



# Community Connection

## Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Volume 12, Issue 6

November/December 2015

Measurably Different ... for Your Health!

## LMH to Honor David Shull and Judith B. Pierce (Posthumously) at Lifetime Achievement Reception

The Licking Memorial Hospital (LMH) Development Council will present its 2015 Lifetime Achievement Award to David Shull of Newark, and Judith B. Pierce of Newark, posthumously, during the annual Lifetime Achievement Reception on November 6 at the John Gilbert Reese Center in Newark. During the reception, the LMH Development Council also will present the 2015 Building a Healthier Community Award to Big Brothers Big Sisters of Licking and Perry Counties. Both awards are prestigious recognitions for contributions that reflect the Licking Memorial Health Systems (LMHS) mission to improve the health of the community.

*LMH to Honor David Shull and Judith B. Pierce (Posthumously) at Lifetime Achievement Reception(continued on page 2)*

## LMHS Receives Modern Healthcare Recognition

Licking Memorial Health Systems (LMHS) has been named to Modern Healthcare's Best Places to Work in Healthcare, a listing of the nation's top 100 healthcare-related employers. The recognition honors workplaces throughout the healthcare industry that empower employees to provide patients and customers with the best possible care, products and services. Six health-related organizations in Ohio were named to the list, but LMHS was the only Central Ohio healthcare provider that received the recognition.



*LMHS Receives Modern Healthcare Recognition (continued on page 4)*

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

*See pages 16-21 for Quality Report Cards in this issue.*

### COMMUNITY EDUCATION

#### Palliative Care

**Date:** Thursday, December 10  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Sarah Hook, M.S.N., APRN, AGCNS-BC

*(continued on page 7)*

#### Fibromyalgia

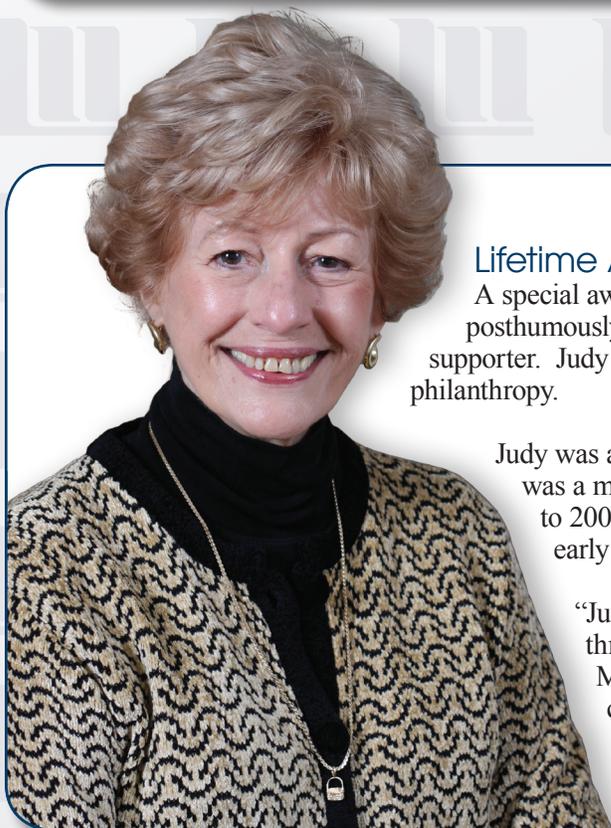
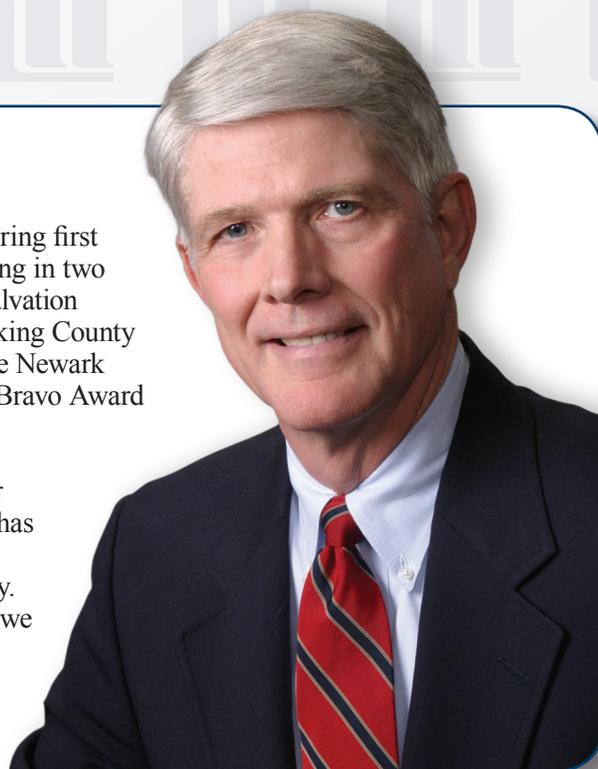
**Date:** Thursday, December 17  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Dawn Kuiper Duck, P.T., D.P.T., Certified M.D.T.

*(continued on page 26)*

### Lifetime Achievement Award – **David Shull**

David “Dave” Shull’s extensive community involvement has included tutoring first graders in reading at Ben Franklin Elementary since 2000, and participating in two building projects with Habitat for Humanity. He was involved with the Salvation Army’s capital campaign to help expand their facility, and chaired the Licking County Aging Program’s campaign to purchase Heritage Hall. He also chaired the Newark Rotary Club’s Camp Enterprise Committee and was the recipient of their Bravo Award in 2014.

“Dave is a modest leader who is always interested in the betterment of our community,” explained Rob Montagnese, LMHS President & CEO. “He has consistently demonstrated his outstanding leadership capabilities, and has proven to be an incredibly reliable and valuable member of our community. Dave has been a great asset to every organization he has represented, and we are grateful for the variety of ways in which he has supported the Health Systems over the years.”



### Lifetime Achievement Award – **Judith B. Pierce, Posthumously**

A special award will be presented at the 2015 Lifetime Achievement Reception to posthumously honor Judith “Judy” B. Pierce, who was a long-time LMHS friend and supporter. Judy passed away in 2015 after a lifetime of community service and philanthropy.

Judy was an influential presence at LMHS for many years. From 1998 to 2007, she was a member of the LMH Board of Directors, and served as Chairman from 2003 to 2007. She later joined the LMHS Board of Directors, where she served until early 2015.

“Judy worked tirelessly to enhance the quality of life in Licking County through her involvement in numerous community organizations,” stated Rob Montagnese, LMHS President & CEO. “She was a genuinely kind and caring individual, and the Health Systems has been incredibly lucky to benefit from her active leadership and vision.”



### Past Recipients of the Lifetime Achievement Award

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

- |                                 |   |                                |
|---------------------------------|---|--------------------------------|
| 1989 – John W. Alford           | 1998 – Rev. Dr. Charles W. Noble Sr.    | 2007 – Lewis R. Mollica, Ph.D. |
| 1990 – Howard E. LeFevre        | 1999 – Calvin E. Roebuck                | 2008 – Glenn F. Abel           |
| 1991 – Ernestine W. Spencer     | 2000 – John J. Kutil                    | 2009 – C. Daniel DeLawder      |
| 1992 – J. Gilbert Reese         | 2001 – Mary Jane McDonald               | 2010 – Robert H. McGaughey     |
| 1993 – John H. Weaver           | 2002 – William T. and Jane C. McConnell | 2011 – John “Jack” O’Neill     |
| 1994 – Norman R. Sleight        | 2003 – Raymond Guy Plummer, M.D.        | 2012 – Jerry McClain           |
| 1995 – Robert H. Pricer         | 2004 – Robert N. Kent                   | 2013 – Eschol Curl, Jr.        |
| 1996 – Carl L. Petersilge, M.D. | 2005 – Robert A. Barnes, Ph.D.          | 2014 – Patrick M. Jeffries     |
| 1997 – Clarissa Ann Howard      | 2006 – Stuart Parsons                   |                                |

### Building a Healthier Community Award – Big Brothers Big Sisters of Licking and Perry Counties

The eleventh annual Building a Healthier Community (BAHC) Award will be presented to Big Brothers Big Sisters of Licking & Perry Counties in recognition of their work to help children realize their potential and build their futures. The Licking Memorial Hospital Development Council created the BAHC award in 2005 to honor an individual, group, or organization in Licking County with a non-profit project that reflects the Health Systems’ mission to improve the health of the community.

“Big Brothers Big Sisters of Licking & Perry Counties has changed many lives for the better,” said Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO. By forming positive relationships between youth and their mentors, the program supports LMHS’ mission to improve the

health of the community by helping young members of our community form healthy habits in every area of their lives.”

The Big Brothers Big Sisters program pairs each child with a role model, forming a personalized, positive relationship built on trust and friendship, which can cultivate a future of unlimited potential. Jennifer Utrevis, Executive Director of Big Brothers Big Sisters of Licking & Perry Counties, and her team of 13 staff members demonstrate their compassion and dedication to the community on an ongoing basis through the formation of positive relationships for children who need them, contributing to brighter futures, better schools, and stronger communities. Big Brothers Big Sisters operates in all 50 states, as well as 12 countries throughout the world.



# Big Brothers Big Sisters

### Past Recipients of the Building a Healthier Community Award:

- 2005 – LMH TWIGS
- 2006 – Newark Rotary Club
- 2007 – Salvation Army of Licking County
- 2008 – Hospice of Central Ohio
- 2009 – Granville High School Key Club
- 2010 – Twentieth Century Club
- 2011 – American Red Cross of Licking County
- 2012 – The Licking County Coalition of Care
- 2013 – Look Up Dental Clinic
- 2014 – The Thomas J. Evans Foundation

“Inclusion on Modern Healthcare’s Best Places to Work in Healthcare list is a great honor for our organization,” said Rob Montagnese, LMHS President & CEO. “This award recognizes our dedication to ensuring excellent benefits and a positive work environment for our employees, which in turn, helps our staff provide high quality health care, and reinforces our commitment to the community.”



The list was released after healthcare employers and employees responded to survey questions regarding key measures that are based on the following eight core areas:

- Leadership and planning
- Corporate culture and communications
- Role satisfaction
- Work environment
- Relationship with supervisor
- Training, development and resources
- Pay and benefits
- Overall engagement



Modern Healthcare’s recognition comes shortly after LMHS received the Fortune Best Workplaces in Health Care award in early August. LMHS’ 1,900-plus employees were invited to an outdoor cookout to celebrate the Modern Healthcare recognition.

## LMH Hematology/Oncology Receives QOPI Certification

Licking Memorial Hematology/Oncology recently received a three-year certification from the Quality Oncology Practice Initiative (QOPI®) Certification Program, an affiliate of the American Society of Clinical Oncology (ASCO). This certification is reserved for hematology/oncology practices that meet nationally recognized standards for quality cancer care. Licking Memorial Hematology/Oncology is currently the only QOPI Certified Practice in the Columbus metropolitan area, and is among just 278 QOPI Certified Practices in the nation.

“Our Hematology/Oncology staff is consistently thorough and proactive in providing high quality cancer care,” explained Licking Memorial Health Systems President & CEO Rob Montagnese. “Patients trust our multi-disciplinary team to recommend the correct course of treatment and provide precise and compassionate care.”

The QOPI Certification Program includes a voluntary and comprehensive on-site evaluation of its practices and policies. Certified practices have successfully scored above the threshold on key QOPI quality measures, in addition to meeting the chemotherapy safety standards established by ASCO and the Oncology Nursing Society. These standards assess performance in a variety of areas that affect patient care, including treatment planning, staff training and education, safe chemotherapy administration, patient consent and education, and assessment of patient wellbeing.

“By providing information, quality assessment measures, and resources, QOPI helps oncology practices evaluate the quality of the care they provide to patients, and engage in ongoing quality improvement, said ASCO President Julie M. Vose, M.D., M.B.A.,

FASCO. “Achieving QOPI certification demonstrates a practice’s commitment to quality and safety excellence in the care they deliver to patients.”

QOPI collects data from hematology/oncology practices around the country, analyzing the data using more than 160 evidence-based and consensus quality measures. This information is provided to participating practices, enabling them to compare their performance to data from other practices to help identify potential areas for continual improvement.

In addition to the QOPI certification, a 2013 survey by the American College of Surgeon’s Commission on Cancer (CoC) revealed that the Licking Memorial Hospital (LMH) Hematology/Oncology Department performs ahead of most other cancer programs in the state and even in the

nation. In five of the six measures, LMH exceeded both the state and national averages for compliance. In four measures, LMH’s performance was rated a perfect 100 percent. LMH’s cancer program has been continuously accredited by the CoC since 2000.

In order to provide the highest quality medical care with the convenience and comfort of being close to home, LMH underwent a complete renovation of its Hematology/Oncology Department in 2011. The remodeled department features a large, upscale registration and waiting area, upgraded private chemo infusion rooms, additional exam rooms, an updated chemo mixing room, and a centrally located staff office. These renovations, made possible in large part by generous contributions from the community, ensure that patients and their families remain comfortable throughout the treatment process.



Quality Cancer Care: Recognizing Excellence

# ACA Insurance Plans Feature **Lower Out-of-Pocket Costs** for In-network Providers

Many Licking County residents have benefited from the Affordable Care Act (ACA), also known as “Obamacare,” to provide health insurance for themselves and their families. However, while many plans are available to Licking County residents, some of the plans available on the Health Insurance Marketplace website ([www.healthcare.gov](http://www.healthcare.gov)) do not offer the lowest out-of-pocket costs when obtaining services from physicians and/or facilities within Licking Memorial Health Systems (LMHS).

Patients often receive a more generous benefit structure when they visit a healthcare provider who is classified as “in-network” by their health plan. In 2015, eight different companies offered Marketplace plans in Licking County, five of which classified LMHS as an in-network provider. Those five companies offered a total of 54 health insurance options in 2015, accounting for approximately 80 percent of the plans available to Licking County residents.\*

Based on negotiated agreements between the insurance plan and healthcare providers, physicians and facilities are designated either as “in-network” or “out-of-network.” Patients are typically responsible only for a co-payment, co-insurance, and a deductible when receiving care in-network. Some plans may set slightly higher amounts for services by providers in a second tier of coverage. Out-of-network expenses generally include a separate, higher deductible and the highest out-of-pocket expense to the consumer. Depending on the plan, out-of-network services might not be covered at all, providing no insurance reimbursement for healthcare services received.

**Before obtaining healthcare services through coverage purchased from the Marketplace, it is important for patients**

**to ensure that a preferred provider is in-network. It also is necessary to confirm that Licking Memorial Hospital (LMH) is a covered facility.** Otherwise, procedures performed at LMH may be entirely at the patient’s expense – except in the case of emergency care. Plans available on the Marketplace often have more limited in-network options than other plans offered by the same insurer. Therefore, a plan purchased from a company which provided previous coverage does not guarantee access to the same provider network.

In 2015\*, the ACA set a maximum deductible of \$6,600 per policy period (usually one year) for individual coverage. Depending on one’s specific insurance plan, patients may have to cover costs up to that amount out-of-pocket before their health plan begins to pay. However, over 70 percent of Marketplace plans offer deductibles below \$3,000. The ACA also requires Marketplace plans to provide certain preventive services without charging a co-payment or co-insurance, even if the deductible has not been reached. **This applies only if the services are provided by an in-network provider.** These services include cholesterol screening, depression screening, certain immunizations, diabetes screening, and blood pressure screening.

All patients should contact their plans directly with any questions regarding the eligibility of preferred providers and services performed within the Health Systems. Documenting the conversation – including the name of the person spoken to and specific information provided in response to questions – also is recommended should a dispute arise in the future over a claim.

*\*Data for 2016 has not yet been released. However, these 2015 figures are expected to be similar in 2016.*



On a brisk, yet sunny October Saturday morning, approximately 50 community members joined the first Walk with a Doc event in the midst of a beautiful fall setting at Black Hand Gorge. Licking Memorial Behavioral Health physician Elizabeth Yoder, D.O., was the featured Walk with a Doc host for the informational/exercise event. Dr. Yoder, a psychiatrist, began the event with a brief overview of Seasonal Affective Disorder, after which she lead attendees on a casual walk through the winding path of the Gorge area. Participants had an opportunity during the 40 minute walk to ask general questions concerning the disorder.

The Walk with a Doc series will continue throughout the upcoming months with a variety of guest physician speakers, topics and walk locations throughout Licking County. Please view the back page of *Community Connection* for a list of our November and December Walk with a Doc events.

# Twenty Years of Licking Memorial Health Professionals Boosts Quality of Local Health Care

Twenty years ago, Licking County residents witnessed a transformation in local health care, although they may not have realized it at the time. In the 1990s, a new model of health care was emerging in the U.S. – called a “vertically integrated healthcare system.” The movement was gaining momentum in some regions of the nation, but still was uncommon in Central Ohio.



Mark Mitchell,  
M.D.

Internal Medicine Physician Mark Mitchell, M.D., who was Vice President of Clinical Affairs at Licking Memorial Hospital (LMH) at the time, started to lay the groundwork for the new Licking Memorial Health Professionals (LMHP) in 1994. “Our senior administration had begun to see that things were changing in medicine,” Dr. Mitchell recalled. “The employed physician module

was gaining momentum in other states, and we began meeting with the physicians on our Active Medical Staff to gauge their level of interest. Our vision was to create a system that would provide more comprehensive care of the patient. The new system would result in fewer duplications in services, such as lab tests, and better coordination of care since the LMHP offices and Hospital services would be provided within the same overall organization.”

LMHP officially debuted in February 1995 with 15 former private practice physicians, and the physicians’ former office staff members were invited to join, as well. The Health Professionals provided office space and staffing to the physicians who then were enabled to devote more of their time to direct patient care. The pioneering physicians who joined LMHP at the outset included:

- Michael D. Barth, M.D.
- Linda S. Cole, M.D.
- Lawrence A. Dils, M.D.
- Gerald R. Ehram, M.D.
- James R. Girvin, M.D.
- Robert R. Kamps, M.D.
- Frederick N. Karaffa, M.D.
- Thomas T. Mills, M.D.
- Mark A. Mitchell, M.D.
- Craig T. Pratt, M.D.
- Michael P. Ratterman, M.D.
- Andrew C. Seipel, M.D.
- Katrina M. Timson, M.D.
- John W. Walther, Jr., M.D.
- Pattye A. Whisman, M.D.



Christine McGee

Vice President Physician Practices Christine McGee explained that many physicians welcomed the administrative services that LMHP provided. “By aligning with the Health Systems, the physicians are free from the burden of administrative duties, such as recruiting new physicians, hiring office staff, signing contracts with insurers, and maintaining their facilities,” she said. “With

the current shortage of physicians in the U.S., our employed-physician structure has been a tremendous asset in recruiting highly qualified physicians to LMHP. Today, physicians want to focus more attention on the management of chronic diseases and preventive health care without the distractions of office management.”

The formation of LMHP also paved the way for LMHS’ award-winning electronic health record (EHR) system. The LMHS Board of Directors recognized the need for a centralized patient record-keeping system long before the technology was implemented at other medical facilities in the nation. Christine said, “After the EHR system was implemented in the LMHP physician practices, the providers recognized the significance of the information that was now available to them. Not only can the providers manage the health of the patients they routinely see for appointments, but they also can tell who is due to be seen for preventive health care or management of chronic diseases. Our pediatricians use that information to reach out to parents whose children are overdue for an immunization. As a result, many of our physicians have been recognized by the Ohio Department of Health for their exemplary rate of children’s immunizations. These immunizations undoubtedly helped to protect Licking County’s children from the 2014 measles outbreak that affected our surrounding counties.”



Rob Montagnese

LMHS President & CEO Rob Montagnese said that the past two decades of LMHP’s growth have shown many benefits to the Licking County community. “With the electronic health record, our providers have been able to move more toward effective preventive care instead of reacting to health conditions that have already developed. Under the auspices of the Health Systems, the LMHP physicians can now provide care to all patients, without regard to their insurance status. In addition, the community benefits from the care of some of the best physicians in the nation who were attracted to the LMHP structure.” Rob added, “More than two-thirds of the physicians on LMH’s Active Medical Staff have joined LMHP. The remaining one-third have privileges at LMH, but still maintain their private practices. We are proud to provide these options so that physicians can provide care in the environment that is best for them.”

LMHP practices include 25 specialties that are located in Licking County. In addition to physicians, LMHP includes certified nurse practitioners, certified nurse midwives, certified registered anesthetists, physician assistants, audiologists, and a licensed social worker.

## Current LMHP providers include:

### Addiction Services

W. Andrew Highberger, M.D.  
Richard N. Whitney, M.D.

### Allergy/Immunology

Tiffany J. Owens, M.D.

### Anesthesiology

Dustin E. Alspach, CRNA  
Cheryl D. Athey, C.N.P.  
D. Roché Brown, CRNA,  
M.N.A., M.B.A.  
Jason D. Carrier, CRNA, M.S.  
Valerie D. Collins, M.D.  
Maria M. Defante, M.D.  
Ann V. Govier, M.D.  
Amanda S. John, CRNA  
Brad R. Lewis, M.D.  
Henry Y. Lu, M.D.  
Matthew Shayne Miller, CRNA  
Kyung Won (Tim) Park, M.D.  
Mark E. Plaughner, CRNA  
Andrew R. Roth, CRNA  
Mary J. Torchia, M.D.  
Kathy A. Williams, CRNA

### Pain Clinic

Abhay J. Anand, M.D.

### Company Care

Charles J. Marty, M.D.

### Dermatology

Kathleen M. Rogers, M.D.  
Laurie J. Schaeffer, D.O.  
Bethany A. Wyles, D.O.

### Emergency Medicine

Joel W. Anders, D.O.  
Jeff A. Bare, D.O.  
Matthew C. Bromley, D.O.  
Terrill D. Burnworth, D.O.  
Kevin J. Finley, M.D.  
Stacey Y. Guan, M.D.  
Scott D. Jolly, D.O.  
Randy E. Jones, M.D.  
Richard J. Limperos, M.D.  
Brian W. Korn, D.O.

Michael A. McFarlane, D.O.  
Jill M. Nicholson, M.D.  
Timothy Rossi, D.O.  
M. Jane Scott, M.D.  
Gary D. Sutliff, M.D.  
Petter A. Vaagenes, D.O.  
Jennifer A. White, C.N.P.

### Endocrinology

Sara J. Healy, M.D.  
I-Tsyr Shaw, M.D.

### Family Practice

Michael D. Barth, M.D.  
David A. Bartnick, M.D.  
Garth A. Bennington, M.D.  
Joan Crumrine, C.N.P.  
James W. DeSapri, D.O.  
Lawrence A. Dils, M.D.  
Pamela A. Dull, M.D.  
Donald J. Fairbanks, M.D.  
Kevin T. Graham, M.D.  
Talya R. Greathouse, M.D.  
Aaron J. Kibler, M.D.  
Megan E. Miller, D.O.  
Marita L. Moore, M.D.  
Andrew C. Seipel, M.D.  
Colleen M. Smith, M.D.  
Suellywn Stewart, M.D.  
Katrina M. Timson, M.D.  
Vincent I. Walsh, D.O.  
Patty A. Whisman, M.D.

### Gastroenterology

Shakil A. Karim, D.O.  
Medhanie H. Kifle, P.A.  
Mohammed K. Mazumder, M.D.  
Ghulam Mujtaba, M.D.  
David E. Subler, M.D.

### Heart Center

Hassan Rajjoub, M.D.

### Hematology/Oncology

Aruna C. Gowda, M.D.  
Jacqueline J. Jones, M.D.  
D'Anna N. Mullins, M.D., Ph.D.

### Hospitalists

Khanh V. Dang, M.D.  
Abdul-Karim Elhabyan, M.D.  
Bassam Kret, M.D.  
May U. Mbah, M.D.  
Peter T. Nock, D.O.  
Jamie A. Rhodes, D.O.  
Nawar Saieg, M.D.  
Phillip G. Savage, D.O.

### Internal Medicine

Gerald R. Ehrsam, M.D.  
Daria J. Hopkins, M.D.  
Tamara A. Mills, PA-C  
Mark A. Mitchell, M.D.  
Padmaja R. Tanneru, M.D.  
Peng E. Wang, D.O.

### Neurology

Even F. Wang, M.D.

### Orthopedic Surgery

Robert W. Mueller, M.D.  
Kevin M. Ouwelen, M.D.

### Otolaryngology

(Ear, Nose and Throat)  
Kenneth C. Parker, M.D.  
Shaun R. Roof, D.O.

### Outpatient Psychiatric Services

Darren L. Burgin, C.N.P.  
Betty Gebhart, LISW  
Eric M. Layne, M.D.  
Pavan K. Venkata, M.D.  
Elizabeth A. Yoder, D.O.  
Grant L. Yoder, D.O.

### Pathology

Audrey K. Bennett, M.D.  
Lori J. Elwood, M.D.  
Latha Urs, M.D.

### Pediatrics

Hanaa Abdelmessih, M.D.  
John D. Applegate, D.O.  
Richard A. Baltisberger, M.D.  
Robert R. Baun, M.D.  
Emily F. Cramer, C.N.P.  
Shelley A. Gittens, M.D.  
Brian T. Klima, M.D.  
Kelly Morrison, C.N.P.  
Kristen H. Upton, C.N.P.  
Catherine R. Wohlford, C.N.P.

### Pediatric Hospitalists

Mindy M. Labac, M.D.  
Obiaghanwa S. Ugbona, M.D.

### Pulmonology/Sleep Medicine

Asegid H. Kebede, M.D.  
Eric R. Pacht, M.D.

### Rheumatology

Hufza Hanif, M.D.

### Surgical Services

Victor F. Ferrini, M.D.  
Larry R. Pasley, M.D.  
Brent M. Savage, M.D.

### Urology

William A. Stallworth, M.D.

### Women's Health (OB-GYN)

Erica L. Brown, C.N.M.  
Janae M. Davis, M.D.  
Ngozi V. Ibe, M.D.  
Tiffany E.D. Inglis, M.D.  
Todd F. Lemmon, M.D.  
Loretta S. Long, C.N.M.  
Michelle D. Pease, C.N.M.  
Alene K. Yeater, M.D.  
Linda Yu, D.O.

## Community Education – Palliative Care *(continued from front page)*



Sarah Hook,  
M.S.N., APRN,  
AGCNS-BC

Palliative care is an approach that improves quality of life for patients and their families when faced with a chronic serious illness. Often confused with hospice, palliative care does not prevent or replace current treatment strategies, but uses a diverse team of healthcare professionals to address the pain, symptoms and stress which interfere with life. Unlike hospice, palliative care is an option appropriate at any stage of illness.

Join Sarah Hook, M.S.N., APRN, AGCNS-BC, from Palliative Care of Central Ohio to learn more about this important healthcare resource on Thursday, December 10, at 6:00 p.m. in the LMH First Floor Conference Rooms. The program is free; however, registration is required, and space is limited. To register, please call (740) 348-2527.

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

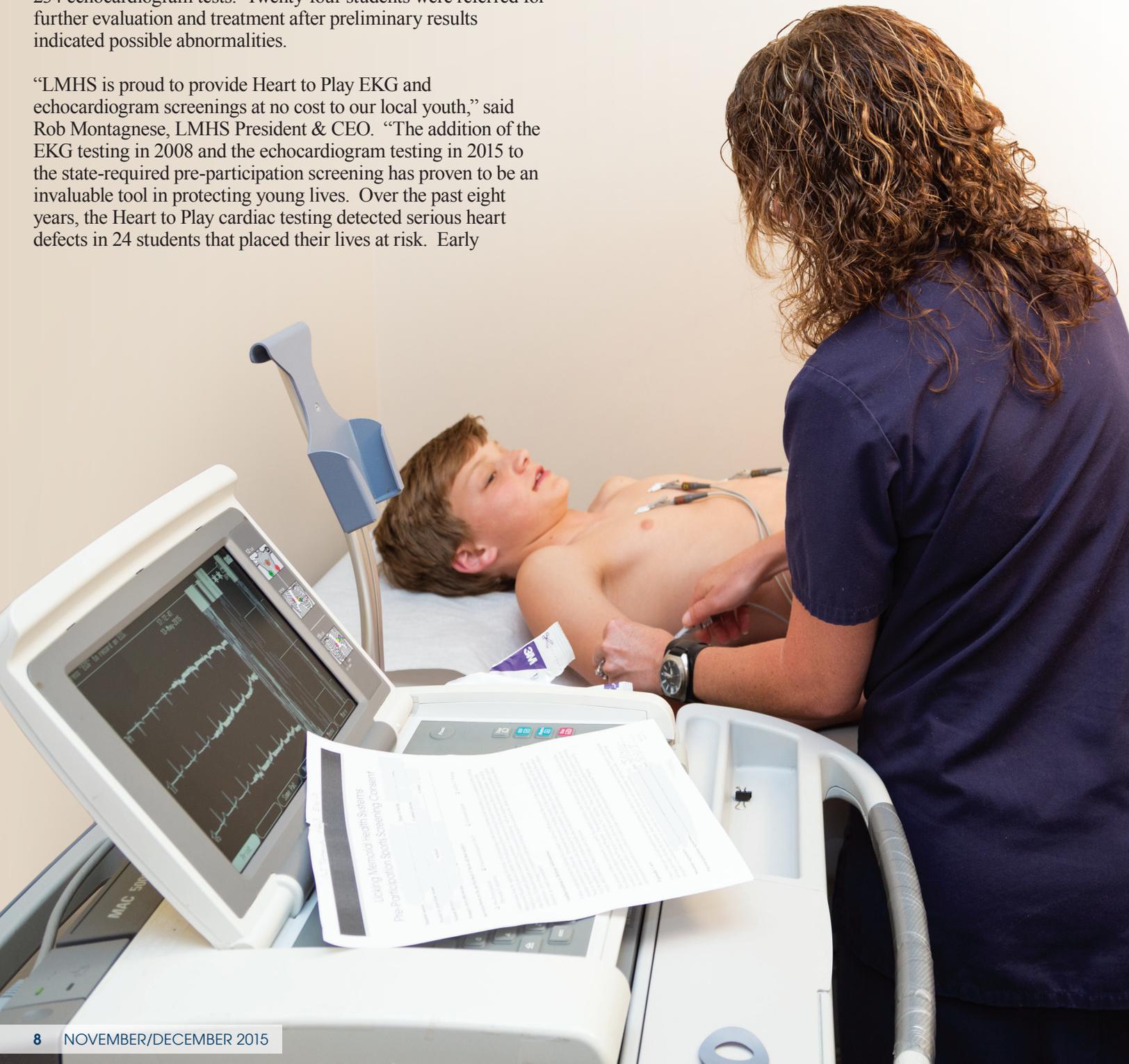
Throughout May and June, Licking Memorial Health Systems (LMHS) once again offered free pre-participation screenings to Licking County middle and high school students involved in sports, marching band, or C-TEC's Criminal Justice, Fire and Physical Therapy programs. The annual screenings included the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

In total, the 2015 Heart to Play screenings provided 397 EKGs to students in grades 7, 9 and 11, as well as students in grade 8 who were new to the program. Students in grades 9 and 11 received 234 echocardiogram tests. Twenty-four students were referred for further evaluation and treatment after preliminary results indicated possible abnormalities.

“LMHS is proud to provide Heart to Play EKG and echocardiogram screenings at no cost to our local youth,” said Rob Montagnese, LMHS President & CEO. “The addition of the EKG testing in 2008 and the echocardiogram testing in 2015 to the state-required pre-participation screening has proven to be an invaluable tool in protecting young lives. Over the past eight years, the Heart to Play cardiac testing detected serious heart defects in 24 students that placed their lives at risk. Early

detection and diagnosis of these abnormalities may have prevented sudden tragedy in our community during athletic competition and other strenuous activities.”

A total of 38 LMHS employees – including pediatricians, other family practice and specialty physicians, advanced nurse practitioners, nurses, and support personnel – staffed the Heart to Play screenings in 2015. The program included a total of 14 screening sessions, which were conducted after regular business hours at the Licking Memorial Pediatrics – Tamarack offices.



# BABY EXPO

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

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

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

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

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





## Honorary and Memorial Contributions Support LMH's Culture of Excellence

Approaching its 50th anniversary of being located on West Main Street in Newark, Licking Memorial Hospital (LMH) continues to provide patients with leading-edge services and a contemporary facility. This progressiveness is made possible by the generous support of the community.

Veronica Link, Vice President Development & Public Relations, remarked, "Our patients often comment that LMH is unusually advanced for a community hospital. We are able to achieve and maintain this level of excellence because of our gracious donors who want to uphold the level of health care in Licking County. Their contributions allow LMH to focus resources on maintaining state-of-the-art technology and services while still offering amenities, such as comfortable furnishings, beautiful décor, fountains and landscaping features. We are so grateful to our donors, because these extra details greatly enhance our patients' healing experience."

Every contribution to Licking Memorial Health Foundation (LMHF), whether large or small, is important to the quality of care at LMH. The Foundation has developed varied donation programs for the convenience of those who would like to support the Hospital, and the Opportunities for Honorary and Memorial Giving program is among the most popular arrangements for private and corporate donations.

Gifts to the Opportunities for Honorary and Memorial Giving program allow donors to support LMH in the name of a friend or relative. In some cases, family members suggest contributions to LMHF in the obituary notice of a loved one who has passed away. In November 2014, the John "Jack" O'Neill family requested charitable contributions in lieu of flowers for his funeral, and more than 30 donors have paid their respects to Jack in this manner.

"Steering friends, family and colleagues toward the hospital, if they were interested in making donations, seemed like such a fitting way to remember both my parents and to give to the community," explained Robert O'Neill, son of Jack and Betsy O'Neill. "They were always proud and supportive of Licking Memorial Health Systems."

After Betsy's death in 2008, Jack and their five children made a Founder's Level donation, establishing The Betsy Eaton O'Neill Health Resource Center in her memory. The center, located off the Hospital's main lobby, provides a welcoming place for patients and visitors to reflect, research health topics and conditions with reference materials, anatomical models and free Internet access, or enjoy a snack (including Grandma Betsy's Hot Cocoa). Betsy, a

former LMH Board Member and longtime home health nurse, was a firm believer in community health and wellness, and the Resource Center honors her commitment to serving Licking County.

Jack and Betsy O'Neill shared that commitment through a lifetime of involvement. Besides her role as a nurse helping new mothers and babies adjust to life at home, Betsy was a champion of women's and children's services such as MRDD and aiding victims of domestic abuse, as well as a proponent for Hospice and Kendal at Granville. She served as a member of the LMH Board of Directors from 1976 to 1980. Jack was the founder and Chairman of Southgate Corporation and a Director of the Park National Development Fund. A Life Trustee of Denison University and member of the OSU Newark Campus Development Fund, Jack was recognized as a Paul Harris Fellow by the Newark Rotary Club and received LMHS' Lifetime Achievement Award in 2011. Jack and Betsy were members of the William Schaffner Society through LMHF.

Of the Resource Center, Robert noted, "This project is meaningful on so many levels. It was a wonderful opportunity to give back to the community and to meet a need, and it added a new dimension to the Hospital's services. It also allows us to continue our parents' commitment to paying forward in a way that's important and offers service to our neighbors in Licking County."

Through the Opportunities for Honorary and Memorial Giving program, smaller donations also provide special recognition to individuals, living or deceased. Upon the donor's instruction, the honoree's name is listed along with the donor's name in the LMHS Community Connection and the LMHS Annual Report. "There are so many ways that families and the business community can come together to support LMH," Robert commented. "If a family is making a charitable contribution request in a loved one's obituary, I'd like them to consider suggesting Licking Memorial Health Foundation. The donations are a fitting way of 'paying it forward' for everything their loved one represented, and advancing the community's health care at the same time."

Charitable contributions to LMHF are tax deductible to the extent allowed by law. Contributions are used for capital expansion, renovation projects or equipment needs, and are not used for operating expenses, salaries or other day-to-day expenses. Undesignated contributions in 2015 benefit the Women's Health and Maternal Child Services portions of the Hospital's Radiology Initiative. For more information about charitable giving, please call the Development Department at (740) 348-4102.



# Dr. Bennington Named 2015 LMH Physician of the Year

Garth A. Bennington, M.D., was named 2015 Physician of the Year at the annual LMH Medical Staff Recognition Dinner on September 30. Dr. Bennington began practicing at Licking Memorial Family Practice – McMillen in 2005.

Dr. Bennington received his Medical Degree from The Ohio State University College of Medicine and Public Health, and completed a family practice internship and residency at Grant Medical Center. He is board certified in family medicine.

Dr. Bennington is Chief of the Department of Family Practice. He also serves on the Medical Staff's Executive Committee and Medical Education/Library Committee, as well as the Hospital's Medical Quality Improvement Committee.

The Physician of the Year recipient is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees included David E. Born, M.D., and Matthew C. Bromley, D.O.



Presenting the 2015 Physician of the Year Award are (left to right): Chief of Staff Eric R. Pacht, M.D., President & CEO Rob Montagnese, 2015 Physician of the Year Garth A. Bennington, M.D., and 2014 Physician of the Year Brent M. Savage, M.D.

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

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

**1988** – Charles F. Sinsabaugh, M.D.  
**1989** – Craig B. Cairns, M.D.  
C. Michael Thorne, M.D.  
**1990** – Mark A. Mitchell, M.D.  
**1991** – Carl L. Petersilge, M.D.  
**1992** – Edward A. Carlin, M.D.  
Harold E. Kelch, M.D.  
**1993** – Gerald R. Ehrsam, M.D.  
**1994** – William K. Rawlinson, M.D.  
**1995** – Pattye A. Whisman, M.D.  
**1996** – J. Michael Wills, M.D.

**1997** – Terry P. Barber, M.D.  
**1998** – Mary Beth Hall, M.D.  
**1999** – Debra A. Heldman, M.D.  
**2000** – Frederick N. Karaffa, M.D.  
**2001** – Elliot Davidoff, M.D.  
Bryce I. Morrice, M.D.  
Mark L. Reeder, M.D.  
**2002** – Jacqueline J. Jones, M.D.  
**2003** – Owen Lee, M.D.  
**2004** – Larry N. Pasley, M.D.  
**2005** – Joseph E. Fondriest, M.D.

**2006** – May-Lee M. Robertson, D.O.  
**2007** – Peter T. Nock, D.O.  
**2008** – Eric R. Pacht, M.D.  
**2009** – Ann V. Govier, M.D.  
David E. Subler, M.D.  
**2010** – Richard A. Baltisberger, M.D.  
David R. Lawrence, D.O.  
**2011** – Talya R. Greathouse, M.D.  
**2012** – Bassam Kret, M.D.  
**2013** – Shakil A. Karim, D.O.  
**2014** – Brent M. Savage, M.D.

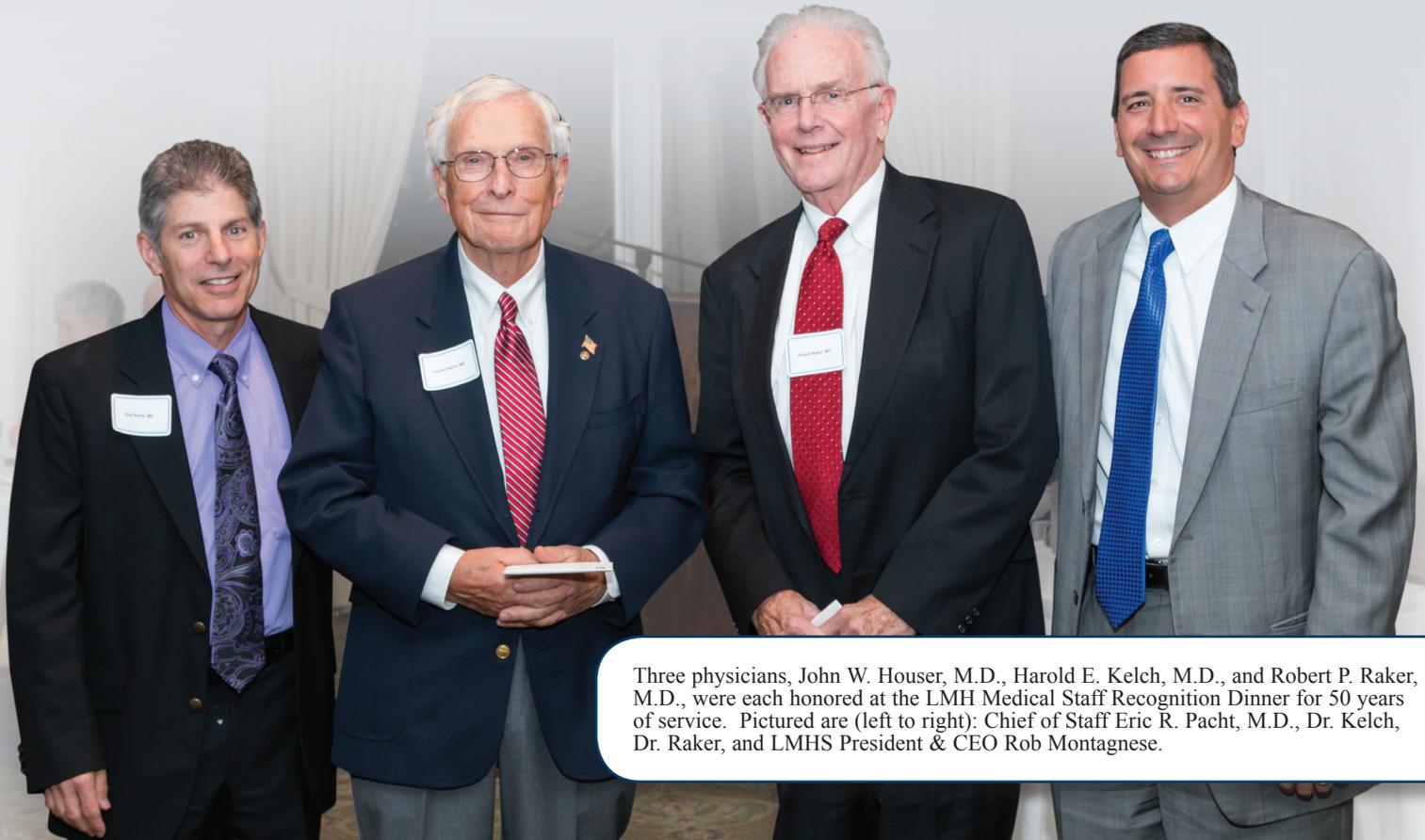
# Physicians' Dedication at Heart of LMH's Success

At the recent Medical Staff Recognition Dinner in October, Licking Memorial Hospital (LMH) paid tribute to physicians who observed anniversaries in 5-year increments with the Hospital's Medical Staff. The LMH Active Medical Staff has grown to 164 members in 2015.

"Our Medical Staff is comprised of highly educated and skilled physicians, stated Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). We are very fortunate that these physicians have chosen to provide care in our community. Their selfless dedication to our patients has

built a culture of excellence at LMHS that surpasses standard medical care. These physicians also provide the compassion and loyalty that our patients trust and value. We are proud to have this opportunity to thank our physicians for their service."

Patients may find information about LMH Active Medical Staff physicians and available medical specialties by visiting [www.LMHealth.org](http://www.LMHealth.org). Patients also may inquire about physician referrals by calling (740) 348-4014.



Three physicians, John W. Houser, M.D., Harold E. Kelch, M.D., and Robert P. Raker, M.D., were each honored at the LMH Medical Staff Recognition Dinner for 50 years of service. Pictured are (left to right): Chief of Staff Eric R. Pacht, M.D., Dr. Kelch, Dr. Raker, and LMHS President & CEO Rob Montagnese.

## 2015 Physician Service Awards

**50 years** – John W. Houser, M.D.  
Harold E. Kelch, M.D.  
Robert P. Raker, M.D.

**45 years** – Henry D. Rocco, M.D.  
Claude R. Rousseau, M.D.

**30 years** – David M. Jackson, M.D.  
Donna J. McDonald, M.D.

**25 years** – Catherine A. Chiodo, D.P.M.  
David W. Koontz, D.O.  
Maureen Y. Yablonski, M.D.

**20 years** – Stephanie E. Ladson-  
Wofford, M.D.  
Lucena L. Ong, M.D.

**15 years** – Jeff A. Bare, D.O.  
Robert R. Baun, M.D.  
Lori J. Elwood, M.D.  
Shelley A. Gittens, M.D.  
Scott D. Jolly, D.O.  
Seung H. Park, M.D.

**10 years** – Garth A. Bennington, M.D.  
David R. Lawrence, D.O.  
Daniel B. Logan, D.P.M.  
Megan E. Miller, D.O.

**5 years** – Sean K. Choice, M.D.  
Daria J. Hopkins, M.D.  
May U. Mbah, M.D.  
Nawar Saieg, M.D.  
Brent M. Savage, M.D.  
Vincent I. Walsh, D.O.

# Medication, Diet and Exercise Are Keys to Patient's Diabetes Management

As a retired physicist, Howard Hopkins of Granville knows that numbers matter. For a short time, he tried to downplay the impact that a certain number – his blood sugar level – had on his life. Then he realized that following the science to better blood sugar control would add up to a future with better health.

Howard first learned that he had abnormal blood sugar levels in 2006 during an especially difficult time. He was on vacation in Florida with his family and suddenly became ill with a heart condition. He was scheduled for triple heart bypass surgery and had routine pre-operative blood work completed. “They told me that I had a condition known as ‘pre-diabetes,’” Howard said. At the time, pre-diabetes seemed a minor concern compared to the impending bypass surgery, and Howard brushed the lesser issue aside.

Howard had known for many years that he was at increased risk for diabetes since several family members had been diagnosed in their later adult years. “I had spoken a great deal with one relative about his diabetes, and I knew that I wanted nothing to do with it. I was in denial,” he recalled.

When Howard was diagnosed with type 2 diabetes in the fall of 2014, his family practice physician first prescribed Metformin®, an oral medication. Howard experienced side effects with that prescription, and the physician changed the medication therapy to injections of insulin – fast-acting NovoLog® before meals and long-lasting Levemir® in the evening.

Howard reported that he was feeling good, but the score of his A1c blood test (measurement of average blood glucose control over a 2- to 3-month period) was 7.3 percent – higher than the recommended score of less than 7 percent. Although his A1c score was not excessively high, it was elevated enough that he was at increased risk for diabetes complications, such as cardiovascular disease, neuropathy, digestive problems, foot damage, kidney disease, blindness, and hearing loss. Howard said, “I decided that it was time to get more serious about controlling my blood sugar.”

With his physician's referral, Howard visited Registered Dietitian Annmarie Thacker, M.S., R.D., M.D., C.D.E., of LMH Community Case Management in May.

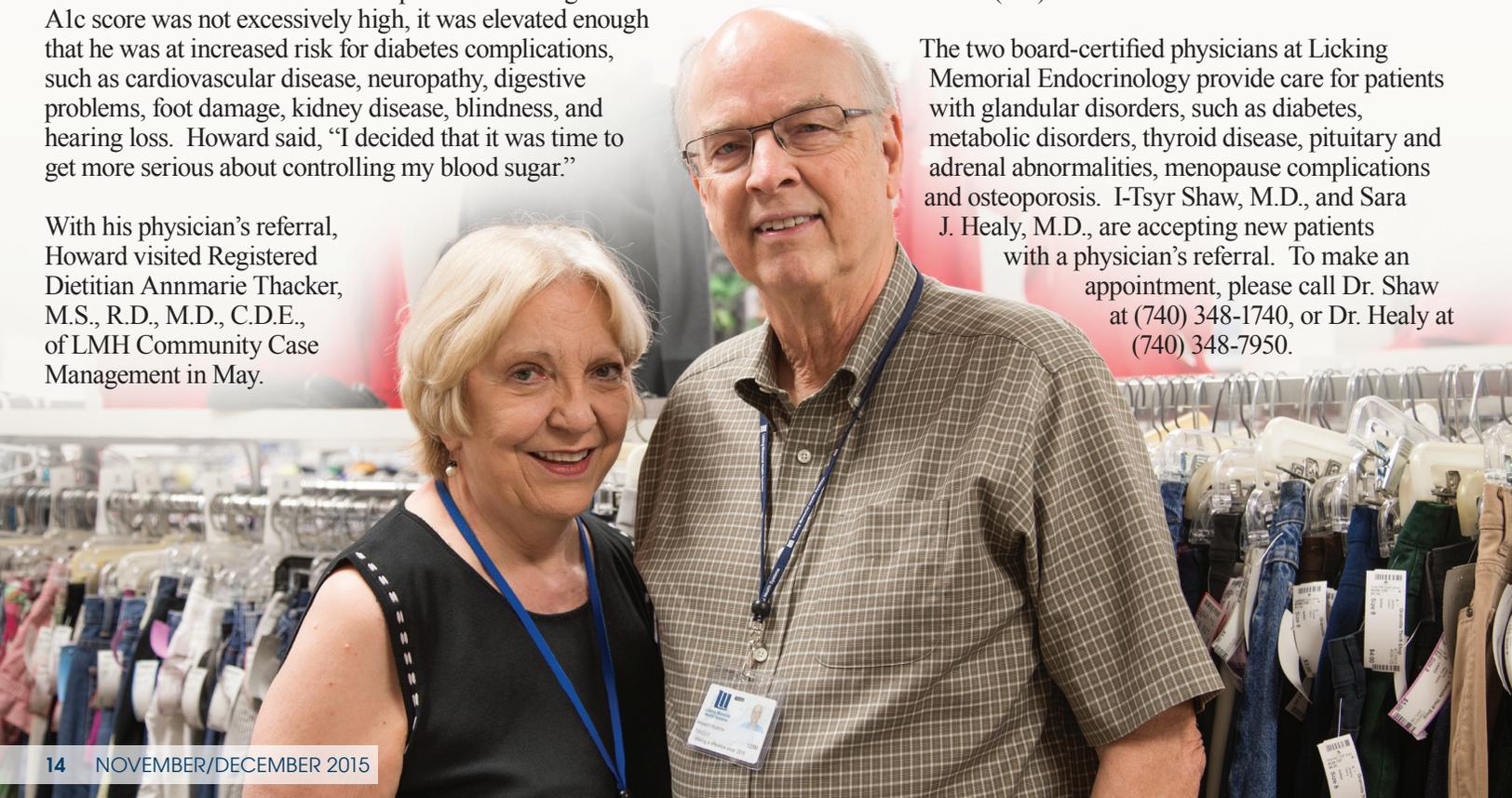
“Annmarie showed me how to count carbs and to recognize which foods are high in carbs,” Howard explained. “The challenge for anyone with diabetes is to be aware of the amount of carbs you eat and then ensure that the amount of medication that you take is appropriate. In my case, I take one unit of NovoLog insulin for every 15 grams of carbohydrates, so I've learned to group my meals into 15-carb portions. That shows me very clearly how much insulin I need to take just before each meal. It gets easier with time because your diet doesn't really change that much from day to day.”

Howard's physician also referred him to Licking Memorial Case Management's four-session Diabetes Self-Management classes that include presentations by registered nurses, dietitians, and a pharmacist. “I learned so much in those classes,” Howard said. “One thing that surprised me was the direct effect that exercise has on blood sugar levels. I now go to the LMH Wellness Center at C-TEC twice a week, and I also use an exercise bike at home for an hour, twice a week.”

In the first seven months after his type 2 diabetes diagnosis, Howard's A1c scores ranged from 7.3 to 7.9 percent. Now, he is hopeful that the diabetes education, consistent exercise and dietary control will add up to future A1c scores that are closer to his goal. “I'm shooting for 7.0 percent,” he stated.

The registered dietitians at LMH Community Case Management offer one-on-one nutritional counseling by appointment with a physician's referral. Diabetes Self-Management classes are offered each month throughout the year to provide information about all aspects of diabetes. Most major insurance providers cover the cost of both services for patients with a physician's referral. Please call (740) 348-4915 for additional information.

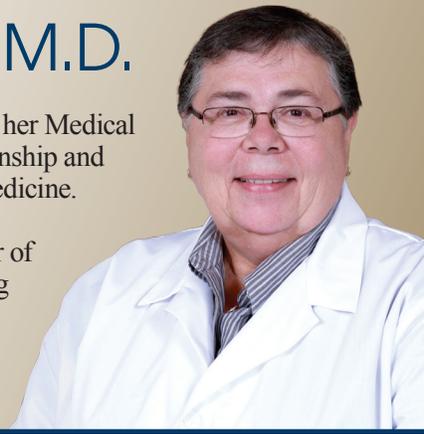
The two board-certified physicians at Licking Memorial Endocrinology provide care for patients with glandular disorders, such as diabetes, metabolic disorders, thyroid disease, pituitary and adrenal abnormalities, menopause complications and osteoporosis. I-Tsyr Shaw, M.D., and Sara J. Healy, M.D., are 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.



# Physician Spotlight – Suellywn Stewart, M.D.

Suellywn Stewart, M.D., is a physician at Licking Memorial Family Practice – Johnstown. She received her Medical Degree from Saba University School of Medicine in Saba, Netherlands Antilles. She completed an internship and residency at The Ohio State University Medical Center in Columbus. She is board certified in family medicine.

Dr. Stewart serves as the Vice President of the Ohio Academy of Family Physicians, as well as a member of the Central Ohio Academy of Family Physicians governing board. Appointments can be made by calling (740) 348-1810.



## Ask a Doc – Full-time Caregiving with Suellywn Stewart, M.D.

**Question:** My elderly mother is becoming frail and can no longer care for herself. What should I know about full-time caregiving before I decide whether to accept the responsibility?

**Answer:** As life expectancy in the U.S. continues to rise, providing care for one's parents is increasingly common. According to a June 2015 study by the National Alliance for Caregiving and the AARP Public Policy Institute, nearly 35 million Americans have served as a caregiver to someone age 50 or older within the past year. While caregiving can be an incredibly rewarding experience, it is often challenging and may not be the best fit for every individual.

First, it is important to understand the responsibilities associated with full-time caregiving, and to be honest with yourself regarding your availability, stamina and abilities. Family caregivers spend an average of about 24 hours per week assisting with a variety of tasks including getting in and out of bed, getting dressed, bathing/showering, meal preparation and feeding, transportation, housework, grocery shopping, managing finances, administering medications or injections, and coordinating medical appointments.

Many caregivers lack information on caregiving topics, and some even provide medical assistance despite having no prior preparation or training. Talk with your mother and her physician in order to ensure that you fully understand her needs. If she requires certain medical procedures at home, have her nurse or physician demonstrate the process until you are comfortable with the various techniques. For some, extensive medical needs may require the professional assistance found in an assisted living community or nursing home. Take time to research the various senior housing options in your area so that you and your mother understand the alternatives that are available to you.

Caregiving can take a physical and emotional toll, and your own health is essential to your ability to care for your mother. Nearly one-quarter of caregivers report that their own health has deteriorated while caring for their loved one, while about two-thirds find their caregiving role to be moderately or highly stressful. Support from friends, neighbors, siblings, and other family members is often vital in reducing stress and facilitating personal wellness among caregivers. The ability to accept help and take breaks as needed is critical to avoiding burnout.

It is important to communicate with your family regarding your decision to become a full-time caregiver. Schedule a time to discuss your plans, and ensure that your mother is included in an ongoing conversation regarding her needs and preferences.

You also may wish to join a caregivers' support group and attend several meetings before making a final decision.

Additionally, understanding your mother's financial situation, as well as your own, is important in making caregiving decisions. Providing care for your mother may require you to spend more money than you typically would, and your income may decline due to time spent away from work. You may wish to meet with a financial planner and/or an attorney to determine the feasibility of full-time caregiving, and discuss a living will, power of attorney, and any other financial or legal concerns.

Despite the challenges, providing care for one's parent can be incredibly rewarding. Your personal role in your mother's health may help to ease your concerns regarding her safety and well-being. Many individuals also find that their relationship with their parent is strengthened as a result of caregiving. In addition, depending on your mother's needs, becoming a full-time caregiver may be the best option financially. Finally, your ongoing companionship can have a significant and positive impact on your mother's quality of life.

Taking on the role of caregiver may allow your mother to remain fairly self-sufficient for as long as possible. While it is a challenging and demanding role, many find it to be very emotionally rewarding. Understanding your responsibilities and keeping the lines of communication open will help to ensure that the process goes as smoothly as possible.





## Patient Story – Zach Hunsaker

There had been no discernible “popping” sound nor any sensation of a muscle tear, but 33-year-old Zach Hunsaker of Pataskala still suspected that the protrusion just under his belly button was a hernia. An older family member once had been treated for an abdominal hernia, and Zach knew there can be a hereditary link in some cases.

Zach leads an active life to stay physically fit. “I began to lift weights off and on as a teenager,” he said. “I got serious about exercise and began going to the gym consistently around the age of 30. I had been deadlifting up to 265 pounds earlier this summer, and one day, I noticed after I got home that I had a bulge on my belly. I was a little concerned, but it did not hurt at that time.”

When Zach first noticed the bulge it was approximately the diameter of a nickel and protruded one-half inch. Within a couple of months, it had grown to the diameter of a quarter and protruded approximately one inch. “It started to hurt, so I made an appointment with my family physician at Licking Memorial Family Practice – Pataskala,” Zach said. “But two days before the appointment, the pain became severe so I went to the Emergency Department at Licking Memorial Hospital. I knew that a hernia can be dangerous if left untreated.”

At Licking Memorial Hospital (LMH), Emergency Medicine Physician Scott D. Jolly, D.O., confirmed a hernia upon examination. He ordered a CT scan and lab work to rule out complications. The tests showed the hernia involved fat tissue, and that Zach was not in immediate danger. Dr. Jolly ordered medications to alleviate Zach’s pain until he could visit with his family physician. Then Dr. Jolly advised Zach not to lift anything heavy in the meantime. Accustomed to sharing the parenting duties of three young daughters with his wife, Kayla (who was expecting a baby boy at the time), Zach now found himself restricted from picking up the girls or any other strenuous activity that could worsen his condition.

A hernia occurs when a weak spot in muscle tissue allows other tissue or internal organs to push through. Most hernias are found in the groin or the abdominal wall. Umbilical hernias, such as Zach’s, develop in an area near the belly button where underlying muscle layers normally overlap. Umbilical hernias are more common in infants and small children whose muscles are still developing, and they often resolve on their own as the child matures. Umbilical hernias also can form in adults of both



genders, especially those with any of the following risk factors:

- Obesity
- Heavy lifting
- Pregnancy
- History of abdominal surgery

Two days after the Emergency Department visit, Zach’s family physician evaluated the hernia as well as his overall health, and referred him to Brent M. Savage, M.D., of Licking Memorial Surgical Services. “Umbilical hernias typically do not require urgent treatment,” Dr. Savage explained, “but Zach was experiencing pain, and the hernia was increasing in size. If the tissue that is protruding through the hernia’s opening becomes twisted or cut off from the blood

supply, the hernia is said to be ‘strangulated,’ and potentially could develop gangrene. We decided to schedule surgery in the near future to avoid the risk of needing surgery on an emergency basis.”

Zach said, “I already assumed that I would need surgery to repair the hernia, and it was an easy decision to have it performed at Licking Memorial Hospital even though I live just as close to other hospitals in Columbus. I liked the idea that all my patient information is connected within Licking Memorial Health Systems’ electronic health records. For me, that was a convenience and an added safety factor.”

Zach’s hernia repair surgery was scheduled on an outpatient basis at LMH for the following week on August 24. In the pre-op room, Kayla was able to accompany Zach until the time of surgery. As they waited, the anesthesiologist spoke with them to answer their questions about the procedure and ensure that Zach did not have a history of anesthesia-related complications.

“The staff attended to Kayla, as well as to me,” Zach said. “They explained everything well to her and confidently addressed all her questions. Her impression of the experience was very positive.”

Zach also had a positive assessment of the care he received. “Everybody on staff was excellent, and I was quite impressed,” he said. “Dr. Savage is a really nice guy – from the outset, he made me feel confident about his skills as a surgeon. I’d recommend him to anyone.”

From arrival to discharge, Zach was at the Hospital for several hours before returning home. “The surgery was very successful, and I had no problems at all. There was minimal pain after the surgery, although I was pretty sore for three days,” he reported.

# Surgical Care – How do we compare?

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

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

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

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
Use of reversal agent for GI procedures	0.13%	0.08%	0.09%	less than 0.90%

**2** The healthcare team at Licking Memorial Hospital follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site by the surgeon, and final verification in the operating room. In 2014, 7,781 surgeries were performed at LMH.

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
Wrong-site surgeries	0	0	0	0
Surgical site verification checklist completed	99%	99%	99%	100%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Antibiotic received within 1 hour	98%	100%	99%	99%
Antibiotic selection accurate per national recommendations	98%	99.6%	99.6%	99%
Antibiotic discontinued within 24 hours	98%	100%	99.6%	98%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Urinary catheter removed within two days after surgery	98%	99.6%	99.6%	98%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Peri-operative temperature within normal range	100%	100%	100%	100%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
VTE prophylaxis started within 24 hours of surgery	97%	99%	100%	99%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Appropriate use of beta blocker prior to admission and peri-operatively	97%	98%	98%	98%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Outpatient procedure patients with correct antibiotic prescribed	94%	96%	96%	98%

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

*Patient Story – Zach Hunsaker (continued from page 16)*

“It’s not good that I had to have the surgery, but it’s good that I had it at Licking Memorial Hospital.” Zach was able to return to his work as a floral designer in two weeks, and after a follow-up appointment with Dr. Savage, he was cleared to resume weightlifting.

LMH’s state-of-the-art surgical facilities are located in the John & Mary Alford Pavilion which opened in 2007. Out of the 7,781 surgeries performed in 2014, more than 6,000 took place on an outpatient basis, saving the patients from extended hospital stays and additional expenses.

## Health Tips – Tips for Preventing Infection After Surgery

Every infection control protocol is implemented at Licking Memorial Hospital to ensure that each surgical procedure is performed in the safest manner possible. There also are additional steps that patients should take, themselves, to decrease the risk of infection, both before and after surgery.

**Before surgery:**

- Eat a nutritious diet during the two-week period leading up to your surgery.
- Quit smoking at least two weeks before surgery.
- If you have diabetes, carefully monitor your blood sugar level in the days leading up to the surgery.
- Do not drink alcoholic beverages during the 24 hours prior to surgery.
- Use the germicidal cleanser provided by your physician to shower or bathe the night before and the morning of your surgery.
- Do not shave the surgical site area. The surgical team will perform any necessary shaving immediately prior to surgery.
- Get eight hours of sleep the night before the surgery.

**After surgery:**

- Wash your hands frequently, and ensure that all your caregivers wash their hands before providing wound care.
- Change dressings as instructed and keep the wound site clean and dry. Do not use ointments unless prescribed.
- Take antibiotics exactly as prescribed by your physician.
- Avoid smoking and exposure to secondhand smoke.

# Sentinel Lymph Node Biopsy Conserves Tissue

In most cases, the first step in treating a new diagnosis of breast cancer is to surgically remove all the malignant tissue. Medical science has made many advances since a few decades ago when it was considered best to remove a great deal of tissue surrounding a malignant tumor just “to be safe.” Repeated studies have shown that the outcomes for patients with breast cancer are just as favorable when only the malignancy, as well as a smaller margin of healthy tissue, is removed.

“Patients heal more quickly and have fewer long-range adverse effects when we are able to conserve more healthy tissue,” explained Brent M. Savage, M.D., a general surgeon at Licking Memorial Surgical Services. “It is very important to be able to determine whether the cancer has spread beyond the original tumor, and precisely which tissue is involved. The sentinel lymph node biopsy is very effective in helping us to make those determinations.”

Lymph is a clear fluid that contains several substances, including white blood cells to fight infection and nutrients for the body’s tissues. It also transports waste products and foreign substances, such as infections and sometimes tumor cells away from the tissues. The lymph passes through a network of vessels to small, pea-shaped organs called lymph nodes that are located throughout the body. The lymph nodes filter the lymph, removing foreign substances, disposing them into the blood stream so that they can be eliminated from the body. By examining the lymph nodes, physicians can learn whether a malignancy has begun to spread through lymph beyond its original site.

Sentinel lymph nodes are the first lymph nodes to collect cancer cells that have spread because of their proximity to the primary tumor. In the case of breast cancer, the sentinel lymph nodes are usually located in the armpit or behind the breastbone.

At Licking Memorial Hospital (LMH), the sentinel lymph node biopsy is performed on an outpatient basis. After a patient has been diagnosed with breast cancer, a date is set for the sentinel

lymph node biopsy surgery. On that date, the patient reports to registration, and is then shown to the Radiology Department to receive a special radiological tracer injection near the tumor. The patient is then escorted to the operating room to receive anesthesia. The surgeon uses advanced technology to pick up the tracer’s signals which reveal the precise location of the sentinel lymph nodes. The surgeon then is able to take small tissue samples and send them directly to LMH’s Pathology Department for closer examination.

Lori J. Elwood, M.D., chief of Pathology at LMH, said, “The traditional biopsy procedure required the pathologist to examine up to 40 lymph nodes through a microscope for traces of cancer, a process that may take days. Now, the surgeon can, in most patients, isolate and remove only a few sentinel lymph nodes that will reveal the same information. The pathologist is able to perform the studies much more quickly – sometimes with preliminary results available while the patient is still in the operating room. The sentinel lymph node biopsy has been shown to be just as accurate as the traditional method in patients with clinically node-negative breast cancer.”

If the sentinel lymph nodes test positive for cancer cells, the surgeon may decide to remove additional lymph nodes to track other possible areas of cancer in the patient’s body. If the pathology tests are negative, it is likely that no further surgery will be required at that time. The sentinel lymph node biopsy also is used in some cases of melanoma, a form of skin cancer.

“The sentinel lymph node biopsy allows us to conserve as much tissue as possible,” Dr. Savage explained. “This allows the patient to heal more quickly, with fewer complications.”

In the past, patients were required to travel to a larger hospital to have a sentinel lymph node biopsy performed. By offering the testing at LMH, patients can now avoid the inconvenience of traveling out of the area which is a valuable asset, especially during the stressful time of a new cancer diagnosis.





### Pneumonia Care – How do we compare?

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

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

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Patients receiving blood cultures prior to antibiotics	100%	98%	95%	98%
Pneumonia patients given the most appropriate antibiotic	97%	99%	98%	96%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
High-risk patients screened for the pneumonia vaccine	94%	99%	99%	92%
Patients screened for the influenza vaccine	94%	98%	98%	93%

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

	LMH 2012	LMH 2013	LMH 2014	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	NA	99.2%	99.3%	greater than 90%
Daily test to reduce sedation	97.8%	96.6%	99.1%	greater than 90%
Stomach ulcer prevention	99.3%	99.2%	99.7%	greater than 90%
Blood clot prevention	99.1%	99.2%	99.4%	greater than 90%

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

	LMHP 2012	LMHP 2013	LMHP 2014	National <sup>(2)</sup>
Physician office patients over 65 years receiving the pneumonia vaccine	87%	87%	87%	71%
Physician office patients over 65 years receiving the influenza vaccine	LMHP 2012-2013 82%	LMHP 2013-2014 82%	LMHP 2014-2015 81%	National <sup>(2)</sup> 70%

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

	LMHS 2012-2013	LMHS 2013-2014	LMHS 2014-2015	National <sup>(3)</sup>	LMHS Goal
LMHS employees receiving the influenza vaccine	84%	85%	81%	79%	greater than 80%

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

# Pneumonia – a Serious Infection That Can Be Prevented in Many Cases

Benjamin Franklin’s proverb, “An ounce of prevention is worth a pound of cure,” appropriately describes pneumonia, an infection of the lungs. The severity of pneumonia infections can range from mild to life-threatening, and full recovery may take several months. Fortunately, current vaccines are quite effective in preventing the debilitating disease.

Pneumonia can be caused by viral, bacterial or fungal infections, although fungal-related pneumonia is uncommon in the United States. In many cases, pneumonia develops after an individual has been ill with a different disease, such as influenza or measles, that weakens the immune system and clears a pathway for the infectious microbes to reach the lungs.

Signs of pneumonia may include cough, fever and chills, difficulty in breathing and chest pain. The physician typically is able to make a diagnosis after listening to breathing sounds through a stethoscope and examining chest X-rays.

“Globally, pneumonia is responsible for the deaths of nearly 1 million children under the age of 5 whose immune systems are not fully developed yet,” cited Asegid H. Kebede, M.D., of Licking Memorial Pulmonology Sleep Medicine. “In the United States, the mortality rate for children is much lower thanks to the availability of antibiotics and modern health care. However, approximately 1 million individuals of all ages are hospitalized each year, and more than 53,000 died from the disease in 2013. These numbers are particularly disturbing because the illnesses could have been prevented in most cases through proper immunization, smoking cessation and disease-prevention precautions.”

Pneumonia is divided into two main categories: community-acquired and hospital/healthcare-acquired. The community-acquired type is more common and is contracted through direct or indirect contact, such as touching contaminated objects. Community-acquired pneumonia is usually caused by a viral infection and often can be treated at home with monitoring by a physician. To prevent the spread of community-acquired pneumonia, sick individuals should avoid contact with others as much as possible, and careful hand-washing should be practiced by the patient and any caregivers.

Pneumonia that is hospital/healthcare-acquired is more likely to be caused by a bacterial infection. It affects patients who were admitted to a hospital for a different condition or reside in a care facility, such as a nursing home. This type of pneumonia may develop after the use of a mechanical ventilator or in patients who are immobile or too weak to cough to clear the lungs. Treatment usually requires hospitalization and precise identification of the infection for the appropriate antibiotic prescription.

“Walking pneumonia” is a commonly used non-medical term that describes a mild case of bacterial pneumonia. The patient usually has prolonged cold-like symptoms. Although the patient may not feel severely ill, the physician may still prescribe antibiotics for treatment.

Individuals of all ages are at risk for developing pneumonia. The National Heart, Lung, and Blood Institute has listed the following descriptions of those who are most vulnerable:

- Infants who are 2 years old or younger
- Adults who are 65 years old or older
- Those who smoke tobacco products
- Patients with lung disease or other chronic illness, such as cystic fibrosis, asthma, chronic obstructive pulmonary disease, diabetes, heart failure, or sickle cell anemia
- Patients in a hospital intensive-care unit, especially those on a ventilator
- Those with a weak or suppressed immune system
- Those who have difficulty coughing or swallowing
- Those who are immobilized
- Those who have recently had a cold or influenza
- Those who abuse alcohol
- Those who are undernourished

To protect against the development of pneumonia, the Centers for Disease Control and Prevention (CDC) recommends two doses of pneumococcal vaccines for adults 65 years or older. The CDC also advises several other vaccines to prevent other diseases that can lead to pneumonia infections. These include immunizations for: influenza, measles, whooping cough, and chicken pox. Those who are unsure about their vaccination status should consult with their family physician.

## Health Tips – Is It Pneumonia or the Flu?

The symptoms of pneumonia are similar to those of the seasonal flu. While the flu usually can be managed at home with plenty of rest, liquids and over-the-counter medications to alleviate symptoms (never give aspirin to children under the age of 18 years), pneumonia is a serious infection that may require treatment by antibiotics and, perhaps, hospitalization. Here are some guidelines to help you determine when your flu-like symptoms should be evaluated by a physician for the possibility of a pneumonia infection:

### Flu

- Fever
- Headache/body aches
- Sore throat
- Mild to moderate cough
- Nasal congestion

### Pneumonia

- Fever
- Severe cough with mucus
- Chest pain
- Difficulty breathing or shortness of breath
- Chills

You should consult your physician if you experience pneumonia symptoms. Also consult your physician immediately if you recently recovered from the flu and the illness returns or seems to worsen.

# LMHS Reunions 2015

Licking Memorial Hospital (LMH) recently held two reunion events for former patients of the LMH Acute Inpatient Rehabilitation Unit and LMH Interventional Cardiology. The reunions offered an opportunity for patients to reconnect with Hospital staff and meet fellow community members with shared experiences.

The Inpatient Rehabilitation Reunion was held on Thursday, August 13 at LMH. Twenty-one patients and their guests were treated to free massages, exercise demonstrations with free exercise bands, blood pressure screenings and a variety of information regarding life after rehabilitation. The event also featured a cookout and several guest speakers, including Licking Memorial Health Systems President & CEO Rob Montagnese, Medical Director of Acute Inpatient Rehabilitation David W. Koontz, D.O., and former LMH Inpatient Rehabilitation patient Sharon Carpenter.



Sharon completed approximately two weeks of therapy in the LMH Acute Inpatient Rehabilitation Unit after suffering a stroke in March of this year. “I came to LMH in a wheelchair and thought that when I returned home, my husband would have to leave his job in order to take care of me,” Sharon explained. “I was very depressed and emotional, and did not believe that I would regain much use of my arms and legs.”

However, Sharon was able to return home just 12 days later, able to walk with a cane. She attributes this success to Dr. Koontz’s personalized care, along with the expertise and compassion provided by the Unit’s nurses, therapists and aides. “I didn’t think it would be possible to make so much progress in such a short time,” she recalled. Soon, Sharon no longer required the use of a cane at home, and has continued to see improvements through ongoing physical therapy.

The LMH Acute Inpatient Rehabilitation Unit opened in 2013 on the Hospital’s sixth floor. It features eight inpatient rooms for those who require medical treatment as they regain independent life skills following an illness, accident or surgery.

Attendees to each reunion received a Reunion T-shirt, as well as a scratch-off card to win various prizes including a FitBit fitness tracker and gift cards to Dick’s Sporting Goods. The Inpatient Rehabilitation Reunion and Interventional Cardiology Reunion will be held annually, and a Special Care Nursery Reunion will be added to the schedule in 2016.

The Interventional Cardiology Reunion was held on Thursday, October 8, and featured free massages, exercise demonstrations with free exercise bands, blood pressure screenings and a food demonstration for heart-healthy burgers. Twenty-two patients and their guests enjoyed a dinner menu featuring a variety of heart-healthy menu options. Rob Montagnese, Interventional Cardiologist Hassan Rajjoub, M.D., and LMH Cardiology patient Josh Pennington spoke during the event.

Josh Pennington, Pastor of More Life Church in Newark, suffered a heart attack in 2013 at the young age of 35 years. After experiencing discomfort and pain in his chest, Josh arrived to LMH via ambulance. While he was being set up in the Coronary Care Unit, Josh experienced a heart attack, and a STEMI (ST segment elevation myocardial infarction) alert was announced. “The room filled up immediately with at least 15 staff members,” Josh described. “The pain was terrible, but I knew that they were going to take care of me.”

Dr. Rajjoub implanted a stent in Josh’s blocked artery, and blood flow was successfully restored. During the Reunion, Josh expressed his gratitude for Dr. Rajjoub’s expertise. “This community has been incredibly fortunate to have a cardiologist of his caliber available locally,” he said.



Josh soon began participating in the LMH Cardiac Rehabilitation program, designed for patients who have experienced a heart attack. He has been able to resume normal activities, and has even had the opportunity to officiate wedding ceremonies for several of the LMH staff members who provided care following his heart attack. Josh is confident that he would not have celebrated his 36th birthday if he had not already been at LMH when he went into full cardiac arrest. “I am happy to be here – I am happy to be anywhere,” he said.

# Physicians Provide Health Advice to Chamber of Commerce Members

Licking Memorial Health Systems' (LMHS) Pataskala Health Campus hosted the Pataskala Chamber of Commerce's meeting in September. Chamber members who attended the meeting enjoyed a buffet lunch, catered by LMHS Food Service. During the meeting, LMHS President & CEO Rob Montagnese spoke about updates within the Health Systems and welcomed a panel of physicians from the Pataskala Health Campus to speak about various health topics.

Pediatrician John Applegate, D.O., discussed misconceptions about vaccinations. He explained the importance of staying informed, but mentioned that a significant amount of misinformation exists when searching for answers on the Internet. Dr. Applegate recommended speaking to a primary care physician who will provide accurate information, including the benefits and risks, so patients are able to make an informed decision.

"The benefits of vaccination far outweigh the risks," said Dr. Applegate. "Side effects from immunizations are extremely rare, and the result of not protecting ourselves against contracting a dangerous disease could have a widespread and devastating effect." He advised that although certain diseases are no longer common in the U.S., they still exist in other parts of the world and global travel causes susceptibility to the diseases.

The next speaker, Tiffany Inglis, M.D., provided Chamber members with updates about Women's Health services. She described new guidelines from the American College of Obstetricians and Gynecologists suggesting that physicians wait until patients are 41 weeks into pregnancy before labor inductions, rather than the

previously accepted 38 weeks. Licking Memorial Hospital already has a low percentage of labor inductions, and will continue to follow these guidelines.

Pregnant mothers who have experienced labor inductions in the past and expect to do the same with their next child are being informed of the new guidelines. "The community has been understanding and supportive of the change," said Dr. Inglis, "especially after we explain to parents the important health reasons behind the guidelines." Dr. Inglis also discussed that the Health Systems continues to promote healthy guidelines for mothers and newborns by offering educational programs, assisting mothers who struggle with addiction, and providing tobacco cessation services free of charge.

The final panel speaker was Dermatologist Laurie Schaeffer, D.O., who presented about the importance of sunscreen in skin cancer prevention. She recommended wearing at least SPF 30 each day, which is broad spectrum (protects against both UV-A and UV-B rays). Dr. Schaeffer advised that the sun's highest intensity is between the hours of 10:00 a.m. and 4:00 p.m., so protecting skin with sunscreen is recommended when spending long periods of time in the sun during that time. "Any sudden changes to a mole on the skin, whether color, size, or shape, indicates the need to make an appointment with a physician to have the area checked," said Dr. Schaeffer. "It may require a biopsy, but early detection and treatment is key when dealing with melanoma."

LMHS opened the Pataskala Health Campus in 2004 on a 32-acre parcel, located at One Healthy Place along State Route 16. For additional information and practice-specific hours, call (740) 348-4000 or visit [www.LMHealth.org](http://www.LMHealth.org).



# LMHS Recognizes Donors at Annual Receptions

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

During the Donor Appreciation Reception on September 21, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese highlighted several of the prestigious awards that LMH has received this year. LMHS was recognized as one of the nation's 20 Best Workplaces in Health Care by Fortune and Great Place to Work®. A national recognition from Modern Healthcare, a leading source of industry news in the United States, also distinguished the Hospital as one of the Best Places to Work in Healthcare.

"We work hard to improve services and provide the best level of care that is available anywhere," Rob said. "Additionally, our employees create a very caring environment and take pride in the services they provide to the community, which makes the Health Systems a great place to work."

Rob also outlined the ways in which financial support from the community allows the Health Systems to provide a variety of events and services beyond traditional health care. This summer, LMHS hosted a number of new events, including Camp

Courageous for youth who have had an encounter with cancer through a friend or family member, as well as Camp A1c for youth with diabetes. Next year, the Health Systems also will host Camp Med, a two-day intensive camp for high school seniors interested in a career in the healthcare industry. In addition, LMHS has added two patient reunions to its event calendar, including the Inpatient Rehabilitation Reunion in August, and the Interventional Cardiology Reunion in October. The Health Systems also will host a Special Care Nursery Reunion beginning in 2016.

At the Donor Appreciation Reception Tom Cummiskey (pictured below), Chairman of the LMH Development Council Annual Support Committee, recognized donors who reached new giving milestones, at increments of \$500. These donors received a new piece from the LMH Main Street Collection, a series of hand-painted replicas of LMHS buildings and amenities located throughout the Health Systems. The latest addition to the Main Street Collection was unveiled at the event. A replica of the Café Area with Fireplace, located in The John & Mary Alford Pavilion, was presented to donors who have reached the \$8,500 giving milestone.

Gifts received during 2015 have benefited the Women's Health and Maternal Child Department technological features of the 2015 Radiology Initiative, including a new 3D/4D ultrasound unit and the replacement of three mammography units. Any additional funds received will benefit further technological advances within the LMH Radiology Department.

"We are extremely grateful for the financial support we receive from the community," said Vice President Development & Public Relations Veronica Link. "As a not-for-profit community hospital, LMH relies on private charitable donations to provide amenities and state-of-the-art equipment, as well as important community programs that promote health and wellness. Donor generosity truly helps LMHS fulfill its mission to improve the health of the community."

LMHS employees who support the Health Systems through PRIDE (Providing Resources in Dedicated Employees) were honored during the PRIDE Appreciation Open House on September 22. Since its inception in 1987, PRIDE has raised nearly \$2.5 million to fund major projects and capital improvements at LMH.



# Cancer Survivor Inspires at LMH Corporate Breakfast

Not only is Sean Swarner a cancer survivor, he is the only cancer survivor to have completed the dangerous trek to the top of Mount Everest. During a recent Corporate Breakfast at Licking Memorial Hospital, Sean shared his inspirational story about being diagnosed with two different types of cancer at an early age, and his improbable journey to the highest peak on Earth.

At the age of 13, Sean was diagnosed with Hodgkin lymphoma, a cancer of the lymph system. Through chemotherapy and other medical treatment, he survived and entered remission. However, Sean was diagnosed with an unrelated malignant tumor, Askin's sarcoma, at age 16.

At one point during his fight to survive, Sean was given the prognosis that he would have only 14 days to live. He was placed in a medically induced coma for a year. Sean recounted his astounding recovery, which he attributes to the support he received from family, medical personnel and prayers. "I had a choice," said Sean. "I could focus on my cancer and all the hardships I have faced, letting it get me down, or I could be thankful for the life I was given and live it in a positive way."

After defying the odds against him, Sean knew he could use his experience to help others affected by the disease. He was determined to live a fulfilling life and take on impossible challenges to demonstrate that anyone can reach their goals. Sean made the decision to climb Mount Everest, giving up all his possessions, time and money to make the trip possible. Once again, Sean's life was on the line.

Approximately ten years after surviving cancer for the second time, and with only one functional lung left after his tumor, Sean successfully climbed the 29,029 foot mountain. "It wasn't just me up there on the peak of Everest – every cancer survivor was up there with me. I did this to inspire them and show

them that anything is possible. There is life after cancer." Sean planted a yellow flag when he reached the top, with the names of cancer patients, dedicating it to everyone who has been touched by cancer.

Sean schedules time to visit cancer patients whenever possible during his travels. He is able to tell his story, and listen to the experiences of other cancer patients and survivors. He believes every person has a story to tell and, by listening, it allows others to learn from their journeys in life. "It is true that each of us could die at any time," Sean said. "However, we shouldn't worry about dying. What we should be worried about is whether we have lived a life that matters."

In 2001, Sean founded the CancerClimber Association (CCA) in order to offer hope through inspiration. "I make it a point to help others whenever I am able. Too many people go through life not really taking the time to help other people." The CCA's mission is to help those touched by cancer by focusing on living an active, healthy lifestyle. According to their website ([www.cancerclimber.org](http://www.cancerclimber.org)), the CCA will serve its mission through inspirational stories, adventure grants, a mobile camp, and personal visits to patients by survivors.

Since his Mount Everest summit, Sean has continued to defy the odds and face challenges. He has climbed the highest peaks in Africa, Europe, South America, Australia, Antarctica and North America, thus completing the "Seven Summits." Sean is a motivational speaker who strives to instill a mindset and vision of accomplishing nearly any goal imaginable, as well as demonstrate that there is life after cancer. His advice for those facing seemingly impossible challenges is to "keep climbing."

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



# Donor Recognized for Contributions to Licking Memorial Health Foundation

## Golden Corporate Honor Roll Southgate Corporation



LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized Southgate Corporation President Robert O'Neill for the company's membership in the Golden Corporate Honor Roll.

Southgate Corporation was welcomed into the Golden Corporate Honor Roll, a giving club for companies that have made a total commitment of \$10,000 or more to the Licking Memorial Health Foundation (LMHF). Support at this level demonstrates a company's alliance with Licking Memorial Hospital (LMH) and a commitment to support excellent health care in the community.

Southgate Corporation, located in Newark, is a comprehensive real estate development firm that specializes in industrial and commercial properties. It was founded in 1953 by the late John J. "Jack" O'Neill, after he and his wife, Betsy, moved to Licking County with their three young children. Jack worked to meet the community's need for residential housing in the post-World War II era and soon branched into commercial and multi-family construction. Through the following decades, Southgate Corporation successfully developed projects such as the Southgate area of Heath, the Newark Ohio Industrial Park, the Columbus Corporate Park, Etna Corporate Park, and the McMillen Business Park in Newark.

The O'Neills' fourth and fifth children were born at LMH. After 25 years of working side-by-side with his father, Robert, the

youngest, now serves as President and a principal of Southgate Corporation. To date, Southgate Corporation has developed more than 6 million square feet of industrial space in central Ohio.

Robert earned a bachelor's degree from The Ohio State University, working in the advertising industry in Columbus before joining his father at Southgate Corporation in 1989. Robert is very active in the community, serving as a Board Member of Park National Corporation, the Newark Campus Development Fund, and GROW Licking County. He has served on the LMH Development Council since 1995. Robert also is past President of the Central Ohio Chapter of the National Association of Industrial and Office Properties, as well as a former Board Member at Licking Memorial Health Systems and a former Director of Central Ohio Technical College and the Licking County Chamber of Commerce.

Robert believes that it is important for local business leaders to support LMH partly because they have a responsibility to be involved in the community, and also because the Hospital's quality directly affects the business culture. He stated, "When a company is evaluating Licking County for a potential manufacturing location, they're looking closely at the assets in the community. LMH is such a powerful asset, as demonstrated by its financial strength and many recognitions, including repeatedly being named a 100 Top Hospital. LMH's reputation lets the prospective companies know that their families are going to receive excellent care if they locate in our community."

Southgate Corporation's Golden Corporate Honor Roll donation was made on behalf of the company's 10 employees. The contribution will benefit the Women's Health and Maternal Child Services portions of the Hospital's Radiology Initiative.

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

## Community Education – Fibromyalgia *(continued from front page)*



Dawn Kuiper Duck, P.T., D.P.T.,  
Certified M.D.T.

Fibromyalgia is a disorder characterized by chronic widespread muscle pain and tenderness, trouble sleeping, and overwhelming fatigue. Frequently difficult to diagnose and manage, fibromyalgia can result in significant disability and depression. Yet, with proper treatment, much can be done to ease the suffering associated with fibromyalgia.

Join physical therapist Dawn Kuiper Duck, P.T., D.P.T., Certified M.D.T., to learn more about this complex and elusive disorder on Thursday, December 17, at 6:00 p.m. in the LMH First Floor Conference Rooms. The program is free; however, registration is required, and space is limited. To register, please call (740) 348-2527.

# 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 July and August 2015.

## CAPITAL IMPROVEMENT FUND

TWIGS 6  
TWIGS 8

## COMMUNITY CORNERSTONE CLUB

Susan Bentz  
Michael E. Campolo, D.O.  
Eschol and Dorothy Curl  
Pam and Dave Froelich  
Elliott and Barbara Gerber  
Home Instead Senior Care  
William and Virginia Lavelle  
Nelson and Kathleen McCray  
Richard P. Reed  
James Riley  
Lynne Dolan Rotruck  
Phil and Mary Fran Shannon  
Benjamin and Jonelle Streby  
Mr. and Mrs. John Uible  
John and Barbara Weaver  
Dave and Marlene Wolfe  
Carol E. Wollenburg

## CRADLE ROLL

In honor of: Zane Allen  
By: Licking Memorial Health Systems  
In honor of: Gannon Joseph Cooper  
By: Licking Memorial Health Systems

In honor of: Braylee Hacker  
By: Licking Memorial Health Systems  
In honor of: Lane Michael Hills  
By: Licking Memorial Health Systems  
In honor of: Caroline Hobbs  
By: Licking Memorial Health Systems  
In honor of: Trenton Joshua Paul Hoover  
By: Licking Memorial Health Systems  
In honor of: Cohen Timothy Mahan  
By: Licking Memorial Health Systems  
In honor of: Thompson Xavier Maher  
By: Licking Memorial Health Systems  
In honor of: Logan Miller  
By: Licking Memorial Health Systems  
In honor of: Harper Montoney  
By: Licking Memorial Health Systems  
In honor of: Khloe Sandaluk  
By: Licking Memorial Health Systems  
In honor of: Finnegan McKee Stahr  
By: Licking Memorial Health Systems

## DOCTORS' DAY

In honor of: Tiffany Inglis, M.D.  
By: Katelyn Vonderembse

## GENERAL

Estate of James Callaghan  
Ms. Jill Campen  
Mr. and Mrs. Tom Carney  
Ms. Mary Dennis  
Ms. Carlie M. Rambo  
Suellywn Stewart, M.D.

## GRANTS

Kohl's Associates in Action

## JOHN ALFORD FELLOWSHIP

Mary Jane McDonald

## MEMORIAL

In memory of: Tracy Todd Bates  
By: Charles and Raetta Bates

In memory of: Christopher Fiedler  
By: Gary and Kathleen Hall  
Martin and Kimberly McMahon  
Washington Field Office Evidence  
Response Team

## PAVING OUR FUTURE

Jerry and Sandy Graft  
The Taureans – Patty Whisman, M.D., Treasurer

## Development Spotlight – Steve Schlicher



Steve Schlicher

Steve Schlicher serves as Chairman of the Licking Memorial Hospital (LMH) TWIGS Executive Board. As Chairman, he represents TWIGS on the LMH Development Council Annual Support Committee.

Steve, Communications Manager at LMHS, has always been a strong supporter of LMHS. He joined PRIDE, a group of employees who support the Health Systems financially, soon after it was created. Similarly, he became a member of the employee chapter of TWIGS, an organization that conducts fundraising activities to benefit the Hospital, as soon as the opportunity became available.

“LMHS has treated me well, and I try to give back in any way that I can,” explained Steve. “I believe in the organization’s mission, and I enjoy working with other employees as well as community members to support the Health Systems’ goals.”

Steve appreciates the fact that support for LMHS begins with its employees, but as a member of the Development Council, he especially enjoys the opportunity to work closely with community members who are equally dedicated to the Health Systems’ mission. He currently is looking forward to the fundraising activities that TWIGS is planning for the upcoming holiday season.

Originally from Michigan, Steve has a Bachelor of Science degree in Business Management from Park College in Parkville, Missouri. He joined LMHS in 1989 as a member of the Data Processing

Department. Around the same time, the Health Systems began acquiring physician practices and other buildings outside the main campus setting, requiring an expansion of voice and data services to those locations. In 1994, Steve’s background in telephony was instrumental throughout the process of rewiring the entire Hospital and all remote sites for a new telephone system.

In 1999, Steve assumed leadership of the Communications Department, and in 2007, he worked with a team to install Vocera wireless communication technology at LMH. As a result of his leadership and dedication, Steve was recognized with the LMH Cares Award in 1992, and was named Manager of the Year in 2009, following the expansion of communication services to the new Urgent Care and physician offices in Pataskala.

Steve’s dedication to the local community has always extended well beyond his position with LMHS. For the past 20 years, he has chaired the Operation Feed campaign for the Hospital, and also has served on the Boards of the Licking County Food Pantry, the Granville Music Boosters, and the local chapter of A Special Wish Foundation. Steve is a member of the Association of Technology Professionals and the Ohio Hospital Telecommunications Association, and also has been a member of TWIGS 24 for 14 years.

Steve enjoys music, and serves as the Director of the bell choir for his church in Granville, where he served as Music Director for 21 years. He also sings with the Denison University Concert Choir in Granville. Steve and his wife, Sue, reside in Granville and have two adult children, Anna and Ross.

# Active•Fit

## YOUTH WELLNESS PROGRAM

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

Visit [www.ActiveFit.org](http://www.ActiveFit.org) to register. Participants who complete the free program will be entered into a drawing to win prizes!



# LMHS Partners with Denison University for Community Event

On the second Saturday of September, the Denison University Mitchell Center in Granville was filled with approximately 200 community members who gathered to watch the Disney/Pixar animated film, *Monsters University*. Licking Memorial Health Systems (LMHS), in partnership with Denison University, hosted the

free movie, preceded by an Active•Fit Youth Wellness Event.

KOOL 101.7 played classic rock music during the Active•Fit activities, as Denison students led children through crafts and games. LMHS clinical staff members provided free blood pressure screenings for adults. Before the movie began, attendees watched a video overview of many available services provided by the Health Systems.

LMHS began hosting its free Family Movie Nights in 2010 as an initiative to promote healthy, family-oriented activities. *Monsters University* was the final feature of LMHS' Family Movie Night series in 2015.



## Active•Fit Period 3 Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 3. Participants in the Youth Wellness Program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners and their families received their prizes from LMHS during a recent award presentation as special recognition for their achievements. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2015-2016 began September 1 and continues through December 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit [www.ActiveFit.org](http://www.ActiveFit.org).

- \$300 Dick's Sporting Goods Gift Card**  
Alex Rush, St. Paul School
- \$200 Dick's Sporting Goods Gift Card**  
A.J. Jones, Licking Heights West Elementary
- Xbox Kinect & Xbox Game**  
Emma Lohri, Blessed Sacrament
- Bicycle**  
Kinley Clark, Cherry Valley Elementary
- Nike Shoes & iPod Nano with iTunes Gift Card**  
Garrett Hughes, Southwest Licking School
- Nike Shoes & iPod Nano with iTunes Gift Card**  
Abigail Widrig, Liberty Christian Academy
- iPod Nano with iTunes Gift Card**  
Emma Niemann, Kirkersville Elementary
- iPod Nano with iTunes Gift Card**  
Sam Painter, Blessed Sacrament
- \$100 Dick's Sporting Goods Gift Card**  
Klaire Brown, Hillview Elementary
- \$100 Dick's Sporting Goods Gift Card**  
Klair Madison, Legend Elementary
- \$100 Dick's Sporting Goods Gift Card**  
Shanbu Parker, home-schooled
- \$100 Dick's Sporting Goods Gift Card**  
Gideon Riley, Licking Valley Elementary
- \$100 Dick's Sporting Goods Gift Card**  
Hailey Schroeder, Utica Elementary
- \$100 Dick's Sporting Goods Gift Card**  
Delaney Wood, Wilson Middle School
- \$50 Dick's Sporting Goods Gift Card**  
Rylan Celajes, Heritage Middle School
- \$50 Dick's Sporting Goods Gift Card**  
Roy Price, home-schooled
- \$50 Dick's Sporting Goods Gift Card**  
Harrison Rockwell, Licking Heights
- \$50 Dick's Sporting Goods Gift Card**  
Brendon Thorp, Jackson Elementary
- \$50 Dick's Sporting Goods Gift Card**  
Lucy Widrig, Liberty Christian Academy
- \$50 Dick's Sporting Goods Gift Card**  
Janel Johnson, home-schooled

# LMHS Honors Employees for Military Service

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

Name	Branch	Department
Michael Barker	Air Force	Volunteer
Dick Birtcher	Marine Corps	Transportation
Jacob Blackstone	Air Force	Intensive Care Unit
Conrad Blaney	Air Force	Transportation
Matthew Born	Air Force	Intensive Care Unit
John Bowyer	Army	Information Systems
Dale Boyd	Navy	Plant Operations
Bob Brooker	Air Force	Volunteer
D. Roché Brown	Army	Anesthesiology
Bill Butler	Navy	Volunteer
Philip Cassone	Army	Volunteer
Eddie Cline	Navy	Volunteer
Mike Cochran	Army	Environmental Services
Sonya Cross	Army	Intensive Care Unit
Laurel Cunningham	Army	Pediatrics
Pete Dils, M.D.	Air Force	Family Practice – Doctors' Park 5
Patricia Dunlap	Navy	Coding
Cameron Evans, PA-C	Army National Guard	Emergency Department
Aaron Finkle	Navy	Emergency Department
Pete Fleming	Army	Information Systems
Nathan Forsthoefel	Marine Corps	Emergency Department
Ken Friel	National Guard/Marines	Transportation
Bob Gabe	Air Force	Volunteer
Audrey Garove	Army	Radiology
Dan Haggerty	Navy	Engineering Services
Gary Hamilton	Army	Volunteer
Dave Hiatt	Air Force	Volunteer
Vincent Hill	Air Force	Police
Patrick Hollis	Navy	Physician Recruitment Manager

Name	Branch	Department
Matthew Holmes	Marine Corps	Information Systems
Nichole Irving	Air Force	Surgery
Carrie Jadwin	Air Force	Intensive Care Unit
Amanda John	Navy	Anesthesiology
Kristen Jones	Army National Guard	Critical Care Unit
Chris Lallathin	Marine Corps	5-South
Owen Lee, M.D.	Army	Radiology
Norman LeMaster	Army	Environmental Services
Victoria Lennon	Army	Home Care
Camille Mack	Air Force	Information Systems
Cheryl Maier	Navy	Hospital Coding
Zachery McElroy	Army	Engineering Services
Casey McGowan	Army Reserves	Transportation
Jay McKinney	Navy	Emergency Department
Phil McLellan	Army	Engineering Services
Mark Miller	Army	4-North
Patience Miller	Army	Women's Health
Andrew Molnar	Air National Guard	Laboratory
Seth Montgomery	Marine Corps	4-North
Bob Moody	Marine Corps	Volunteer
Ben Moran	Army/Army Reserves	Emergency Department
Brad Mosher	Navy	Plant Operations
Robert Mueller, M.D.	Navy	Orthopedic Surgery
Warren Noblick	Air Force	Volunteer
Jim O'Bryan	Navy Reserves	Environmental Services
Brandi Offineer	Air National Guard	Laboratory
Ralph Ottensmeier	Army	Volunteer
Tiffany Owens, M.D.	Air Force	Allergy/Immunology
Michelle Pease, C.N.M.	Army Reserves	Women's Health
Olivia Pettet	Air National Guard	Critical Care Unit
Curtis Pyle	Marine Corps	Information Systems
Charles Roberts	Army	Police
Grant Roberts	Army	Police
Ashley Samson	Army	Emergency Department
Myra Sapp	Army	Environmental Services
Theresa Schumacher	Air Force	Acute Inpatient Rehab
Debora Shaw	Army	Food Service
Bill Sigmon	Air Force	Radiology
Doug Smith	Navy	Printing Services
Keith Staggers	Marine Corps	Police
Dick Stewart	Army	Volunteer
Scott Stuart	Army	Purchasing
Brian Thatcher	Army	Process Improvement
Karen Thompson-Snipes	Air Force	Maternal Child
Kathy Tittle	Air Force	Pharmacy
Brenda Tompkins	Air Force/ Air National Guard	Volunteer
Steve Warren	Army	Emergency Department
Trent Willard	Army National Guard	Pharmacy
Tom Williams	Army	Plant Operations
Beth Worstall	Army	Respiratory Therapy
Elizabeth Yoder, D.O.	Navy	Psychiatric Services



# In Memoriam: LMHS Employees and Retirees

Despite having more than 1,900 employees, the Licking Memorial Health Systems' (LMHS) staff is a closely connected team who depend upon each other to fulfill the Health Systems' mission to improve the health of the community. Therefore, the loss of an employee always affects the organization in a profound way. LMHS would like to honor the following employee who passed away over the last year during her service to the Health Systems:

## **Brenda Cost**

of Radiology, passed away on August 3, after 40 years of service.

The Health Systems also would like to honor retirees who passed away during the last year.

## **Jean Barrera**

retired from the Emergency Department in 2000 after 27 years of service.

## **Don Bolen**

retired from Transportation in 2000 after 10 years of service.

## **Esther Buchanan**

retired from Surgery in 1996 after 33 years of service.

## **Wilma Douglas**

retired from Cardiology in 1991 after 21 years of service.

## **Judy Englehardt**

retired from Family Practice – East in 2014 after 30 years of service.

## **Keith Ewing Sr.**

retired from Environmental Services in 2008 after 8 years of service.

## **Jo Hughes**

retired from 5-South in 1995 after 25 years of service.

## **Marie Hummel**

retired from Environmental Services in 1979 after 20 years of service.

## **Linda Kimble**

retired from Food Service in 1994 after 25 years of service.

## **Madolyn Long**

retired from Laundry in 1995 after 29 years of service.

## **Mary North**

retired from Food Service in 1994 after 26 years of service.

## **Sally Shaffer**

retired from the Emergency Department in 2000 after 13 years of service.

## **Jean Swartz Pettibone**

retired from Environmental Services in 2003 after 11 years of service.

## **Nick Trifelos, M.D.**

retired from the Active Medical Staff in 1998 after 29 years of service.

## **Richard Walters, D.O.**

retired from the Active Medical Staff in 1998 after 29 years of service.

## **Mary Wiseman**

retired from Nursing Education in 1995 after 28 years of service.

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

## Art of Recovery Program

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

Mental Health & Recovery for Knox & Licking Counties (MHR) held its Annual Awards Presentation in the LMH Café in October. At the presentation, MHR Executive Director Kay Spergel explained that artwork often provides a constructive outlet for self-expression. Several artists shared their story of how mental

illness has affected their life, the struggle they have faced, and how art has been a positive, therapeutic influence.

The Art of Recovery recognizes the value and talent of community members who live with mental illnesses and addiction, as well as the role creative outlets such as art can play in the recovery process. Licking Memorial Health Systems maintains a partnership with MHR and other mental health agencies, and continues to work closely with these organizations in sponsorship of programs that encourage healthy activities.



# Volunteer Spotlight – Sheri Bindley



Sheri Bindley

When Sheryl (Sheri) Bindley retired from teaching five years ago, she began looking for ways to continue giving back to the community while meeting new people. As a volunteer at the Licking Memorial Hospital (LMH) lobby reception desk, Sheri greets visitors, answers any questions they might have, and assists them in navigating the Hospital building.

Sheri especially enjoys seeing familiar faces each week as patients return for regular appointments during her Friday morning shift. “I try to do what I can to help visitors feel more comfortable,” she explained. “I’ve also enjoyed getting to know some of the Hospital staff and other volunteers.”

Originally from Marion, Ohio, Sheri has been a resident of Licking County for 37 years, and currently lives in Hebron. She earned a Bachelor of Science degree in Education from Ohio

University, and a Master’s Degree from Marygrove College. Sheri established a career in special education at the elementary level for 35 years before retiring in 2010. She is a member of the Ohio Education Association and the National Education Association for Retired Teachers. In 1995, Sheri received the Licking County Educational Service Center’s Dow Excellence in Education Award.

In addition to volunteering at the Hospital, Sheri volunteers with the Lakewood Local School District as a parent surrogate for foster children with disabilities. She also provided home instruction and individual student assessments after retiring from teaching. Sheri is a member of Our Lady of Mount Carmel Catholic Church and the Harbor Hills Women’s Club. She also provides landscaping assistance for the Harbor Hills Country Club. Sheri and her husband, Richard, have been married for 40 years, and have adult twins, Lauren and Shaun. In her free time, Sheri enjoys gardening, reading, traveling, walking, and spending time with her family.

# Retiree Spotlight – Patsy Sommerville



Patsy Sommerville

Patsy Somerville recently retired from Licking Memorial Hospital (LMH) after 16 years of service in the Linen Services Department. Patsy was hired at LMH in May 1999 as a linen washing assistant. At that time, all of the “washers” were men, and Patsy proved that she was able to lift the heavy loads of towels, sheets and blankets into the industrial-sized washing machines. During the first few

years as a washer, her main duty was to empty the linen chutes and sort the linens into 50-pound loads. The process involved an assembly-line system where the linens were automatically loaded into the washing machines after being manually sorted by Patsy and other Linen Services employees.

Patsy’s position developed further over time. In addition to sorting and washing, she was trained to complete all of the tasks performed in Linen Services – drying, blanket folding, and sorting and preparing the linens for their destination within the Hospital.

In 2008, Patsy was recognized with a Licking Memorial Health Systems MVP Award. She was pleasantly surprised with

balloons and an invitation to the MVP Award ceremony, which takes place at LMH each May during Hospital and Healthcare Week.

Before joining LMH, Patsy enjoyed part-time service through the Catholic Social Services Food Pantry in Newark. Patsy decided to work full-time at LMH to better provide for her four children. She said, “I really wanted to continue giving back to our community. I knew I wasn’t able to become a doctor, but patients always need clean linens – that was my way of helping society and providing care for my community.”

After retiring in June of this year, Patsy has missed talking to her coworkers. She said, “Linen Services is in a confined space within the Hospital, and we worked very closely next to each other. Some days, we drove each other crazy, but most days, we all enjoyed the camaraderie.” She still visits LMH to see “her girls” and maintain her close friendships. Also since retirement, Patsy works one day a week in the small food pantry at her church, Vineyard Grace Fellowship, in Heath.

Patsy has four grown children: Louann, Michael, Jeffrey and Rhonda; and four grandchildren: Ashleigh, James, Peyton and Sophia. She enjoys spending time with them and her husband, Ronald.



## LMHS Donates More than 400 Pounds of Meat to The Salvation Army



In August, Licking Memorial Health Systems (LMHS) purchased the 1,339-pound Hartford Fair grand champion market steer, which was owned by Clay Floor, a member of the Boots & Buckles 4-H Club. LMHS President & CEO Rob Montagnese (middle left) and employees Shay Marmie (middle right) and Mike Cochran (far right) recently presented the processed meat from the steer to Lieutenant Denise Martin (far left) of the Salvation Army of Licking County. The 434 pounds of beef will be used in the Salvation Army soup kitchens and food pantries to benefit community members in need.



LMHS President & CEO Rob Montagnese (standing left) welcomed the retired physicians who attended the 2015 Honorary Medical Staff luncheon at LMH: (seated left to right) Tom Hall, M.D., Harold Kelch, M.D., John Adams, M.D., Don Jones, M.D., Tom Mills, M.D., and Zdravko Nikolovski, M.D.; (standing left to right) Rob Montagnese, Robert Raker, M.D., the late Richard Walters, D.O., Lucena Ong, M.D., Donald Harris, D.O., Diane LeMay, M.D., Douglas Schram, D.O., John Quimjian, M.D., and Richard Simon, M.D.

## Retired Physicians Recognized at Luncheon

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

"Because of the excellent care you provided throughout your careers, you set a high standard that our current physicians maintain in the care and services we provide today," Licking

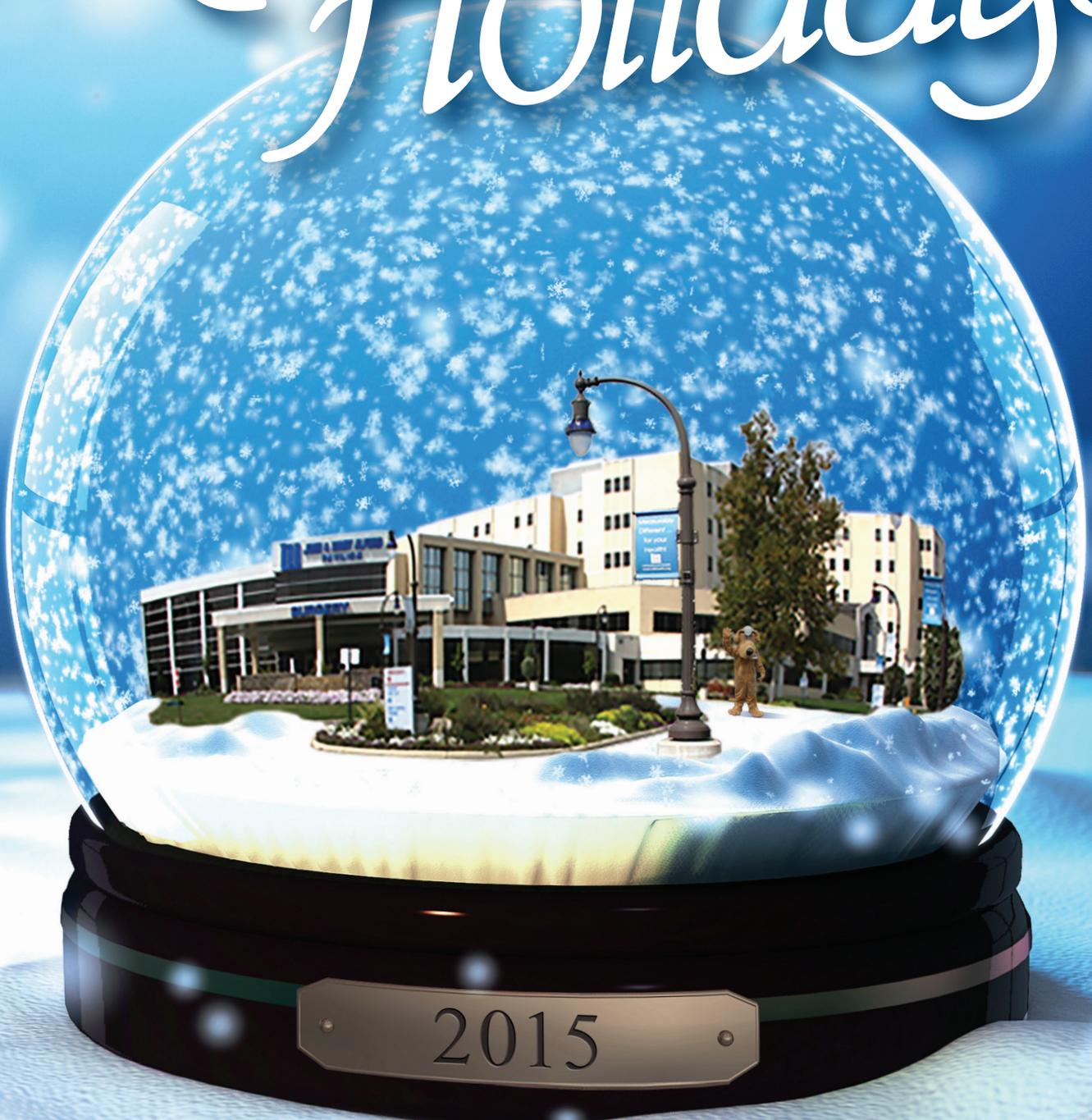
Memorial Health Systems (LMHS) President & CEO Rob Montagnese said. "Your contributions to the Hospital and Health Systems demonstrated your commitment to Licking County residents, and we strive to continue that mission to improve the health of the community each and every day."

The LMH Honorary Medical Staff, which is currently comprised of 37 members, is reserved for physicians who retired after long-time service on the Active Medical Staff and have maintained an outstanding reputation in the community. The annual luncheon was established in 2007.

# Happy Holidays



Licking Memorial  
Health Systems





# Celebrate *the* Holidays with Healthy Recipes

## Pumpkin Banana Spice Smoothie

Yield: about (2) 10 fluid ounce smoothies

### Ingredients:

- ½ cup unsweetened pumpkin purée
- ½ banana, frozen
- 1 medjool date (pitted)
- 1½ cups unsweetened almond milk
- ½ teaspoon pure vanilla extract
- ½ teaspoon cinnamon
- Dash ground nutmeg
- Dash ground cloves
- Dash ground ginger

### Directions:

1. Blend almond milk, medjool date and vanilla until puréed.
2. Blend in pumpkin purée, banana and cinnamon.
3. Add a light pinch of each spice. The flavors of the spices will develop in the smoothie after a few minutes.
4. Sprinkle with cinnamon and enjoy!

### Nutritional Information:

Per serving: 150 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 31g Carbohydrates, 4.5g Dietary Fiber, 19g Sugar, 1.5g Protein, 190mg Sodium



## Whole Wheat Gingerbread Waffles Recipe

Serves 4

### Ingredients:

- 1 cup whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- pinch of salt
- 3 tablespoons butter, melted
- 1 cup buttermilk
- 1 large egg
- 2 tablespoons molasses
- ½ cup fresh berries, to garnish
- 1 tablespoon pure maple syrup, to taste

### Directions:

- In a bowl, mix together the flour, baking powder, baking soda, spices and a pinch of salt. In a liquid measuring cup, whisk together the melted butter, buttermilk, eggs and molasses. Add the wet ingredients to the dry, stirring until just combined.
- Spray your waffle iron with pan spray, if needed, and cook waffles according to waffle iron instructions or until the waffles are golden brown and crispy.

### Nutritional Information:

Per serving: 271 Calories, 11g Total Fat, 6.5g Saturated Fat, 35mg Cholesterol, 37g Carbohydrates, 4g Dietary Fiber, 19g Sugar, 7g Protein, 270mg Sodium

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



## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

Non-Profit Org.  
U.S. Postage

**PAID**

Columbus, Ohio  
Permit No. 8757

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

Visit us at [www.LMHealth.org](http://www.LMHealth.org).

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

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2015 Licking Memorial Health Systems. All rights reserved.

TRUVEN HEALTH ANALYTICS

**100 TOP HOSPITALS**  
2014

# Community Events

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

### Walk with a Doc

Saturday, November 14, 9:00 a.m.

Wildwood Park, off West Broadway in Granville

Maureen Yablonski, M.D., of Moundview Obstetrics & Gynecology, will discuss menopause and anti-aging strategies.

Saturday, December 19, 9:00 a.m.

Cherry Valley Road bike path, across from VO2 Fitness in Newark

Donald Fairbanks, M.D., of Licking Memorial Family Practice – North Newark, will discuss healthy lifestyle changes.

Walk with a Doc events are free of charge; however, registration is required. The walks last approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, please call LMHS Public Relations at (740) 348-1572.

### Community Education – Palliative Care

Thursday, December 10, at 6:00 p.m.

LMH First Floor Conference Rooms

There is no charge; however, registration is required. See front page for additional information.

### Community Education – Fibromyalgia

Thursday, December 17, at 6:00 p.m.

LMH First Floor Conference Rooms

There is no charge; however, registration is required. See front page for additional 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.

### Community Blood Pressure Screenings

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

Licking Memorial Wellness Center at C-TEC

150 Price Road, Newark

No charge. Open to the public.

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

### 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.