



Licking Memorial Health Systems

Community Connection

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Measurably Different ... for Your Health!

LMHS Presents Prestigious Awards at Lifetime Achievement Reception

In November, Licking Memorial Hospital (LMH) Development Council hosted the Lifetime Achievement Reception to honor individuals and organizations whose service to Licking County reflects Licking Memorial Health Systems' (LMHS) mission to improve the health of the community. The event, which was held at the J. Gilbert Reese Center on the campus of Central Ohio Technical College (COTC) and The Ohio State University (OSU) at Newark, featured the presentation of the prestigious Lifetime Achievement and The Mary Jane McDonald Building a Healthier Community awards, and recognition of the 2021 A Lifetime of Care recipient. Due to the cancellation of last year's reception, the 2020 award recipients – Thomas A. Mullady, LMHS Employees COVID-19 response, Henry D. Rocco, M.D., and Claude R. Rousseau, M.D. – also were recognized at the event.

Lifetime Achievement Award – Jim Matesich

Jim Matesich received the 2021 Lifetime Achievement Award in recognition of his efforts to provide a better quality of life for Licking County residents and providing strong leadership by serving on numerous boards throughout the community. The award was first presented in 1989, and is the highest honor that LMHS confers each year.

Raised in Muskingum County, Jim graduated from Bishop Rosecrans High School in Zanesville. He earned a Bachelor of Arts in Business Administration from The Ohio State University, and Master of Business Administration degree from Ohio University. In 1977, Jim began working for Matesich Distributing Company, a business established by his grandfather and uncle that has been operating in Licking County for over 90 years and is a Certified Distributor Against Human Trafficking. In 2006, he was named President and Chief Executive Officer.

"Jim continuously seeks out opportunities to assist and support organizations that enhance the quality of life for Licking County residents," said LMHS President & CEO Rob Montagnese. "He has been an outstanding asset to our organization and efforts to improve the health of the community by offering his expertise as a former LMH Board Member, on the

Development Council, and as the Joint Chair of the LMH Major Gifts Committee with his wife, Amy."

Jim's affiliations and activities throughout the community are numerous. He is a donor to the Licking County Foundation and Midland Theatre, and volunteers with the Newark Rotary Club, participating in the Camp Enterprise Program, now known as the Free Enterprise Academy – a program designed to offer high school seniors exposure to the Free Enterprise system, as well as an opportunity to receive competitive scholarships for further education. He also volunteers as a basketball and softball coach. Jim was a founding board member of the Community Agency Partnership of Newark, and has served on the Boards of Hospice of Central Ohio, the United Way of Licking County, Licking County Alcohol Prevention Program, Newark Catholic High School, Saint Frances De Sales Elementary School and Youth Advocate Services. Jim currently serves as a Trustee for Ohio Dominican University.

From 2012 to 2019, Jim served as a Board Member and Officer of the National Beer Wholesalers Association. He also has served as a Co-chair for the Beer Industry Electronic Commerce

Coalition and a Director and Officer for the Wholesale Beer and Wine Association of Ohio. In addition, Jim is a member of the Licking Area Action Council of the National Federation of Independent Business, the Licking County Chamber of Commerce, a former member of the Ohio Small Business Advisory Council, and a former Board Member of the Ohio Bureau of Workers Compensation.

Past Recipients of the Lifetime Achievement Award

- 1989 – John W. Alford*
- 1990 – Howard E. LeFevre*
- 1991 – Ernestine W. Spencer*
- 1992 – J. Gilbert Reese*
- 1993 – John H. Weaver*
- 1994 – Norman R. Sleight*
- 1995 – Robert H. Pricer*
- 1996 – Carl L. Petersilge, M.D.*
- 1997 – Clarissa Ann Howard, B.S.N.
- 1998 – Rev. Dr. Charles W. Noble, Sr.
- 1999 – Calvin E. Roebuck*
- 2000 – John J. Kutil*
- 2001 – Mary Jane McDonald*
- 2002 – William T. and Jane C.* McConnell
- 2003 – Raymond Guy Plummer, M.D.*
- 2004 – Robert N. Kent
- 2005 – Robert A. Barnes, Ph.D.
- 2006 – Stuart N. Parsons
- 2007 – Lewis R. Mollica, Ph.D.
- 2008 – Glenn F. Abel
- 2009 – C. Daniel DeLawder
- 2010 – Robert H. McLaughy
- 2011 – John J. O'Neill*
- Dell Christine Warner Powell* (posthumously)
- 2012 – Gerald K. McClain
- 2013 – Eschol Curl, Jr.
- 2014 – Patrick M. Jeffries
- 2015 – David Shull
- Judith B. Pierce* (posthumously)
- 2016 – Sarah Reese Wallace
- 2017 – William N. Mann
- 2018 – Christopher (Chris) Meyer
- 2019 – Michael and Barbara Cantlin
- 2020 – Thomas A. Mullady

* Deceased

The Mary Jane McDonald Building a Healthier Community Award – Vertical 196



The Mary Jane McDonald Building a Healthier Community Award was presented to Vertical 196 in recognition of their support and care of Licking County residents who are homeless. The LMH Development Council created this award in 2005 to honor an individual, group or organization in Licking County with an ongoing work or project that reflects LMHS' mission to improve the health of the community.

"LMHS proudly partners with Vertical 196 because the center offers care and comfort to those facing difficult situations," remarked LMHS President & CEO Rob Montagnese. "The organization is committed to transforming lives through kindness and empowering visitors by providing access to showers, laundry

In 2018, the Building a Healthier Community Award was renamed to honor Mary Jane McDonald, a member of the LMH Board of Directors from 1981 to 1987, and a member of the LMHS Board of Directors from 1988 to 1999. She was elected as the first female chair of the LMHS Board in 1991 and received the Lifetime Achievement Award in 2001. Mary Jane dedicated her time and talents to enriching the lives of countless Licking County residents through her charitable and selfless acts of volunteerism.

A Lifetime of Care – Pattye A. Whisman, M.D.

Pattye A. Whisman, M.D., was honored with A Lifetime of Care recognition. The award was created in 2018 to pay tribute to physicians for their extended service to the Licking County community. Physicians who have served on the LMH Active Medical Staff for 35 years or more, or have 50 years or more of service combined between the Active Medical Staff and Honorary Medical Staff, are featured on a display near the LMH Main Lobby.

facilities and supplies needed for good health and hygiene."

Vertical 196 is a day center for homeless individuals. It was founded by Chaplain Scott Hayes and his wife, Bernice, and is managed by Licking County Jail Ministries. On average, 82 people visit Vertical 196 daily to receive a meal, shower and acquire assistance with other needs. The laundry facilities are available Monday through Friday. A clothing closet and free haircuts also are available. More than 150 people volunteer at the center.

In addition to meeting physical needs, Vertical 196 provides free wireless internet, charging stations for cell phones, a quiet space for reading and an area to watch television. For those who may need it, the center allows usage of the mailing address, and has paper, envelopes and postage stamps available.

Since Vertical 196 was established, 66 people who regularly visited the center have successfully completed drug rehabilitation. The center also assisted in finding housing for 95 people and gainful employment for 91 people.

After flash flooding in early 2020, volunteers from Vertical 196 assisted residents forced to evacuate their homes. For weeks, the volunteers moved

salvageable items from homes in the flooded areas to safer locations. Once the water subsided, the volunteers assisted in the clean-up efforts.

Due to stay-at-home orders and other COVID-19 restrictions, Vertical 196 was closed for several months. Still wanting to serve the community, Scott began providing and delivering meals to anyone in Licking County who needed one. Overall, Vertical 196 was able to provide 27,798 lunches from April 4 through May 31, 2020. The volunteers also delivered baby food and diapers, as well as dog and cat food.

Past Recipients of The Mary Jane McDonald Building a Healthier Community Award

- 2005 – TWIGS of Licking Memorial Hospital
- 2006 – Newark Rotary Club
- 2007 – The 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 – Licking County Coalition of Care
- 2013 – Look Up Dental Clinic
- 2014 – The Thomas J. Evans Foundation
- 2015 – Big Brothers Big Sisters of Licking and Perry Counties
- 2016 – Food Pantry Network of Licking County
- 2017 – Ben Franklin Walking Club
- 2018 – Fostering Further
- 2019 – West Licking Special Olympics
- 2020 – LMHS Employees COVID-19 Response

Committee from January 2004 until her retirement. She was named LMH Physician of the Year and honored as a YMCA Woman of Achievement in 1995.



Fundraising Event Honors Kvamme Family, Celebrates Technology

In August, Licking Memorial Health Systems (LMHS) held a fundraising event to celebrate Licking Memorial Hospital's (LMH) new da Vinci Robotic Surgical System. Licking County residents Mark & Megan Kvamme hosted the event at their home to give members of the community an opportunity to view a replica of the da Vinci Surgical System. Guests enjoyed dinner catered by Licking Memorial Culinary Services and experienced a hands-on demonstration of the robot.

A generous lead gift from the Kvmames made the acquisition of the robotic-assisted surgery technology possible. During the fundraising event, LMHS President & CEO Rob Montagnese thanked the Kvmames for their generosity and presented them with personal gifts of appreciation.

"We are very fortunate to have the support of philanthropic individuals such as the Kvmames," Rob said. "It requires strong financial commitments to acquire advanced technology, and we are grateful to the Kvmames for making a significant pledge."

Mark is the owner of Drive Capital, a venture capital firm that invests in innovative technology, health care and consumer companies in the Midwest. Megan is an Ohio native and co-founder of Beez, a leading data analytics and data solutions company headquartered in Columbus.

"The Midwest is the next frontier for technological transformation," said Mark. "Megan and I are passionate about bringing these technological innovations to small and rural communities because everyone deserves to have access to state-of-the-art health care, regardless of where they live."

Brent Savage, M.D., of Licking Memorial Surgical Services, and Curt Misko, M.D., of Licking Memorial Women's Health, were keynote speakers at the event. The physicians praised the benefits that the da Vinci Surgical System brings

to LMH and the positive impact it will have on patients in Licking County. Representatives from Intuitive provided the da Vinci Surgical System demonstration model and assisted guests in experimenting with the display.

LMHS continues fundraising efforts to replenish monies used to purchase the da Vinci Surgical System. "LMHS leadership critically assesses new technology, investigating the number of patients that will benefit from its use before purchasing any new equipment," Rob disclosed. "Replenishing these funds now will ensure that we are financially prepared to consider future technology purchases."

Gifts are tax-deductible to the extent allowed by law. To make a gift or for additional information, please call the Licking Memorial Hospital Development Office at (220) 564-4102 or visit LMHealth.org, and click on the Donate button at the top right corner of the page.



LMHS offers sincere thanks and gratitude to those who have contributed to the acquisition of the da Vinci Surgical System:

Glenn and Alice Abel
 Melissa Bow
 Britteny and Terrill Burnworth, M.D.
 Craig Cairns, M.D., M.P.H.
 Chuck Cho, M.D.
 Tom and Kate Cummiskey
 Eschol and Dorothy Curl
 Joseph and Tatla Dager
 Doug and Bev Donaldson
 David and Jodi Doney
 Jonathan and Marcia Downes
 Seth Ellington
 Patrick and Lori Elwood, M.D.
 Donald Fairbanks, M.D.
 Andrew and Jill Guanciale
 Patrick and Carol Guanciale
 Scott and Bernice Hayes
 David and Angie Hile
 John Hinderer
 Jay and Cheri Hottinger
 Patrick and Linda Jeffries
 Michael and Cynthia Kearse, D.O.
 Laura Kocher-Little
 Brenda Kutan
 Steve and Michele Layman
 Geraldine Marston
 Michael and Pat Massaro
 Jim and Amy Matesich
 Val and May Mbah, M.D.
 Robert and Patricia McGaughy
 Robert and Lauren Montagnese
 Tom and Ann Mullady
 Jack and Nancy Neely
 Mark and Veronica Patton
 Barbara Ransopher
 Mike and André Sarap
 Brent Savage, M.D.
 David and Tickle Shull
 State Farm
 Jack Stickle
 Jack and Janie Treinish
 Tom and Peggy Turpin
 Jim and Trinda Ward
 Pattye Whisman, M.D.



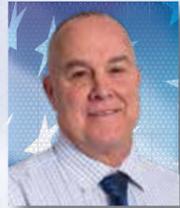
Thank you VETERANS!

Name	Branch	Department
Brandi Aber	Air National Guard	Laboratory
Brian Adams	Marine Corps	Information Systems
John Allberry	Navy	Environmental Services
Michael Barker	Air Force	Volunteer
Autumn Bell	Army National Guard	Intensive Care Unit
Dick Birtcher	Marine Corps	Transportation
Matthew Born	Air Force	2-West
John Bowyer	Army	Information Systems
Dale Boyd	Navy	Plant Operations
Bob Brooker	Air Force	Volunteer
Dennis Brown	Air Force	Respiratory Therapy
Sherri Brubaker	Air Force	Surgery/Sterile Processing
Mike Cochran	Army	Environmental Services
Erick Conn	Army National Guard	Information Systems
James Cooper	Navy	Board Member
Elliot Davidoff, M.D.	U.S. Public Health Service	Center For Sight
Brendan Divis, M.D.	Air Force	Anesthesiology
Joan Dugan	Army National Guard	Emergency
Cameron Evans, PA-C	Army National Guard	Emergency
Bill Fielding	Air Force	Volunteer
Kevin Finley, M.D.	Air Force	Urgent Care – Granville
Peter Fleming	Army	Information Systems
Christopher Forbush, D.O.	Army Reserves	Family Practice – Hebron
Ken Friel	National Guard/Marines	Transportation
Bob Gabe	Air Force	Volunteer
Audrey Garove	Army Reserves	Radiology
Shelley Gittens, M.D.	Army National Guard	Pediatrics
Percella Gualtieri	Navy	Coronary Care Unit
Gary Hamilton	Army	Volunteer
Tim Hanners	Army National Guard	Culinary Services
Mandy Hardbarger	Navy	4-West
Michael Harper	Army	Urgent Care – Granville
Malcolm Harris	Air Force	Radiology
Marcus Hawkins	Navy Reserves	Police
Scott Hayes	Air Force	Board Member
Tabi Haynes	Air Force	Process Improvement
Tiffany Henderson	Navy	Emergency
Dave Hiatt	Army	Volunteer
Matthew Holmes	Marine Corps	Information Systems
Angel Huber	Army	Gastroenterology
Anna Hupp	Army	Surgery/Sterile Processing
Patrick Jeffries	Army	Board Member
Blaine Jenkins	Marine Corps	Police
Amanda John, APRN-CRNA	Navy	Anesthesiology
Tony Keims	Army	Environmental Services
Nick Keisel	Marine Corps	Human Resources
Natasha Kinser	Army	Orthopedic Surgery
Alisha Kirkpatrick	Navy Reserves	Laboratory
Chris Lallathin	Marine Corps	Pediatrics
Owen Lee, M.D.	Army	Radiology
Victoria Lennon	Army	Community Case Management
Mathew Mahon	Marine Corps	Police
Michelle Martin	Army	Psychiatric Services
Michael Massaro	Army Reserves	Board Member
Alissa McConnell	Navy	5-East
Jay McKinney	Navy	Emergency
Phil McLellan	Army	Engineering Services
Jeff McTerrell	Army	Information Systems
Patience Miller	Air Force	Family Practice – Licking Valley
Curtis Misko, M.D.	Army	Women's Health
Andrew Molnar	Air National Guard	Information Systems
Darlene Montgomery	Army	Public Relations
Robert Mueller, M.D.	Navy	Orthopedic Surgery
Tamera Neal	Army	Emergency
Helen Norris	Army National Guard	Volunteer
James O'Bryan	Navy	Environmental Services
Clay Olgles	Air National Guard	Plant Operations
Ralph Offensmeier	Army	Volunteer
Jessica Pack	Army	Central Billing
Frank Parkinson	Army National Guard/Air Force	Environmental Services
Kay Paul	Air Force	Psychiatric Services
Curtis Pyle	Marine Corps	Information Systems
Zach Richardson	Army	Information Systems
Michelle Seal	Air Force	Radiology
Andrew Seipel, M.D.	Army National Guard	Family Practice – Licking Valley
Debora Shaw	Army	Culinary Services
Connie Shields	Navy	Environmental Services
Darin Smaage	Navy	Information Systems
Doug Smith	Navy	Printing Services
James Smith	Air Force	Acute Inpatient Rehabilitation
Scott Smith	Navy/Air National Guard	Environmental Services
Keith Stagers	Marine Corps	Police
Denny Stewart	Army National Guard	Volunteer
Scott Stuart	Army	Purchasing
Kimberly Swartz	Army National Guard	Dermatology
Brian Thatcher	Army	Process Improvement
Allan Thomas, PA-C	Army	Emergency
Brenda Tompkins	Air Force/Air National Guard	Volunteer
Stephan Warren	Army	Urgent Care – Downtown
Edward Westerheide, M.D.	Navy Reserves	Orthopedic Specialists & Sports Medicine
James Whitaker	Air Force	Engineering Services
Tom Williams	Army	Plant Operations
Eddie Wilson	Navy	Emergency
Beth Worstall	Army	Respiratory Therapy
Elizabeth Yoder, D.O.	Navy	Psychiatric Services

LMHS Salutes Employees for Military Service

Many employees and volunteers at Licking Memorial Health Systems (LMHS) are military veterans or currently serving in the armed forces (see list on page 5). In recognition of Veterans Day, LMHS made a special announcement at the Hospital in the morning and afternoon on November 11 to recognize staff members for their devotion to the country. "Each year, we look forward to saluting the military veterans among our staff," stated Rob Montagnese, LMHS President & CEO. "In addition to the wide variety of skills gained through military service, LMHS recruits veterans because of the dedication and respect they so often possess."

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



Brian Adams, IS Project Manager

Marine Corps
During his teen years in Springfield, Ohio, Brian had difficulty with self-discipline.

His mother had been diagnosed with multiple sclerosis, and the illness and medical bills lead to increased stress within his family. Brian began acting out and getting into trouble. Eventually, he stopped attending high school. Realizing he needed to contribute to the family, Brian decided to join the Marines to offer financial assistance.

After Basic Training, Brian was assigned to the Marine Corps Air Ground Combat Center in Twentynine Palms, California. The base is a training ground to prepare Marines to endure a desert environment. While there, Brian was encouraged to earn his high school diploma.

"I expected serving in the military would increase my self-discipline and sense of responsibility, but I was astonished that I was able to regain confidence in the education process," Brian said. "The Marine Corps put me back on track by helping me realize my aptitude for learning. Once I earned my diploma, I was able to move forward and attend college." Brian earned a degree from The Ohio State University, then obtained a masters degree.

During his four years of service, Brian met his wife, Carrie, who was also serving in the Marine Corps at the time. The couple has two grown daughters, Ashley and Leah. Ashley is a veteran as well, having served eight years in the Air Force as a contracting officer. "Ashley had considered joining the Marines, but felt there were more

diverse opportunities in the Air Force," Brian said. "We are proud she made the choice to serve her country." After graduating college, Leah traveled to other states for employment, and is currently living in Pittsburgh, Pennsylvania.

Brian began working at LMHS in 2016. He is currently a project manager and assists with the electronic health record project to continue development of the new Epic system installed earlier this year as well as other IS projects.

In addition to his work with LMHS, Brian and his wife run their own small business, a bed and breakfast at a historic, 188-year-old inn along Route 40 in Muskingum County.

"We purchased the inn in 2015, and Carrie has been managing the business ever since," Brian said. "She takes care of all the details and is doing a wonderful job."

Before taking over the bed and breakfast, Carrie spent 25 years at Longaberger in the concept studio.



Sherri Brubaker, B.S.N., Surgery Air Force

Sherri was born and raised in Utica. She knew she wanted to do something in health

care, but was unsure how to accomplish her goals. The terrorist attacks on September 11, 2001, had a profound impact on Sherri, a senior in high school at the time. She witnessed the patriotism of the nation and felt she wanted to respond in some way to display her own support for her country. A year later, while in Newark, Sherri walked past a recruiting office and made the decision

to discuss the possibility of enlistment with the recruiter. She agreed to spend three years in the Air Force.

Once enlisted, the Air Force assigned Sherri the job of aircraft maintenance scheduler. Certifying that all the equipment in her assigned unit was regularly maintained, Sherri learned to plan, schedule and organize aircraft maintenance to ensure readiness.

"I had hoped to begin a career in the medical field, but many people were enlisting at the time, and jobs were assigned according to what was needed most," Sherri said. "I enjoyed my job, and enlisted for another year and a half."

Sherri was first sent to Elmendorf Air Force Base in Anchorage, Alaska. During her time there, she was deployed to South Korea in support of the Air Force mission there. She was then sent to Hill Air Force Base in Utah. "It was a beautiful place to be. I hope to go back someday," Sherri said.

When her enlistment ended, she decided it was time to return to Licking County. Using her education benefits from the military, Sherri enrolled in the nursing program at Central Ohio Technical College and received her associate degree. She went on to earn a Bachelor of Science in Nursing degree from Ohio University.

Sherri spent five years at LMHS in the intensive care unit, and now serves in surgery. "Even though my Air Force job was not in health care, I learned a lot from my experience," Sherri noted. "I developed critical thinking skills, the ability to keep myself focused under pressure and avoid becoming overwhelmed."

Sherri feels more confident about facing stressful situations and understands the importance of prioritizing tasks. She is happy to live close to her family, including her sister who also works at LMHS.



Shelley Gittens, M.D., Licking Memorial Pediatrics - Tamarack Army National Guard

Born in Guyana, Dr. Gittens came to the United States to pursue her education. After obtaining her bachelor's degree from Hunter College in New York, New York, she earned her Medical Degree from Wright State University Boonshoft School of Medicine in Dayton, Ohio. She completed a pediatric residency at the University of Connecticut Health Center in Farmington, Connecticut. She was appointed to the Licking Memorial Hospital (LMH) Medical Staff in the Pediatrics Department in August 2000. It was while working for LMHS that Dr. Gittens made the decision to join the Army National Guard.

"Many of my family members were in the military, and I wanted to do something to show my appreciation for being in the United States," Dr. Gittens said. "I have had many opportunities and am grateful to live here."

She joined the National Guard in 2014 and was sent to Fort Sam Houston Army Base in San Antonio, Texas, for training. In addition to learning what was expected of a physician in the military, including how to run a hospital and pharmacy, Dr. Gittens participated in artillery and fitness training of all types.

"It was a very interesting experience. They taught us how to carry a sick person while under fire," she shared. "We had to eat standing up so that we learned to be prepared for any situation and ready to run if we were needed."

As the attending physician with her unit in Ohio, Dr. Gittens was responsible for assuring her fellow soldiers were medically and emotionally fit for

deployment. She used her medical expertise to offer physicals, administer immunizations and check medical records for issues that might put a soldier in danger, such as depression or chronic illnesses that require medications. "Proper storage for needed medications is not always available in some deployment environments such as the desert," Dr. Gittens noted. "We had to make sure our young people were able to receive the care needed."

After six years of service, Dr. Gittens left the National Guard as a Captain. She enjoyed the camaraderie and lifelong friendships forged through her experience. She also enjoyed assisting during humanitarian missions. Her unit would travel to underprivileged areas in Ohio and Indiana and offer wellness checks and immunizations to those who could not afford such services.

Dr. Gittens and her husband, Richard Collins, live in New Albany. The couple have three children. Dellon is a computer engineer and is currently living in Indiana, Richelle is a student at The Ohio State University, and James, is a junior at New Albany High School. Both Richelle and James were born at LMH.



Amanda John, APRN-CRNA, Licking Memorial Anesthesiology Navy

Amanda became interested in joining

the Navy while attending Capital University in Columbus. She was taking classes to earn her Bachelor of Science in Nursing (B.S.N.) degree, and one of her professors had shared stories and information about serving in the Navy and providing care in foreign countries. Having grown up in a small farm town in Tuscarawas County, the idea of traveling and visiting other countries appealed to her. While on campus, Amanda observed a flyer explaining the Navy's B.S.N. completion program. At the time, the program offered to pay students to complete their nursing degree in exchange for service as an officer after graduation. Amanda jumped at the opportunity.

After earning her degree, Amanda was sworn-in and sent to Rhode Island for training. She spent several months learning more about the Navy and what was expected of her as a nurse. Amanda had the opportunity to provide care in unique environments, like the year assigned to the naval aircraft carrier USS John C. Stennis where she was the sole anesthesia provider for the crew. Throughout her 20 year Naval career, Amanda traveled to numerous foreign countries, including Italy and the Republic of Djibouti in Africa. She also was stationed at a number of different Naval bases throughout the United States, including San Diego, California, Bremerton, Washington, Portsmouth, Virginia and Bethesda, Maryland. During her time in Maryland, Amanda earned her Master of Science degree in Nurse Anesthesia at Georgetown University in Washington, D.C., in partnership with the U.S. Navy Nurse Corps Anesthesia Program at the Naval School of Health Sciences.

"I learned a lot about myself during my time in the Navy," Amanda said. "I discovered there were no bounds on what I could do. I also learned flexibility – that happens when you are trying to administer care on a rocking ship."

Amanda is grateful that the Navy was willing to send her to school and assist in furthering her education. She enjoyed the teamwork and camaraderie developed through the shared experiences.

Amanda met her husband, Jerry, while serving in San Diego. The couple decided it was time for Amanda to retire to offer more stability to their two children, Ella and Matthias. They wanted to live somewhere in the Midwest, and Amanda was looking for a community hospital. She accepted a position at LMHS in 2011. Ella is now a senior in high school, and Matthias is attending college in Cincinnati for viola performance and composition.

LMH Announces Physician of the Year

In October, Licking Memorial Health Systems (LMHS) announced the Physician of the Year award at the Medical Staff meeting in the Licking Memorial Hospital (LMH) First Floor Conference Rooms. During the event, LMHS President & CEO Rob Montagnese presented the Physician of the Year award to Kevin M. Ouweleen, M.D., of Licking Memorial Orthopedic Surgery.

Dr. Ouweleen joined Licking Memorial Orthopedic Surgery in July 2015. He received his Doctor of Medicine degree at The Ohio State University in Columbus. He completed an internship and residency in orthopedic surgery at Mount Carmel Medical Center in Columbus. He is a member of the American Academy of Orthopedic Surgery and The Ohio State Medical Association. He is board certified in orthopedic surgery. Dr. Ouweleen is originally from Rochester, New York. He and his wife, Jennifer Ouweleen, M.D., live in Granville and have five children and two grandchildren. In his spare time, Dr. Ouweleen enjoys model aviation and recreational biking.

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 Lori Elwood, M.D., of Licking Memorial Pathology; and Licking Memorial Hospitalist Phillip Savage, D.O.

"It is a pleasure to recognize Dr. Ouweleen as the 2021 Physician of the Year," said Rob. "Each of our nominees this year have displayed outstanding service to their patients and colleagues, and we are very fortunate that they have chosen to practice medicine and provide care in our community."

The LMH Active Medical Staff is comprised of 168 physicians who represent more than 31 medical specialties. Additionally, 41 physicians are members of the consulting staff.

2021 Physician Service Awards

(Announced at the October Medical Staff Meeting)

55 years

Lawrence A. Dils, M.D.

45 years

Gerald R. Ehrsam, M.D.
Mark A. Mitchell, M.D.
Thom D. Wood, M.D.

40 years

Larry N. Pasley, M.D.

35 years

John D. Quimjian, M.D.

30 years

Michael D. Barth, M.D.
Richard R. Donnard, D.O.
Jacqueline J. Jones, M.D.
Richard R. Kamps, M.D.
Diane M. LeMay, M.D.
M. Jane Scott, M.D.
Katrina M. Timson, M.D.

25 years

Hanaa Abdelmessih, M.D.
Azaria Akashi, Ph.D.

20 years

Terrill D. Burnworth, D.O.
Eric R. Pacht, M.D.
Colleen M. Smith, M.D.
Richard N. Whitney, M.D.

15 years

Brad L. Bernacki, M.D.
Janae M. Davis, M.D.
James W. DeSapri, D.O.
Timothy S. Lifer, D.O.
Kenneth C. Parker, M.D.

10 years

David A. Bartnick, M.D.
Joshua E. Bitter, D.O.
Abdul-Karim Elhabyan, M.D.
Donald J. Fairbanks, M.D.
Kevin T. Graham, M.D.
Hassan Rajjoub, M.D.

5 years

Jesse M. Ewald, M.D.
Thomas J. Hagele, M.D.
Keri L. Hershberger, M.D.
Nina P. Hourmouzis, M.D.
Ryan W. Longstreth, M.D.
Paul S. Mathew, M.D.
Fikadu G. Tekleyes, M.D.
Andrew J. Terlecky, D.O.
Rachel M. Terlecky, D.O.
Susan C. Zwiebel, M.D.

Past Recipients of the LMH Physician of the Year Award

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.

2015 – Garth A. Bennington, M.D.

2016 – Janae M. Davis, M.D.

2017 – Audrey K. Bennett, M.D.

2018 – Elizabeth A. Yoder, D.O.

2019 – Matthew C. Bromley, D.O.

2020 – LMH Medical Staff

2021 – Kevin M. Ouweleen, M.D.



LMH Café Renovations Complete

Renovations of the Licking Memorial Hospital (LMH) Café were recently completed. Remodeling began in the summer to address the growing needs of the Hospital and community, and to create a more accommodating space for the Hospital's expanding customer base. The renamed Main Street Café opened on December 7.

"The construction team did an outstanding job throughout the entire renovation and kept us on schedule for opening in December," said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese. "The companies and vendors that were involved in the project are very familiar with LMH, and our visitors and staff have been very pleased with the final results."

The five phases of construction included rerouting the employee entrance hallway, creating the Ground Floor Conference Room and two additional restroom facilities. The former Moundview Room was incorporated into the existing dining room to expand the seating area, and a vestibule was added to the patio entrance. Reconstruction of the Café serving area improved workflow and functionality for the culinary staff. The new space includes an upgraded pasta and omelet station and an improved hot

sandwich station. A new build-your-own station offers a variety of hot entrée items with a rotating menu theme, providing guests with an individualized experience similar to ordering meals at Chipotle or Piada. Two coffee and tea bars also were added.

"The renovations created many challenges that required adjustments to how we serve our patrons, and I am proud of my staff for their ability to adapt throughout the different stages of construction," said Brian Merritt, Director of Culinary Services. "We have received tremendous support from LMHS administration, and it is exciting to see the vision of the new Café finally come to fruition. Many of the changes we have made were based on customer feedback over the years, and the renovations have provided improved service and hospitality to our guests."

During the closure, a temporary café was established in the LMH Auditorium that offered a limited rotating menu of hot breakfast and lunch items and a selection of grab-and-go cold food and snacks. These selections also were made available in Main Street Coffee. Local food trucks visited LMH on a weekly basis to provide additional meal choices.

The final phase of the construction plan included installation of new electronic menu boards and locally sourced equipment and furnishings. New tables, chairs and booths give the dining area a modern style and the look of a traditional restaurant. C&T Design and Equipment Co., based in Lewis Center, assisted in the layout and design of the Café and is provided the foodservice equipment for the kitchen. The dining room furniture was provided by Crow Works in Johnstown.

The newly renovated Café accommodates increased foot traffic and provides a comforting atmosphere for employees, families and visitors who need reprieve during stressful times. Prior to COVID-19, many patrons of the Café were outside guests who would visit on their lunch break as they would a traditional restaurant. Once COVID-19 pandemic restrictions are lifted, LMH looks forward to welcoming these customers back to experience the new Café.



Epic Offers Easier Access to Health Information

In February, Licking Memorial Health Systems (LMHS) employed a new unified electronic health record (EHR) designed by Epic Systems Corporation that offers easier access to personal medical records and more. Epic stores all patient records for Licking Memorial Hospital (LMH) and Licking Memorial Health Professionals (LMHP) within one system to allow for health information access and exchange throughout LMHS and in a nationwide network. As a result, patients now receive consolidated billing statements that provide concise information regarding their medical charges for both LMH and LMHP. The consolidated statement provides a better representation of the current amount

due by providing easy-to-follow billing and payment information. Additional billing statements may be received from providers who use a different billing system.

Patients are able to view and pay medical bills through MyChart™, the new LMHS patient portal. MyChart offers secure online access to a patient's complete health information in one convenient location. The application also allows patients to schedule appointments, request prescription refills, access test results, send messages to physicians, and more – even if they have received care at multiple healthcare organizations. MyChart allows patients



to take an active role in the management of their health. The application streamlines communication between patient and provider and allows people to view their medical information at any time.

LMHS encourages enrollment in MyChart by visiting MyChart.LMHealth.org or downloading the free MyChart app on their smartphone or tablet from the Apple App Store or Google Play. Click Sign up Now and follow the on-screen instructions to create an account. For assistance with creating an account or questions, call the MyChart Help Desk at (220) 564-4030.

Frequently Asked Questions

The LMHS Help Desk offers the following answers to a few of patients' frequently asked questions about MyChart.

How do I obtain an activation code to sign-up for MyChart?

There are a number of methods for receiving a MyChart activation code. After a visit with a healthcare provider, the activation code may be printed out on an After Visit Summary or sent via text or email. If you wish to sign up prior to a visit, you may request access online following the steps below.

- Click Sign Up Now on the MyChart login screen on the website or mobile app
- Click Sign Up Online
- Click Match Yourself with Our Records to Verify with a Third Party to supply personal verification items, such as the last four digits of your Social Security number and your date of birth
- The activation code will be sent via text or email

Can I schedule an appointment using MyChart?

To schedule or request an appointment with a primary care physician, click Visits. A Schedule an Appointment banner will appear. Click on the banner to find options to schedule with a specific provider or find a new provider. You can also click on Menu, then go to Find Care > Schedule an Appointment. After verifying your demographics and insurance information, you can choose a location and enter preferred dates and times. Schedule the appointment by choosing from the list of available time slots.

When you send an appointment request, enter the provider you wish to visit, the reason for the visit, preferred dates and times, and any comments regarding the reason for the requested appointment. After submitting the request, a staff member from the office will contact you to verify an appointment date and time.

If the desired date or time is unavailable when scheduling an appointment, place your name on the wait list to receive notification if earlier appointment times become available. Wait list options are available during and after scheduling by clicking Details for an upcoming appointment from the Visits list. You also can create a favorite appointment that will make it easy to schedule the same type of visit again later with the same provider and department.

How do I pay a bill using MyChart?

To see the outstanding account balance for any of your accounts, go to Billing > Billing Summary. To pay a bill, Click Pay Now for the account on which you want to make a payment. Enter the payment amount along with your credit card or bank account information. Click Continue. Review your payment information and click Submit Payment.

LMH Recognized as a CHIME HealthCare's Most Wired Hospital

The College of Healthcare and Information Management Executives (CHIME) recently recognized Licking Memorial Hospital (LMH) as one of HealthCare's Most Wired Hospitals of 2021, marking the eighth time that LMH has received the award. The CHIME HealthCare's Most Wired program conducts an annual survey to assess how effectively healthcare organizations apply core and advanced technologies into their clinical and business programs to improve the health of their communities. LMH was recognized for deploying technology and implementing strategies that achieve meaningful clinical and efficiency outcomes while exploring new technologies that expand care.

A total of 36,674 organizations were represented in the 2021 Digital Health Most Wired program, which includes four separate surveys: acute, ambulatory, long-term care and international care. The surveys are designed to identify the adoption, implementation and use of information technology in healthcare organizations that enhance patient care. The results are intended to serve as a tool for hospital and health system leadership to map their information technology strategic plans. Each organization received a customized benchmarking report, an overall score, and scores for individual levels in eight segments: infrastructure, security, business/disaster recovery, administrative/supply chain, analytics/data management, interoperability/population health, patient engagement, and clinical quality/safety. LMH earned recognition as a Most Wired Hospital for acute care, while Licking Memorial Health Professionals physician practices were recognized for ambulatory services.

"Licking Memorial Health Systems (LMHS) is honored to be nationally acknowledged for our efforts to implement technologies that improve patient outcomes," said LMHS President & CEO Rob Montagnese. "We continue to invest in technologies, such as the recently acquired da Vinci Surgical System, that allows us to provide the highest quality of care to Licking County residents."

The acquisition of the da Vinci Surgical System expands LMH's ability to offer minimally invasive surgery. Performed through tiny incisions, minimally invasive surgical procedures, such as laparoscopy, cause less damage to the body than traditional open surgery and result in less pain, faster recovery times and shorter hospital stays for patients. The new robotic-assisted system enhances the benefits of minimally invasive surgery by allowing surgeons to perform more complex techniques with precision, flexibility and control.

"The da Vinci Surgical System is an example of technology implemented at LMH that directly results in better healthcare outcomes," said Rob. "The enhanced accuracy of the robotic-assisted surgery offers less blood loss, decreased damage to skin, muscles and tissue, reduced risk of infection, smaller, less visible scars, and ultimately, reduces the time it takes for our patients to get back to their normal lives."

In addition to robotic-assisted surgery, LMHS also improved healthcare providers' ability to treat and interact with their patients. Epic, the new unified electronic health record (EHR), was released earlier this year. With Epic, all patient records are stored within one system giving providers access to comprehensive up-to-date patient health data that improves decision-making and provides better overall care. Included with Epic is the new patient portal, MyChart, which expands patient engagement through the ability to schedule appointments, review health information, access test results, securely message providers and pay bills online or on a mobile device through the MyChart app.

LMHS also continues to be heavily focused on implementing advanced systems that directly impact the quality of care provided to patients, including integrated computer systems with advanced clinical decision support tools, voice recognition technology and computer-assisted diagnosis tools. The EarlySense patient monitoring system uses a contact-free device to monitor a patient's vital signs to alert LMH clinical

staff of possible patient deterioration providing for timely intervention and reducing the potential for adverse events. Voice communication using the unique hands-free Vocera devices, worn by most members of the clinical staff, occurs over the secure wireless network. The Vocera devices also provide patients the ability to communicate directly with nursing staff by activating the call button. "Information technology can be vital tool in supporting the delivery of exceptional patient care," said Sallie Arnett, Vice President Information Systems. "Such technologies assist medical staff with treatment decisions, improve clinical outcomes and reduce medical errors."

The LMHS Information Systems Department is charged with maintaining the technology systems that assist clinical staff in providing the best possible care to patients. Through the use of a privacy monitoring system, external audit systems by a certified security organization, and strong authentication protocols, LMHS protects the privacy of patient information, ensures health records are accurate, and that systems are operating at full capacity to provide clinical staff the tools needed to treat patients effectively.

"The recipients of the Most Wired award exemplify how organizations can use technology to advance the health of their communities," said Rob, "LMHS is proud to be a part of this group." As in past years, CHIME will publish an industry trends report based on Digital Health Most Wired responses from U.S. participants. To access the 2021 National Trends report or for more information about the CHIME Digital Health Most Wired Program, visit chimecentral.org.



Behind the Scenes – Surgery Department

The Licking Memorial Hospital (LMH) Surgery Department employs state-of-the-art technology and procedures to provide the highest quality of care to the patients at Licking Memorial Hospital. Whether an individual requires inpatient or outpatient care, the goal of the Surgery Department is to implement practices that reduce pain and expedite recovery time. With this in mind, the Department continuously expands access to the most advanced healthcare treatments and technologies currently available in the industry.

Recently, LMH acquired the da Vinci Robotic Surgery System, which optimizes the capabilities of the surgeon's eyes and hands with robotic-assisted procedures. The technology allows LMH to increase the minimally invasive surgeries available to patients, such as hernia repair – a procedure previously performed through a large open incision. Minimally invasive surgery refers to procedures that are completed through tiny incisions resulting in less damage to the body than traditional open surgeries, reduced pain, faster recovery times, and shorter hospital stays.

With robotic-assisted surgery, the surgeon controls the instruments from a console. The console delivers a 3D high-definition view of the surgery field, which is magnified 10 times beyond what the human eye can see. The instruments move like a human hand with a greater range of motion, improving the surgeon's dexterity. The system's built-in tremor-filtration technology assists the surgeon to move the instruments with smooth precision. Due to the enhanced accuracy of the system, patients experience less blood loss, decreased damage to skin, muscles and tissue, reduced risk of infection, and smaller, less visible scars. The da Vinci Surgical System is primarily used for hernia repair, cholecystectomy (gall bladder removal), prostate surgery and colorectal surgery. Some urogynecology and general surgery procedures also utilize robotic-assisted surgery.

Recently, a urogynecologist and two urologists, who are proficient in using the da Vinci robot, joined LMHS. With the addition of the specialists, the LMH Surgery Department is now able to offer additional urology, prostate, and urogynecology procedures to patients. Urology is a specialty which focuses on the diagnosis and treatment of diseases of the urinary tract and urogenital system, which includes the organs used in the production and excretion of urine, as well as the reproductive organs of men. The LMH Surgery Department performs a variety of urology procedures, including bladder repair, vasectomy and cystoscopy, a test that uses a small scope to look inside the bladder and urethra to locate and treat problems in these areas. Prostatectomy is a surgery conducted to partially or completely remove the prostate, most often to treat cancer. The traditional method of the procedure involves the surgeon making an 8- to 10-inch incision below the belly. However, the procedure could be performed using laparoscopy or robotic-assisted surgery. Other urology surgeries that could use the new da Vinci Surgical System include nephrectomy (the removal of one or both of the kidneys) and ureteroplasty (reconstruction or replacement of the urethra).

Urogynecology is a medical subspecialty of obstetrics and gynecology that focuses on treating pelvic floor conditions, such as weak bladder or pelvic muscles, reproductive issues, urinary incontinence, chronic bladder discomfort, fistulas, and pelvic organ prolapse. Pelvic floor muscle exercises, bladder training, fluid and diet management, medication, and electrical stimulation can be used to

treat pelvic conditions; however, surgical procedures can be performed if other treatment methods do not improve the condition. For example, surgery to repair tissues surrounding the pelvic organs can correct pelvic organ prolapse, a condition that occurs when the tissue and muscles of the pelvic floor no longer support the pelvic organs resulting in a drop from their normal position.

Last year, Licking Memorial Vascular Surgery was formed to provide greater access to vascular health care for the residents of Licking County. In collaboration with Surgical Interventions, Licking Memorial Vascular Surgery offers state-of-the-art vascular care services to treat conditions that affect the circulatory system, primarily those of the arteries and veins. As a specialty, vascular surgery utilizes minimally invasive techniques or open surgical intervention, depending on the patient's medical condition. The addition of Licking Memorial Vascular Surgery enables LMH to provide 24-hour vascular care to patients. Surgeries are performed in the vascular operating room (OR) at LMH. The vascular OR is specially designed to allow for greater visibility and precision for the delicate procedures executed by the surgeons.

A wide range of procedures including ear, nose and throat; obstetrics and gynecology; urology; orthopedic; ophthalmology; podiatry; plasti/reconstructive; and general surgery, are performed in the LMH Surgery Department. Using the most advanced technology and procedures, the highly-skilled physicians and medical staff work to heal and manage patients' pain, so that they can progress to the next phase of recovery, whether admittance to the Hospital or returning home. Surgeries are performed at LMH in the John & Mary Alford Pavilion and at 2000 Tamarack Road. Surgery suites at both facilities are equipped with the latest technologies and aim to promote healing and respect patient privacy.

Lung Screening Awareness Month

Nationally, November is recognized as Lung Screening Awareness Month. Licking Memorial Health Systems (LMHS) is working to raise awareness and encourage those at risk of lung cancer to schedule a screening. Lung cancer is the second most common cancer and the leading cause of cancer death in the United States. In 2020, more than 200,000 individuals were diagnosed with lung cancer. Of those cases, approximately 135,000 resulted in death. The overall five-year survival rate for lung cancer is fairly low at 20.5 percent. However, the survival rate increases if the disease is detected and treated early as a result of regular screenings.

Lung screening is used to find cancer at an early stage before symptoms appear. Symptoms of lung cancer can vary between people and may include coughing that worsens or does not go away, chest pain, shortness of breath, hoarseness, chronic bronchitis, and unexpected weight loss. Most people with lung cancer do not experience any symptoms until the cancer is at an advanced stage, increasing the importance of screenings for those most at risk.

Studies suggest that early detection through screening reduces lung cancer deaths by 16 to 20 percent. The U.S. Preventive Services Task Force recommends screening for people who meet

certain criteria. Individuals who are between the ages of 55 and 77, show no signs or symptoms of lung cancer, currently smoke or quit smoking within the last 15 years, and have a tobacco smoking history of at least 30 pack years (pack years equal the number of packs smoked per day times the number of years smoked) are eligible for screening.

Licking Memorial Hospital (LMH) offers lung cancer screenings using low-dose computed tomography (LDCT) scans for individuals who meet the criteria. During the test, the patient is positioned on the exam table with arms raised over the head. The table moves through the open tunnel of the machine as the LDCT scan is performed. The scan takes about five minutes, but captures 800 to 1,000 images of the chest in that short amount of time. The LDCT scan provides an overview of the lung using the lowest radiation dose possible to detect lung nodules. A nodule appears on the scan as a small rounded spot that looks like a white shadow. Nodules are common and most are noncancerous; however, a nodule can represent early lung cancer.

A radiologist carefully reviews the images. If they detect anything of concern, a follow-up scan likely will be recommended several months later to check that the nodule does not change in size. For those with abnormalities that may be indicative

of lung cancer, more immediate testing, such as a PET scan, may be necessary as well as a referral to a specialist, such as a pulmonologist. A report of the test results will be sent to the referring physician within a few days, and an appointment will be scheduled to discuss an abnormal scan, and if necessary, a treatment plan. Treatment may include surgery, chemotherapy, radiation therapy, or a combination of treatments.

LDCT scans are part of a larger program designed to support patients who are at risk for lung cancer. Those who meet the guidelines for LDCT will receive a baseline screening exam. Patients will have a follow-up LDCT scan at least once per year based on previous results. Even if the scan detects no abnormalities, it is important to have a yearly LDCT scan to continually assess the lifetime risk. Lung cancer that is detected through LDCT is often considered early stage when treatment is more likely to be successful. Medicare covers the cost for the annual scan for those who meet the guidelines. Other insurance plans may cover the screening, but may have different guidelines. Patients who have concerns about their lung cancer risks should speak with their healthcare provider to determine if a lung screening is recommended. If the physician decides that a lung screening is needed and the patient meets the criteria, an LDCT scan will be ordered.

Smoking is the number one risk factor for lung cancer and is estimated to account for approximately 90 percent of all cases. The LMH Tobacco Cessation Program, Quit for Your Health, is designed to help people stop using tobacco. Using evidence-based techniques, a Certified Tobacco Treatment Specialist will work with participants to develop a plan that will provide an opportunity to become tobacco-free and reduce the chances of developing cancer. Individuals may enroll in the program through either a physician or self-referral. For more information, call (220) 564-QUIT (7848).



Be Wise...Immunize Provides Free Flu Vaccinations for Licking County Youth

In October, Licking Memorial Health Systems (LMHS) offered free influenza vaccines to Licking County infants and children. More than 250 youth, up to the age of 18, attended the “Be Wise ... Immunize” clinic at Licking Memorial Women’s Health – Downtown Newark and Licking Memorial Pediatrics – Pataskala. For the health and safety of participants, masking and social distancing were required. Staff members from Licking Memorial Pediatrics administered the vaccines after consulting with the children’s parents.

of influenza activity, which began in October and continues through May.

Rob Montagnese, LMHS President & CEO, said it is important for community youth to stay ahead of flu season by receiving a flu vaccine. “LMHS offers free youth flu immunizations to increase our community’s level of protection,” he said. “The flu vaccine is effective and safe, and we are pleased that our community recognizes the importance of personal and family health and the effect it can have on others around them.”

Those who have yet to receive the vaccine this season are urged to obtain one. Immunization protects the health of the community by decreasing the risk of spreading the flu to others, especially infants, those with compromised health, and the elderly who

are more susceptible to contracting the flu. During the current pandemic, flu vaccination can also save health resources for the care of patients with COVID-19. All Licking Memorial Family Practice and Licking Memorial Pediatrics locations have the flu vaccine available.

The Centers for Disease Control and Prevention (CDC) recommends annual flu vaccines for all children, ages 6 months and older, especially with the continued prevalence of COVID-19. Children with chronic health conditions are especially vulnerable and should receive a vaccine before the height



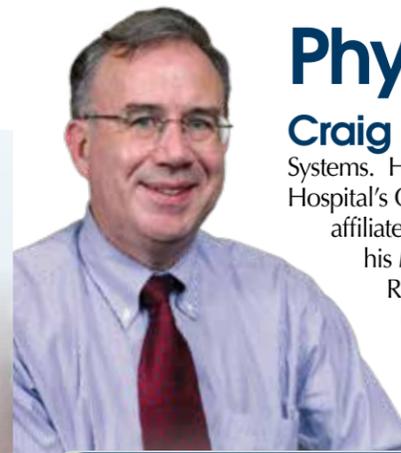
Walk with a Doc

In September, Licking Memorial Health Systems (LMHS) hosted a Walk with a Doc event at the Buckeye Lake Bike Path. Talya R. Greathouse, M.D., of Licking Memorial Family Practice – West Main, discussed the importance of stretching and hydration as components of physical activity. During the October event at the Cherry Valley Road Bike Path, Karen Smith-Silone, D.O., of Licking Memorial Gynecology, provided information on how patients can make the most of their physician office visit.

The monthly program offers community members an opportunity to ask general health questions related to a physician’s specialty during a 40-minute walk at a variety of locations in Licking County. For more information on upcoming Walk with a Doc events, visit LMHealth.org/Calendar.



Physician Spotlight



Craig B. Cairns, M.D., M.P.H., is Vice President of Medical Affairs at Licking Memorial Health Systems. He serves as a liaison between the Medical Staff and Hospital Administration, and functions as the Hospital’s Chief Medical Officer. Dr. Cairns joined Licking Memorial Health Professionals in 1999. He has been affiliated with Licking Memorial Hospital since 1977 as a member of the Senior Active Staff. Dr. Cairns received his Medical Degree from The Ohio State University College of Medicine and completed his residency at Riverside Methodist Hospital in Columbus. He received a Master of Public Health degree from the Medical College of Wisconsin. Dr. Cairns is board certified by the American Board of Family Practice and the American Board of Preventive Medicine. He is a fellow of the American Academy of Family Physicians, the American College of Occupational and Environmental Medicine, and the American College of Preventive Medicine. He is also a member of various area, state and national medical associations.

Ask a Doc – Influenza Vaccination with Craig B. Cairns, M.D., M.P.H.

Question: Peak flu season is near. Is it too late to get the vaccination?

Answer: Peak flu season generally falls between December and February; however, every flu season is different and high numbers of cases can continue to occur through May. No matter when the flu vaccine is administered, the protection it offers from the illness is vital to assist in stopping the spread of the virus, especially in light of the ongoing cases of COVID-19. There continues to be concern for a potential “twindemic” – a severe flu season occurring alongside an increase in COVID-19 cases.

Influenza (flu) is a potentially serious disease that can lead to hospitalization, and in severe cases, death. Millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes every year. While many experience mild symptoms, complications of the flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes.

The 2020-2021 flu season in the United States was mild, according to the Centers for Disease Control and Prevention (CDC). However, due to so few infections, health experts believe Americans may have built up less natural immunity against influenza. Also, preventive measures, including wearing masks and staying home, are no longer required in many places which could lead to a surge in cases in the coming months.

In the spring and summer, many areas witnessed a resurgence of common viruses, including respiratory syncytial virus (RSV). A study conducted at Akron Children’s Hospital in Ohio, from October 2020 through April 2021 – when pandemic measures were in place – found just two cases of flu and no cases of RSV during those months. However, when restrictions relaxed in mid-March, viral infections returned. Hospitals reported surprisingly high numbers of toddlers diagnosed with severe cases of RSV, likely because they were not exposed as infants in the early months of the pandemic. While the severity of the flu season is difficult to predict, the concern is that hospital oxygen availability and staffing will be insufficient if flu and COVID-19 admissions surge together in the months ahead.

The CDC recommends everyone ages 6 months and older receive the flu vaccine. Vaccination is particularly important for people who are at higher risk of serious complications from influenza – adults 65 years and older, those with chronic health conditions, pregnant women and young children. Flu vaccination reduces flu illnesses, physician visits, and missed work days and school, and prevents flu-related hospitalizations and deaths. Flu vaccines assist the immune system to develop antibodies to fight the virus about two weeks after vaccination. These antibodies provide protection against infection with circulating influenza viruses.

Seasonal flu vaccines are designed to protect against the influenza viruses

that research indicates will be most common during the upcoming season. All flu vaccines in the United States are quadrivalent vaccines, meaning that these protect against four different flu viruses; an influenza A(H1N1) virus, an influenza A(H3N2) virus, and two influenza B viruses. Some people who get vaccinated may still become ill from the flu; however, flu vaccination has been shown to reduce the severity of the illness in those who get vaccinated. A 2021 study showed that among adults, flu vaccination was associated with a 26 percent lower risk of Hospital admission and a 31 percent lower risk of death from flu compared with those who were unvaccinated.

According to clinical trials, individuals can receive a flu shot and a COVID-19 vaccine or booster vaccine simultaneously. When COVID-19 vaccines first began to be administered, the CDC recommended waiting 14 days between vaccination and other immunizations as a precaution. The agency has since revised guidelines and notes the wait is unnecessary. The CDC and other health experts point to past experience showing that vaccines work as expected and any side effects are similar whether the shots are given separately or in the same visit.

Most physician offices and local pharmacies should have the flu vaccine available. Discuss the benefits and precautions of vaccination with your primary care physician. COVID-19 vaccines and booster shots also should be readily available. To find out more about COVID-19 vaccination, visit LMHealth.org.

Quality Reporting to the Community

Patient Story and Benchmarks for Rehabilitative Care

Patient Story – Dane Howard

A Case Manager felt Dane was a good candidate for the Acute Inpatient Rehabilitation Unit at LMH. The goal of the program is to assist patients with disabilities caused by illnesses, surgeries or injuries to develop the skills necessary to live as independently as possible after leaving the Hospital. To qualify for the services, patients must be able to tolerate at least three hours of therapy, five days per week, and have the ability to achieve rehabilitation goals in a reasonable time period.

“I was not sure I was ready for three hours of therapy a day, but the Case Manager had worked so hard to write a multi-page brief to convince my insurance company that I needed the services to improve my quality of life,” said Dane. “She was right. The entire experience was amazing, and I am able to go boating, fish and enjoy my grandchildren thanks to the amazing staff.”

When Dane was transferred to the Rehabilitation Unit, he was very weak and worried that he would never walk again. The very first day, Certified Occupational Therapy Assistant Karen Richards and Physical Therapy Assistant Anthony Kochur began Dane’s rehabilitation by encouraging him and assisting him to stand up. “I am a large person and it was unbelievably difficult to support me while I stood for the first time,” said Dane, “I did not want to stay bedridden for the rest of my life, and I told Karen and Anthony, if they were willing to sacrifice their strength for me, then I would give them every bit of strength I had.” Dane spent several weeks in the unit working with the physical, occupational and speech therapists.

“I learned early in my own career that the most satisfying way to complete a job or task is to do it with a positive attitude and to be pleasant to those around you,”

Dane shared. “That is what I found most comforting about the staff at LMH. They enjoy their jobs, and everyone, including the Environmental Services and Culinary Services staff members, treated me with kindness and care. I felt like I was a member of their family. I enjoyed talking with David W. Koontz, D.O., the physician who oversees the Rehabilitation Unit. He explained the treatment process and offered encouragement.”

When Dane was released to return home, he regained his strength, was walking and able to care for himself. Once home, Dane followed the advice given by the therapists and continued his exercises.

Though Dane is not a Licking County resident, he was born at LMH. His father had been stationed at the Newark Air Force Base. His mother was from Kent, Ohio, and they moved there to take over the family farm when Dane was young. Dane met his wife, Peggy, while they were working for the same police department. The couple has been married for 35 years. Dane’s sons, Seth and Jeremy, followed in their parents’ footsteps. Seth serves as a Genoa Township Police Officer, and Jeremy is a Richland County Sheriff Deputy and a volunteer firefighter.

Dane spends as much time as he can with his eight grandchildren. During the time Dane was in a coma, Jeremy and his wife, Laura, welcomed their first child, while Seth and his wife, Shannon, gave birth to their fifth child. Serena and her husband, Zach, have two children. “We always have the grandchildren around, and I am so grateful to be able to play with them. I would not be here today if it had not been for the amazing staff at LMH,” Dane emphasized. Despite the unfavorable side effects from his cancer treatments, Dane also is now cancer free.

Pediatric Rehabilitation

Pediatric rehabilitation is a medical specialty that focuses on helping children under the age of 18 recover or adapt to congenital and childhood-onset disabilities. It can include physical, occupational and speech therapy depending on a child’s physical and developmental needs. Many children can benefit from pediatric rehabilitation for a variety of medical and developmental conditions and may be referred by their pediatrician to a physical, occupational or speech therapist for evaluation and treatment of their condition.

“Rehabilitation is an important tool in assuring children properly recover from an injury,” said Pediatrician Richard A. Baltisberger, M.D. “LMHS therapists work to decrease pain, improve movement, and prepare children to return to or gain skills needed for daily activities. They teach the young patients exercises designed to regain strength and range of motion, and also demonstrate safe practices to prevent future injuries.”

Pediatric physical therapists focus on improving the ability to move safely and independently by improving gross motor skills, such as rolling, sitting, crawling and walking. They also can utilize techniques to improve strength, balance and coordination allowing children to run, jump, climb stairs, catch and throw balls. Children who undergo surgery for a sports injury use physical therapy to regain strength and mobility.

Splinting is a treatment that is provided to children who have a condition that causes a decreased range of movement in their arms, legs, hands or feet. Using

splints can help increase range of motion and mobility as well as improve muscle tone, posture and joint alignment. Infants who suffer from torticollis, a condition that occurs when the baby’s neck becomes twisted, may need a neck brace to help correct the issue. Splints also can be used in children to hold their arm or leg in a stretched position to prevent contractures.

Occupational therapy (OT) helps children to develop motor, sensory and cognitive skills to promote independence in performing everyday tasks. OT can help children with a variety of conditions, such as sensory processing disorders, birth defects, traumatic injuries, learning problems, neurological disorders and autism. Occupational therapists employ techniques that assist with improving a child’s fine motor skills, balance, coordination, and basic life skills, such as bathing, getting dressed and brushing teeth, as well as sensory issues.

Children who have difficulties with speech or language can receive treatment from a speech-language pathologist. A speech disorder refers to a problem with making sounds, such as saying words incorrectly, stuttering, or difficulty with the pitch or volume of the voice. Language disorders are issues with understanding or putting words together to communicate ideas. Children who have problems with feeding disorders, such as chewing and swallowing, coughing, gagging and refusing foods, also can be treated with speech therapy.

Licking Memorial Hospital Rehabilitation Services provides sensory integration rooms for stimulating the senses and a pediatric gym with child-friendly equipment to aid in strengthening, stretching, promoting balance and coordination. There are three private sensory integration rooms with walls that are 12 inches thick, providing minimal distraction for the patient and optimizing the therapy session. The pediatric gym contains a mini jungle gym, a sensory swing and sensory board to assist children with various physical, occupational and speech therapies.

Parents who think their child may be delayed in physical or mental development should discuss their concerns with their pediatrician. All well-child visits should include specific questions about a child’s age-appropriate development. A pediatrician can perform screenings and refer the child to a specialist for a more in-depth evaluation and recommend a treatment plan. It is important to take action early to ensure the best outcome for the child.



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

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

1. Patients who are undergoing rehabilitation are at increased risk for falls due to factors such as the expectation of increased independence, weakness, and possibly, pain medication. Falls can result in injuries and potentially delay a patient's rehabilitation. All Acute Inpatient Rehabilitation Unit (ARU) patients receive daily assessments for their level of fall risk and are advised of precautionary measures.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	0	0	0	0

2. Upon admission to the ARU, patients receive a standardized assessment, scoring their ability to perform daily skills. The quality indicators (QI) are composed of measures to capture the improvement in an individual's function. The skills are reassessed before discharge. **Note: In 2020, LMHS began tracking QI for overall improvement at discharge according to changes made in the reporting requirements from the Centers for Medicare & Medicaid Services.**

	LMH 2018	LMH 2019	LMH 2020	National ⁽¹⁾
Average ARU patients' quality indicators showing improvement at discharge				
Overall improvement of self-care	N/A	N/A	8.9%	12%
Overall improvement of mobility	N/A	N/A	24.4%	31.3%

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

	LMH 2018	LMH 2019	LMH 2020	National ⁽¹⁾
ARU patients discharged directly to home	86.7%	82.6%	83.5%	88%

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

	LMH 2018	LMH 2019	LMH 2020	National ⁽²⁾
Overall patient satisfaction with ARU experience	83%*	85%	92%	81%

*Only partial data is available for 2018 because LMH survey methods were changed to align with a nationally adopted survey tool.

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

	LMH 2018	LMH 2019	LMH 2020	National ⁽³⁾
Percent of Home Care patients rating LMH a 9 or 10	95.2% 96th percentile	92.8% 84th percentile	94.1% 86th percentile	87.7% 50th percentile

6. LMH Home Care patients often have some degree of physical deficit which can interfere with their ability to walk and quality of life. The Home Care staff provides physical therapy and other support to help patients improve their walking function.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Home Care patients with improved walking function	87%	87%	89%	75%

7. Studies have shown that patients are more likely to take their medications properly in the correct dosage and at the correct intervals if they are informed about the importance and purpose of the drugs. LMH Home Care nurses provide medication education to patients and their caregivers.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Home Care patients receiving medication education	98%	96%	95%	100%

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

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Fall risk assessment completed for every Home Care patient	100%	100%	100%	100%

Data Footnotes: (1) Uniform Data System for Medical Rehabilitation Report (2) Press Ganey Associates, "Inpatient Rehabilitation Facility Consumer Assessment of Healthcare Providers and Systems" (IRFCAHPS) survey results (3) Press Ganey Associates, "Home Health Care Consumer Assessment of Healthcare Providers and Systems" (HHCCHPS) survey results

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



Safely Resuming Exercise after Injury or Surgery

It can be difficult and even frightening to restart an exercise routine after a surgical procedure or suffering an injury. Patients often want to know how soon they will be able to resume physical activity at their previous fitness level, which can be a difficult question to answer. It is important to work closely with a physician and rehabilitation team during treatment to increase the chances of returning to pre-injury fitness levels. Some helpful tips on how to ease into an exercise routine after injury or surgery include:

- Start slow. Begin at 50 percent of normal physical level and incrementally increase duration and exertion by 10 to 15 percent each week.
- Set realistic goals. Individuals who push themselves too hard and too soon can aggravate the injury and hinder their recovery.
- Consider cross-training. Performing a variety of activities that work different parts of the body can help a person maintain physical fitness while regaining strength to the injured area.
- Allow enough time for rest and recovery. Resting for one to two days after exercising gives muscles a chance to repair, heal and strengthen.
- Perform proper warm up and cool down routines. Stretching before and after exercise can reduce the risk of injury.
- Stay positive and be patient. Recovery is a gradual process, and it requires time to regain strength and speed. Finding a measurable way to track progress allows individuals to see their improvement and encourages them to continue their exercise routine.

It is important for individuals to be conscious of how their body reacts during physical activity. Feeling sharp pain or discomfort while exercising is a sign of too much stress on the body, and the activity should be stopped to avoid further injury. Eating well, drinking plenty of water and getting adequate sleep also are important components for physical and mental recuperation.



Quality Reporting to the Community

Patient Story and Benchmarks for Surgery Care

Patient Story – Karen Crawford

The Reverend Karen Crawford moved to Ohio three years ago from Melbourne, Florida, to serve as the pastor at The Presbyterian Church in Coshocton. She was born in a Maryland suburb of Washington, D.C., and earned degrees in education before working as a reading specialist and journalist for a newspaper in York, Pennsylvania. After earning a Master of Divinity degree from Princeton Theological Seminary in New Jersey, she served congregations in Minnesota, Florida and Ohio.

Throughout her life and travels, she has remained active and conscientious about her health, exercising, watching her diet and receiving annual wellness exams. It was a shock when she found out that her appendix was enlarged after undergoing a routine colonoscopy at Licking Memorial Hospital in June. There was concern about what might be causing the protuberance.

“That screening saved my life,” she said. “Before making the appointment, I really felt the procedure was unnecessary because I have always been a healthy person and am busy with ministry.”

She was referred to Brent M. Savage, M.D., of Licking Memorial Surgical Services, who sent her for a computed tomography (CT) scan in July for a better look at her appendix and other organs. The CT scan uses a combination of X-rays and a computer to create images of organs, bones and other tissues. The scan confirmed that Karen had appendicitis – an inflammation of the appendix – with the possibility of a mass in the same area, and that she needed surgery.

“Dr. Savage spent time discussing the situation with me and encouraged me

to ask questions,” Karen said. “He made pop culture references, joking about the movies *Alien* and *The Matrix* that made me laugh. I felt comfortable with him.”

Dr. Savage explained to Karen that the surgery would be attempted by minimally invasive means. The surgeons at LMH typically use laparoscopic surgery for such procedures. Laparoscopic surgery uses an instrument called a laparoscope, a long, thin tube with a high-intensity light and a high-resolution camera at the front, that is inserted through an incision in the abdominal wall. As it moves along, the camera sends images to a video monitor that the surgeon uses to guide precision surgical instruments to the site. However, LMH recently acquired a da Vinci Surgical System and Karen was among the first patients to undergo surgery using the da Vinci robot.

Using the robotic-assisted system enhances the visibility and precision capabilities of the surgeon. The console delivers a 3D high-definition view of the patient’s anatomy, which is magnified 10 times to what the human eye can see. The tiny instruments move like a human hand with a much greater range of motion. Due to the enhanced accuracy of the da Vinci robot, patients experience less blood loss, decreased damage to skin, muscles and tissue, reduced risk of infection, and smaller, less visible scars.

During the procedure, Dr. Savage removed Karen’s appendix. “I was told the infection was severe,” Karen remembered. “I was fortunate that it was discovered when it was. I did not really feel ill, but I realized I had been feeling very tired and rundown. I feel so much better now.” Dr. Savage also was able to remove the mass growing near

the appendix. After a follow-up with an oncologist, Karen was assured the mass had been removed before having an opportunity to spread or become cancerous.

“I was pleased with the speed of my recovery,” Karen said. “I did experience pain and some nausea in the first days after my procedure, but I went home the same day as my surgery and was back to work in a week. The scars are hardly visible at all.”

In addition to her own surgery, Karen had to be the support person for her husband, Jim, as he underwent knee replacement surgery. “It was a very trying summer,” Karen said. “But I am so pleased with the care we both received. The expert staff at LMH quickly realized that there was something wrong during a routine colonoscopy, and took the steps necessary to make sure the problem was resolved quickly. They saved my life, and I will always be grateful.”

Jim is also a pastor and has been serving as the interim pastor at a church in North Canton. Their son, Jacob, is studying business and accounting at the University of Toledo.

Surgery Care – How do we compare?

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

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

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Use of reversal agent for GI procedures	0.00%	0.00%	0.00%	Less than 0.90%

- The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient’s current medical record, marking the site by the surgeon, and final verification in the operating room. In 2020, 7,181 surgeries were performed at LMH.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Wrong-site surgeries	0	0	0	0

- Patients who have open-incision surgery are at elevated risk to develop an infection at the surgical site. LMH utilizes strict infection-prevention strategies for each surgical patient and ensures that the Hospital’s Central Sterile staff members receive certification in proper reprocessing sterilization policies for surgical equipment.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Central Sterile staff with certification	100%	100%	100%	100%
Surgical site infections	0.3	0.0	0.1	Less than 0.11

- As a quality care indicator, hospitals track 30-day readmission rates for patients who had total hip or total knee replacement surgeries. LMH tracks the rate of patients who had an unplanned readmission back to LMH for any reason (even if the reason was unrelated to the surgery) within 30 days of their Hospital discharge. *In 2020, elective hip and knee replacement surgeries were halted for several months resulting in a lower number of patients who received the procedure.

	LMH 2018	LMH 2019	LMH 2020	National ⁽¹⁾
30-day readmissions:				
Total hip replacement readmissions	3.18%	1.40%	5.88%*	2.59%
Total knee replacement readmissions	2.84%	4.63%	4.27%*	1.49%

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

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Surgeries that started on time	89%	90%	90%	Greater than 90%

- Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots, including the use of blood thinning medications and mechanical compression devices. In some cases, despite using these interventions, these blood clots may still occur.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis	0.30%	0.19%	0.0%	0.50%

Data Footnotes: (1) MIDAS CPMS comparative database

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

Urogynecology Conditions Explained

Urogynecology is a subspecialty of obstetrics and gynecology that focuses on female pelvic medicine and reconstructive surgery. Conditions that affect their pelvic health, such as urinary incontinence, overactive bladder, interstitial cystitis, chronic bladder discomfort, fistulas and pelvic organ prolapse, or painful intercourse, can be diagnosed and treated by a urogynecologist.

The pelvic floor is a group of muscles that surrounds the bladder, uterus, vagina, small bowel and rectum to keep these organs in place. Conditions that affect the pelvic floor often are a result of aging, but also can be caused by pregnancy and childbirth, frequent or heavy lifting, or other strenuous activity. Women may consider visiting a urogynecologist if they experience recurring symptoms such as pain during intercourse, pelvic discomfort or aching in the vagina, trouble emptying the bladder, leaking urine or feces, frequent urination, or recurring urinary tract infections.

Certain tests can be performed to diagnose and determine the severity of pelvic floor disorders. A urinalysis may be taken to detect the presence of bacteria, white blood cells or blood to rule out the possibility of a urinary tract or kidney infection. The patient may also undergo a post-void residual volume test, which checks if the bladder is emptying fully after urinating. A bladder stress test can be performed to determine if the patient is leaking urine.

Treatments to correct these conditions may include behavioral techniques, such as pelvic floor muscle exercises, bladder training, scheduled toilet trips, or fluid and diet management. Medication may also be prescribed to calm the bladder. Physical therapy can rejuvenate and strengthen the muscles and tissues in the urethra and vagina. Electrical stimulation

also can assist with strengthening pelvic floor muscles. Surgical procedures can be performed when other treatment methods do not improve the condition.

Symptoms of pelvic organ prolapse can vary depending on which organ is affected. Low back pain and painful intercourse can indicate a prolapse of the uterus or small intestine, while leaking urine may be a symptom of bladder prolapse. In most cases of pelvic organ prolapse, symptoms get progressively worse throughout the day. Pelvic organ prolapses are commonly discovered during a routine pelvic exam, and a physician may order more tests or refer the patient to a urogynecologist for further treatment.

If a prolapse is discovered, further testing as appropriate will be performed to determine which organ is drooping and if there are other conditions related to the prolapse. Treatment for pelvic organ prolapse can include a variety of therapies, including physical therapy that targets and strengthens the pelvic floor muscles, ligaments and connective tissue to support the pelvic organs and assist in bladder and bowel control. A pessary, which is a small mechanical device that is inserted into the vagina, can help hold prolapsed organs in the correct position. Surgery also is an option to repair tissues surrounding the pelvic organs and fix the prolapse.

Fistula repair is another procedure that a urogynecologist performs. A fistula is a hole in the bladder or rectum that causes urine or stool to leak into the vagina or uterus. It is commonly caused by childbirth trauma. Most fistulas require corrective surgery that can be performed vaginally or abdominally, depending on the location of the fistula.

Women can take preventive measures to avoid pelvic organ prolapse and other urogynecological conditions.

Reducing body mass and maintaining a healthy weight can lessen the risk of pelvic floor problems. Performing daily Kegel exercises can assist with strengthening pelvic floor muscles. Women who smoke should consider quitting because the habit can lead to chronic cough, which puts stress on the pelvic floor muscles. A high-fiber diet will reduce the risk of constipation, which can be a contributing factor to rectal prolapse. Women who may be experiencing pelvic floor disorders should contact their gynecologist to schedule an appointment.

Curt Misko, M.D., is a urogynecologist who recently joined Licking Memorial Women's Health in Newark. Dr. Misko earned his Medical Degree from the Uniformed Services University of the Health Sciences, Edward F. Hebert School of Medicine in Bethesda, Maryland. He completed an internship in obstetrics and gynecology at Tripler Army Medical Center in Honolulu, Hawaii, and completed a residency in obstetrics and gynecology at Madigan Army Medical Center in Tacoma, Washington. He is board certified in obstetrics and gynecology, and female pelvic medicine and reconstructive surgery.



**Licking Memorial
Women's Health**

LMHS Hosts Family Drive-in Movie Night at Pataskala Health Campus

On October 14, nearly 140 community members attended Licking Memorial Health Systems' (LMHS) Family Drive-in Movie Night at the Pataskala Health Campus. Attendees watched the Disney/Pixar animated film, *Soul*, on a 30 foot-high inflatable screen while enjoying free pre-packaged healthy snacks and beverages. Attendees were asked to remain in their vehicles, unless using the restroom, to comply with social distancing. LMHS hosts Movie Night events as an initiative to promote family-oriented activities. The October event was the third drive-in style movie night held by LMHS.



Volunteer Spotlight – Bob Pisano

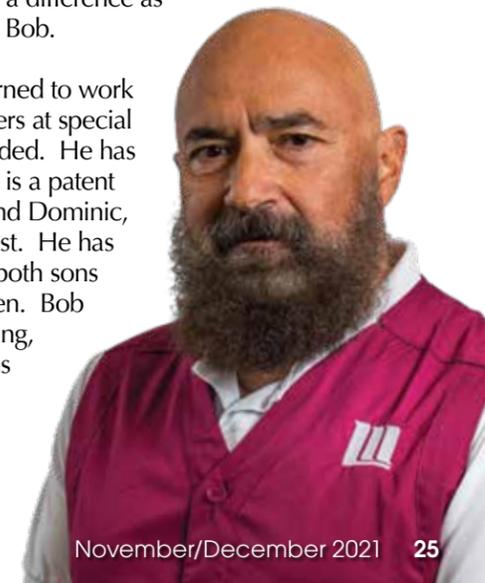
After taking time off work to care for a loved one, Bob Pisano joined the Licking Memorial Hospital (LMH) volunteers in 2019. He decided to become a volunteer for social interaction and to have an outlet outside of his caregiver duties. Bob has assisted with mail duty, greeting visitors who come into the Hospital, and transporting patients. He particularly enjoys volunteering at special events, such as the "For Your Health" 5K Run/Walk.

"I love being around people, as many volunteers do," Bob said. "The gift of giving your time to LMH is repaid through the gratitude that is always shown by staff and patients."

Bob was born and raised in Harrisburg, Pennsylvania, and attended Elizabethtown College in Elizabethtown, Pennsylvania. He later received a Master of Business Administration degree from Capital University in Bexley. He has experience in health care through his current and previous employment. He currently works for American Regent, Inc., a pharmaceutical company, and has experience in process improvement at Fairfield Medical Center and Genesis Healthcare System.

"I have a long history with health care, and compassion is essential for this environment. This experience has helped me to further grow my compassion for people, and I am happy to make a difference as an LMH volunteer," said Bob.

While Bob recently returned to work full-time, he still volunteers at special events when help is needed. He has two sons, Anthony, who is a patent attorney in Pittsburgh, and Dominic, who is an anesthesiologist. He has close relationships with both sons and his four grandchildren. Bob enjoys hiking, scuba diving, and biking, and has plans to relocate south in the future.



Licking Memorial Health Foundation Recognizes New Donors

Contributions to Licking Memorial Health Foundation (LMHF) assist Licking Memorial Hospital (LMH) in providing excellent, quality health care for the community with state-of-the-art technologies and facilities. Several donors recently were recognized for pledging their financial support.

The William Schaffner Society

Created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community, The William Schaffner Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years. William Schaffner was the first Chair of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

Vivian Bruce

Vivian Bruce accepted a glass recognition piece from Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (left) and Vice President Development & Public Relations Veronica Patton (right) to commemorate her pledge to The William Schaffner Society. Vivian joined the LMHS Human Resources Department in March 2020 as an Employee Relations Specialist.

Vivian is a member of the Society for Human Resources Management and the Human Resources Association of Central

Ohio, and a former member of the United Way of Central Ohio Employment Vision Council. As an Employee Relations Specialist, she seeks collaborative solutions to workplace challenges. Her professional interests include creating, promoting and maintaining a positive work culture, addressing issues surrounding women and minorities in the workplace, analyzing trends in work patterns and priorities, and supporting non-profit organizations.

Vivian has lived in Newark for the past five years and is active with the Licking County

NAACP. She and her husband, Eric, have three sons – Vincent, Ryan and Allen. In her free time, Vivian enjoys music, documentaries, biographies, and creating mugs and stained glass art.



Laura Kocher-Little

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left), welcomed Laura Kocher-Little as a member of The William Schaffner Society with a glass recognition piece. Laura recently retired after spending nearly 10 years at LMHS as a Development & Public Relations staff member.

Laura was hired as the Assistant to the Director of Development in 2012 and served in a variety of roles in the Department before earning a promotion to Public Relations Specialist and Assistant to

the Vice President Development & Public Relations in 2016. She also was named an LMHS MVP in 2014.

Laura is an active member of Spring Hills Baptist Church in Granville where she currently serves on the host team and previously volunteered as a Sunday School teacher, choir member, and Chair of the Women's Council. Laura also was the founder and leader of Journey Back to Joy, the church's support group for widows.

After residing in Licking County for 31 years, Laura now lives in Sunbury with

her husband, Steve. They have a blended family with five adult children and she enjoys supporting her nine grandchildren in their various activities. Laura's hobbies include camping, bicycling and hiking.



LMHS is proud to acknowledge those who make significant contributions to support its 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.

Donors

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

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2021 Golf Gala Supports Café Renovation

The Licking Memorial Hospital (LMH) Development Council hosted the 2021 Golf Gala on September 20 at the Denison Golf Club as a fundraiser to benefit the LMH Café Renovation Project. The Café serves patients, staff and guests with delicious, healthy, comforting meals and hosts special events for Licking Memorial Health Systems (LMHS) employees and local groups. This project includes an expansion of the serving and dining areas to upgrade the facility, improving traffic flow as well as functionality for staff, and accommodating the ever-growing needs of the Hospital and community.

"I am overwhelmed by the level of support that the Golf Gala receives each year, and I am pleased to announce that we surpassed our 2021 goal, thanks to the generosity of our corporate and individual sponsors," LMHS President & CEO Rob Montagnese said. "Providing nutritious, comforting meals to patients, their visitors and our employees is a key part of our mission to improve the health of the community. We are eager to share the enhancements to the LMH Café with the public later this year and are grateful to all who helped make the renovations possible through their contributions to the Golf Gala."

A total of 149 golfers comprised the 38 teams that participated in the 18-hole scramble. Rob announced the team and individual awards in a recorded ceremony that also featured the Honorary Chairs of the 2021 Golf

Gala – Todd, Lori, Brooklyn, Bradie and Bryn Londot – and was available to view online the following day.

The Echo 24, Incorporated team, which included Chad Floyd, Cliff Grubb, Michael Lyden and Gary McRoberts, took first place. Each team member received a trophy and a round of golf at the Denison Golf Club. Gary Glover, Connie Hogue, Nelson Smith and Todd Ware of The Energy Cooperative team each received a round of golf at Kyber Run Golf Course for finishing in second place. Unfortunately, there was not a

winner for the Hole-in-One prize, a three-year lease for a new 2021 Honda Accord Sport offered by John Hinderer Motorsports. Individual award winners included:

Closest to the Pin – Brian Charles, of the MPW Industrial Services team, received four rounds of golf with a cart at Eagle Sticks Golf Club.

Longest Drive (Women) – Megan Smith, of the Klarity Medical Products team, received four rounds of golf with a cart at Moundbuilders Country Club.

Longest Drive (Men) – Gary Glover, of The Energy Cooperative team, received four rounds of golf with a cart at Moundbuilders Country Club.

Longest Putt – Mike Travis, of the Claypool Electric team, received four rounds of golf with a cart at Raccoon International Golf Club.

This year's **Club Sponsor** (\$7,500 and above) was Denison University. The **Condor Sponsors** (\$7,500 and above) were Park National Bank and Lou Reese. **Ace Sponsors** (\$5,000) included Hinderer Motorsports; Matesich Distributing Company; MedBen; Monte Christopher Holdings; Stedman Floor Co., Inc.; and Waste Away Systems, LLC. **Eagle Sponsors** (\$2,500) included Ariel Corporation; AssuredPartners; Claypool Electric, Inc.; Coconis Furniture; Corna Kokosing Construction; Courtesy Ambulance, Inc.; Delta Dental; The Energy Cooperative; First Federal Savings; Gordon Food Service; The Granville Investment Group, LLC; Guttridge Plumbing, Inc.; Henderson-Van Atta-Stickle Funeral & Cremation Services; Kessler Sign Company; Limbach Company, LLC; The Jerry McClain Companies; Mill Tech, LLC; Mortellaro McDonald's; MPW Industrial Services, Inc.; Northpoint Ohio Architecture; Owens Corning; Scott Peterson of General Graphics; PNC Bank; Robertson Construction Services, Inc.; TrueCore Foundation; United Collection Bureau, Inc. The **Driver Sponsor** (\$1,500) was Coughlin Chevrolet in Pataskala; the **Fairway Sponsor** (\$1,500) was The Laurels of Heath; the **Games Sponsor** (\$1,500) was OhioHealth; the **Links Sponsor** (\$1,500) was Ultimate Kronos Group; the **Pro Sponsor** (\$1,500) was Griffin's Floral Design & Wine Shop; and the **Hole-in-One Sponsor** was Hinderer Motorsports. The **Birdie Sponsors** (\$1,000) were 89.3 The River; Anomatic Corporation; Brett Lowe Mechanical; Bricker & Eckler, LLP; The Burt Family; Craig Cairns, M.D., M.P.H.; Central Ohio Technical College & The Ohio State University at Newark; Columbus Springs Hospitals; The Cumiskey Family; The DeLawder Family; The Guanciale Group; Heckman's Lawn Service; Hospice of Central Ohio, Inc.; Imprivata; Interim Healthcare of Newark; Licking Memorial Vascular Surgery; The Londot Family; The Miller Family; NBC4; Newark Veterinary Hospital; Reese Pyle Meyer PLL; Rotary Club of Newark; Shai-Hess Commercial Real Estate; Sunny 95; The Trautman Family; Vocera Communications, Inc.; Wing, Mack, Smith & Bang, D.D.S. and the **Hole Sponsors** (\$500) Acorn Distributors & State Cleaning Solutions; Allied Business Services; Anonymus; APS Medical Billing; Associated Insurance Agencies, Inc.; Brad Feightner, Jr.



First-place Team – Echo 24, Incorporated



Chad Floyd



Gary McRoberts



Michael Lyden



Cliff Grubb

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Edward Jones – Jeremy Fleming
Edward Jones – Kevin Cox & Mitch Cox
Edward Jones – Matt Hatfield & Nolan Cox
Edward Jones – Tabby Hahn & Jim Ward

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Kristen Stare
Target
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Thirty-One Gifts
Tre Bri Boutique
Tumbleweed
Village Flower Basket
The Virtues Golf Club
Jim Ward
Wasserstrom
Wilson's Garden Center
The Works
Wright Brothers Power
Wyandot Golf Club

LMHS Dedicates Remembrance Garden

Licking Memorial Health Systems (LMHS) hosted a special event in October to present the LMHS Remembrance Garden, which was created to commemorate and honor employees who have passed away while serving at LMHS. Created by Mattingly Landscape Services, the garden is located near the upper portion of the employee parking lot at Licking Memorial Hospital.

During the event, LMHS President & CEO Rob Montagnese dedicated the garden and shared the names of the 45 individuals honored at the site.

“The loss of our coworkers is a strong reminder about the vital role we play as caregivers in our community,” Rob said during the ceremony. “Our staff makes many sacrifices to work to improve the health of the community. We wanted to create a space of healing – a beautiful area where employees, patients and even family members can visit to celebrate with solemnity the careers of those we have lost.”

In the past, employees who passed away were honored utilizing a number of different methods, including memorial plaques near dedicated trees or commemorative bricks incorporated into the sidewalk at the Hospital. The LMHS Remembrance Garden offers a more consistent location and means for commemoration.



“My hope is that this becomes a positive place for all to visit and relive fond memories of our coworkers. With the demands of the job, it is not unusual to form strong, family-like bonds,” Rob remarked.

Employees and community members are encouraged to appreciate the quiet space and reflect on the lives of those who have devotedly served the Licking County community.

The following is a list of the employees currently displayed in the LMHS Remembrance Garden:

- | | |
|----------------------------|--------------------------|
| Marie A. Anderson | Virgil Johnson |
| Kelly L. Anderson | Donald G. Jones |
| Teresea M. Ault | Patricia A. Keener |
| Robert J. Banks | Donna F. Kennard |
| Patricia E. Banks-Chester | Wilma Koman |
| Sue E. Bargar | Mary I. Lahmon |
| Tiffany D. Barker | Blanche V. Lake |
| Debra L. Blackburn | Elizabeth T. Lewandowski |
| Suzanne M. Boyd | Charles W. Link |
| Patricia A. Brooker | Susan J. Lonsinger |
| Patsy Butler | Cheryl L. Maier |
| Mary Ann Capulong | Emma F. Messerschmidt |
| Twila A. Careins | Michelle L. Montgomery |
| Steven Carter | Douglas E. Mye |
| Vicky L. Channel | Juanita Myers |
| Pamela D. Clark | Vance H. Nethers |
| Jeannie S. Clark | Christopher Orr |
| Brenda S. Cost | Deborah K. Pigg |
| Margaret Cox | Sara E. Poling |
| E. Jay Dixon | Dolores Powell |
| Christine A. (Koth) Duncan | Michelle D. Ranck |
| Sandra J. Dunlap | George A. Schumaker |
| Ryan W. Eggleton | Sherry E. Shultz |
| Janet A. Eskins | Marjorie B. Smith |
| Mabel C. Evans | Phyllis L. Smothers |
| Vickie L. Ford | Betty Spurlock |
| Charles D. Fraizer | Kimberly R. Stevens |
| Pamela D. Gordon | Está H. Swain |
| Lawrence E. Guisinger | Andrew Tonosky |
| Bob K. Helmondollar | Helen VanRhoden |
| Brant J. Householder | Mariah S. Wells |
| Deborah L. Howard | Betty Wolfe |
| William F. Hughes | Beulah Wood |
| Timothy H. Jackson | Katherine L. Wright |
| Alma Freda Jacobs | Wilma Jean Zigan |
| Britney K. Jacobs | |

In Memoriam – Employees and Retirees

Despite having more than 2,000 employees, the Licking Memorial Health Systems’ (LMHS) staff is a closely connected team who depend upon each other to fulfill the mission to improve the health of the community. Therefore, the loss of an employee or volunteer always affects the organization in a profound way. As a tribute to their dedication, LMHS honors employees who passed away during their service to the organization, and retirees and volunteers who passed away during the last year.

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

Employees

- Britney Jacobs, of Radiology, passed away February 2, 2021, after 23 years of service.
- Ryan Eggleton, of Respiratory Therapy, passed away May 16, 2021, after 9 months of service.
- Sara Poling, of the Emergency Department, passed away August 23, 2021, after 8 months of service.

Retirees

- Paula Alexander retired from Process Improvement in 2007 after 31 years of service.
- Carolyn Barnes retired from 4-North in 1989 after 9 years of service.
- Jack Barrick retired from Environmental Services in 2006 after 8 years of service.
- Imogene Klingler retired from Utilization Review in 1985 after 28 years of service.
- Meda Love retired from Cardiology in 2004 after 25 years of service.
- Juanita Norman retired from Maternal Child in 1984 after 11 years of service.
- Patricia Owens retired from Licking Memorial Family Practice – East in 2015 after 36 years of service.
- Billie Tender retired from Surgery in 2002 after 36 years of service.

TWIGS Members Honored at Recognition Dinner

Licking Memorial Hospital (LMH) celebrated the 71st anniversary of the local TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) organization with a special recognition dinner at the Cherry Valley Hotel in September. Currently, there are four active TWIGS chapters that coordinate fundraising projects year-round, then donate the proceeds to LMH. In addition to special events and sales, TWIGS members also operate the TWIGS 8 Gift Shop and the Granville Thrift Shop on Tamarack Road. Since 1950, TWIGS has contributed more than \$5.7 million for equipment needs and capital purchases at LMH.

“The funds you raise help us invest in equipment and services to provide excellent care to the community and maintain a welcoming campus and facility,” Licking Memorial Health Systems President & CEO Rob Montagnese said. “Your hard work and dedication do not go unnoticed, and it is our pleasure to sponsor this recognition dinner as a

gesture of appreciation for all that TWIGS members do to benefit LMH.”

TWIGS members celebrating a service anniversary in five-year increments were honored at the event. Because the 2020 dinner was cancelled due to the pandemic, individuals who reached a milestone last year also were recognized. Helen Norris (2021) and Darlene Baker

(2020) were each honored for attaining an impressive 50 years of service.

The TWIGS Executive Board Members are: Marilyn Weber, Chair; Sukey Newhouse, Vice Chair and Assistant Treasurer; Darlene Baker, Treasurer; and Tina Tracy, Recording/Corresponding Secretary. For information about becoming a TWIGS member, please call (220) 564-4084.



Active•Fit Period 3 Prize Winners

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 received their prizes from LMHS as special recognition for their achievements.

Nintendo Switch & Fitness Software

Katie Browning, Watkins Intermediate
Grayson Hummel, Licking Valley Intermediate
Karter Kirk-Burgoon, Licking Valley Intermediate

Bicycle & Helmet

Kyra Chilson, Watkins Intermediate
Nathan Gingerich, Watkins Intermediate
Graham Keller, Newton Elementary

Athletic Shoes

Isaiah Klontz, Stevenson Elementary
Ella Martin, Watkins Intermediate

iPod Touch & Fitness Software

Marisha Aloto, Watkins Intermediate
Ada Johnson, Watkins Intermediate
Gwen Reinhart, Watkins Intermediate
Brody Stewart, Watkins Intermediate

\$100 Dick's Sporting Goods Gift Card

Hayden Baldrige, Watkins Intermediate
Braden Black, Watkins Intermediate
Brayden Childs, Watkins Intermediate
Jaiden Davis, Watkins Intermediate
Pragyan Humagai, Watkins Intermediate
Caden Rine, Watkins Intermediate
Elise Sichina, Utica Elementary
Reghan Tuck, Watkins Intermediate
Conner Wygle, Newton Elementary
Ethan Young, Pataskala Elementary

\$50 Dick's Sporting Goods Gift Card

Charlie Boissy, Granville Elementary
Charlotte Boothe, Watkins Intermediate
Mille Brazier, Watkins Intermediate
Walker Elk, Watkins Intermediate
Megan Gervais, Watkins Intermediate
Kiiera Holloway, Watkins Intermediate
Robert Horn, Watkins Intermediate
Jude Janetzke, Watkins Intermediate
Landon Kalkowski, Watkins Intermediate
Scarlet Miller, Legend Elementary



The Active•Fit program has registered over 8,600 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2021-2022 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 ActiveFit.org.

Active•Senior Events Promote Healthy Living

In the months of October and November, Licking Memorial Health Systems (LMHS) hosted two Active•Senior events for Licking County residents, ages 60 and older. Active•Senior Yoga and the Active•Senior Gourmet Gardener were designed to offer seniors the opportunity to exercise, socialize and learn more about healthy lifestyle habits.

LMHS presented Active•Senior Yoga for a second time, featuring two different types of yoga classes for six weeks beginning in October. Both classes took place in the Second Presbyterian Church gymnasium where certified instructors taught the importance of movement and stretching at the hour-long classes held on Mondays and Fridays. During chair yoga, held on Mondays, nearly 30 participants learned modified yoga poses that could be performed while seated and using the chair to maintain balance. Regular yoga classes, held on Fridays, also were offered and featured approximately 25 attendees. Yoga provides a number of health-related benefits, including stress relief, improved balance, flexibility and circulation, and builds muscle and joint strength.

More than 20 participants gathered at Career and Technology Education Centers of Licking County (C-TEC) for the Active•Senior Gourmet Gardener

event in October. Attendees received delicious fall recipes, watched a cooking demonstration, and enjoyed a meal at the conclusion of the event prepared by LMHS Chef Brian Merritt and Sous Chef Colin Gleek. Participants also received guidance on living a healthier lifestyle through making nutritional choices when grocery shopping, and LMHS Gardener Claire Donley provided a presentation about the basics of gardening.

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

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

For more information or to register for the Active•Senior program, please visit LMHSActiveSenior.org. Registration on the website allows participants to document their goal progress on an ongoing basis for the opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, then transfer the information to the Active•Senior website prior to the end of each program year in April.

For additional questions about the Active•Senior program or to obtain a booklet, please contact the LMHS Public Relations Department at (220) 564-1560.



New Appointments



Roy R. Brown, Jr., M.D.,
joined Licking Memorial
Urology.



Lacie A. Emerine,
APRN-CNP,
joined Licking Memorial
Urology.



Jessica L. Englehart,
LPCC-S,
joined Licking Memorial
Outpatient Psychiatric Services.



Katie M. Long,
APRN-CNP,
joined Licking Memorial
Urology.



Nicole C. Miller, D.O.,
joined Licking Memorial
Pathology.



Derrick L. Reedus, M.D.,
joined Licking Memorial
Urology.



Robert S. Speelman,
APRN-CNP,
joined Licking Memorial
Emergency Medicine.



Brandon M. Wilson,
APRN-CNP,
joined Licking Memorial
Hematology/Oncology.

Retiree Spotlight - Debra Larabee

Debra Larabee grew up enjoying the creative aspects of learning and immersing herself in theater, music and writing. She also had an interest in helping people and decided to pursue a career in nursing. Debra received her nursing degree from Mount Carmel College of Nursing in Columbus and earned her Bachelor of Science in Nursing at Capital University in Columbus. She completed advanced education coursework through the University of Maryland and is a member of the National Honor Society for Nursing.

Debra joined Licking Memorial Health Systems (LMHS) in August 2007 as the Education Department Manager overseeing community and patient education. When LMHS

employees and administration to institute educational components and requirements for the Hospital.

Debra also began working with interpretive services, researching and maintaining resources for different demographics among the community. She created reports on utilization and helped LMH to acquire video interpretive services allowing patients to interact with an interpreter via telecommunication, which provided greater access to interpretive services at LMH. In addition to video interpretive services, Debra maintained a database of in-person interpreters.

In 2017, Debra began working in the Public Relations (PR) Department to better fit her creative and clinical skillsets. She continued her work with interpretive services and was able to focus more on community and patient education. She had previously worked with PR on several projects, and the move gave her the ability to work directly with PR and utilize their resources. One of Debra's most significant achievements in her LMHS career was creating the Healthier for Life program, a community education series during which participants learned how to sustain weight loss through personalized lifestyle changes.

"I absolutely loved teaching the Healthier for Life program," said Debra. "The program was initially offered as a one night class, and we received such positive feedback from attendees about

the program that it eventually blossomed into a month-long seminar. One of my greatest memories at LMH was the closing night of Healthier for Life. The end of the program featured an extended dinner and time for attendees to share their thoughts about the class. We received much appreciation from the event, and it was so positive."

Debra misses the camaraderie she experienced with her coworkers and working as a team. She enjoyed her experiences as part of the PR team and having the opportunity to see everyone's ideas come together to create wonderful events for the Hospital and community.

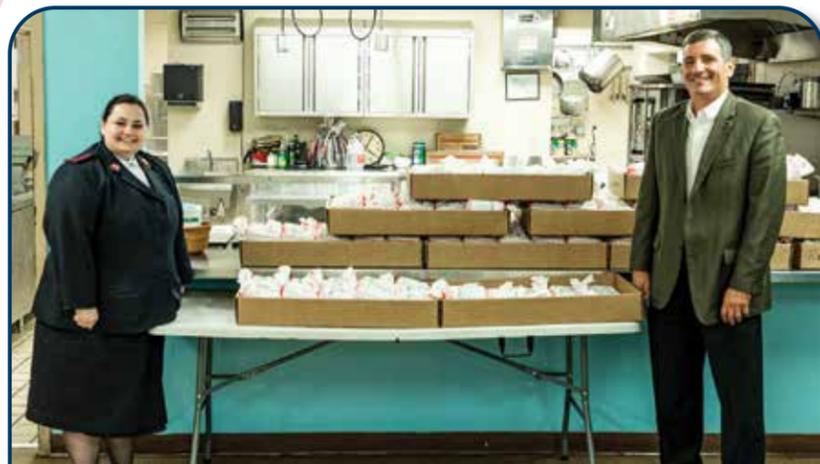
"When I was young, I made a promise to myself to always stay creative and imaginative," Debra explained. "Having the ability to work with people who were on that same plane of creating and thinking outside the box was incredibly enjoyable, and I am grateful for the opportunity to have worked with all of them."

Debra has remained extremely active since retirement. She and her husband, John, enjoy hiking outdoors and have started a health blog called Life by Larabee, which contains resources and support for healthy living. Debra uses her time on the trails to practice her other passion – photography. She also is considering writing a novel. Debra's main retirement goal is to spend more time with her husband as well as their five children and eight grandchildren.



LMHS Donates Beef to Salvation Army

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (right) recently presented 495 pounds of ground beef to Lieutenant Kaitlyn Haddix (left) of the Salvation Army of Licking County. The donation will benefit community members in need through the Salvation Army soup kitchen and food pantry and was made possible after LMHS purchased the Grand Champion Market Steer, which was owned by Cody Foor of the Boots N Buckles 4-H Club in Pataskala, at the 2021 Hartford Fair in August.



Happy Holidays!

Celebrate the Holidays with Healthy Recipes

It can be difficult to maintain a healthy diet during the holiday season with large meals, festive cookies and desserts, and candies. Chef Brian Merritt, Licking Memorial Health Systems Director of Culinary Services, has created these healthy recipes for a family meal that complement the holiday season. We hope that you and your family enjoy these recipes in good health!

Tuscan-style Soup with Turkey Sausage

(Serves 4)

Ingredients:

- 1 lb lean turkey sausage
- 1/2 white onion (diced)
- 4 cloves garlic (minced)
- 6 cups chicken broth
- 4-5 medium size Yukon gold potatoes (cut into 1 in pieces)
- 1-15.5oz can cannellini beans
- 1 tsp black pepper
- 2 tsp Oregano
- 2 cups whole milk
- 4 cups chopped kale
- 1 smoked turkey wing

Directions:

Add turkey sausage to a medium stock pot over medium heat. Cook sausage until it is no longer pink and juices are clear. Remove turkey from pot and reserve. Add olive oil, onion, and garlic. Cook onions and garlic until they are soft and fragrant. Add cooked turkey and remaining ingredients then bring to a simmer. Reduce heat to low and cover. Cook for 45 min. Remove smoked turkey wing. Garnish with grated Parmesan, if desired.

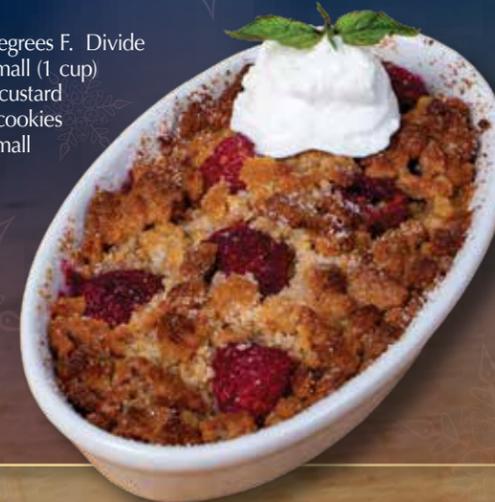
Leftover Holiday Cookie and Raspberry Gratin (Serves 4)

Ingredients:

- 1-1/2 cups crumbled cookies (shortbread and/or sugar cookies work best)
- 1/4 cup honey
- 2 cups frozen raspberries
- 2 Tbsp butter
- 1/2 cup fat-free Greek yogurt

Directions:

Preheat the oven to 375 degrees F. Divide the frozen berries into 4 small (1 cup) gratin dishes or oven-safe custard cups. Toss the crumbled cookies and honey together in a small bowl. Divide the crumbs among the gratin dishes, sprinkling them on top of the berries, and dot with the butter. Arrange the dishes on a cookie sheet and bake for 16 to 18 minutes. Let cool to lukewarm or room temperature and serve with Greek yogurt.





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