients regulate their blood sugar levels, including a disposable insulin delivery system device and an inhaled form of insulin that are being prescribed at Licking Memorial Endocrinology.

The Valeritas V-Go® disposable insulin delivery device replaces the need for multiple daily injections. It is a small, pager-sized mechanical device that adheres to the body for 24 hours. The patient fills the V-Go with rapid-acting insulin and then applies the device, usually on the waist or the upper arm. The V-Go releases a small, continuous (basal) dosage of insulin throughout the day, and the patient clicks a button to release additional (bolus) insulin just before meals. The bolus dosage is calculated according to the amount of carbohydrates that will be consumed. The V-Go device is waterproof and may be worn while bathing or swimming.



I-Tsyr Shaw,
M.D.

I-Tsyr Shaw, M.D., of Licking Memorial Endocrinology said, “The V-Go delivery system allows for administration of insulin to my patients with convenience and discretion. They fill the device with insulin in the morning, apply it to their body, and click a couple of buttons at meal times as determined by the physician. It is a good alternative for patients who require insulin, but feel that other delivery systems are too inconvenient or too complicated.”

In 2014, the U.S. Food and Drug Administration approved the first inhalable insulin. Afrezza® is a rapid-acting powdered

insulin that eliminates the need for injections for some patients. Afrezza is pre-measured and packaged in disposable cartridges that fit into a small, whistle-sized inhaler. The inhaled insulin is quickly absorbed through the lungs and peaks in 15 to 20 minutes.

There are some drawbacks to the use of inhaled insulin, however. Patients who take long-acting insulin are still required to take daily injections because inhaled insulin is available only for the rapid-acting form. In addition, inhaled insulin is not recommended for patients with lung conditions, such as asthma, chronic bronchitis or lung cancer.

“Effective blood glucose management is an on-going challenge for all patients with diabetes,” Dr. Shaw remarked. “Insulin-dependent patients often confess to skipping an occasional injection, due to inconvenience or fear of needles. It is exciting that we now have two new forms of insulin delivery to encourage our patients to take their medications consistently.”

Licking Memorial Endocrinology is located at 1272 West Main Street in Newark. Dr. Shaw and Sara J. Healy, M.D., are accepting new patients, and appointments can be made by calling (740) 348-1740 (Dr. Shaw), or (740)-348-7950 (Dr. Healy).



Health Tips – Insulin in an Emergency

Disaster preparedness is strongly advised for all patients who rely on medications and medical equipment. It is even more critical for diabetes patients who must take daily medication to survive and often use liquid insulin that must be kept cool.

In recent years, many Licking County residents have experienced extreme weather conditions that caused power outages or prevented travel for a few days. To prevent a disaster from becoming a medical emergency due to insufficient planning, diabetes patients should have the following emergency preparations in place:

- Diabetes supplies – ensure that you never run low on insulin*, oral medications, test strips, lancets, syringes, alcohol wipes, glucometer batteries, insulin pump batteries, and glucose tablets or hard candy.
- An up-to-date list of all your medications and physicians.
- At least three-days’ worth of water (one gallon per person, per day). Tap water may be stored safely in clean, plastic containers for six months.
- A three-day supply of food that does not require cooking.
- A travel kit of diabetes supplies. Always keep essential diabetes supplies just in case a sudden, severe change in the weather, or any other unforeseen emergency, prevents you from being able to return home.

**In the event of a multiple-day power outage, liquid insulin usually will remain safe for several days at room temperature (59 to 86° F).*

Reinhard Recognized for Achievement in Science



Lorei Reinhard

Lorei Reinhard, Director of Laboratory Services at Licking Memorial Hospital (LMH), has been named a STEM Exemplar by the Ohio Academy of Science. Lorei, along with 57 other Ohioans, received the honor to recognize their achievements in Ohio's science, technology, engineering and mathematics (STEM) workforce. STEM Exemplars serve as role models to encourage students to pursue STEM careers.

As Director of Laboratory Services, Lorei assists in the organization and day-to-day operations of the Laboratory and also serves as an educational resource and consultant. She is an auxiliary clinical assistant professor at The Ohio State University School of Allied Health Professionals, Division of Medical Technology, and is a member of the Columbus State Community College School of Laboratory Medical Technology Advisory Committee, a member of the Zane State Area Technical College MLT/PBT Advisory Committee, and a member of the Eastern Michigan University Clinical Laboratory Sciences Advisory Board.

After graduating from Newark High School, Lorei earned bachelor's degrees in biology and history from Baldwin-Wallace College in Berea, Ohio. She graduated from Southwest General Hospital School of Medical Technology in Middleburg Heights, Ohio, and then became a registered Medical Technologist, MT (ASCP) in 1986 before joining LMH in 1987. Lorei became a registered Specialist in Hematology, SH (ASCP) in 1999.

Lorei is a member of multiple Hospital committees including Antibiotic Stewardship Committee, Pharmacy & Therapeutics, Laboratory Compliance Committee, Infection Control Committee, Point of Care Committee, Transfusion Committee and the HCHAPS Committee, among others. Lorei is also a current member of the American Society of Clinical Pathology, American Association for Clinical Chemistry, Association of Molecular Pathology, Clinical Laboratory Management Association and the Ohio Academy of Science.

STEM Exemplars are recognized as part of the Believe in Ohio program, funded by the Ohio General Assembly. The program was developed to encourage students to become STEM-related entrepreneurs in the state.

LMHS Joins in Annual Pataskala Relay for Life



The annual Pataskala Relay for Life event took place at Watkins Memorial High School from 5:00 p.m. on July 11, through 8:00 a.m. on July 12. Relay for Life, the signature event of the American Cancer Society, features 18 hours of continuous walking, with the goal of raising funds to benefit cancer research through sponsorships and donations.

This year's event featured 13 teams, with 129 participants – some of whom were cancer survivors themselves – in addition to the many friends, caretakers, and family members whose lives have been impacted by cancer. Together, they raised \$29,633 for cancer research. Some attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against cancer as well as a Luminaria Ceremony in remembrance of lost loved ones.

During the opening ceremony, Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, offered words of appreciation to the attendees. "LMHS has been inspired by the heroes who have contributed so much to the fight against cancer, not just at this event, but in their everyday lives as well," said Rob. "We are proud to join you in this fight."

LMHS is dedicated to the early detection and treatment of cancer. In addition to excellent patient care, the Health Systems provides free community education programs on topics including colorectal cancer and skin cancer. Cancer screenings include free mammograms to qualifying women with financial need.

Annual Golf Gala Supports LMH

The Licking Memorial Hospital (LMH) Development Council hosted the 2015 Golf Gala at the Denison Golf Club at Granville (formerly Granville Golf Course) on June 22. The annual golf outing raises funds to obtain and enhance state-of-the-art technology and services within the Hospital.

“LMHS is committed to providing quality health care to our community, but we depend on your support to do that,” LMHS President & CEO Rob Montagnese said to the 138 golfers in attendance. “Proceeds from the 2015 Golf Gala will benefit the Women’s Health and Maternal Child Department technological features of the 2015 Radiology Initiative. This includes a new 3D/4D ultrasound unit and the replacement of three mammography units. Your overwhelming support of this year’s Golf Gala will help us fulfill our mission to improve the health of the community, and allow the Hospital to remain in the forefront of healthcare technology.”

The honorary chairs of the 2015 Golf Gala were Amy and Jim Matesich. A past LMH Board Member, Jim became President and CEO of Matesich Distributing Company in 2006, which his uncle established in 1928. During his 38-year career, he has filled many roles for the company, including Warehouse Manager, Office Manager, Operations Manager, Executive Vice President, and Chief Executive Officer – Operations and Administration. Prior to retirement, Amy owned and managed commercial and residential rental properties. She also provided real estate acquisition services for the wireless telecommunications industry through Callander Acquisitions.

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

At the event, participants were provided with lunch and an opportunity to network with fellow attendees prior to an afternoon of golf. A total of 35 teams participated in the 18-hole scramble. Following the round, participants enjoyed a barbeque dinner, as well as an awards ceremony featuring team and individual awards.

The Dinsmore & Shohl, LLP team, which included John Merchant, Michael Schaltz, Jr., Todd Ward, and Mark Zink, secured a first-place victory with a score of 57. Each team member received a trophy, a golf towel, and a round of golf at Longaberger Golf Course. The WNKO Radio team won second place with a score of 58. The team included Richard Day, Todd Harrold, Tom Swank, and Mark Walters. Each team member received a golf towel and a round of golf at Denison Golf Club at Granville. Unfortunately, there was not a winner for the Hole-in-One prize, a two-year lease for a new 2015 Honda Accord EX-L offered by John Hinderer Honda. Prizes were awarded for the following categories:

- Closest to the Pin – Mike Woodward, of the Stedman Floor Company, Incorporated team, received two rounds of golf at Wyandot Golf Course.
- Longest Drive for Women – Kim Fleming, of the Park National Bank team, received two rounds of golf at Kyber Run Golf Course.
- Longest Drive for Men – Pat Jeffries, also of the Park National Bank team, received two rounds of golf at Kyber Run Golf Course.
- Longest Putt – Wayde Gutridge, of the Gutridge Plumbing, Incorporated team, received two rounds of golf at Eagle Sticks Golf Club.

This year’s Ace Sponsors (\$5,000 donation) included Frontier Remodeling Company, John Hinderer Honda, Matesich Distributing Company, MedBen, Park National Bank, and Stedman Floor Company, Inc. Eagle Sponsors (\$2,500 donation) included All Weather Systems, Coughlin Chevrolet in Pataskala, Courtesy Ambulance, Inc., CS Construction Group Ltd., Dawson Companies, The Energy Cooperative, General Graphics/Scott Peterson, Gutridge Plumbing, Inc., Interim Healthcare of Newark, The Jerry McClain Companies, Limbach Company, LLC, Middleton Senior Living, Newark Smiles, PNC, Robertson Construction, SmartBill Ltd., Summit Custom Cabinets, Surgical Interventions, LLC, and US Foods.

The LMH Development Council was established in 1987 to increase charitable giving to the Hospital, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on three Development Council committees: Annual Support, Community Relations, and Education and Membership.



2015 Golf Gala Sponsors

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Workout Anytime Heath
The Works
Wyandot Golf Club
Zen Nail Salon



Posing with Scrubs, the Hospital mascot, are the winners of the 2015 Golf Gala first-place award – (from left to right): Todd Ward, Michael Schaltz Jr., Mark Zink, and John Merchant of the Dinsmore & Shohl, LLP team.

Donors Recognized for Contributions to Licking Me

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

Benefactor Level

Carol and Gary Barnes



LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) presented a glass recognition piece to Gary (not pictured) and Carol Barnes in honor of their generous commitment at the Benefactor Level.

Carol and Gary Barnes were honored for their recent contribution at the Benefactor Level. Benefactors are special friends of Licking Memorial Health Systems (LMHS), both individuals and businesses, who support the LMHS mission to improve the health of the community by pledging between \$50,000 and \$99,000 over a period of 10 years.

Carol is Director of Volunteers, TWIGS and Events and was recently recognized for her 45 years of consecutive service to LMHS. She joined the Health Systems in May of 1970 and previously worked as a unit clerk, nursing office receptionist, staffing co-coordinator, Nursing Administration administrative assistant and Director of Hospitality Services. Carol has received numerous honors, including the President's Award and Manager of the Year Award. She also has participated within numerous committees, including TWIGS 24, TWIGS Executive Board, LMH Development Council, LMH PRIDE Committee and the Ohio Hospital Association's Ohio Society of Directors of Volunteer Service. Carol also participates in the annual University of Michigan Women's Football Camp to raise money for women's cancer research.

Gary served as a Deputy Sheriff for the Licking County Sheriff's Department for 30 years, and was honored as Licking County's Officer of the Year in 1975. He also served in the United States Marine Corps for four years.

Carol and Gary met in high school and have been married for 49 years. They have one son, Jeff, who resides in Michigan. The couple enjoys the company of family, antique shopping, and spending weekends in their 1841 restored log cabin.

Veronica Link



In honor of her commitment at the Benefactor Level, LMHS President & CEO Rob Montagnese (right) presented Vice President Development & Public Relations Veronica Link with a glass recognition piece.

Veronica Link also was recognized for her Benefactor Level commitment. Veronica joined LMH in 1981 and has worked in LMHS administration since 1984. She became Vice President Administrative Services in 2000 after serving as Assistant Vice President and was promoted to her current position, Vice President Development & Public Relations, in 2003. She holds a Bachelor of Arts degree in business administration from Mount Vernon Nazarene College.

Veronica is a member of the Board of Directors for Big Brothers Big Sisters of Licking County and the Licking County Family YMCA. She also is a member of Newark Rotary Club. She resides in Granville with her two sons, Drew and Aaron.

The Caduceus Society

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

Daniel Stricker, D.D.S., In Memory of Sharon Weakley Stricker



LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized Daniel Stricker, D.D.S., for his contribution to The Caduceus Society in memory of Sharon Weakley Stricker.

Daniel Stricker, D.D.S., a retired dentist, was honored for his commitment to The Caduceus Society in memory of his wife, Sharon Weakley Stricker, who passed away in 2000. Sharon was a longtime teacher in the Newark City School District and taught at Hazelwood, Hartzler, Central and Cherry Valley Schools throughout her career.

A lifelong Licking County resident, Dr. Stricker graduated from Newark High School and received a Bachelor of Arts degree and a Doctor of Dental Surgery degree from The Ohio State University. He then served as a lieutenant in the United States Navy Dental Corps for three years before returning to Newark to open his dental practice, which he operated until his retirement in 2001. Dr. Stricker is a member of the Ohio Dental Society, the American Dental Society and the Newark Rotary. In his free time, he enjoys traveling and playing golf and tennis.

Laurie Schaeffer, D.O.



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

Laurie Schaeffer, D.O., a dermatologist at the Pataskala Health Campus, also was recognized for her contribution to The Caduceus Society. Prior to joining Licking Memorial Dermatology – Pataskala in 2014, she briefly operated a private practice in Pickerington after serving six years at Licking Memorial Dermatology in Newark.

Dr. Schaeffer earned her Doctor of Osteopathic Medicine degree from the College of Osteopathic Medicine at Ohio University in Athens where she also had received a bachelor's degree in biological sciences. She completed her dermatology residency with Pontiac Osteopathic Medical Center in Pontiac, Michigan, along with an internal medicine residency and an internship with Doctors Hospital in Columbus. Dr. Schaeffer is board certified in dermatology and a member of the American Osteopathic College of Dermatology, the Central Ohio Dermatology Association and the American Osteopathic Association. She lives in Pataskala with her husband, Curt, and 5-year-old daughter, Kate.

Donors Recognized for Contributions to Licking Memorial Health Foundation (continued on page 30)

Robert and Tiffany Owens, M.D.



Robert and Tiffany Owens, M.D., also were recognized for their commitment to The Caduceus Society by LMHS President & CEO Rob Montagnese. (right)

Robert and Tiffany Owens, M.D., also were honored for their commitment to The Caduceus Society. Dr. Owens joined Licking Memorial Health Systems (LMHS) as a pediatrician in January 2015 prior moving to the new Licking Memorial Allergy/Immunology practice in July.

A Licking County native, Dr. Owens graduated from Johnstown-Monroe High School. She received her Doctor of Medicine degree

and completed a pediatric residency at Wright State University Boonshoft School of Medicine in Dayton, Ohio. Dr. Owens completed an allergy/immunology fellowship at the Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. She is board certified in pediatrics, as well as allergy and immunology.

Dr. Owens served in the United States Air Force Medical Corps, stationed at the Wright-Patterson Air Force Base in Dayton, and separated at the rank of major. She is a member of the American College of Allergy, Asthma and Immunology, the American Academy of Allergy, Asthma and Immunology, the American Academy of Pediatrics, the Christian Medical and Dental Association, and Women Physicians in Christ.

Robert – known as Bobby to his family and friends – is originally from Cleveland but has lived in Licking County for 20 years. He is a stay-at-home dad to the couple's three children – Michaela, Matthew and Micah – and utilizes his multitasking ability to manage their family when Dr. Owens is caring for patients at her practice or the Hospital. His interests include woodworking, riding motorcycles and martial arts training, which he receives at Ernie Reyes West Coast Martial Arts & Focus Fit. The couple reside in Johnstown and attend Faith Fellowship Church as a family.

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

Development Spotlight – Stacy Thompson



Stacy Thompson

Stacy Thompson, Vice President of Philanthropic Development of the Foundation for Hospice of Central Ohio, joined the Annual Support Committee of Licking Memorial Hospital (LMH) Development Council in 2013. The Committee is responsible for the philanthropic support of LMH, oversees fundraising events, and solicits gifts from all sources, including special contributors.

Stacy explained, "I am proud to serve on the Committee, promoting opportunities for community members to provide support to the Hospital in a variety of ways. I know how essential it is for a non-profit to receive backing from the community, and Licking Memorial Health Systems (LMHS) is such a strong community partner, deserving of such support."

A resident of Licking County for more than 19 years, Stacy has had experiences, both personally and professionally, with the Hospital and its staff over the years. She recalls becoming acquainted with LMHS President & CEO Rob Montagnese through the Newark Campus Development Fund, and meeting Vice President Development & Public Relations Veronica Link through Newark Rotary. "I have been impressed with the Health Systems'

management and how much time and effort they provide," said Stacy. "It shows me how invested they are in the community."

Stacy also is strongly invested in the community, as she maintains membership in such organizations as Licking County Foundation and Heart of Ohio Estate Planning Council, among others. She was featured in *Columbus Business First's* article, "20 People to Know in Non-Profits," in 2013.

Stacy's committee involvement at LMH and the LMHS Corporate Breakfast events help her stay informed about important improvements within the Health Systems. She has high regard for LMHS programs such as the Baby-Friendly Hospital initiative and the quality level of rehabilitation services for cardiac, stroke and joint replacement patients. "It has been a great benefit to learn about the depth of services, ongoing education, technological advances and excellence in patient care delivery at the Hospital," Stacy said. "It also is a wonderful opportunity to be part of LMHS' community involvement – an asset that I value in the organization."

Currently residing in Granville, Stacy attended Marion Harding High School and earned a bachelor's degree in business administration & marketing from The Ohio State University. She has two children – Matthew and Emily. Stacy enjoys spending time with family, travel, sports and attending plays, musicals and the theater.

Donors

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

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2015 GOLF GALA

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Volunteer Spotlight - Anita Lafferty



Anita Lafferty

Anita Lafferty's dedication to helping others through volunteer service began in Dayton, Ohio. A native of Brandt, Ohio, her love for volunteer work was sparked when she began serving within numerous departments at Good Samaritan Hospital in Dayton. "I enjoy being around people and helping out. Sometimes all they need is someone to make them smile," she said.

Prior to volunteering, Anita worked for the government as an office manager for over 25 years. Her job was headquartered in Dayton, but she was sent to Columbus, Ohio, and San Jose, California, to help open branch offices. Over the years, in addition to serving at Good Samaritan Hospital, Anita assisted others by volunteering at a crisis hotline from 1970 to 1999. After retirement, she moved to the Licking County area to be closer to her son. After relocating, Anita realized that she did not have any social connections or involvement in local

activities. Michael Barth, M.D., her physician, suggested that she start volunteering again.

Shortly thereafter, Anita applied to the Licking Memorial Hospital Volunteer Services Department and was assigned to work at Licking Memorial Family Practice – Granville, where she has volunteered since. She works with Judy Keck, physician center clerk, and helps copy and organize files, and maintain the office. Director of Volunteers, TWIGS and Events Carol Barnes said, "Anita is very efficient in her duties and dedicated to her work. She is a remarkable lady."

"I love helping others and the variety of places where I have assisted," Anita said. "I have enjoyed every volunteer job provided to me." She resides in a condominium complex in Newark with her two cats. Anita's son, Michael, lives close by in Granville with his wife and their six year-old son, Patrick Merriweather Lafferty.



Anita Lafferty Joins LMHS Volunteer Services Department 90s Club

Licking Memorial Health Systems (LMHS) recently celebrated volunteer Anita Lafferty's 90th birthday. Anita (pictured middle left, next to LMHS President & CEO Rob Montagnese) joins fellow volunteers Marie Gartner (far right), Betty Meyer (not pictured), and Audrey Snow (middle right) as a member of the 90s Club. The 90s Club is a group of volunteers who have reached the age of 90 and are still active volunteers with LMHS. Current members include:

- Marie Gartner, age 92, joined the Volunteer Services Department in 2007. Marie has been a volunteer for 8 years, and currently volunteers in Messenger Services.
- Anita Lafferty, age 90, joined the Volunteer Services Department in 1991. Anita has been a volunteer for 24 years, and currently volunteers at Licking Memorial Family Practice – Granville.
- Betty Meyer, age 94, joined the Volunteer Services Department in 1970. Betty has been a volunteer for 37 years, with an eight-year break during her early years of volunteering. Betty currently works at the first floor reception desk in the John & Mary Alford Pavilion.
- Audrey Snow, age 95, joined the Volunteer Services Department in 1970. Audrey will be 96 in October. She has been a volunteer for 32 years, and currently volunteers in Messenger Services.

Retiree Spotlight - Kathy Craig, R.Ph.



Kathy Craig, R.Ph.

In June 1974, Kathy Craig, R.Ph., felt fortunate to be recruited to Licking Memorial Hospital (LMH) as a pharmacist, starting only two weeks after graduating from Ohio Northern University. She moved to Licking County from her hometown of Pittsburgh, Pennsylvania, and began her 40-year career in the LMH Pharmacy Department.

Kathy witnessed a lot of changes in the pharmacy field before her retirement in December 2014. In college, potential pharmacists were expected to know each drug only by its appearance and were taught how to make ointments on-the-spot. When Kathy started at LMH, the Pharmacy Department was located on the first floor near the former Emergency Department site, employed four pharmacists and nine technicians and was open from 8:00 a.m. – 9:00 p.m. Currently, the Department is situated in a large, specifically-designed space on the ground floor, has a total of 59 pharmacy-related employees and is staffed 24 hours a day.

The biggest change in the Pharmacy Department was one that Kathy helped to implement in 1985 – computerization. At that time, Hospital leadership were planning to adopt software that would increase efficiency and organization. Kathy was on the team whose task was to determine which new software would

be best for LMH. Kathy remembers, “Many software systems were derived from programs that were used in financial settings, except MEDITECH – it was created specifically for clinical use. After review, we decided that it would be a good fit for LMH.” MEDITECH assisted the Pharmacy Department with generating refill lists (which were previously handwritten by pharmacists) and billing. Over time, the software has become more technologically sophisticated with medical advances including drug interaction alerts, bedside medication scanning and physician prescription ordering. The MEDITECH system is still used by most departments at the Hospital.

Being retired less than a year, Kathy now misses hearing the small details of her coworkers’ daily lives. “I appreciated coming to work and hearing whose kids won their swim meets and knowing what everyone was doing each weekend. Social media helps a little with keeping in touch, but being ‘part of the group’ was what I enjoyed most,” Kathy said.

Kathy is active in the Granville Community Band as well as the Granville First Presbyterian Church. She recently went on a heritage concert tour to Scotland to perform with her church’s Chancel and Festivo Bell Choirs. Since her retirement, Kathy is focused on returning to her musical roots, gardening and is striving for her Black Belt level in karate. She also plans on traveling with her husband, Nick, and spending time with her grown daughter, Bethany.

LMHS Retirees Learn About Hospital Projects and Upgrades

More than 100 Licking Memorial Health Systems (LMHS) retirees gathered at the Annual Retiree Dinner on July 1 to reconnect with former coworkers and learn about new developments within the Health Systems. During the event, Vice President Human Resources and Support Services Anne Peterson welcomed retirees and thanked guests for their years of service to LMHS.

President & CEO Rob Montagnese outlined current ongoing projects including Hospital parking expansion, leasing space within the Licking Memorial Hospital – Tamarack location to Select Specialty Rehab Hospital, and the acquisition of new

technology in radiology and cardiology services. The new technology includes two cutting-edge computed tomography (CT) scanners which have been described by medical staff as having a high level of specificity for diagnoses.

Rob also extended appreciation to the retirees. “You have had a significant impact on what we do in the Health Systems,” said Rob. “As we continue to improve and upgrade, it is your work that has helped build the foundation of what we are able to accomplish today.”

LMHS is Licking County’s largest employer with more than 1,800 employees. To learn about employment at the Health Systems, please visit www.LMHealth.org.



Students Support LMH through Summer Volunteer Program

This summer, 12 high school- and college-aged students spent a portion of their summer break serving as volunteers at Licking Memorial Hospital (LMH). The student volunteers provided support to LMH through a variety of services ranging from greeting visitors at the reception desk to providing clerical assistance.

Students between the ages of 15 and 18 are eligible to become a member of the LMH Volunteer Department with their parent's or guardian's consent. They must complete a volunteer application, background check, and training prior to undertaking their responsibilities.

The LMH Volunteers who are attending high school or college classes this fall include:

- Quinn Anderson
- Levi Beckholt
- Claudia Crumrine
- Joel Foxall
- Rachel Glaser
- Emma Hammond
- Audrey Hughes
- Spencer Koontz
- Mikayla Leavitt
- Camryn Packham
- Caroline Roth
- Lexie Stough

Many of the student volunteers have an interest in health care, and are assigned various duties accordingly. A goal of the program is to provide first-hand experience and opportunities to participate in work activities that correspond with their interests and the needs of the Hospital.

“Our student volunteers work hard and are committed to supporting LMH,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “This year’s group is focused and excited to learn. We are happy to provide the opportunity for teens considering a career in health care.”

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4079, or visit www.LMHealth.org and click “About LMHS,” then “Become a Volunteer.”



Student volunteers are (left to right):
 Back – Joel Foxall, Lexie Stough, Claudia Crumrine
 Front – Caroline Roth, Emma Hammond, Mikayla Leavitt
 Not pictured – Quinn Anderson, Levi Beckholt, Rachel Glaser,
 Audrey Hughes, Spencer Koontz, Camryn Packham

LMHS purchases Harford Fair Grand Champion Market Steer

Licking Memorial Health Systems (LMHS) purchased the Grand Champion market steer, owned by Clay Foor, for \$5,000. Clay is a member of Boots-n-Buckles 4-H Club. LMHS plans to donate the beef to the Salvation Army of Licking County.



LMHS Participates in Pataskala Street Fair and Parade

Licking Memorial Health Systems (LMHS) joined in the fun of the annual Pataskala Street Fair from August 19-22. Staff members at the LMHS booth provided information to attendees about the healthcare services available at the Pataskala Health Campus. LMHS President & CEO Rob Montagnese, Urgent Care Physicians Joel Anders, D.O., and Kevin Finley, M.D., and Women's Health physician Tiffany Inglis, M.D., supported the community event by participating in the Pataskala Parade on August 22.

The Licking Memorial Pataskala Health Campus is located at One Healthy Place, off State Route 16, on the east side of Pataskala. The Pataskala Health Campus offers a range of services, including: Licking Memorial Urgent Care, Licking Memorial Pediatrics, Licking Memorial Women's Health, Licking Memorial Family Practice, Licking Memorial Physical Therapy, Licking Memorial Dermatology and Licking Memorial Hospital Laboratory Services.



New Appointments



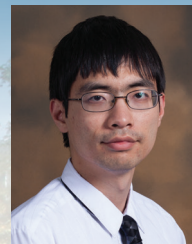
Sara J. Healy, M.D.,
joined Licking Memorial
Endocrinology.



Aaron J. Kibler, M.D.,
joined Licking Memorial
Family Practice – Granville.



Medhanie H. Kifle, P.A.-C.,
joined Licking Memorial
Gastroenterology.



Henry Y. Lu, M.D.,
joined Licking Memorial
Anesthesiology



Robert W. Mueller, M.D.,
joined Licking Memorial
Orthopedic Surgery.



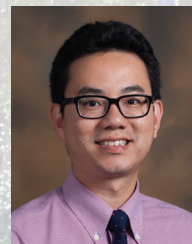
Kevin M. Ouweleen, M.D.,
joined Licking Memorial
Orthopedic Surgery.



Amanda L. Quisno, D.P.M.,
of Foot & Ankle Specialists of
Central Ohio, Inc., joined the
LMH Active Medical Staff.



Timothy Rossi, D.O.,
joined Licking Memorial
Emergency Medicine.



Even F. Wang, M.D.,
joined Licking Memorial
Neurology.



Peng E. Wang, D.O.,
joined Licking Memorial
Internal Medicine.





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Visit us at www.LMHealth.org.

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

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Community Events

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

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

First Impressions – Maternal Child Classes

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

For more information or to register, call (740) 348-2527 or e-mail: firstimpressions@LMHealth.org.

LMH Baby Expo

Saturday, October 18, 1:00 to 4:00 p.m.
Licking Memorial Hospital's John & Mary Alford Pavilion

The community is invited to a Baby Expo, sponsored by the Licking Memorial Development Council. The event will feature speakers, information booths, vendors and tours of the Maternal Child Department. The event is free, and no registration is necessary. See page 16 for details.

Pink Strides 5K Run/Walk – Sponsored by the Licking County Health Department, Screening and Survivor Support (SASS) for Breast Cancer, and We're Active Licking County (WALC)
Sunday, October 4 – register/check-in at 8:00 a.m. Race at 9:00 a.m.
Infirmary Mound Park, Granville. *Open to all ages.*

Pre-registration is available at www.lickingcohealth.org. Registration also may be completed at the event. Cost is \$25 per person until 12:00 Noon on Friday, September 18, and \$30, thereafter. Registration includes T-shirt, snack and water. Please call Kate White at (740) 349-6536 for more information.

