

Community Connection

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

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Hereditary Cancer Risk Assessment Earns Best Practice Award

Licking Memorial Health Systems (LMHS) was awarded the Ohio Patient Safety Institute (OPSI) Ambulatory Best Practice Award for offering hereditary cancer risk assessment and genetic counseling to the community. The award recognizes the program that has best incorporated regional and national patient safety benchmarks, demonstrated a clear focus on improving patient safety in a healthcare setting, and is innovative and unique to the Ohio healthcare market. LMHS earned the award for designing and implementing the most innovative evidence-based patient safety practice in the state.

Founded by the Ohio Hospital Association (OHA), the Ohio State Medical Association, and the Ohio Osteopathic Association, OPSI works with hospitals and healthcare workers to improve healthcare outcomes in Ohio. OHA Vice President Quality Programs James Guliano, M.S.N., and OHA Director of Clinical Support Services Kelsey Brown visited with LMHS leadership to present the award. LMHS also received recognition at OHA's 2022 Annual Meeting Recognition Dinner on June 14.

"Hereditary cancer research has many benefits for patient safety, including identifying high risk patients to offer early screenings," said Rob Montagnese, LMHS President & CEO. "Although only 10 percent of cancer cases are considered hereditary, these types of cancers can be more deadly. The Laboratory Services leadership recognized the need to be more proactive in the fight to prevent cancer by utilizing genetic testing."

"We were extremely impressed with the LMHS hereditary cancer risk assessment and genetic counseling program," said

James during his visit. "It is extremely unusual to have such a program at a community hospital."

As part of the program, LMHS employs a Genetics Navigator to work with providers to identify patients who would benefit from genetic testing. Susan Fantini, M.S., M.T., CGRA, works to educate patients and staff about the hereditary cancer risk assessment program. The goal is to recognize patients in the general population who have genetic mutations that place them at an increased risk for developing cancers, such as breast, ovarian, colorectal, or melanoma. Early identification of such mutations allows LMHS to identify patients who will most benefit from early screenings to detect cancer in the earliest stages when it is most treatable.

LMHS Oncology patients also benefit from genetic testing. The results can assist in choosing the best possible treatment. According to the basic population statistics, 30 percent of LMHS patients will meet criteria for genetic testing and slightly fewer will undergo such testing. To screen patients, LMHS staff members offer a risk assessment questionnaire for the patient to complete. A healthcare provider then discusses the risk factors discovered in the assessment. The patient is then offered genetic testing if appropriate or indicated.

Once a patient is identified as "at-risk" through the utilization of the risk assessment form, the healthcare provider directs the patient to Susan for further questions and discussion. Susan then sends a completed test request form, a three generation pedigree, and chart notes back to the providers office which creates a simple process for test submission. All data and results are

maintained within the electronic medical record for review by the patient and their care team.

In November 2020, LMHS began offering an at-home genetic counseling call to every patient initially recognized through the risk assessment form as at an elevated risk. Since implementing the at-home call, the percentage of patients receiving genetic testing has increased from below 20 percent to over 30 percent, and 90 percent of patients who receive the counseling call participate in the testing. The free genetic counseling is provided by a reference laboratory at no charge to LMHS or the patient. Because calling from home was successful throughout the pandemic and patients have reported preferring this method, LMHS has decided to continue with the at-home calls.

"It is a simple process, and with the results, we can focus on prevention. We can provide our patients with more information about the type of cancers they could face and help them make the best choice for their care," Rob said. "We do not want to frighten anyone. We just want to equip patients with the knowledge to make the best choices for themselves in order to decrease their cancer risk."

The decision to have the counseling session by phone while the patient is at home has assisted in more robust, detailed family history being reported. The patient can now consult with other family members

Pictured on cover: Director of Laboratory Services Lorei Kraft; Genetics Navigator Susan Fantini; Vice President Community Health & Wellness Ben Broyles; Department Chief of Pathology Lori Elwood, M.D.; LMHS President & CEO Rob Montagnese; OHA Vice President Quality Programs James Guliano; Vice President Physician Practices Greg Wallis; OHA Director of Clinical Support Services Kelsey Brown; and Vice President Acute Care Services Heather Burkhart

Pictured at right: Lori Elwood, M.D., Susan Fantini, and Lorei Kraft

LMH Named One of the Nation's Safest Hospitals

while discussing the risk assessment and is more at ease about sharing certain topics. In a physician office or hospital setting, many patients often felt too anxious and overwhelmed by the amount of information, and often reported not being able to recall all of the topics discussed with the provider. When the patients had the opportunity to contact family and discuss past events before the counseling call, they reported feeling better prepared and able to provide a more accurate history.

Genetic testing may be appropriate for individuals with the following characteristics:

- Family members who had a cancer diagnosis at an unusually young age
- Personal history of multiple types of cancer
- Several close blood relatives with the same type of cancer
- Being a member of a racial/ethnic group that is known to be associated with genetically inherited cancers

Licking Memorial Hospital (LMH) has continually been recognized as one of the safest hospitals in the United States. The Leapfrog Group, an independent national non-profit group that compares hospitals' safety performance, recently recognized LMH with a 12th consecutive "A" grade this spring. Safety grades for 120 Ohio hospitals were awarded, and LMH was one of 44 to receive an A grade.

The Safety Grades reflect performance on more than 30 evidence-based measures of patient safety. Several measures were incorporated into the grade including post-operative sepsis, which results in suffering, disability, and sometimes death for an estimated 160,000 people per year in the United States. All types of surgeries can put a patient at risk of infection that can lead to sepsis – the body's extreme reaction to an infection. Sepsis requires immediate treatment or the patient may experience lifelong complications including organ failure. LMH staff

closely monitor patients for signs of sepsis following surgical procedures, including a high heart rate, low blood pressure, fatigue, confusion, and severe pain.

"Receiving 12 consecutive A grades reflects the level of excellence that we aim for regarding patient safety," said Licking Memorial Health Systems President & CEO Rob Montagnese. "Our leadership and staff hold themselves to a high standard, and this award demonstrates that standard applied to keeping our patients safe."

Full results of the 2022 Leapfrog Hospital Survey are publicly reported and available for free on The Leapfrog Group website, providing patients with a resource to make informed decisions about where to seek treatment. For more information about LMH's performance rankings, visit ratings.leapfroggroup.org.



About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American healthcare. The flagship Leapfrog Hospital Survey and new Leapfrog Ambulatory Surgery Center (ASC) Survey collect and transparently report hospital and ASC performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.

LMHS Celebrates National Hospital & Healthcare Week

Licking Memorial Health Systems (LMHS) paid tribute to the 2,200-plus employees who contribute to the organization's award-winning care in an annual observance of National Hospital & Healthcare Week. The five-day celebration at LMHS in May included a carnival, various food trucks offering lunch and assorted pastries, bingo, chair massages, and a visit from Pet Partners. Additionally, LMHS held its annual Employee Recognition Event midweek and Award Reception to complete the week-long festivities.

"This annual celebration provided a great opportunity to express our gratitude for our employees who continually work to improve the health of our community," LMHS President & CEO Rob Montagnese said. "LMHS has earned many different awards due to their commitment to our mission and, most importantly, to all of our patients. Healthcare workers have experienced many difficulties during the past few years, and we are proud of their unwavering dedication. LMHS leadership and I were thrilled to honor their accomplishments during Hospital & Healthcare Week."

53rd Annual LMHS Employee Service Recognition Event

LMHS employees who are observing anniversaries in five-year increments in 2022 were invited to The John Gilbert Reese Center at The Ohio State University – Newark Campus for the annual LMHS Employee Recognition Event, which featured a *Family Feud* game theme and offered honorees an opportunity to win prizes. The 289 honored employees represented 3,485 combined years of service.

Among the notable honorees were three employees with 40 years of service: Rita Allen, Respiratory Therapy, Valerie Hughett, Family Practice – East, and Tina Roberts, Medication Therapy Clinic; and one employee with 45 years of service: Sue Swinehart, Human Resources. Each received a framed proclamation and gift to mark their special employment anniversary.



Rob Montagnese, Sue Swinehart, LMHS Board Chair Patrick Guanciale, and LMH Board Chair Jacqueline Parrill, Ed.D.

Manager of the Year

Rob also presented the Manager of the Year Award during the Employee Recognition Event. Established in 1987, the award recognizes management employees who demonstrate fair and consistent leadership in his or her area of responsibility. Nominees should demonstrate an ability to inspire his or her employees beyond the ordinary requirements of their jobs. Two managers were honored this year – Marcia Flowers and Paula Fry.

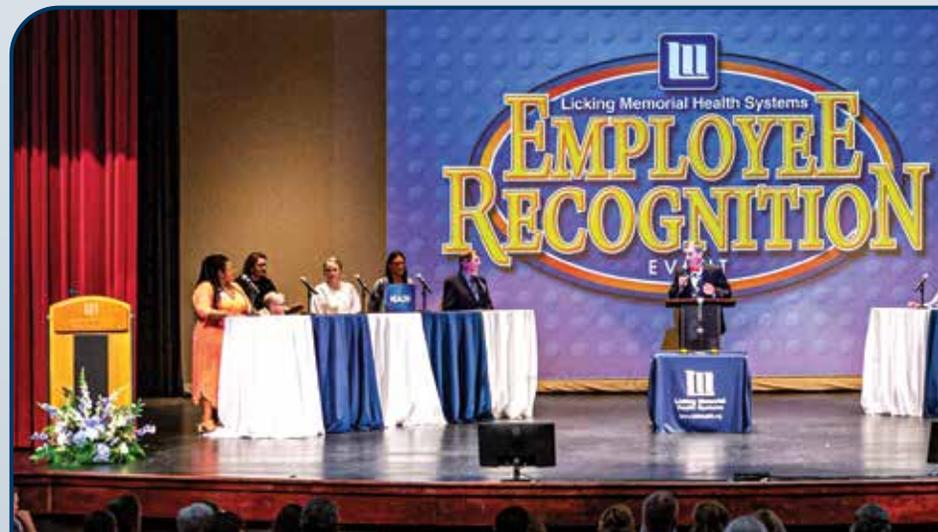
Marcia is a Patient Care Manager on the Intensive Care Unit. She began her career at LMHS in 2008 as a registered nurse. She graduated from

Lakewood High School, earned an associate degree in nursing from the Central Ohio Technical College, and her Bachelor of Science in Nursing degree from Chamberlain University. In addition to caring for critical care patients, she is very active in assisting with the education and training for new employees and taking part in committees focused on addressing staff concerns. Her coworkers and leadership have noted that she is always seeking ways to further her own skills. She is a patient advocate and very interested in learning new and improved methods to better care for patients.

Paula was hired in 2016 as a Project Manager in Information Systems. She became the Director of Information Systems Project Management Office in 2019. She is responsible for coordinating multiple teams within LMHS and ensuring vendor resources deliver projects on time and on budget. The IS team worked to implement the Epic unified electronic health record, and she was a key factor in assuring that the launch of the new system took place on the scheduled go-live date. She recently accepted a promotion to serve as an Assistant Vice President.



LMHS Board Chair Patrick Guanciale, Marcia Flowers, LMH Board Chair Jacqueline Parrill, Ed.D., Paula Fry, and Rob Montagnese



Healthcare Week

Clarissa Ann Howard Nursing Award for Clinical Excellence

The Clarissa Ann Howard Nursing Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for their expertise, professionalism, and clinical excellence while providing patient care. The 2022 award recipients are Cameron Chapman, B.S.N., R.N., and Teri Temnick, R.N.

Cameron began his career with LMHS in 2016. He received his associate and bachelor's degrees in nursing from Ohio University. Cameron cared for patients on the LMH Fourth Floor until he moved to Licking Memorial Pediatrics – Pataskala in 2017. He is credited for quickly becoming a leader in the office and taking the initiative to complete ancillary clinical tasks, including vaccine supply inventory and ordering clinical supplies. His calm, kind demeanor has

been an asset and useful in deescalating difficult situations. His coworkers say he exhibits excellent problem solving skills and judgment when making decisions regarding clinical care, and that he is a conscientious, compassionate, and exceptional nurse.

Teri has dedicated nearly 40 years to LMHS. She received her associate degree in nursing from Youngstown State University and began caring for patients on the LMH Fourth Floor. She moved to the Surgery Department in 1987 where she has since remained. Soon after moving to Surgery, Teri was recognized for her hard work, earning the LMH Cares Award in 1990. She was instrumental in the creation of a program to perform laparoscopic gall bladder surgery at LMH. She was also a valuable resource for training the nursing

staff to assist during the procedure. Teri is also credited with assisting in the first endovascular aneurysm repair surgeries at LMH. Her coworkers consider her the backbone of the Surgery Department and marvel at the thousands of hours that Teri has spent assisting with surgical procedures.



MVP Awards

As part of Hospital & Healthcare Week, LMHS recognized 35 MVP Award recipients who were selected for their consistent demonstration of LMHS' values: compassion, accountability, respect, and excellence. The 2022 MVPs are featured on pages 27 through 31.

Interns and Family Members Celebrate Project SEARCH Graduation

For six years, Licking Memorial Health Systems (LMHS) has hosted Project SEARCH – a program designed to provide real-life work experience to assist fifth-year seniors from area high schools with disabilities make successful transitions from school to adult life. LMHS partners with the Licking County Educational Service Center, Opportunities for Ohioans with Disabilities, Greenleaf Job Training Services, the Licking County Board of Developmental Disabilities, and area school districts to offer the program for local students. The participants spend the equivalent of a school year at LMHS receiving a combination of classroom instruction, career exploration, and on-the-job training.

In May, the nine recent interns along with family members, friends, and representatives from the participating school districts, celebrated the completion of the 2021-2022 program with a graduation ceremony at The Midland Theatre. Students began the program in August and completed three unique rotations in a variety of clinical and technological areas within LMHS. Each intern shared details of which departments they served, the impact the program had on their lives, and their future plans. In addition to work experience, the Project SEARCH program trains participants in employability and independent living skills.

LMHS President & CEO Rob Montagnese spoke to the interns and their guests,

sharing how the program benefits the community. “As always, this year’s interns have been a tremendous asset to LMHS,” Rob shared. “Several of the participants went above the assigned duties by learning to use our new electronic health records system. They were then able to assist in scanning in patient records, which saved the departments where they worked priceless time.”

Of the 44 interns who graduated from Project SEARCH in the first five years, 31 were hired by employers within Licking County and 17 were employed at LMHS. Two of the past Project SEARCH graduates went on to obtain a higher level of education. This year, seven of the interns are currently applying and interviewing for jobs in the area, and one is seeking supportive employment options.

For the first time, at this year’s graduation ceremony, a former intern returned to share his thoughts and advice with the new graduates. Bryce Carmer is currently employed at LMHS in Printing Services and Health Information.

“The Project SEARCH program gave me a sense of direction, and I have gained so much independence,” Bryce said. “My advice is to be yourself. Find out what you want to do and set out to achieve that goal. You can do anything you set your mind to do. Go out and live your dream.”

For the second year, each intern had the opportunity to complete an application for the Mike Scheid Award. Mike graduated from Newark High School through a program to assist those with disabilities and was gainfully employed until his recent retirement in Phoenix, Arizona. He is an outspoken advocate for individuals with disabilities. His brother, Thomas, on behalf of Mike and their sisters, Julie and Kay, spoke to the interns. Via video from his home in Phoenix, Mike announced this year’s award winner – Caeden McLaughlin of Utica High School. The application for the award included a question about what the intern felt they needed most to obtain employment. Caeden shared that he would need new clothing and received a \$500 gift card to Kohl’s in addition to a plaque.

Students from Newark, Granville, Northridge, Southwest Licking, and North Fork school districts participated in Project SEARCH this school year. The long-term goal is to provide a set of transferable skills to people with disabilities that will result in a diverse group of motivated job seekers for employers throughout Licking County. At the conclusion of each academic year, students who graduate from the program are prepared for competitive employment and have assistance obtaining rewarding jobs.



LMHS President & CEO Rob Montagnese, Gabe Washburn, Brooklyn Grady, Cam Mohler, Eliana Hansen, Eli Stephens, Nautica Garsky, Matt Jesenko, Jayda Green, and Caeden McLaughlin

Cancer Survivors Picnic

Approximately 150 Licking County residents gathered at the Licking Memorial Medical Campus on June 2 for the 11th annual Cancer Survivors Picnic. The event celebrated and honored cancer survivors for serving as an inspiration to those currently diagnosed with cancer.

At the event, D'Anna Mullins, M.D., PhD., of Licking Memorial Hematology/Oncology, shared that Licking Memorial Hospital (LMH) diagnosed 670 cases of cancer in 2021, averaging about 48 new patients each month. Additionally, 558 new and existing patients were screened for clinical trials last year, and 19 percent of those patients were enrolled in clinical trials, giving them access to the newest and most advanced treatments available.

"We are very blessed to have an outstanding Oncology team at LMH," said Dr. Mullins. "Our team works together to provide education, assess and manage nutritional needs, provide financial assistance, evaluate and assist with medical equipment and home health needs, and provide emotional support to patients and their families."

After Dr. Mullins' presentation, dietitian Brittany Ward, R.D.N., L.D., spoke about the importance of nutrition during cancer treatment and provided tips on healthy eating. Erika Wills, P.T.A., of LMH Rehabilitation Services, discussed

how physical activity and physical therapy can aid in the recovery process and improve quality of life.

Licking Memorial Health Systems President & CEO Rob Montagnese recognized the attending cancer survivors and thanked family and friends for the continued support that they provided to loved ones who fought and survived cancer. Chaplain Dave Mason of Licking Memorial Pastoral Care provided musical entertainment, and guests enjoyed a sing-along with the Pastoral Care team. The traditional aerial photo of the survivors concluded the event.



LMHS Fundraiser Benefits Operation Feed

Earlier this year, Licking Memorial Health Systems (LMHS) raised \$25,500 to benefit the Food Pantry Network of Licking County. On May 6, LMHS was presented the Grand Gourmet Award at Operation Feed's annual award ceremony and celebration at Marne United Methodist Church, and was the second overall campaign contributor. Director of Compensation & Benefits Becky Thomas (middle left) and Human Resources Specialist Kalani Friend (middle right) accepted the award on behalf of LMHS from the Food Pantry Network Executive Director Chuck Moore (left) and Funds Development Director Alyssa Shepherd (right). The 2022 award ceremony was the first to be held in-person since the beginning of the COVID-19 pandemic.



Active•Fit Spotlight – Graham Hannah

Ten years ago, the Licking Memorial Health Systems (LMHS) Active•Fit program debuted as an incentive-based, goal-oriented health program to introduce children, ages 6 to 12 years, to the benefits of exercise, healthy eating, and proper rest. Graham Hannah was 7 years old when he participated in the first Active•Fit Junior Chef event. The experience sparked his interest in cooking and inspired him to enroll in the Career and Technology Education Centers (C-TEC) of Licking County in the Culinary Arts program for his junior year of high school.

"I have always had an interest in cooking and wanted to further develop those skills," said Graham. "I enjoy trying out new things and experimenting with different foods."

Graham's grandmother, Micky Hannah, learned about the Junior Chef event from an ad in the newspaper. She enjoyed spending time with her grandson and thought that this program would be a fun experience for the two of them to share together.

The Active•Fit Junior Chef event is an annual event held at C-TEC and mentors children through preparing nutritious meals and snacks. C-TEC culinary students guide the Junior Chefs through demonstrations. Participants gain hands-on experience by making the recipes

themselves, which are then combined into a healthy lunch and enjoyed at the conclusion of the event.

Members of the Family, Career and Community Leaders of America (FCCLA), an organization comprised of juniors and seniors in the culinary arts, are responsible for creating the recipes used for the event. The FCCLA's goal is to feature fresh, wholesome ingredients in healthy and kid-friendly recipes that the Junior Chefs can make on their own or with little assistance. Each Junior Chef is accompanied by an adult, and together they rotate through five different cooking stations.

"The Active•Fit Junior Chef event was a very worthwhile experience for Graham and me," said Micky. "It was really fun to watch Graham experience something new and see how much he enjoyed cooking."

Graham will soon begin his senior year at C-TEC. While he will continue his studies in the Culinary Arts program, he is interested in pursuing a biology degree in college, specifically etymology, which is the study of insects. Graham is grateful for the skills that he has acquired during his time at C-TEC and will be able to apply his talents throughout his life. He enjoys cooking meals for his family and sharing his recipes with his grandmother. In his free time, Graham

enjoys reading, literature, arts, and acting.

The Active•Fit program is available for youth ages 6 to 12 and features many events throughout the year, including Junior Chef. During each period, the child will select four "Active" goals and four "Fit" category goals that may be completed during the 4-month timeframe. Each goal is documented online by the participant at ActiveFit.org under the supervision of a parent, guardian, or mentor. When all goals have been accomplished for each period, the youth participant automatically will be entered into a drawing for great prizes. Program registration is available online at ActiveFit.org. For questions, please contact the Licking Memorial Public Relations Department at (220) 564-1560.



Licking County Youth and Seniors Enjoy an Afternoon of Bowling

Nearly 60 Licking County youths, ages 6 to 12, and seniors, ages 60 and older, attended the Active•Fit and Active•Senior Bowling event on June 8. The event took place at Park Lanes Bowling Center in Heath and included free bowling for approximately a two-hour period. Attendees enjoyed healthy snacks and beverages and opportunities to win prizes.

Participation in the event counted toward the Active•Fit Program Period 3 goals. The current period, complete with new goals, began May 1. All Program participants have an opportunity to

choose and complete new wellness goals by August 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit program has registered more than 9,700 participants who select health-related goals and track their progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit ActiveFit.org.

The Active•Senior program was designed with activities which have been reviewed and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced

program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2022-2023 program began May 1, 2022, and continues through April 30, 2023. For more information or to register for the Active•Senior program, please visit LMHSActiveSenior.org or call LMHS Public Relations at (220) 564-1560.



Camp Feelin' Fine Provides Asthma Education and Summer Fun

To help local children care for their asthma, Licking Memorial Hospital (LMH) offers Camp Feelin' Fine, an annual day camp comprised of educational games and activities. More than 15 children attended this year's event on June 10 at Infirmary Mound Park, south of Granville. The event included dinosaur-themed activities and presentations designed to help youth learn more about asthma, manage their symptoms, and interact with others who also have the condition.

Licking Memorial Pediatrician Richard Baltisberger, M.D., members of the LMH Respiratory Therapy Department, and other Licking Memorial Health Systems staff taught participants ways to avoid common "triggers" of an asthma attack, such as

pollen, strenuous exercise, dust, and pet dander. The LMH Respiratory Therapy Department is staffed with state-licensed respiratory care professionals who work under the direction of a physician and assist with the diagnosis, treatment, and management of patients with pulmonary disorders.

Asthma is a condition that inflames and obstructs the airways in the lungs. Acute

attacks, in which airflow is severely restricted, can be life-threatening if left untreated. Symptoms of an asthma attack include coughing, irregular or labored breathing, wheezing, frequent clearing of the throat, and chest tightness. If a child who has not previously been diagnosed with asthma exhibits these symptoms, consult a pediatrician or family physician for a complete evaluation.



LMHS Hosts Family Movie Night at Pataskala Health Campus

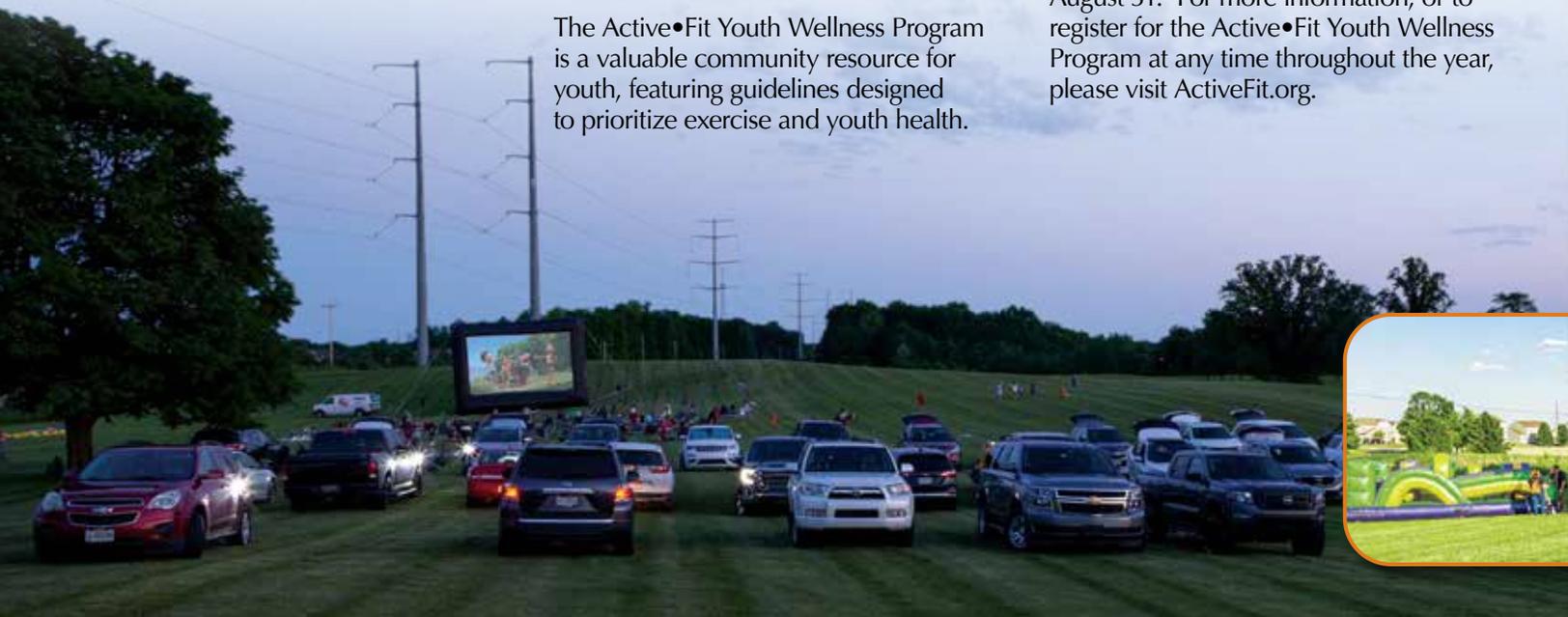
On June 3, approximately 375 community members attended Licking Memorial Health Systems' (LMHS) Family Movie Night at the Pataskala Health Campus to watch the Disney/Pixar animated film, *Luca*, on a 30-foot high inflatable screen. Attendees were able to watch from their vehicles or bring lawn chairs or blankets for seating during the outdoor movie. Prior to the showing, children enjoyed an Active•Fit Youth Wellness event that featured inflatable fun areas and games on the Pataskala Health Campus

lawn, and the Active•Fit Youth Wellness Program Period 2 prize winners were announced. This was the first movie night that featured inflatables since 2019.

"The goal of Family Movie Night is to promote the health benefits of our Active•Fit program and family-oriented activities, so we were excited for families to enjoy some community fun in addition to an outdoor movie with others," said LMHS President & CEO Rob Montagnese.

The Active•Fit Youth Wellness Program is a valuable community resource for youth, featuring guidelines designed to prioritize exercise and youth health.

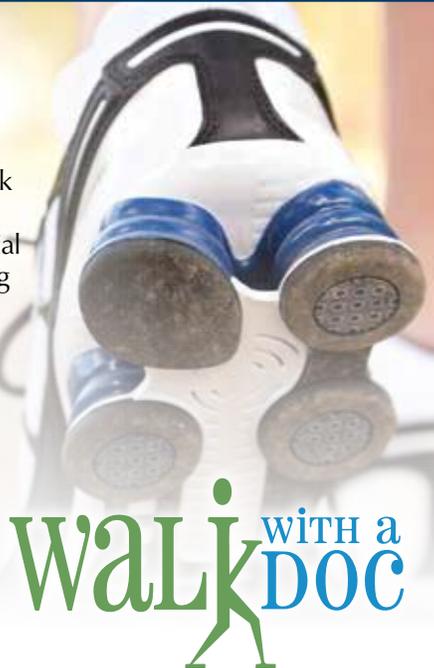
LMHS utilizes its resources to help Licking County children learn about their health, make and accomplish goals, provide activities for fun exercise, and socialize with those in their age range. Since its creation in 2012, the Active•Fit program has registered more than 9,700 participants who select health-related goals and track their progress online. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 3 for 2021-2022 began May 1 and continues through August 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.



Walk with a Doc

In May, Licking Memorial Health Systems hosted a Walk with a Doc event at The Dawes Arboretum in Newark (left photo). David W. Koontz, D.O., of Licking Memorial Internal Medicine, discussed the importance of knowing the numbers when living with a chronic disease. During the June event at Geller Park in Heath (right photo), Brent M. Savage, M.D., of Licking Memorial Surgical Services provided information about hernias.

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.





Active•Fit Period 2 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 2 of the program. Participants in the Youth Wellness Program who completed their fitness goals between January 1 and April 30, were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements.

Nintendo Switch and Fitness Software

Greyson Hoelscher, Liberty Christian Academy
Landon Keller, Kirkersville Elementary
Finley Parks, Watkins Intermediate

Bicycle and Helmet

Sargam Rai, Pataskala Elementary
Nixon Riggs, Utica Elementary
Ashlynd Wright, Pataskala Elementary

Athletic Shoes

Mackenzie Brown, Pataskala Elementary
Lydia Richardson, Watkins Intermediate

iPod Touch and Fitness Software

Evelyn DeCarolis, Pataskala Elementary
Layla DeFrain, Pataskala Elementary
Jacob Devins, Watkins Intermediate
Starr Francis, Pataskala Elementary

\$100 Dick's Sporting Goods Gift Card

Christian Bell, Watkins Intermediate
Karalyn Bortner, Pataskala Elementary
Bryce Childs, Watkins Intermediate
William Collins, Watkins Intermediate
Raelyn Hartman, Watkins Intermediate
Kyle Hough, Watkins Intermediate
Riley Leaster, Watkins Intermediate
Ankit Magar, Pataskala Elementary
Gracie Mathers, Pataskala Elementary
Drew McIntire, Pataskala Elementary
Dustin Parker, Watkins Intermediate
Dominic Spaulding, Pataskala Elementary

\$50 Dick's Sporting Goods Gift Card

Arpita Ghimirey, Watkins Intermediate
Asher Gigliotti, Watkins Intermediate
Pragia Giri, Watkins Intermediate
Reshika Gurung, Pataskala Elementary
Aubrey Kreager, Newton Elementary
Abigail Lang, Watkins Intermediate
Isabella Robinson, Watkins Intermediate
Ameena Sidibeh, Watkins Intermediate
Hemen Tamang, Watkins Intermediate

Since its creation in 2012, the Active•Fit program has registered more than 9,700 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 3 for 2021-2022 began May 1 and continues through August 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.



Behind the Scenes – Dermatology

The skin is the largest organ of the body. It serves as a barrier against injury and bacteria, regulates temperature, and reflects the body's overall health. Issues with the skin may cause feelings of low self-worth, make it challenging to engage in everyday activities, and possibly be life-threatening. The board-certified dermatologists of Licking Memorial Dermatology focus on diagnosing and treating conditions related to the skin, including its structure, functions, and diseases, so that patients can fully enjoy life.

Licking Memorial Dermatologists
Thomas Hagele, M.D., M.B.A.,
Laurie Schaeffer, D.O., and
Bethany Wyles, D.O., care for

patients of all ages and provide a wide range of services to treat skin issues, such as acne, eczema, hair loss, psoriasis, rosacea, warts, and rashes. Treatment ranges from medications to surgery, such as simple excisions to remove abnormal moles and skin cancer, and includes office-based and hospital care. Additionally, Licking Memorial Dermatology concentrates heavily on preventing and caring for skin cancer.

Skin cancer is the most common cancer. Currently, it is estimated that one in five Americans will develop the disease in their lifetime. There are three major types of skin cancer – basal cell carcinoma, squamous cell carcinoma, and melanoma. Basal cell carcinoma and squamous cell carcinoma are the two most common skin cancers and, for most, are not life-threatening. Melanoma is the most serious form of skin cancer; however, when detected early, it is highly treatable.

Licking Memorial dermatologists recommend and provide skin cancer screenings to those at risk or who have noticed concerning changes to their skin. The screening consists of a visual exam of the skin to look for signs of cancer. During the exam, the healthcare provider checks for moles, or other spots that may appear unusual in color, size, shape, or texture. If skin cancer is suspected, a biopsy will be conducted to determine whether cancer is present and the provider will develop a treatment plan, if necessary.

Treatment for skin cancer varies depending on the size, depth, location, and type of cancer. Surgery is often required to remove the

cancerous cells. To remove the cancer, Licking Memorial dermatologists may perform:

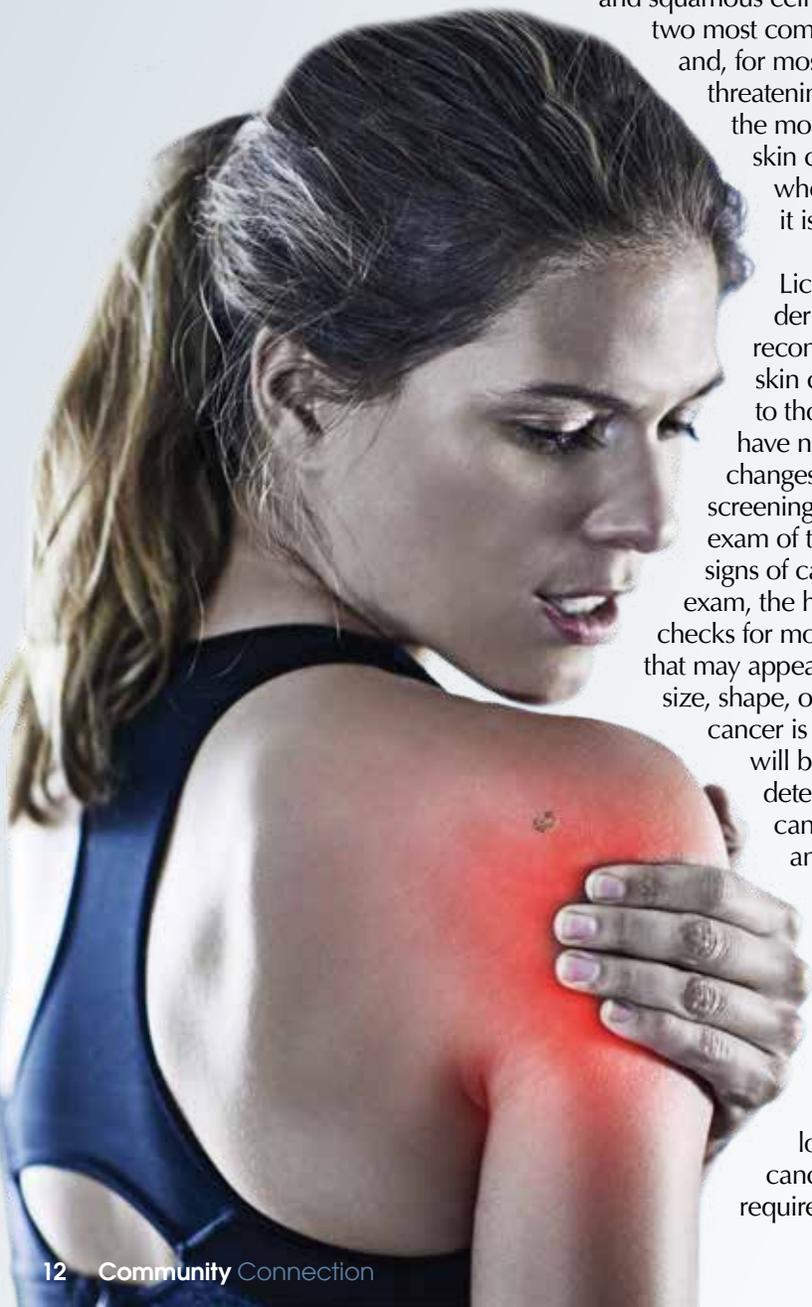
- A simple excision where the cancer cells are removed from the skin
- Electrodesiccation and curettage (ED&C) where the top portion of cancerous cells are scraped off and then heat sealed with an electrical device

Dr. Hagele also performs a procedure called Mohs Micrographic Surgery (MMS). A specialized and highly effective technique, MMS involves progressively removing and examining thin layers of the cancer-containing skin until only cancer-free tissue remains. The methodical process allows Dr. Hagele to remove the cancer while doing minimal damage to surrounding healthy tissue. The surgery also offers increased tumor clearance which corresponds to a lower risk of recurrence. MMS is an outpatient procedure using only a local anesthetic. Patients who have undergone the procedure at Dr. Hagele's office have reported high satisfaction with the results. The patients were pleased with how clearly the procedure was explained to them and the care taken to ensure their comfort not only during the procedure, but also while they waited for results.

Patient comfort is a top priority of Licking Memorial Dermatology staff, who put forth extra effort to create a welcoming environment and assist patients beyond the scope of normal care, such as helping them to and from vehicles and making extra calls to make sure they attend follow-up visits.

"We have been treating many of our patients for more than 20 years," said Dr. Wyles. "They are our friends and family, and we take the time to make certain all their needs are met."

Part of meeting the needs of patients is providing adequate education about how to care for their skin. Along with information about basic skin care, such as how to properly clean and moisturize, they also instruct patients on how to identify the signs of skin disease. For



LMHS Hosts Pataskala Chamber of Commerce Luncheon

instance, patients at risk for cancer are taught how to perform self exams at home, which includes the ABCDEs of melanoma. During the self exam, patients should check moles and other skin growths for **a**symmetry, irregular **b**orders, varied **c**olor, a **d**iameter greater than 6 millimeters, and if the spot has **e**volved or is changing. If the patient observes any of these characteristics, they should seek care from a dermatologist. Other recommendations to care for skin include using sunblock with an SPF of at least 30 and limiting exposure to ultraviolet rays from the sun, tanning beds, and sunlamps.

In addition to treating skin diseases, Licking Memorial Dermatologists also offer a variety of minimally invasive cosmetic services to rejuvenate an individual's facial appearance, such as BOTOX® and dermal fillers. Both treatments are used to smooth lines and minimize the appearance of wrinkles on the face. "We strive to not only provide services that are required to care for illnesses, but also services that our patients desire," said Dr. Schaeffer.

Dermatology is a high-demand specialty that provides treatment to over 3,000 conditions that affect the skin. Licking Memorial Dermatology endeavors to provide quality care, ranging from cosmetic to life-saving procedures, to as many patients as possible. Currently, services are provided at three convenient locations throughout Licking County, including Newark, Pataskala, and Heath. However, as a high-demand specialty, seeing patients in a short time frame can be challenging. If a patient has a spot that is concerning or has been referred by another physician for immediate care, Dr. Hagele's office will try to schedule an exam within 24 to 48 hours; however, for less life-threatening conditions, appointments may not be as immediately scheduled. In response to the high demand within the community, Dr. Hagele is changing his office hours beginning the week of September 5 to better suit patient needs. His new hours will be 7:00 a.m. to 3:30 p.m., Monday through Thursday, and 7:00 a.m. to 12:00 Noon on Friday. For more information about Licking Memorial Dermatology, visit LMHealth.org.

Licking Memorial Health Systems (LMHS) hosted the Pataskala Chamber of Commerce luncheon at Tri-Village Christian Church in June. Thirty-three Chamber members attended the meeting and enjoyed a catered lunch by LMHS Culinary Services. Andrew Highberger, M.D., of Licking Memorial Behavioral Health Services and Addiction Medicine presented information about substance use and addiction and discussed how to reduce the stigmas of addiction through education, prevention, and pro-recovery programs.

Addiction is a chronic, neurobiological disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. Addiction is characterized by behaviors including impaired control over drug use, compulsive use, continued use despite harm, and cravings.

Stigmas about addiction have been major barriers for individuals obtaining effective treatment. Many people believe that addiction is a personal choice reflecting a lack of willpower and a moral failing. This stigma is not only prevalent among the general public, but also within the healthcare system.

"As clinicians, how we treat a disorder is dependent on how we model the disorder," said Dr. Highberger. "The model we use to define and diagnose addiction drives the way we treat it; therefore, we must recognize that addiction is a chronic disease."

The goal of treatment is to return the patient to productive functioning. A long-term care plan that addresses all of the patient's needs – not just their substance use – is key for success. Modalities such as behavioral therapy and counseling, substance use monitoring, pharmacotherapy medications, support groups, and continuing care are used when tailoring a treatment plan for the patient.

Help is available to those suffering with substance abuse through Shepherd Hill, the treatment center associated with Licking Memorial Hospital (LMH). Shepherd Hill offers a 72-hour residential evaluation to assess the patient and recommend treatment. The facility also provides education to patients and their families about chemical dependency. Ask the Doc sessions are held the second and fourth Saturday of each month, beginning at 9:00 a.m., in the Shepherd Hill Auditorium. These sessions are free and open to the public. For more information, call (220) 564-HEAL (4325).



Defeating Cancer – HPV Vaccine

On average, one in three people will be diagnosed with cancer, a disease in which some cells in the body grow uncontrollably and spread to other parts of the body. Because the best defense against cancer is prevention and early detection, Licking Memorial Health Systems (LMHS) recently presented Defeating Cancer: A Community Education Event for individuals interested in learning more about cancer and prevention. Hanaa Abdelmessih, M.D., of Licking Memorial Pediatrics – Tamarack, discussed the human papillomavirus (HPV) infection and how the vaccine can prevent certain types of cancer.

HPV is a common infection that is sexually transmitted and affects both men and women. Most HPV infections do not cause cancer; however, high-risk HPV infections that persist for long periods of time can cause cell changes that may become cancer. Almost all cervical cancer is caused by HPV, as well as some cancers of the vulva, vagina, penis, anus, and oropharynx.

High-risk HPV does not usually cause symptoms, which is why regular cancer screenings, such as pap smears, are important. Precancerous lesions may cause symptoms such as itching or bleeding. Symptoms of cervical cancer may include vaginal bleeding, pelvic pain, unusual vaginal discharge, and pain during intercourse.

When a virus infects the body, it enters the cell and replicates. The cell is destroyed, and the copies of the virus travel to other cells and repeat the replication process. The immune system responds by sending cells to fight and neutralize the virus. Viruses such as HPV damage the DNA of healthy cells, disrupting normal cell function. By continuing to grow and multiply, the damaged cells may form tumors that can become cancerous. The virus also may change the body's immune system making it more difficult to fight the cancer cells.

Vaccines provide the best protection against the types of HPV that cause cancer. The HPV vaccine is approved by the U.S. Food and Drug Administration and can be administered to boys and girls between ages 11 and 12, but can be started as early as age 9. A two-dose regimen given at least six months apart is recommended by the Centers for Disease Control and Prevention (CDC). The CDC Advisory Committee on Immunization Practices (ACIP) also recommends vaccination for everyone through age 26, if they were not adequately vaccinated when younger. Vaccination for individuals, ages 27 to 45 years, can be beneficial in special circumstances; however, most people within this age range have already been exposed to HPV.

The vaccine can prevent most types of cervical cancer if the vaccine is given to girls before exposure to the virus. In addition, the HPV vaccine can prevent genital warts, anal cancers, and cancers of the mouth, throat, head, and neck. Side effects of the HPV vaccine are usually mild and include soreness, swelling, or redness at the injection site. Fever for one to two days is uncommon. No serious reactions have been associated with the HPV vaccine. Parents should talk with their pediatrician to determine whether the HPV vaccine is appropriate for their children.



Ask a Doc – Lower

Question: How can I relieve

Answer: Back pain is one of the most common reasons people visit a physician or are absent from work. The lower back supports the weight of the upper body and provides mobility for everyday motions such as bending and twisting. Muscles in the lower back are responsible for flexing and rotating the hips while walking, as well as supporting the spinal column. Nerves in the lower back supply sensation and power the muscles in the pelvis, legs, and feet. Back pain, which may range in intensity from a dull, constant ache to a sudden, sharp or shooting pain, can begin suddenly as a result of an accident or by lifting something heavy, or develop over time due to age.

The lower back includes five vertebrae, referred to as L1 through L5, in the lumbar region. The spaces between the vertebrae are maintained by round pads called intervertebral discs that absorb shock throughout the spinal column and cushion the bones as the body moves. Bands of tissue known as ligaments hold the vertebrae in place, and tendons attach the muscles to the spinal column. Thirty-one pairs of nerves are rooted to the spinal cord and control body movements and transmit signals from the body to the brain.

Due to significant overlap of the nerves that connect to many of the discs, muscles, ligaments, and other



Physician Spotlight

Robert W. Mueller, M.D., joined Licking Memorial Orthopedic Surgery in August 2015. He received his medical degree at Johns Hopkins University Medical School in Baltimore, Maryland. He completed an internship and residency in orthopedic surgery at Johns Hopkins Hospital in Baltimore, Maryland. Dr. Mueller is board certified in orthopedic surgery.

Dr. Mueller is originally from Missouri. He formerly served his country as a Staff Orthopedic Surgeon in the U.S. Navy. He has a special interest in sports-related injuries and adult reconstructive surgery. He is a member of the American Academy of Orthopedic Surgeons.

Back Pain with Robert W. Mueller, M.D.

How do I know if I have lower back pain?

spinal structures, a person often has difficulty accurately sensing the true cause of lower back pain. For example, a degenerated or torn lumbar disc may create the same pain sensation as a pulled muscle while both can create inflammation and painful muscle spasms in the same area. Muscles and ligaments heal rapidly, while a torn disc may or may not. The time course of pain assists in determining the cause.

Most lower back pain can be described as acute – lasting a few days to a few weeks. Generally, acute back pain is mechanical in nature, meaning that there is a disruption in the way that the components of the back – the spine, muscles, intervertebral discs, and nerves – fit together and move. Mechanical causes of lower back pain may include skeletal irregularities, such as scoliosis – a curvature of the spine, lordosis – an abnormally exaggerated arch in the lower back, kyphosis – excessive outward arch of the spine, and other congenital anomalies of the spine. Injuries, such as sprains – overstretched or torn ligaments, strains – tears in tendons or muscle, and spasms – sudden contraction of a muscle or group of muscles, may also lead to lower back pain. Pain is considered chronic if it lasts for more than three months and exceeds the body's natural healing process. There are numerous causes of chronic pain in the lower back that often involve a disc problem, a joint problem, and/or an irritated nerve root.

Basic remedies applied at home can be effective for treating mild or acute pain from muscle strain, as well as reducing the effects of chronic, severe pain. Self-care is administered by the individual and can easily be adjusted. Many episodes of lower back pain can be improved by briefly avoiding strenuous activity. It is not advised to rest for more than a few days, as too much inactivity can make healing more difficult. Heat from a warm bath, hot water bottle, electric heating pad, or chemical or adhesive heat wraps can relax tense muscles and improve blood flow. Increased blood flow brings nutrients and oxygen that muscles need to heal and stay healthy. If the lower back is painful due to inflammation, ice or cold packs can be used to reduce swelling. Protect the skin while applying heat or ice to prevent tissue damage.

Physical therapy is often part of a lower back pain management regimen. Stretching muscles in the lower back, hips, and legs assists in loosening and relaxing the muscles that support the weight of the upper body. The more mobile the muscles are, the more the back is able to move without injury. When starting a stretching routine, it is suggested to start slowly, stretching for 20 to 30 seconds and stop a stretch if it causes pain. Strengthening the core muscles found in the abdomen, hip, and gluteal region that support the spine can also assist in relieving lower back pain.

Recurring back pain resulting from improper body mechanics may be prevented by avoiding movements that jolt or strain the back, maintaining correct posture, and lifting objects properly. Many work-related injuries are caused or aggravated by stressors such as heavy lifting, contact stress – repeated or constant contact between soft body tissue and a hard or sharp object, vibration, repetitive motion, and awkward posture. Exercise regularly to keep muscles strong and flexible. Consult a physician for a list of low-impact, age-appropriate exercises that are specifically targeted to strengthening lower back and abdominal muscles. Maintain a healthy weight and consume a nutritious diet with sufficient daily intake of calcium, phosphorus, and vitamin D to promote new bone growth.

Most back pain gradually improves with home treatment and self-care, usually within a few weeks. Contact a physician or orthopedic surgeon if the pain is severe, persists past a few weeks, spreads down one or both legs, causes weakness, numbness, or tingling in one or both legs, or is accompanied by unexplained weight loss. In rare cases, back pain can signal a serious medical problem. Seek immediate care if your back pain causes new bowel or bladder problems, is accompanied by a fever, or follows a fall, blow to the back, or other injury.

Quality Reporting to the Community

Patient Story and Benchmarks for Stroke Care

Patient Story – Mark Ketter



Mark Ketter has worked at the Kroger in Heath for 42 years. On August 24, 2021, Mark arrived at 5:00 a.m., for his morning shift as the Frozen Foods Manager. About an hour and a half later, he began to notice a tingling sensation in the fingers on his right hand. He did not think much of it because he had experienced similar feelings before when working in cold environments. When Mark started to feel that same tingling sensation in his toes on his right foot, he began to worry that something might be wrong.

“I had remembered that these feelings could be the symptoms of a stroke, so I went to the bathroom and looked in the mirror to see if my face was drooping,” Mark explained. “I didn’t see any changes in my face, so I went and bought a bottle of aspirin and took one just to be on the safe side.”

A couple of hours passed, and Mark noticed the tingling sensations in his hand and foot were not going away. He had just received a wellness check that morning at the Kroger Pharmacy, so he returned and told the pharmacist that he was concerned that he might be having a stroke. The pharmacist checked Mark’s vital signs and suggested that he go to the Emergency Department (ED). Mark called his wife, Glenna, and told her that he needed her to drive him to the Hospital because he thought he may be having a stroke.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or ruptures. When this happens, part

of the brain cannot get the blood and oxygen needed, and brain cells begin to die. The effects of a stroke depend on several factors, including the location of the blockage and the amount of brain tissue affected. One side of the brain controls the opposite side of the body, so a person who has a stroke on the left side of their brain will experience complications on the right side of their body.

When Mark arrived at the Licking Memorial Hospital (LMH) ED, he was immediately triaged and underwent an electrocardiogram (ECG) to rule out any heart conditions. When his ECG came back normal, he was sent to get an MRI, which revealed evidence of an ischemic stroke on the left side of Mark’s brain. He was diagnosed with suffering an acute ischemic stroke (AIS).

An AIS occurs when blood flow through a brain artery is blocked by a clot and is responsible for nearly 90 percent of all strokes. Strokes can happen to anyone, but the risk increases with age. Other risk factors include uncontrolled high blood pressure, diabetes, coronary artery disease, high cholesterol, and smoking. A transient ischemic attack (TIA) is a temporary blockage of blood flow to the brain. TIA symptoms may vary in duration – lasting a few minutes up to 24 hours. Mark’s symptoms only lasted about five hours, and by the time he was admitted to LMH for observation, his symptoms had disappeared.

He saw DeRen Huang, M.D., of Licking Memorial Neurology during his stay. “Dr. Huang was very knowledgeable. He talked with me about what happened and discussed changes I could make to improve my health and prevent future strokes,” said Mark. “I was an occasional smoker, but once I learned that smoking is a risk factor for stroke, I quit that day.”

At his follow-up visit, Dr. Huang prescribed a cholesterol-lowering medication to reduce the risk of clots and prevent stroke. He is also taking one aspirin daily. Mark has quit drinking soda and tries to drink the recommended 64 ounces of water each day. He has also lowered his stress level by stepping down from his position as Frozen Foods Manager at Kroger and now assists in the general grocery area.

“It would have been so easy for me to ignore the symptoms and just keep working,” Mark said. “I am glad that I recognized the signs of a stroke and trusted my instincts to seek medical help. Everyone at LMH treated me well and knew exactly what to do to help me. I knew I was in capable hands.”

During a stroke, every minute counts. Recognizing the signs and symptoms of a stroke can save a person’s life. Stroke treatments work best if the stroke is recognized and diagnosed within three hours of the first symptoms. Common symptoms include drooping of the face on one side, impaired mobility on one side of the body, and slurred speech. A person may also experience memory loss, changes in vision, vertigo, confusion, or a sudden severe headache. Individuals should call 911 immediately if they notice a sudden onset of these symptoms.

Artificial Intelligence Aids in Faster Triage for Stroke Patients

A stroke is the sudden death of brain cells due to lack of oxygen caused by blockage of blood flow or rupture of an artery to the brain. Stroke is a medical emergency, and prompt treatment is crucial for survival. Early action can reduce brain damage and other complications. Stroke is the fifth most common cause of death and a leading cause of disability in the United States. Licking Memorial Hospital recently implemented a new device in the Emergency Department that will facilitate efficient communication and care coordination to improve outcomes for stroke patients.

There are two general types of stroke. A hemorrhagic stroke occurs when an artery in the brain leaks blood or ruptures. An ischemic stroke results from a blockage in one of the major arteries of the brain. If an ischemic stroke involves blockage of a major vessel, it is called a large vessel occlusion. Time is a key factor in stroke treatment. It is important to learn how to recognize the warning signs of stroke, which can be remembered with the acronym BEFAST: Balance problems, Eye and vision problems, Face drooping, Arm weakness, Speech difficulty, and Time. If someone is exhibiting any of these symptoms, call 911 immediately.

Successful management and delivery of care depend on timely and accurate data to aid in effective, clinical decision-making. Viz.ai Intelligent Care

Coordination is powered by artificial intelligence (AI) and replaces outdated, conventional care practices with a single platform, enabling care teams to expedite care for patients who present stroke-like symptoms and reduce the amount of wait time from arrival to diagnosis and treatment.

The Viz.ai platform is a synchronized workflow that begins working upon arrival to the Hospital and as soon as symptoms suspicious for stroke are recognized. The software securely connects to the Hospital's existing computed tomography (CT) scanning technology. The app is installed on the smart devices of clinical team members, allowing them to receive automated alerts and patient updates in real time from one another while immediately beginning communication via a HIPAA-compliant mobile interface to coordinate care for the patient.

As soon as images from a patient's CT scan are uploaded to the program, Viz.ai uses an AI algorithm to analyze the images for findings suggestive of a stroke. The completed analysis simultaneously notifies the appropriate medical specialists, including the treating physician, radiologist,

neurologist, and other clinical team members. The clinicians can view the non-compressed images on their mobile device to appropriately evaluate the patient and communicate with other team members before making care-related decisions. Thrombolytic therapy can be administered immediately to treat an ischemic stroke and resolve the clot. If a brain hemorrhage is detected, patient care is expedited to determine the cause of the bleed and appropriate treatment can be started.

Immediate treatment can minimize the long-term effects of a stroke and prevent death. Viz.ai has shown to significantly reduce time to treatment from onset of symptoms and decrease length of hospital stays. The secure HIPAA-compliant communication tool allows clinical teams to quickly and conveniently coordinate patient care and treatment decisions, improving patient outcomes.



New Appointment

Lea Ann Morris, APRN-CNP,
joined Licking Memorial
Hospitalists.



Stroke 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. Thrombolytic drugs, sometimes called “clot-busters” often are effective in treating a stroke in progress, and may even reverse some of the neurological damage. However, thrombolytic drugs can have dangerous side effects. To lower the risk of complications, thrombolytic drugs can be given only to patients who have arrived at the Emergency Department (ED) quickly enough to have the drugs initiated within three hours of their first symptoms of having a stroke.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Eligible stroke patients who received timely thrombolytic drugs in the ED	87.5%	90.6%	100%	88%

2. Tissue plasminogen activator (tPA) – an FDA-approved medication for acute ischemic strokes, is given through intravenous therapy (IV) in the arm, and works by dissolving clots and improving blood flow to the part of the brain being deprived. tPA can help reduce damage to the brain and the long-term effects of stroke. Minimal time to administration produces brain-saving benefits.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal
Median time from arrival to administration of tPA	68 Minutes	73 Minutes	68 Minutes	60 Minutes

3. Quick access to brain scan results is critical to physicians when treating a patient with a suspected stroke. Clot-buster medications can be administered, but only for a short period of time after the patient’s stroke symptoms begin, and the medications may not be given until a brain scan is completed. Quick completion of a brain scan upon the patient’s arrival can reduce the amount of time elapsed before these important medicines can be given, which then increases the patient’s chance for improved recovery from a stroke.

	LMH 2019	LMH 2020	LMH 2021	National ⁽¹⁾
Stroke patients in the ED with brain scan results within 45 minutes	84%	96%	84%	72%

4. Ischemic stroke is a type of stroke that results in damage to the brain caused by an interruption or blockage in blood flow. It is the most common type of stroke. A stroke can result in death, so seeking medical attention quickly is vitally important. Licking Memorial Hospital (LMH) measures the rate of in-hospital death of patients suffering an ischemic stroke. Prompt and comprehensive stroke treatment can reduce the risk of death and long-term complications. Lower percentages are preferable.

	LMH 2019	LMH 2020	LMH 2021	National ⁽²⁾
Ischemic stroke – inpatient mortality rate	0.00%	0.00%	0.78%*	2.38%
<small>*In 2021, one individual suffered a fatal ischemic stroke.</small>				

5. The “incidence rate” is a measure of how often ischemic strokes occur in our community, as compared to national averages. It is measured as the number of patients who are admitted with a stroke, out of every 1,000 admitted patients. Rates higher than average mean that more patients are admitted to the Hospital with strokes than the national average, while lower rates indicate fewer strokes occur in the community than the national average. Lower numbers are preferable.

	LMH 2019	LMH 2020	LMH 2021	National ⁽²⁾
Incidence rate	17.96%	20.10%	20.51%	19.31%

6. Atrial fibrillation, also known as “AFib,” is a condition in which the heart does not pump blood effectively. Patients with AFib are five times more likely to suffer a stroke than the general population, and many patients may be unaware that they have it. Patients with AFib are at risk of having blood clots form inside their heart, which can travel to the brain, causing a stroke. This measure reflects the percentage of patients, diagnosed with stroke who had underlying AFib. Patients with AFib typically are treated with blood thinners to help reduce the likelihood of clots forming inside the heart. Lower percentages are preferable.

	LMH 2019	LMH 2020	LMH 2021	National ⁽²⁾
Ischemic stroke – percentage with AFib	19.09%	14.29%	11.72%	17.81%

7. In some cases, after the immediate crisis is stabilized and the patient no longer requires hospital care, ongoing care may be required depending on the needs of the patient. Patients may be transferred to post-hospital care settings such as inpatient rehabilitation, skilled nursing facilities or home health agencies. The LMH goal is for the patient to return to baseline functioning and be discharged directly home from the Hospital.

	LMH 2019	LMH 2020	LMH 2021	National ⁽²⁾
Ischemic stroke – percent discharged home	37.27%	49.58%	53.13%	55.56%

8. Licking Memorial Health Professionals (LMHP) office-based physicians use evidence-based measures in order to provide excellent, quality care to patients. The American Stroke Association and American Heart Association recommend the use of blood-thinning medication in order to prevent clots from forming and to improve blood flow.

	LMHP 2019	LMHP 2020	LMHP 2021	National ⁽³⁾	LMHP Goal
% LMHP coronary artery disease patients seen receiving blood-thinning medication	93%	93%	96%	>80%	>85%

Data Footnotes: (1) Comparative data from www.hospitalcompare.hhs.gov. (2) Comparative data from the Midas Comparative Database. (3) American Heart Association/American Stroke Association/National Committee for Quality Assurance Heart/Stroke Recognition Program.



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

Knowing Your Numbers Can Prevent Stroke Risk

A person’s risk for stroke is determined by a number of modifiable and non-modifiable factors. Modifiable risk factors are those that can be controlled by the patient, including high blood pressure, obesity, high cholesterol, and diabetes. According to the American Stroke Association, 80 percent of strokes are preventable. Understanding the following numbers can help individuals assess their risk of stroke and work with their physician to control these modifiable factors with lifestyle changes or medication.

Blood pressure – High blood pressure is the leading cause of stroke. People with high blood pressure should check their levels often. A normal blood pressure level is less than 120/80 mmHg. Lowering blood pressure can reduce the risk of stroke and may be accomplished through lifestyle changes or medication.

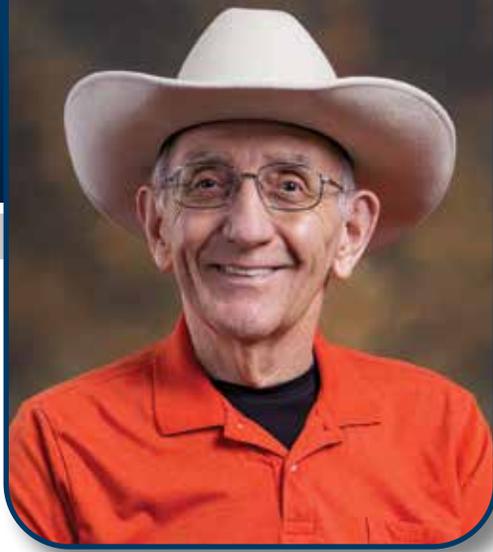
Cholesterol – Low density lipoprotein (LDL) is considered “bad” cholesterol, as too much of it can cause buildup in the arteries. High density lipoprotein (HDL),

known as “good” cholesterol, helps to remove cholesterol from the body and prevents buildup. A total cholesterol level that is higher than 200 mg/dL increases a person’s risk of stroke.

Body mass index (BMI) – A person’s BMI is commonly used to classify weight as healthy or unhealthy. A BMI of between 25 and 29 is considered overweight, and a measurement of 30 or more is considered obese. Being

overweight is a major risk factor for many serious illnesses, including stroke.

Blood sugar – Adults with diabetes are more likely to have a stroke than those without diabetes. Controlling blood glucose levels can help lower the risk of stroke. According to the American Diabetes Association, the goal for a person with diabetes should be a blood sugar level between 90 and 130 mg/dL before meals and 110 to 150 mg/dL at bedtime.



Quality Reporting to the Community

Patient Story and Benchmarks for Emergency Care

Patient Story – Richard Amore

As a member of Toastmasters International, Richard Amore enjoys teaching others the art of public speaking, telling stories, and performing stand-up comedy. He often uses his real-life experiences to entertain audiences, especially the story of how he met his wife. Richard was working at Owens Corning when a coworker told him she had a friend who might enjoy going out on a double date. However, the friend declined the double date because she had never met Richard before and did not know him. Determined to prove himself a worthy date, Richard went to the young lady's house and knocked on the door.

"I drove up and down State Route 79 a few times to build up the courage to approach the door. I introduced myself, and Carol let me into the house," Richard shared. "After spending an hour talking to her and her mother, I said, 'Now that you know me – how about that date?'"

The two married a short time later and spent 53 years together. Richard began working for Carol's father, and later purchased Helmick's Exterminating from the Helmick family. Carol became a nurse and was employed at Licking Memorial Hospital (LMH) for a number of years. After earning her master's degree and becoming a Nurse Practitioner, she received a position at a Columbus cancer hospital.

In 2021, Carol passed away due to complications from triple bypass surgery. Three weeks later, Richard began experiencing his own medical issues.

As he stood to walk his dog, he became lightheaded, vomited, then passed out. When he regained consciousness, Richard dialed 911. Emergency Medical Technicians performed a quick exam, but could not determine what may have caused Richard's sudden illness. They transported him to the Licking Memorial Emergency Department (ED). Upon arrival at the ED, nursing staff implemented protocols to determine if Richard was experiencing a heart attack and performed an electrocardiogram (EKG). The ED physician, Terrill D. Burnworth, D.O., reviewed the EKG, ordered blood tests, and consulted Cardiologist Hassan Rajjoub, M.D. At first, the testing was inconclusive as to whether Richard had experienced a heart attack or an aneurysm.

"As I was waiting for more test results, the monitors detected a cardiac event. I felt no pain in my chest, just some numbness in my jaw, but the staff issued an emergency code for a STEMI," said Richard. An ST-elevation myocardial infarction (STEMI) describes a heart attack in which the artery that carries blood from the heart to the rest of the body is blocked. "I was so thankful that Dr. Rajjoub was there with me. He saved my life that day. I had no idea how dangerous a STEMI can be. It is often called a widow-maker."

Richard was quickly moved to the catheterization laboratory where staff members prepared him for an angioplasty – a procedure used to open blocked coronary arteries. A long, thin catheter is inserted into a blood vessel in the arm or groin, then guided to the blocked coronary artery. The catheter contains a tiny balloon that is inflated at the narrowed area of the heart artery, and a stent – an expandable metal mesh coil, is placed in the

opening. Dr. Rajjoub discovered several blockages and informed Richard that he would also need bypass surgery once he was stabilized.

"I told my son, 'I have heard great things about Dr. Rajjoub and his expertise in heart care. I trust him to make good decisions about the next steps in my recovery,'" Richard said. He was told that he would be staying at LMH for three days for monitoring. However, there were concerns about Richard's blood pressure, and Dr. Rajjoub suggested immediate action be taken. Richard was transported to a Columbus hospital for bypass surgery.

After the surgery and initial recovery, Richard returned home. It was suggested that he undergo cardiac rehabilitation; however, Richard was suffering from spinal stenosis – a narrowing of the spaces within the spine, which can put pressure on the nerves that travel through the spine. Richard had postponed a scheduled surgery for the condition because of his wife's bypass surgery, and was now waiting to fully recover from his own heart procedures.

Not long after his return home, Richard once again visited the ED. When he realized he had accidentally sat down on his cat, Richard moved too quickly and fell out of the chair. He could not stand to get off the floor, so he called 911. A computerized tomography (CT) scan revealed he had broken the third bone down in the lumber region of his back. Richard underwent surgery on the broken bone and had the spinal stenosis repaired. With care for his back issues, Richard is now able to participate in cardiac rehabilitation and is working to increase his strength.

In April, Richard made a stage appearance in the Active•Senior Game

Telestroke Network Provides Local Access to Stroke Care

e

Show hosted by Licking Memorial Health Systems, winning several prizes. “It took a lot of will power to climb the stairs to the stage, but I was excited to be part of the show. I never turn down an opportunity to be in front of an audience,” Richard shared.

Richard has faced several other challenges since his back surgery, including a second heart attack, and issues with his medication; however, he continues to work to stay active and maintain his well-being and weight. After graduating high school, Richard weighed over 420 pounds. He was proud when he lost 240 pounds, and determined to remain active. He volunteered for ski patrol and as a paramedic for many years. Still active with his business, Richard is happy to work with his son, Mike, who serves as a service manager for Helmick’s Exterminating. Richard also enjoys spending time with his granddaughters, Sydney and Addyson, and his son, Paul.

In one minute of having a stroke, over one million irreplaceable brain cells are lost. The amount of time that the brain is deprived of oxygen can cause brain damage or death, and it is imperative that a person with stroke symptoms be immediately transported to the nearest hospital to begin treatment. While smaller hospitals may not have specialized stroke care staff on-site, the advancement of telemedicine, high-resolution imaging, and digital communications has made it possible for telestroke technologies to improve the speed and quality of care for stroke patients.

The telestroke network brings the expert stroke care of large hospitals to smaller, more remote facilities, allowing physicians and specialists to view and examine a suspected stroke patient through the use of virtual health technology. They can also review imaging and recommend the appropriate treatment for the patient.

Licking Memorial Hospital (LMH) participates in a stroke treatment model that incorporates the use of telehealth medicine, with a “hub and spoke” framework of care. “Hub” hospitals are those with advanced expertise and the capacity to treat patients with complex strokes. “Spoke” hospitals, such as LMH, are often smaller regional hospitals and those in remote locations. Hub hospitals provide stroke treatment through specialized telemedicine equipment to stroke patients in the spoke hospitals. This allows many more stroke patients in Ohio to remain in their local hospital and receive high-quality treatment from local specialists in collaboration with experts from the larger hub hospitals.

Patients presenting to a spoke hospital with neurological symptoms that are suspicious for a stroke will be evaluated by nursing staff and physicians. When stroke-like symptoms are confirmed, the stroke network is activated, and an on-call specialist from the hub hospital is alerted immediately. Within minutes, the specialist can connect from anywhere via virtual health technology to the regional hospital care team. They can see and talk with the

patient and family and view the patient’s brain scans from the spoke hospital’s emergency department. Once the exam and tests are completed, the specialist and care team will determine if the patient can remain at the spoke hospital for treatment or if the patient should be transferred to the hub hospital.

As of February 2020, there were 11 hub hospitals and 127 spoke hospitals serving Ohio residents. According to the Ohio Department of Health, nearly 97 percent of Ohioans live within a 30-minute drive to a hub hospital or spoke facility that is affiliated with the Ohio Coverdell Stroke Program, a data-driven quality improvement program for stroke treatment that provides quality improvement resources to emergency medical service providers, hospital stroke teams, and other healthcare providers to deliver high quality stroke care to Ohioans.

A stroke can happen to any person despite their age, race, or gender. There are risk factors that can increase the chance of a stroke, such as uncontrolled high blood pressure, high cholesterol, and previous stroke or heart attack. Other risk factors include diabetes, obesity, and smoking.

Stroke is a medical emergency. The acronym B.E.F.A.S.T is an easy way for people to remember the early symptoms of stroke:

- Balance problems
- Eye and vision problems
- Facial drooping
- Arm numbness or weakness
- Slurred speech
- Time to call 911

Symptoms of a stroke may last only a few minutes, and even if symptoms disappear, it should still be considered a serious medical emergency. A medical assessment is important to identify the cause of the warning sign and if the person is in need of additional treatment.

Emergency 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. During 2021, there were 50,734 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2019	LMH 2020	LMH 2021	Goal
Median length of stay in the ED for all patients*	194 min.	192 min.	218 min.**	Less than 201 min.
Median length of time from arrival until seen by a physician*	21 min.	16 min.	27 min.**	Less than 28 min.
Median length of stay in the ED for patients discharged home*	175 min.	167 min.	204 min.**	187 min.⁽¹⁾
Median length of time from the ED physician's decision to admit a patient until the patient arrives in their Hospital room	81 min.	98 min.**	75 min.	120 min.⁽¹⁾
Percentage of patients who are in the ED for more than 6 hours	5.3%	4.6%	8.9%**	7.8%⁽²⁾

**LMH data represented on this table reflect nearly 100 percent of all ED visits, while goals reference Centers for Medicare & Medicaid Services hospital comparative data, which use a small sampling of all U.S. emergency department patients.*

***In 2020 and 2021, admittance times were affected by an increase in patient visits and the need to test patients for COVID-19.*

2. LMH operates three Urgent Care facilities: Licking Memorial Urgent Care – Pataskala, Licking Memorial Urgent Care – Granville, and Licking Memorial Urgent Care – Downtown Newark. Patients are encouraged to visit Urgent Care rather than the ED when they have illnesses and injuries that are not life-threatening, but need immediate attention, such as ear infections, minor fractures, and minor animal bites. Urgent Care visits usually require less time and offer lower costs than visits to the ED. During 2021, there were 18,141 visits to Licking Memorial Urgent Care – Granville, 7,885 visits to Licking Memorial Urgent Care – Pataskala, and 20,230 visits to Licking Memorial Urgent Care – Downtown Newark.

	LMH 2019	LMH 2020	LMH 2021	Goal
Urgent Care – Downtown Newark time to see physician	12 min.	18 min.	44 min.*	Less than 30 min.
Urgent Care – Downtown Newark median length of stay	44 min.	54 min.*	68 min.*	Less than 60 min.
Urgent Care – Granville time to see physician	9 min.	12 min.	30 min.*	Less than 30 min.
Urgent Care – Granville median length of stay	36 min.	41 min.	46 min.*	Less than 60 min.
Urgent Care – Pataskala time to see physician	14 min.	13 min.	31 min.*	Less than 30 min.
Urgent Care – Pataskala median length of stay	44 min.	44 min.	52 min.*	Less than 60 min.

**In 2020 and 2021, length of stay times were affected by an increase in patient visits and the need to test patients for COVID-19.*

3. Emergency angioplasty restores blood flow in a blocked heart artery by inserting a catheter with a balloon into the artery to open the vessel. The procedure has been proven to save lives during a heart attack and is most effective when performed within 90 minutes of the patient's arrival to the ED to minimize irreversible damage from the heart attack.

	LMH 2019	LMH 2020	LMH 2021	Goal
Median time to opened artery	55 min.	58 min.	60 min.	61 min.
Percentage of patients with arteries opened within 90 minutes	99%	98%	99%	96%
Median time from arrival to completion of EKG	5 min.	3 min.	3 min.	National⁽¹⁾ 7 min.

4. Patients who are seen in the ED and return home sometimes can develop further problems that warrant a return to the ED. A high number of patients who return to the ED within 24 hours after being seen can possibly signal a problem with patient care and the ED's ability to accurately diagnose and treat a patient's condition. For this reason, LMH measures the rate of patients who return to the ED within 24 hours to ensure correct condition management. LMH sets an aggressively stringent goal for this, as listed below.

	LMH 2019	LMH 2020	LMH 2021	Goal
ED patients who return to the ED within 24 hours of discharge	1.4%	1.5%	0.9%	Less than 2%

5. A high rate of patients who return to the Hospital within 72 hours after an ED visit and are admitted can possibly signal a problem with patient care. These cases are very heavily reviewed and scrutinized, and LMH sets an aggressively stringent goal for this indicator, as listed below.

	LMH 2019	LMH 2020	LMH 2021	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.6%	0.6%	0.4%	Less than 1%

6. For personal reasons, some patients may elect to leave the ED prior to completing any recommended treatment. Doing so can place the patient at serious health risk. As a measure of ensuring patient safety, LMH measures the percentage of patients who elect to leave the ED prior to completing their treatment.

	LMH 2019	LMH 2020	LMH 2021	Goal
ED patients who leave before treatment is complete	5.0%	3.6%	2.2%	Less than 3%

Data Footnotes: (1) *Hospitalcompare.hhs.gov* national benchmarks. (2) Comparative data from the Midas Comparative Database.
 *LMH data represented on this table reflects nearly 100% of all ED visits, while goals reference CMS hospital comparative data, which uses a small sampling of all U.S. emergency department patients.



Recognizing the Signs of Sepsis

Sepsis is the body’s overwhelming and life-threatening response to an initial infection of microbes that can be bacterial, viral, or fungal. The first infection may occur any place on the body – internally or externally. Sepsis most often results from infections that start in the lungs, urinary tract, skin, or gastrointestinal tract. The initial infection may be serious, such as pneumonia or meningitis, or it may result from a minor issue, such as a finger cut or a case of the flu.

Sepsis affects 1.7 million adults in the United States and results in nearly 270,000 fatalities in the U.S. each year. Individuals who are at a higher risk of sepsis include adults ages 65 or older, people with weakened immune systems or who have chronic medical conditions such as diabetes, lung disease, cancer or kidney disease, individuals with recent

severe illness or hospitalization, and sepsis survivors.

Quick diagnosis and treatment is the key to surviving sepsis. The national public awareness campaign, “It’s About TIME,” was an initiative launched in 2018 by Sepsis Alliance to educate the general public about the most common symptoms associated with sepsis and provide them with knowledge to suggest sepsis to their provider when they arrive at the emergency department.

The acronym TIME stands for:

- Temperature – higher or lower than normal
- Infection – individual may have signs and symptoms of infection
- Mental decline – patient is confused, sleepy, or difficult to rouse
- Extremely ill – severe pain or discomfort

Sepsis should be considered a medical emergency similar to a heart attack or stroke, and immediate action must be taken to treat this serious condition. Individuals who suspect that they or another person may have sepsis should seek medical care immediately.

Licking Memorial Health Foundation Recognizes New Donors

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

The Caduceus Society

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

Drs. Elizabeth & Chad McIntosh

LMHS President & CEO Rob Montagnese (left) and LMH Board Chair Jacqueline Parrill, Ed.D. (right), presented a glass recognition piece to Drs. Elizabeth and Chad (not pictured) McIntosh as new members of the Caduceus Society. The couple lives in Johnstown with their two daughters.

Elizabeth McIntosh, M.D., joined Licking Memorial Family Practice – Johnstown in September 2020. She received her medical degree from State University of New York Upstate Medical University in Syracuse, New York, and completed a family medicine residency at Grant Medical Center in Columbus.

Before entering medical school, Dr. McIntosh graduated from Massachusetts Institute of Technology with a Bachelor of Science degree in Nuclear Engineering. She is a member of the American Academy of Family Physicians and the American Medical Association. Dr. McIntosh is fluent in Mandarin Chinese and enjoys running, camping, and playing the piano and cello.

Chad earned his Doctor of Philosophy and Master of Arts in philosophy from Cornell University in Ithaca, New York. He also received a Bachelor of Arts degree in philosophy from Calvin College in Grand Rapids, Michigan. His area of special interest is philosophy of religion.



Jimisha Patel, M.D.

Jimisha Patel, M.D., accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (left) and Vice President Development & Public Relations Veronica Patton (right) to commemorate her pledge to the Caduceus Society. Dr. Patel joined Licking Memorial Pediatrics – Tamarack in May 2020.

Dr. Patel received her Medical Degree from Wright State University Boonshoft School of Medicine in Dayton, Ohio. She completed a pediatric residency at Louisiana State University School of Medicine in New Orleans, Louisiana. She is a member of the American Academy of Pediatrics and is board certified in pediatrics.

Dr. Patel resides in New Albany with her husband and two children. Her personal interests include reading, hiking, and spending time with family.



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.

Capital Improvement Fund

TWIGS 6

Community Cornerstone Club

Brandon & Ellie Akey
Louie Ashcraft
Ronald & Patricia Babcock
Mrs. Kay A. Barton
John Berry, Ph.D.
The Big Apple Cafe
Thomas A. Brannon, O.D.
David Branstool
John & Dorothy Brown
Ryan Bubb
Mr. Bryan Campolo
Stanley Carpenter
Larry E. & Diann Caudill
Dr. & Mrs. Mark Ceneviva
Christy's Pizza
Shawna Corder
Mr. & Mrs. Lee & Melody Crader
Nancy Criswell
Marilyn L. Denny
Neil & Ashley DeWitt
Linda & Stephen Dimon
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Beth & Harry Yocum

Cradle Roll

In honor of Crew Chilson
By: Licking Memorial Health
Systems
In honor of Maleek Howard
By: Licking Memorial Health
Systems
In honor of Maliyah Howard
By: Licking Memorial Health
Systems
In honor of Luke Kumler
By: Licking Memorial Health
Systems
In honor of Juniper Ranft
By: Licking Memorial Health
Systems
In honor of Tripp Sims
By: Licking Memorial Health
Systems
Doctors' Day
In honor of Richard Baltisberger, M.D.
By: Robert & Lauren Montagnese
In honor of Garth Bennington, M.D.
By: Aaron Link
Robert & Lauren Montagnese
Jennifer Utrevis
In honor of Roy Brown, Jr., M.D.
By: Dave and Tickie Shull
In honor of Craig Cairns, M.D., M.P.H.
By: Robert & Lauren Montagnese
Veronica & Mark Patton
In honor of Janae Davis, M.D.
By: Robert & Lauren Montagnese
Veronica Patton
In honor of Donald Fairbanks, M.D.
By: Zane & Terry L. Mann
Dave & Tickie Shull
Bonnie Whiteman
In honor of Joseph Fondriest, M.D.
By: Veronica & Mark Patton
In honor of Talya Greathouse, M.D.
By: Robert & Lauren Montagnese
In honor of Nina Hourmouzis, M.D.
By: Robert & Lauren Montagnese
Veronica & Mark Patton
In honor of Brian Klima, M.D.
By: Robert & Lauren Montagnese
In honor of David Koontz, D.O.
By: Julie K. Barrett
In honor of Bradley Lewis, M.D.
By: Veronica & Mark Patton

In honor of Kevin Ouweleen, M.D.
By: Julie K. Barrett
Robert & Lauren Montagnese
In honor of Hassan Rajjoub, M.D.
By: Robert & Lauren Montagnese
In honor of Howard Reeves, D.O.
By: Veronica & Mark Patton
In honor of Andrew Seipel, M.D.
By: Robert & Lauren Montagnese
In honor of James Silone, Jr., D.O.
By: Veronica Patton
In honor of Karen Smith-Silone, D.O.
By: Dave & Tickie Shull
In honor of David Subler, M.D.
By: Robert & Lauren Montagnese

General

Anonymous

Grants

Licking County Foundation

Honorary

In honor of Licking Memorial Hospital
Fiscal Services
By: Steven Zima
In honor of Morgan McMahan
By: Kathy Sandbrink (D)
In honor of Lindsey Phin
By: Kathy Sandbrink (D)

Memorial

In memory of Michael Cantlin
By: Licking County Foundation
Mike & Pat Massaro
Jim & Amy Matesich
Rob & Lauren Montagnese
Melissa Schmidgall
In memory of Lewis C. Huston, Jr.
By: Robert & Patricia McCaughy
In memory of John Lieberth
By: Robert & Patricia McCaughy
In memory of Kenneth Rapp
By: Hallmark Home Mortgage, LLC
John & Lynn Straker
In memory of Frank Stewart
By: Robert & Patricia McCaughy

(D) Deceased

Retiree Spotlight

Ghlee Lyons has always had a passion for helping people. A lifelong resident of Licking County, Ghlee grew up in Newark and graduated from Licking Valley High School. She cared for her grandparents and aging aunt while raising her three children, studying nursing at Central Ohio Technical College, and working full-time at a local law firm.

Kathy Hahn, R.N., C.W.A., of Licking Memorial Hospital (LMH) Home Care Services, called Ghlee in August 1991 and told her about a part-time position that was available because she knew that Ghlee would be a perfect candidate for the job. Ghlee interviewed for the position and accepted the job on the spot.

Ghlee's job duties included assisting patients in their homes with therapy and activities of daily living, such as dressing, showering, eating, and getting into or out of a bed or chair. She loved

it so much that she joined LMH Home Care Services full-time in 1992. Ghlee enjoyed traveling around Licking County visiting patients and helping them to function in their home while coping with their medical condition.

Ghlee remembers providing support to her patients during the holidays. She enjoyed bringing them Thanksgiving meals and helping those in need at Christmas time. In the winter months when the weather was bad, Ghlee would call her patients if she was in their area just to see if they needed anything.

"Many times, the Home Care team was the only person our patients would see in a day," explained Ghlee. "I felt like I was making a difference in our community by delivering food or running to the store for them if they needed something. They are dealing with so much already, and I was happy to be able to ease some of their burden."

Since retirement, Ghlee has done a lot of traveling. She and her daughter visited Holland, Michigan, to experience the Tulip Festival, and she traveled to the Smoky Mountains with her other daughter to spend time with her grandchildren. Ghlee's plans for the future include spending time on Lake Erie with family and friends, staying healthy, and enjoying life. She and her husband, Nelson, live in Newark and have been married for 27 years. They have nine grandchildren and six great-grandchildren.



TWIGS Members Honored at Recognition Dinner

Licking Memorial Hospital (LMH) celebrated the 72nd anniversary of the local TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) organization with a special recognition dinner at the Main Street Café in May. 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 in the Hospital and the TWIGS 6 Thrift Shop on Tamarack Road. Since 1950, TWIGS has contributed more than \$5.7 million for equipment needs and capital purchases at LMH.

"It is a pleasure to sponsor this recognition dinner as a gesture of appreciation for the efforts that TWIGS members make on behalf of LMH." Licking Memorial Health Systems President & CEO Rob Montagnese said. "For over seven decades, TWIGS groups have raised funds to assist in investing in equipment and services to provide excellent care to the community, and to maintain a welcoming campus and facility. We truly appreciate

the hard work and dedication shown to our organization."

TWIGS members celebrating a service anniversary in five-year increments, including Diana Myers who has dedicated 45 years to the organization, were honored at the event.

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



Licking Memorial Health Systems

2022 MVPs

Licking Memorial Health Systems' (LMHS) 2022 MVPs were chosen for their consistent demonstration of the LMHS CARE values: compassion, accountability, respect, and excellence.



Emilia Anigbo, M.D.
Pulmonology and Sleep Medicine
Physician

Dr. Anigbo joined LMHS in 2017. She received her Bachelor of Medicine and Surgery degree at the University of Nigeria College of Medicine in Nsukka, Enugu State, Nigeria. She completed a residency in internal medicine at Oakwood Hospital and Medical Center in Dearborn, Michigan, and a pulmonary and critical care fellowship at the University of Kentucky's Albert B. Chandler Medical Center in Lexington, Kentucky. She is board certified in internal medicine, pulmonary disease, and critical care. Dr. Anigbo and her husband, Felix, live in Lithopolis and have five children – Peter, Justin, Valerie, Adrian, and Giselle.



Racheal Appiah
Culinary Specialist

Racheal began her career with LMHS in 2020 in Culinary Services. She obtains meal selections from patients and serves as a liaison between the nursing and culinary staff. Racheal is a state-tested nursing assistant (STNA) and has five children – Moses, Dean, Fanuel, Godric, and Eva. In her free time, Racheal likes to cook and listen to music.



Kirby Barber, B.S.N., R.N.
Registered Nurse

Kirby began working at LMHS in 2015 as a nurse for Shepherd Hill and transferred to the ICU in 2017. She is passionate about caring for critically ill patients and supporting their families during their stay. Kirby was a nominee for the 2022 Clarissa Ann Howard Nursing Award for Clinical Excellence. She enjoys attending festivals and frequently visits the Columbus Zoo and Aquarium with family and friends. Kirby and her husband, Benjamin, reside in Delaware, Ohio, with their son, Bennett.



Lisa Bayus
Cancer Registry Coordinator

Lisa joined LMH Oncology in 2014 as a cancer registry coordinator. She gathers, abstracts, and reports all cancer cases that are diagnosed and/or treated at LMH. Lisa is a member of the National Cancer Registrars Association and the Ohio Cancer Registrars Association. She enjoys reading, gardening, traveling, flea markets, sewing, upcycling furniture, painting, euchre, boating, and spending time with her four grandchildren.



Jennifer Burch, B.S.N., R.N.
Registered Nurse

Jennifer has worked as a registered nurse at Licking Memorial Family Practice – Heath since 2017. She earned her Bachelor of Science in Nursing degree at Capital University in 1986. Jennifer is involved with community and ministry activities at Newark Nazarene Church. She enjoys crafting, singing, arranging flowers, and home decoration. Jennifer lives in Newark with her husband, Rob. She has four adult children and four grandchildren.



Christopher Calhoun
Network Administrator

Christopher is a lifelong resident of Licking County and a 2002 graduate of Heath High School. He earned a degree in computer programming from Central Ohio Technical College (COTC) in 2007 and joined LMHS in 2017 as a Network Administrator. Christopher enjoys spending time with his wife, Jennie, being outdoors, building and flying model airplanes, and amateur radio.



Corinne Carrington
Surgery

Corinne began her career at LMHS in Environmental Services in 2006 and moved to the Surgery Department in 2008, where she became a Certified Sterile Processing and Distribution Technician. Corinne has been married to her husband, Larry, for over 43 years. She enjoys spending time with Larry, taking road trips, attending concerts with her daughter, Jessica, and scrapbooking.



Wendy Cotterman
Patient Account Representative

Wendy began her employment at LMHS in 2016 and is now a patient account representative working with commercial claims and assisting with training for new hires. She is a lifelong resident of Newark and lives in the area with her husband, Jeff. The couple have four daughters, one son, six grandsons, and two granddaughters. Wendy enjoys spending time with all the grandchildren and watching her son, Cy, play sports.



Kelly Cox
Radiographer

Kelly began her career at LMHS in 2009. She received her Associate in Applied Science degree from Fortis College in Westerville, Ohio. Kelly lives in Dresden with her husband, Richie, and daughter, Bella, and is excitedly awaiting the arrival of her second child. She enjoys spending time outdoors with friends and family.



Linda Crothers-Hurst
Quality Manager

After graduating from COTC, Linda began her employment at LMHS as a nurse in 1976. She received the Clarissa Ann Howard Nursing Award for Clinical Excellence in 2004. She now works to monitor and review patient care to ensure delivery of the highest-quality treatments. In her spare time, she loves spending time with her family, daughters, Katie Leibas, and Mollie Hurst, and her grandsons, Cooper, Asher, Bodie, Cruz, and Landon Leibas.



Shane Daugherty, Pharm.D.
Pharmacist

Shane was hired at LMHS in 2018. He earned a Bachelor of Science degree in toxicology from Ashland University, and a Doctor of Pharmacy degree from the University of Findlay. Shane lives in Johnstown with his wife, Amandah, son, Shiloh, and daughter, Maeve. He enjoys 3D printing, trail riding, camping, and military history.



Jessica Davidson, B.S.N.
Emergency Department

Born and raised in Mount Vernon, Jessica studied health technologies at the Knox County Career Center. She began working at LMHS in 2017 and is active in the Nurse Practice Council. Jessica received her associate degree in nursing from Fortis College, a Bachelor of Science in Nursing degree from Chamberlain University in 2021, and is now working to earn a degree as a Family Nurse Practitioner. She enjoys spending time outside with her husband, Douglas, and children – Joshua and Ian, as well as reading and gardening.



McKenzy Evans
Registration Trainer

McKenzy is a lifelong resident of Newark and a member of Christian Life Center in Heath. McKenzy began working at LMHS in 2014 and assists employees in navigating Epic. In her spare time, McKenzy enjoys helping at her church, reading, staying active, and spending time with her family and friends.



Susan Fantini, M.S., MT(ASCP), CGRA
Genetics Navigator

As a Genetics Navigator, Susan oversees the genetics cancer risk assessment program at Licking Memorial Hospital. She works with LMHS providers to identify patients at risk for hereditary cancer and helps to assure adequate preventative measures for those patients. Susan enjoys traveling, and watching the Liverpool Football Club and the Penn State Nittany Lions football team. Originally from Freeport, Pennsylvania, Susan currently lives in Newark. She is engaged to Scott MacLean, and has two children, Rhys, 20, and Molly, 17, and a Siberian Husky named Gemma.



Laura Fischer
Human Resources Specialist

Laura began working at LMHS in 2001 and currently leads new employee orientation, creates annual trainings for the organization, and develops leadership curriculum throughout the year. Laura currently lives in Pataskala and enjoys spending time with her sister and her family, who also live in Pataskala. In her spare time, Laura likes to read and garden.



Levi Hancock, B.S.N.
Clinical Coordinator

Levi is a lifelong resident of Licking County and currently lives in Hanover with his wife, Jennifer, and their two children, Jett and Joy. Levi was hired in 2016 and currently is responsible for facilitating clinical staff orientation within the Hospital, as well as keeping nursing policies up-to-date. In 2011, he graduated from Mount Vernon Nazarene University with a Bachelor of Science in Nursing degree. During his spare time, Levi enjoys playing baseball and basketball with his two children.



Angel Huber
Scrub Tech

Angel began working at LMHS in 2021 and currently assists physicians during procedures in the GI/Endoscopy Lab. She was born in Fort Smith, Arkansas, and enjoys hiking, fishing, and attending music concerts. She has two sons, Colt, 14, and Cody, 20, and currently lives in Newark.



Beverly Jones
Shuttle Driver

Originally from Zanesville, Ohio, Beverly currently lives in Buckeye Lake. She was hired in 2007 and currently provides transportation services for Hospital patients and visitors. She has two adult children, Judson, who is an American Electric Power lineman, and Jessica, a Culinary Arts Instructor at Career and Technology Education Center (C-TEC).



Tasha McCune, R.N.
Pediatrics

Tasha was hired in 2012 and currently serves as a nurse for Hanaa Abdelmessih, M.D. at Licking Memorial Pediatrics – Tamarack. She graduated from Hocking College in Nelsonville, Ohio. Tasha is a member of the North Terrace Church of Christ and loves spending time with her husband, Nathan, and children, Josie, Mariska, Lily, and Brooks.



Darlena McGuire
Environmental Services

A lifelong resident of Newark, Darlena joined Environmental Services in 2019. She graduated from Standard Apostolic Christian Academy in 1996. In her spare time, she enjoys hiking, boating, camping, horseback riding, and spending time with her husband, Joe, children – Mac, Malcolm, Joseph, Devin, Kiannah, Dalton, Dillon, and Aziah – and her grandchildren.



Jay McKinney, R.N.
Emergency Department

Jay joined LMHS in 1999 and is currently an Emergency Department nurse. From 1990 through 2010, he served in the United States Navy and Navy Reserves. He earned an associate degree from COTC in 1995. Jay has one daughter, Brook, and enjoys boating, working on his house, taking road trips, and spending time with his friends.



Darlene Montgomery
Public Relations Specialist

Darlene joined the Public Relations team in 2016. She earned a Bachelor of Arts in Communication from Slippery Rock University of Pennsylvania in 1991. From 1987 through 1999, she served in the United States Army National Guard and the U.S. Army, earning the rank of Sergeant and receiving numerous Training and Doctrine Command awards. Before joining LMHS, Darlene worked as a producer for WCMH-TV's Emmy Award-winning newscast. She also is a member of the LifeChange Church in Newark and enjoys biking, reading, and spending time with her husband, Sean, and their children – Alex and his wife, Stephanie, Zach, and Seanna and her husband, Collin.



Marita Moore, M.D.
Family Practice Physician

Dr. Moore joined Licking Memorial Family Practice in 2014. She received her Medical Degree at Stritch School of Medicine at Loyola University Chicago in Maywood, Illinois, and completed her family medicine residency at Ravenswood Hospital in Chicago, Illinois. She is board certified in family practice. Originally from Decatur, Illinois, Dr. Moore currently lives in Westerville with her husband, Andy. She speaks fluent medical and conversational Spanish, and enjoys reading, tennis, and FaceTime with her daughters, Allison and Zoe.



Vicki Moore
Public Relations Specialist

Vicki joined LMHS in 2021 as Volunteer Coordinator. She currently serves as Public Relations Specialist and Assistant to the Vice President Development & Public Relations. In 1995, she received a Bachelor of Science in paralegal studies and business administration from the University of Toledo. Vicki has served for many years at her sons' schools and in her church. She enjoys traveling with her husband, Jason, and watching her sons, Jack and Grant, play ball.



Lyndsey Morgan
Radiographer

Lyndsey joined Licking Memorial Urgent Care – Granville as a radiographer in June 2019. She was born in Zanesville and currently resides in Hebron. She graduated from Miller High School in 2003, then graduated from Zane State College in 2005. She also is a substitute secretary at Lakewood Local Schools. In her spare time, she enjoys all outdoor recreation, watching her two sons play baseball, cooking, and spending time with her sons and her husband, Curt.



Kara Romine, B.S.N., R.N.
Registered Nurse

Kara became a registered nurse on 5-East at LMH in 2018. She earned an associate degree in nursing from COTC and a Bachelor of Science in Nursing degree from Ohio University. She is currently pursuing a Master of Science degree in Nursing Education. Kara's area of special professional interest is in nutritional wellness, physical fitness, and holistic medicine. She enjoys bodybuilding, hiking, biking, reading, and spending time with her son, Maverick.



Robert Mueller, M.D.
Orthopedic Surgeon

Dr. Mueller joined Licking Memorial Orthopedic Surgery in August 2015. He received his Medical Degree and completed an internship and residency in orthopedic surgery at Johns Hopkins University Medical School in Baltimore, Maryland. Dr. Mueller is board certified in orthopedic surgery and is a member of the American Academy of Orthopedic Surgeons. He formerly served his country as a Staff Orthopedic Surgeon in the U.S. Navy. He has a special interest in sports-related injuries and adult reconstructive surgery. Originally from Missouri, Dr. Mueller now lives in Columbus with his wife, Elizabeth.



Rachel Velishek, LPCC
Clinical Counselor

Rachel received a Bachelor of Arts in psychology from the University of Toledo in 2005 and a master's degree in community mental health counseling from the Illinois School of Professional Psychology in 2008. She joined Licking Memorial Outpatient Psychiatry in August 2019, where she provides clinical counseling services with a specialty in eye movement desensitization and reprocessing therapy, cognitive behavioral therapy interventions, and trauma. Rachel is a member of One Church in Gahanna, and enjoys traveling, exercising, and spending time with her friends and family, including her husband, Tom, and sons, Vance and Pierce.



Heather Parkinson
Administrative Assistant

Heather was born in Richmond, Virginia, and later moved to Heath where she has since resided. She was hired as a physician center clerk in 2013, then transferred departments to become an administrative assistant at Licking Memorial Outpatient Psychiatry. Her job duties include working with patients to obtain housing assistance, medical assistance, and detox treatment. She has a son, Jacob, daughter, Rylee, and grandson, Lincoln. Heather enjoys camping, fishing, spending time with family and friends, and loves being an aunt to her niece and nephew.



Steve Warren, L.P.N.
Licensed Practical Nurse

Steve has resided in Licking County for 30 years and was hired by LMHS in 2006 as an LPN. Prior to working for LMHS, he served in the United States Army as a combat telecommunication specialist. Steve graduated from the Muskingum Area Joint Vocational School, now called the Mid-East Career and Technology Centers, and COTC. He and his wife, Bobbie, currently live in Coshocton and have two children, Chase and Shawn. In his spare time, Steve enjoys cooking and spending time outdoors and with family.



Richie Riggelman
Safety Supervisor

Richie is a lifelong resident of Licking County and has worked at LMHS since June 2007. As a safety supervisor, he helps to maintain a safe and secure environment for LMHS employees, patients, and visitors. He previously won an MVP award in 2014. Richie enjoys spending time outdoors, riding ATVs, watching sports, and spending time with his daughters, Kyndle and Tatum.



Donald West, M.D.
Emergency Medicine Physician

Dr. West joined Licking Memorial Emergency Medicine in January 2017. He previously provided coverage at Licking Memorial Urgent Care. Dr. West received his Medical Degree at St. Matthews School of Medicine in Belize, Central America. He completed a residency in family medicine at Northeast Alabama Regional Medical Center in Anniston, Alabama. He is board certified in family medicine.

Volunteer Recruitment



Erika Wills
Physical Therapist Assistant

Erika joined LMHS in 2017 as a physical therapist assistant helping treat patients with orthopedic and neurological gross motor issues. She graduated from the University of the Arts with a Bachelor of Fine Arts in dance performance in 2008. She most recently graduated from Zane State College's physical therapy program in 2017 and earned the President's Award. She has resided in Licking County for 14 years and currently lives in Granville with her husband, Corey, and her children, Lydia and Sawyer. In her free time, Erika enjoys dancing, reading, camping, and making jewelry.



Jodi Yamelli
Medical Coder

Jodi is a lifelong resident of Licking County and has worked for LMHS since 2003 starting off in the Billing Department. She has served as a medical coder since her graduation from C-TEC's adult education medical coding program in 2008. She currently resides in St. Louisville with her husband, Chod. She is a member of the North Licking Conservation Club and enjoys traveling and being with her family in her free time.



Trina Yates
Patient Care Coordinator

Trina has served LMHS for 22 years in a number of roles and currently works as a patient care coordinator. During her time at LMHS, she has been awarded the Patient Experience Award for outstanding patient care. A lifelong Licking County resident, Trina graduated from Newark High School in 1999 and lives with her cat, Lucy. In her free time, she enjoys going to concerts, hiking, reading, traveling to the beach, and visiting historical landmarks.

More than 100,000 people pass through the doors of Licking Memorial Hospital (LMH) each year. Their needs may be as simple as directions to a certain area of the Hospital, or as specific as a sympathetic ear to listen. LMH volunteers and volunteers help to fulfill those needs and have the opportunity to positively impact someone's day, whether that be an employee, patient, or visitor. Volunteers are asked to assist with supplemental services to patients throughout Licking Memorial Health Systems – services that otherwise may not be available.

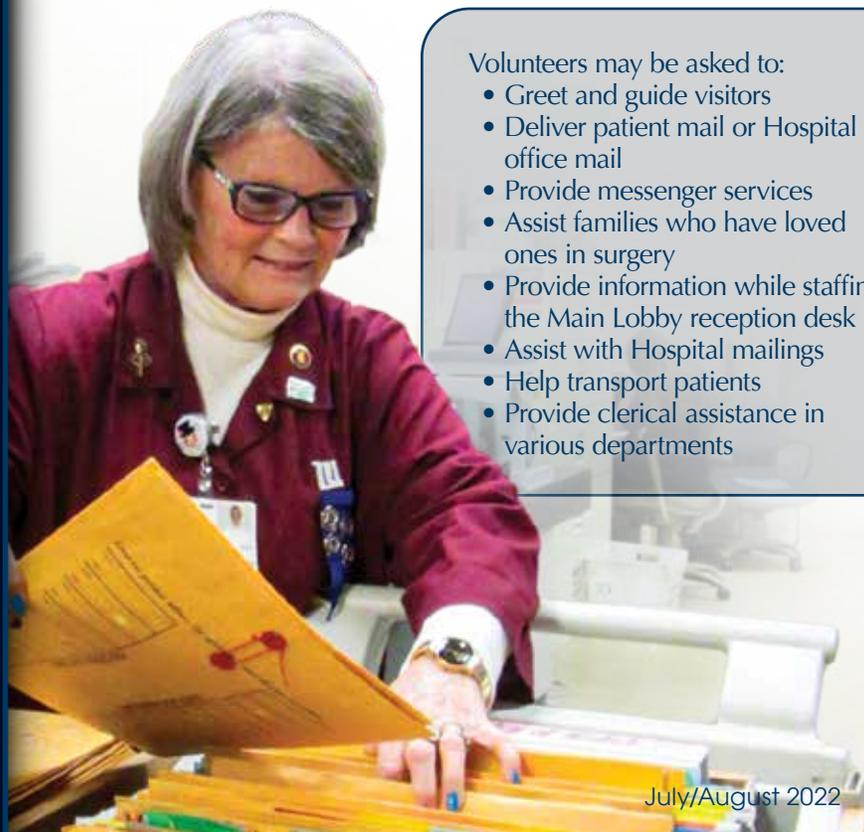
More than 15 different volunteer activities are available, and the Volunteer Department matches service needs with individual interests and talents.

Volunteer service is available Monday through Friday, between the hours of 8:00 a.m. and 4:00 p.m. Select positions are also available on weekends. Although most volunteers choose four-hour shifts, some create their own schedule, with a choice of days and hours, according to the needs of the Volunteer Department.

Teenagers, also known as volunteers, can also volunteer. Volunteers must be between the ages of 16 and 18 years old, and parental consent is required. Volunteering is a wonderful way to serve the Licking County community, receive community service hours, and gain valuable work experience.

All LMH volunteers and volunteers are asked to complete a training session. In order for patients to distinguish between volunteers and Hospital staff, volunteers are required to wear uniforms, which are available through the Volunteer Office.

Volunteers are rewarded for their time and service with personal growth, new friends, the warmth of caring, and the satisfaction of learning new skills. For more information about becoming an LMH volunteer, please contact the Volunteer Office at (220) 564-4044.



Volunteers may be asked to:

- Greet and guide visitors
- Deliver patient mail or Hospital office mail
- Provide messenger services
- Assist families who have loved ones in surgery
- Provide information while staffing the Main Lobby reception desk
- Assist with Hospital mailings
- Help transport patients
- Provide clerical assistance in various departments



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
U.S. Postage

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Columbus, Ohio
Permit No. 8757

Community Events

Camp Courage

Friday, August 5, 9:00 a.m. to 3:00 p.m.
Infirmary Mound Park
State Route 37, south of Granville

Camp Courage is a free, one-day event for children who have encountered cancer through a friend or family member. To register, please call (220) 564-1890.

Active•Fit Field Day

Thursday, August 11, 3:00 p.m.
Alford-Reese Park (NASA Fields)
600 Baker Boulevard, Newark

Youth, ages 6 to 12, will enjoy soccer, flag football, kickball, freeze tag, and water games during the free, two-hour event. Please call (220) 564-1560 to register.

Active•Senior Brunch Walk

Tuesday, August 23, 9:00 a.m.
Rotary Park
Sharon Valley Road, Newark

Guests, ages 60 and up, will learn about chronic illness and disease from Donald Fairbanks, M.D., of Licking Memorial Family Practice – North Newark, during a casual walk before enjoying a healthy brunch. To register, please call (220) 564-1560.

Community Education

Healthier for Life

Wednesdays, August 3, 10, 17, & 24
6:00 to 8:00 p.m.
Licking Memorial Hospital
First Floor Conference Rooms

Attendees will learn to successfully navigate the stumbling blocks to a healthier lifestyle, such as exercise, menu planning and grocery shopping, motivation, unwanted eating behaviors recipe modification, and more. Seating is limited to the first 40 registrants. To register, please call (220) 564-1560.

Resource Fair

Preparing for Baby

Tuesday, August 16, 4:00 to 6:00 p.m.
Licking Memorial Hospital
First Floor Conference Rooms

The free event will provide an overview of the services LMHS offers to new or expecting parents and guardians, or those considering pregnancy. Registration is not required. For more information, please call (220) 564-4102.

First Impressions – Maternal Child Classes

- Boot Camp for New Dads
- Breastfeeding Class
- Childbirth Education Classes
- Grandparenting
- Mother-baby Basics Class

For more information or to register, visit LMHealth.org/Calendar or call (220) 564-3388.

Diabetes Self-Management Education and Support (a four-week series class)

Every Wednesday, 12:00 Noon to 2:00 p.m.
(Wednesday evening classes are offered in May and October from 5:30 to 8:30 p.m.)

Licking Memorial Diabetes Learning Center
1865 Tamarack Road in Newark

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

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

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1561 to receive future mailings.

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