



Licking Memorial Health Systems

Community Connection

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

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Measurably Different ... for Your Health!

LMHS Offers Fun Activities for Summer

The mission of Licking Memorial Health Systems (LMHS) is to improve the health of the community. Recognizing the vital role that engagement and activity play in maintaining overall health, LMHS is pleased to offer a variety of free summer events that are designed to appeal to individuals of all ages, from energetic youth and growing families to active older adults.

LMHS is introducing two new Active•Fit events this year:



Active•Fit Summer Splash

July 24 – 6:00 to 8:00 p.m.
Licking County Family YMCA Pool,
470 West Church Street, Newark
The new Active•Fit Summer Splash is an event for the whole family. Children and parents can enjoy this private event at the YMCA's outdoor pool. Health screenings, information tables, and healthy snacks will be provided.

Active•Fit Ninja Warrior

August 7 – 2:00 to 4:00 p.m.
Licking Memorial Medical Campus,
1717 West Main Street, Newark
Active•Fit Ninja Warrior is the ultimate challenge for youth ages 6 to 12 who are ready to put their skills to the test. Participants will experience an inflatable obstacle course that is similar to the course seen on the hit television show. Youth will be assigned a race time and age category at registration and should arrive at the event before their assigned time. The categories will be Boys, age 6 to 8; Boys, age 9 to 12; Girls, age 6 to 8; and Girls, age 9 to 12. The races will be timed, and the fastest time in each category will win a prize. Participants are welcome to come and stay for the entire event, but they also have the option to leave after their race is complete. Winners will be contacted by the Licking Memorial Events Team.

Other Active•Fit programs this summer include familiar favorites such as Active•Fit/Active•Senior Bowling and Family Movie Night.

Active•Fit and Active•Senior Bowling

Wednesday, June 11 – 2:30 to 4:30 p.m.
Park Lanes Bowling Center,
701 Hopewell Drive, Heath
Youth, ages 6 to 12, and seniors, ages 60 and over, will enjoy free bowling during a two-hour period. Lane assignments will be made prior to the event. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided. All participants must wear tennis shoes and socks. Please arrive at 2:15 p.m., and bowling will begin at 2:30 p.m.

LMHS Family Movie Night

Friday, June 13 – 6:00 p.m.
Pataskala Health Campus,
1 Healthy Place, Pataskala
The entire family can enjoy a fun, outdoor youth wellness event that will include inflatable fun areas, information tables, and healthy snacks. At dusk, LMHS will present an outdoor screening of the Disney•PIXAR film, *Inside Out 2*.



In addition to Active•Fit/Active•Senior Bowling, seniors, ages 60 and older, can also enrich their physical, mental, and social wellness by participating in these summer activities:

Active•Senior Yoga

June 2 to July 11 – 9:00 a.m.
July 21 to August 29 – 9:00 a.m.
Second Presbyterian Church,
42 East Church Street, Newark
Seniors, ages 60 and older, may participate in a 6-week yoga course. Mat yoga is offered on Mondays, and chair yoga takes place on Fridays. Yoga mats, blocks, and straps are provided for use during the classes. Participants may bring their own equipment and are encouraged to bring a water bottle.

Active•Senior Game Show

Tuesday, July 29 – 1:00 p.m.
The John Gilbert Reese Center
1209 University Drive, Newark
At this popular event, guests will have an opportunity to participate as an audience member or contestant in a *Family Feud*-themed game.

For more information about any of the events listed, please contact the Licking Memorial Events Line at (220) 564-1560.

Licking Memorial Health Systems is also offering a one-day summer camp for youth, ages 6 to 12. The event is free and will feature a variety of fun and educational activities. Lunch and healthy snacks are also provided.



Camp Cool will be held on Tuesday, July 15, from 9:00 a.m. to 1:00 p.m., at Infirmary Mound Park in Granville. The camp is designed to help improve mental health and mindfulness. Activities include games, crafts, and presentations designed to reduce stress and anxiety related to the uncertainties of life. Registration can be completed by calling the Licking Memorial Events Line at (220) 564-1560.

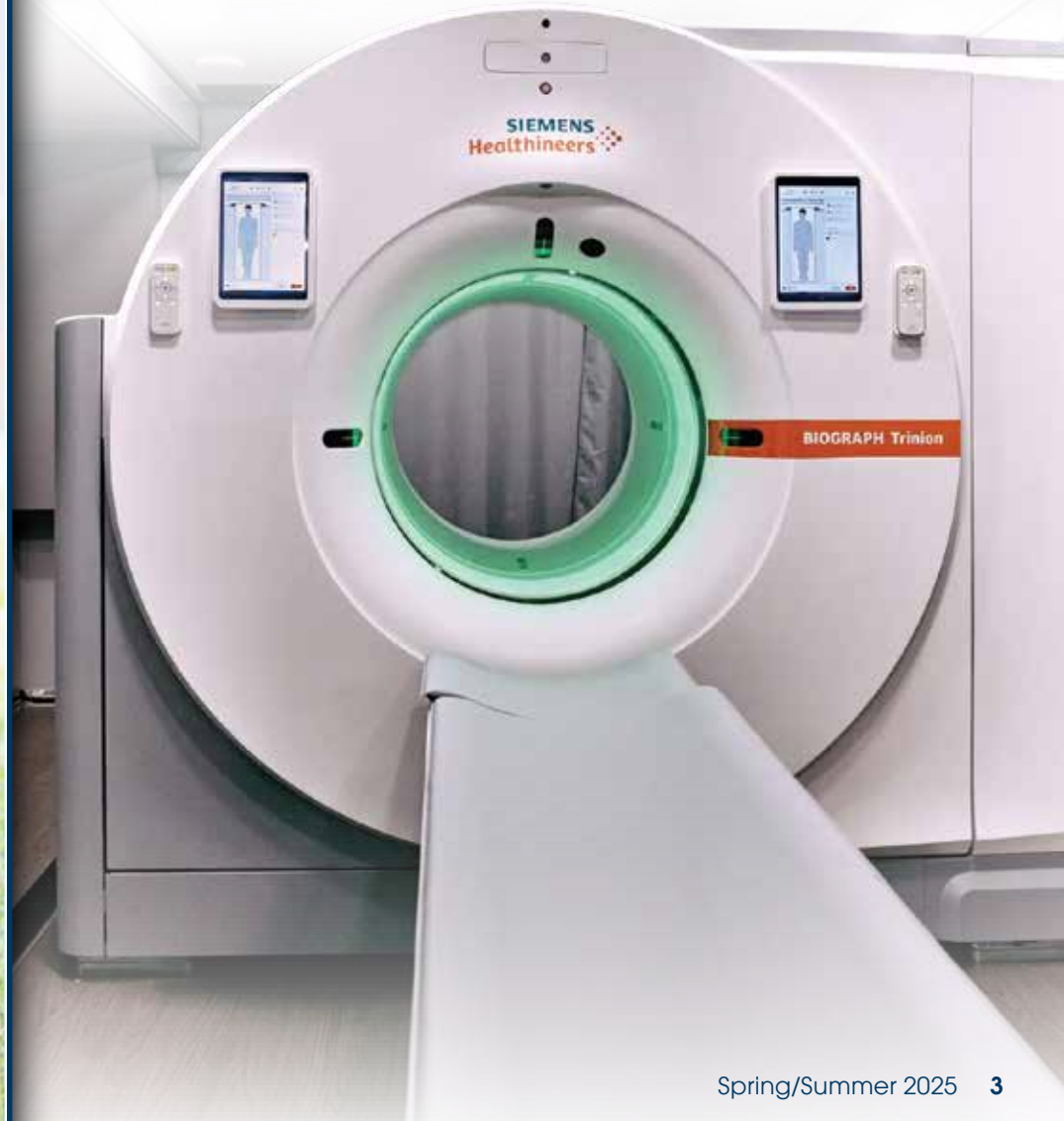


LMHS Offers Access to High-performance PET/CT Scanner

Licking Memorial Health Systems (LMHS) has added two more service days per month for access to a high-performance, energy-efficient positron emission tomography/computed tomography (PET/CT) scanner with a wide range of clinical capabilities. The Trinion PET/CT scanner is all-digital and delivers an increase in sensitivity that leads to faster scan times at a lower dose of radiation with high-quality images.

The Trinion's state-of-the-art features include motion correction technology and enhanced image reconstruction

to provide the healthcare professionals with a powerful tool for diagnosing and monitoring a wide range of medical conditions including cancer and neurological disorders. With more accurate results, patients receive a more personalized treatment plan. The advanced software aids in early detection and monitoring of diseases, ultimately leading to better patient outcomes. The faster scan times and reduced radiation exposure creates a safer imaging process and benefits both patients and staff.



LMHS Hosts Board Appreciation Dinner



In April, Licking Memorial Health Systems (LMHS) hosted an annual appreciation dinner in the Main Street Café to recognize and honor the service of the LMHS and Licking Memorial Hospital (LMH) Board Members. Attendees enjoyed a dinner catered by LMH Culinary Services. President & CEO Rob Montagnese introduced the incoming Board Members, Cheri Hottinger and Todd Londot. Jacqueline H. Parrill, Ed.D., who served as the Board Chair for LMH from 2022-2025, will now serve on the LMHS Board. Rob presented Jacqueline and outgoing LMHS Board Chair, Nancy Neely with a gift to show appreciation for their service as leaders of their perspective boards. Outgoing Board Members, Jay Young and Judge Craig Baldwin, J.D., were presented with personal gifts from Rob in appreciation of their years of service.

2025 Boards of Directors Announced

Licking Memorial Hospital (LMH) is pleased to announce the recent addition of community leaders, Cheri Hottinger and Todd Londot to the Board of Directors. In addition, the LMH Board of Directors elected the following officers for 2025-2026: James Cooper, Esq., Chair; Jack Treinish, Jr., Vice Chair; Marcia Downes, Secretary; and James Ward, Treasurer.



Cheri has dedicated most of her career to public service and supporting her community. Prior to her current role as Commissioner for the Industrial

Commission of Ohio, Cheri was the Vice President and Business Development Officer for the Commercial Loan Department at Park National Bank, and she also served as the President & CEO of the Licking County Chamber of Commerce. A longtime supporter of LMH, Cheri previously served on the LMH Board of Directors from 2013 to 2015, as well as the Development Council. In addition, Cheri is a co-founder of both Grow Licking County and Newark Development Partners Community Improvement Corporations, serving as Treasurer on both Boards. She was also a member of the Newark Rotary Club. She and her husband, Jay, live in Newark and have three daughters and a new granddaughter.

Licking Memorial Health Systems (LMHS) Board of Directors also welcomed new member Jacqueline Parrill, Ed.D., who previously served on the LMH Board of Directors. The LMHS Board of Directors elected the following officers for 2025-2026: Brian Mortellaro, Chair; David Doney, Vice Chair, and Michael Massaro, Secretary/Treasurer.



Todd graduated from Utica High School in 2001 and earned his bachelor's degree from Miami University of Ohio in 2005. He is the President of Crispin

Iron & Metal and the owner of Tolo Enterprises, LLC. In 2021, Todd and his family were the Honorary Chairs for the annual LMH Golf Gala. He currently serves on the Boards of Directors for Home Loan Savings Bank, the Licking County Chamber of Commerce, the Buckeye Valley Family YMCA, and the Hervey Memorial Library. Todd also coaches youth football and basketball and hosts an annual football camp for youth. In addition, his family hosts the Londot Christmas Celebration each year for foster children. Todd and his wife, Lori, live in Granville with their three children, Brooklyn, Bradie, and Bryn.

The LMHS Board of Directors oversees all aspects of LMHS' three corporations – Licking Memorial Hospital, Licking Memorial Professional Corporation, and Licking Memorial Health Foundation. It is comprised of eight community leaders who set policies and guide LMHS through its day-to-day operations.

Members of both Boards are dedicated individuals who volunteer their time to guarantee the best healthcare and services are available for the community.

2025 LMH Board of Directors

James Cooper, Esq., Chair
Jack Treinish, Jr., Vice Chair
Marcia Downes, Secretary
James Ward, Treasurer
Scott Hayes
Cheri Hottinger
Todd Londot
Mark Mitchell, M.D.
Charles Moore
Dana Moore
Konrod Morris
Jennifer Roberts
Katherine Snyder, Ph.D., C.T.M.
Philip Wagner, Ph.D.
Robert Montagnese, Ex Officio
Gary Sutliff, M.D., Chief of Staff

2025 LMHS Board of Directors

Brian Mortellaro, Chair
David Doney, Vice Chair
Michael Massaro, Secretary/Treasurer
Daniel Hunt
Joyce Malainy, Ed.D.
Christopher Meyer
Nancy Neely
Jaqueline Parrill, Ed.D.
Robert Montagnese, Ex Officio
James Cooper, Esq., LMH Board Chair

New Event Center Update

Construction is set to begin on a new event center which will be known as The Center at LMHS. A groundbreaking event is planned for the beginning of June. The building will provide a modern, well-equipped facility that will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources. Conveniently located adjacent to the main Hospital campus, the facility will feature versatile event spaces to accommodate a variety of program formats and audience sizes, allowing LMHS to offer a wider array of programs that address a broader range of health topics and community needs.

LMHS President & CEO Rob Montagnese has spoken to numerous groups about The Center explaining more about the decision to take on the project. For years, LMHS had leased the land where the facility will be built to Moundbuilders

Country Club. With Moundbuilders moving to a new location in Newark, the land was returned to LMHS. In addition, LMHS became aware of an opportunity to receive state funding from the One-Time Strategic Community Investment Fund (OTSCIF), which helps fund projects that will benefit communities across Ohio. Through the leadership of State Senator Tim Schaffer, and the ongoing support of State Representatives, Thaddeus Claggett and Kevin Miller, \$3 million in funding was granted for the planned Center.

LMHS has experienced tremendous growth in the past 30 years and now employs over 2,500 staff. A lack of dedicated space in current LMHS facilities presents a significant challenge for learning and community engagement. The Center will provide venue space that will further strengthen and enhance the free programs offered by LMHS. With

a high-quality education and training facility, staff members will receive top-tier instruction and continue to provide the best care for the community.

Each year, LMHS hosts hundreds of events and meetings that promote professional development, empower individuals, and foster collective partnerships. The venue will feature a Grand Hall with a 500-guest capacity that can be partitioned into three separate meeting rooms, each with 120+ guest capacity.

An additional meeting room will be dedicated to clinical training, education, and internal orientation. The facility will also have a Board Room that accommodates 52 people, a spacious atrium, lobby and refreshment area, tranquility garden, covered outdoor patio, and a full-service kitchen.



Camp Med... Where Are They Now?

Each summer, Licking Memorial Health Systems (LMHS) hosts Camp Med, a free, two-day summer camp for rising high school seniors who are interested in learning more about medical practices and careers in the healthcare industry. The program offers students the opportunity to speak with healthcare professionals and experience firsthand what a career in healthcare entails. LMHS employees Darci Hartshorn, APRN-CNP, Rylee Parkinson, B.S.N., and Christen Saenz participated in Camp Med in 2018. They share how their experiences helped to influence their career path in the medical field.



Darci Hartshorn, APRN-CNP

Ever since she was a little girl, Darci has always been interested in nursing and has had a passion for helping others. Her mother, Jessica, worked as

a Licensed Practical Nurse for Thomas Hagele, M.D., of Licking Memorial Dermatology. Darci learned about Camp Med through her high school counselor and decided to apply.

"I knew this would be an educational experience, and I kept an open mind going into the camp," Darci said. "It was very enlightening to learn about all the different areas of the Hospital and how each contribute to the overall healthcare setting. Even if a person is not interested in a clinical position, there are so many other professions that LMHS offers, such as Culinary, Information Systems, Pastoral Care, Pharmacy, and Safety & Security."

After graduating from Licking Valley High School in 2019, Darci attended Ohio University – Zanesville to obtain her associate degree in nursing. She began

working at Licking Memorial Hospital (LMH) in 2021 as a nurse caring for COVID-19 patients on 4-East. She later moved to 6-East and then to the Coronary Care Unit (CCU).

While working at LMH, Darci earned her Bachelor of Science in Nursing degree from Capella University in Minneapolis, Minnesota, and her Master of Science in Nursing degree from Northern Kentucky University in Highland Heights, Kentucky. She began her position as a Nurse Practitioner at Licking Memorial Family Practice – Johnstown this past February.



Rylee Parkinson, B.S.N.

Rylee became interested in nursing because her aunt was a nurse. She remembers her aunt letting her play with her stethoscope when she was young. During high school, Rylee attended the Clinical Care Program at the Career and Technology Education Centers (C-TEC) of Licking County to obtain hands-on experience in the medical field. When she learned about Camp Med

during her junior year, she jumped at the opportunity to apply.

"It was exciting to be able to be in a real hospital setting and experience things hands-on," Rylee explained. "I remember learning how to don surgical scrubs, going into the operating room, and getting hands-on experience with a mock intubation and laparoscopic surgery."

Rylee joined LMH in 2021 as a patient care assistant (PCA) working in the CCU. She quickly became a lead PCA and took on the responsibility of overseeing

and coordinating patient care activities as well as supervising and training new staff members. During this time, Rylee attended Ohio University – Zanesville and earned her Bachelor of Science in Nursing degree in 2024. She transitioned from a PCA role to a nursing role and continues to work in the CCU. Rylee is a participant in the LMH Nurse Residency Program, which provides new graduate nurses with a transition from a student role to registered nurse role. The program is intended to fully prepare new nurses to provide safe and effective care in the acute care environment.



Christen Saenz, Patient Care Assistant

Christen enjoyed watching medical-related television shows when she was young, and she became interested in pursuing a career in healthcare when

she was in middle school. Christen studied in the Clinical Care Program at C-TEC and learned about Camp Med from a flyer that was displayed in the school lab.

"Camp Med was a wonderful opportunity for me to initiate a connection at LMH and discover the abundance of career prospects that were available there," Christen said. "The staff who participated in the camp were so welcoming and enthusiastic about sharing their experience and knowledge within their respective fields."

Christen joined LMH in 2021 as a PCA working on the 5th Floor and is now a lead PCA responsible for improving workflow on the floor and training new employees. She is pursuing her nursing degree at Central Ohio Technical College

through the Student Nurse Program at LMH. The Student Nurse Program assists current employees who are involved in frontline, direct patient care roles in obtaining their nursing degree.

Students who will be high school seniors during the 2025-2026 school year are eligible to attend Camp Med next summer. Applications for the 2026 Camp Med program will be made available in November of this year. Students can learn more about the Camp Med program by talking with their guidance counselor or calling the Licking Memorial Events Line at (220) 564-1560.

LMHS Leaders Discuss Recruiting

In May, the Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders in the Main Street Café at LMH. Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese, Vice President Human Resources & Support Services Holly Slaughter, and Vice President Physician Practices Greg Wallis spoke to the group about recruiting and maintaining a strong workforce in a challenging environment. The presentation focused on strategies to ensure that employees embrace the LMHS mission to improve the health of the community.

As LMHS continues to navigate ongoing workforce staffing challenges, the focus remains on attracting, developing, and retaining exceptional talent. Recruitment strategies have evolved to prioritize flexibility, culture, and purpose, because today's healthcare professionals are seeking more than employment. They desire meaningful careers in organizations that will benefit them personally and professionally. LMHS' organizational strength is growing talent in partnership with local educational institutions such as The Ohio State University – Newark, Central Ohio Technical College, Career and Technology Education Centers of Licking County, and Denison University. These relationships have resulted in a variety of student programs that benefit both the employee and the organization.

Leadership development, career-pathing, and employee engagement are also top priorities.

Employees are the heart of the organization, and LMHS is committed to building a workplace in which every person feels valued, supported, and empowered to deliver outstanding care. Additionally, LMHS has been fortunate to have engaged board members who have suggested programs that contribute to developing the talent pipeline. Suggestions from Board members have led to partnerships with the Licking County Justice Center's re-entry program, as well as a collaboration with the Licking County Board of Developmental Disabilities and other organizations to host Project SEARCH, a unique one-year, high school transition program for young people with disabilities.

Greg spoke to the group about the process for recruiting medical professionals. He

explained that the interview process for a potential physician, physician assistant, or nurse practitioner includes a full-day interview during which the candidate is able to visit with current staff members and personally meet with Rob. Attracting top-quality talent requires the candidate to experience the culture of LMHS. LMHS strives to hire caring, compassionate employees, and potential new staff members are able to witness the friendly atmosphere and pride that the current staff takes in caring for the community.

Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about LMHS' new technology and services. The Development Council was established in 1987 to increase charitable giving to the Hospital and to promote positive community relations. Approximately 80 distinguished members of the community volunteer their time to serve on the Development Council.



Primary Caregivers Discover Resources at Caregivers Expo

In April, the Licking Memorial Hospital (LMH) Development Council hosted the Caregivers Expo at LMH. The event offered guests information from area vendors with available resources that assist families who are caring for aging loved ones, and grandparents who are the primary caregivers of their grandchildren. The Expo featured 50 vendors, including care facilities, financial institutions, and organizations such as Big Brothers Big Sisters and the YMCA, as well as information regarding summer camps, healthy living, and

resources for mental health and family assistance.

As part of Licking Memorial Health Systems' mission to improve the health of the community, the Expo was designed to offer an event where individuals could find the information needed to care for loved ones in a single location. The event

was free to the public, and light refreshments and giveaway items were provided.



LMH Honors Volunteers

Licking Memorial Hospital (LMH) recently hosted the annual Volunteer Recognition Dinner to show appreciation for the exceptional contributions made by the members of the Volunteer Department. In 2024, volunteers and TWIGS members donated more than 25,699 hours of their time in service to the Hospital and off-campus locations. The evening included dinner and bingo with Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese calling the numbers. The lucky winners received gift cards from various restaurants and grocery stores.

At the event, Rob praised the volunteers for their outstanding work. “We are truly grateful for everything you do to help our staff, patients, and visitors,” Rob said. “Your dedication, compassion, and support are invaluable to our organization, and I commend you for your commitment and outstanding service to this Hospital.”

Rob also shared updates on the progress that LMHS has made to improve social determinants of health in the community, such as transportation, food insecurity, and housing. LMHS’ partnership with Licking County Transit established four new bus routes

providing transportation access to Newark, Granville, and Heath. The Food Pantry Network Market, located on McMillen Drive, is staffed by LMH Volunteers and helps to serve nearly 700 families each month. LMHS continues its efforts to improve housing issues by supporting Habitat for Humanity, the Licking County Housing Investment Fund, and the Affordable Housing Trust.

In addition, Rob discussed the plans for construction of The Center at LMHS, a modern, well-equipped facility that will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources. A groundbreaking ceremony is planned for June, and the facility is expected to open in the summer of 2026.

Rob then announced the 2025 Donald Day Volunteer of the Year Award recipient, Gary Morton. Gary received the distinguished Volunteer of the Year Award for consistently demonstrating a positive, professional attitude while providing a level of care that exceeded expectations. He has given more than 1,300 service hours to LMH since becoming a volunteer in 2018.

The presentation of service awards in 5-year increments and recognition of members in the 5,000 Hour Club concluded the evening. Many rewarding volunteer opportunities are available at LMHS for teens and adults. To learn more, please call (220) 564-4084 or visit LMHealth.org.

- Past recipients of the Donald Day Volunteer of the Year Award include:**
- 2024 – Thelma McCurdy
 - 2023 – Julie Wiegman and Dave Douglas
 - 2022 – Patricia Law
 - 2021 – Lori Brown and Michael Barker
 - 2020 – Carol Yost
 - 2019 – Diana Hufford
 - 2018 – Gary Hamilton and Karen Hedrick
 - 2017 – Phil Cassone and Pat Farley
 - 2016 – Sue Weiland
 - 2015 – Joan Omlor
 - 2014 – Eddie and Carolyn Cline
 - 2013 – Harry Harper
 - 2012 – Richard Stewart
 - 2011 – Vickie Fogarty and Arlene Newman
 - 2010 – Rene Halblaub
 - 2009 – Elizabeth Ann Wood
 - 2008 – Janet Anderson and Beverly Crockford
 - 2007 – Betty Meyer
 - 2006 – Noble Snow
 - 2005 – Marye Crispin
 - 2004 – Donald Day
 - 2003 – Robert Norman



TWIGS Members Honored at Recognition Dinner

Licking Memorial Hospital (LMH) celebrated the 75th anniversary of the local TWIGS (Togetherness, Willingness, Imagination, Giving, and Sharing) organization with a special recognition dinner at the LMH Main Street Café in May. Currently, there are four active TWIGS chapters that coordinate fundraising projects year round and donate the proceeds to LMH. In addition to special events and sales, TWIGS members also operate the TWIGS 8 Gift Shop and the TWIGS 6 Thrift Shop on Tamarack Road. Since 1950, TWIGS has contributed more than \$6 million for equipment needs and capital purchases at LMH.

Attendees participated in bingo for an opportunity to win gift cards to area restaurants and stores. LMHS President & CEO Rob Montagnese served as the bingo caller. He also addressed the group and thanked the members for their support of the organization. Rob offered an update on the development and plans for The Center at LMHS, a modern, well-equipped facility that

will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources.

TWIGS members celebrating a service anniversary in five-year increments were honored. Darlene Baker received a special glass piece for her 55 years of service to the organization. Beverly Blausey and Judy O’Dell celebrated 50 years with the organization, while Betty Siarnicki was honored for 25 years of service. Ruth Graham, Anne Messerall, Angela Wallace, Janet Wells, and Connie Williams were recognized for 15 years of service. Karin Kratoville received a 10 year award, and Barbara Gordon was honored for 5 years of service.

There are four active TWIGS Committees that continue to support LMH. The current Chairs of the individual TWIGS Committees are: Cathy Beatty – TWIGS 6, Betty Siarnicki – TWIGS 8, Sharon Wills – TWIGS 13, and Janet Wells – TWIGS 24. The members of the TWIGS Executive Board are: Betty Siarnicki, Chair; Diane Snow, Vice Chair; Darlene Baker, Treasurer; and Kim Mathis, Recording/Corresponding Secretary. For information about becoming a TWIGS member, please call (220) 564-4084.



Schedule a Radiology Appointment Through MyChart

Licking Memorial Health Systems (LMHS) now offers a quick, convenient method to schedule appointments for imaging examinations with Licking Memorial Hospital’s (LMH) Radiology Department. Patients can use their electronic health record, MyChart, to make the appointment. All locations offering mammography, ultrasound, and general X-ray services, including LMH, the Pataskala Health Campus, Urgent Care locations, and Women’s Health, are available for scheduling online or using the app. More exam options will be added for MyChart scheduling soon.

When an order for an imaging exam is placed by a healthcare professional, the patient will receive a notification that the exam is available to schedule through MyChart. All scheduling options and locations available will be visible making it easier to schedule the exam at any time of the day and at the patient’s convenience. Exams may also be cancelled and rescheduled through MyChart as well. To sign up for MyChart, patients can ask an LMHS staff member for assistance during a visit, look for the MyChart activation code on an After Visit Summary, or receive a text or email with an activation code after a visit.

In addition to more convenient scheduling options, Radiology is now offering Walk-in Wednesdays for screening mammograms. Every Wednesday from 12:00 Noon to 5:00 p.m., women in need of a screening mammogram can receive the service at LMH Women’s Imaging Center at the Hospital without a scheduled appointment or provider referral. Eligible women should be 40 years of age or older, have no medical breast concerns, and have not had a screening mammogram in the past year. Patients will be seen on a first come, first served basis. For questions, call (220) 564-4718.



"For Your Health" 5K Run/Walk Scheduled for July

The Licking Memorial Hospital (LMH) Development Council, in partnership with The Dawes Arboretum, the Buckeye Valley Family YMCA, and Park National Bank, will present the 17th annual "For Your Health" 5K Run/Walk and 1-mile Fun Walk on Saturday, July 19. Participants may choose to run or walk the 5K course or complete the 1-mile Fun Walk course on the scenic grounds of The Dawes Arboretum.

All participants who complete the course will receive a participation medal. RacePenguin will provide Chip Timing Service to determine the awards for the top three male and female finishers overall, and the top three males and females in each age division. Registration is \$15 in advance, if received by Friday, July 11, at 5:00 p.m., or \$20 thereafter. The event is free for untimed participants; however, registration is required. Registration for both

courses may be completed online at racepenguin.com/events/foryourhealth/.

Nancy and Jack Neely, O.D., are serving as the honorary chairs for this year's event. Nancy, a member of the Licking Memorial Health Systems (LMHS) Board of Directors, retired from her position as the Superintendent of the Licking County Board of Developmental Disabilities (LCBDD) in 2015 after serving the organization for more than 36 years. In 2015, the Ohio Association of County Boards of Developmental Disabilities awarded her the Kenneth Legats Award for Visionary Leadership in Administration in recognition of her work at LCBDD. She is also a recipient of the Heath Sertoma Award for Services to Mankind. Nancy holds a bachelor's degree from Bowling Green State University and master's degree from the University of Dayton. In addition to the LMHS Board of Directors, she is

a member of the Senior Levy Advisory Board for Licking County and the Otterbein Granville Senior Living Board of Directors as well as a trustee for the Cecil Mauger Foundation. Nancy enjoys trail riding with her horse, Gunner, and golfing with friends and family.

A graduate of The Ohio State University School of Optometry, Dr. Neely retired from his career as an optometrist in 2017 after serving the community for more than 42 years. He has served as a member of the Newark Rotary Club since 1986, and was recognized as Rotarian of the Year in 2017. In addition to golfing, yard work, and reading, Dr. Neely also volunteers at The Dawes Arboretum. Nancy and Jack have lived in Licking County for more than 48 years and have two children, Anthony Wedemeyer and Emily Gentry.

Community leaders who previously served as honorary chairs of the "For Your Health" 5K Run/Walk & 1-mile Fun Walk include:

- 2024** – Drs. Anthony and Brianna Johnson
- 2023** – The Miller Family: Megan Miller, D.O.; her husband, Kevin; and their children, Cody and Lexi
- 2022** – The Mortellaro Family: Brian Mortellaro; his wife, Janine; and their children, Emma, Abby, and Sarah
- 2021** – Pamela and David Subler, M.D.
- 2019** – The Hagele Family: Thomas Hagele, M.D.; his wife, Courtney; and their children, Helena and James
- 2018** – The Heckman Family: Sally Heckman; her husband, Lee; and their children, Will, Everett, and Mae
- 2017** – The Reeves Family: Howard Reeves, D.O.; his wife, Sara; and their son, Brackyn
- 2016** – The Cummiskey Family: Tom Cummiskey; his wife, Kate; and their children, John, Emma, and Megan
- 2015** – Pattye Whisman, M.D.
- 2014** – Diane and Dan DeLawder
- 2013** – Dr. Garth and Mrs. Marci Bennington
- 2012** – Marcia and Jonathan Downes
- 2011** – Cara and Jim Riddell
- 2010** – The Fondriest Family: Joseph Fondriest, M.D.; his wife, Jean; and their children, Joe, Sara, Jacob, and Steven
- 2009** – Karen Smith-Silone, D.O., and James Silone, Jr., D.O.
- 2008** – Christy and Kevin Plaugher

Honorary Chairs
Nancy & Jack Neely



Annual Golf Gala to Support Development of The Center at LMHS

Sponsored by the Licking Memorial Hospital (LMH) Development Council, the 2025 LMH Golf Gala is scheduled for Monday, September 15. The annual Golf Gala is LMH's largest fundraiser.

Proceeds from the 2025 LMH Golf Gala will help fund the construction and development of The Center at LMHS. The facility will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources. As Licking County continues to grow and thrive, the Center will enhance the opportunity for education, connectivity, and relationships within the community.

Rodger Kessler and Vicki Sugar will serve as the Honorary Chairs of the 2025 LMH Golf Gala. Rodger is the Vice President of Sales at Kessler Sign Company, located in Zanesville. He graduated from Zanesville High School and earned his bachelor's degree in organizational communication from The Ohio State University. Rodger specializes in zoning laws, development, and commercial real estate. He is a member of Newark Heath Rotary. His professional memberships include the World Sign, International Sign, and Mid-West Sign Associations. Rodger lives in Granville with his wife, Vicki, and they have three grown children, Maria, Adam, and Annie. He enjoys playing golf and spending time with his grandchildren.

Vicki graduated from Bishop Hartley High School and earned her bachelor's degree in special education from Ohio University. She served as Executive Director at The Longaberger Company and is now retired. Vicki has contributed to many LMH events throughout the years and is also involved with the St. Vincent de Paul Society and Rally for the Cure. She enjoys reading, sports, nurturing friendships, and being a grandmother.

The LMH Development Council is proud to acknowledge and thank the current sponsors of the 2025 Golf Gala. To date, the list includes the Club Sponsor (\$7,500 and above) Denison University and Condor Sponsors (\$7,500 and above) Park National Bank and Lou Reese. Ace Sponsors (\$5,000) are MedBen; Southgate Corporation; and Stedman Floor Company. Eagle Sponsors (\$2,500) include Affordable Portables; All Weather Systems; AssuredPartners; Claypool Electric; The Energy Cooperative; First Federal Savings; Gutridge Plumbing; The Hinderer Motor Company; Kokosing, Inc.; Korda-Nemeth Engineering, Inc.; Mid-Ohio Development Corporation; Mill Tech; Modern Office Methods; Mortellaro McDonald's; MPW Industrial Services, Inc.; Owens Corning; Papa Boo's; Robertson Construction Services, Inc.; Rotary Club of Newark; Scott Peterson of General Graphics;

TrueCore Federal Credit Union; United Collection Bureau; and ValueCare Ambulance. The Hole-in-One Sponsor (\$1,500) is The Hinderer Motor Company.

Additional sponsorship levels are available, including Birdie (\$1,000), Hole (\$500), and Pathway (\$250). If you are interested in being an event sponsor or donating a door prize, please call the LMH Development Office at (220) 564-4102.



Honorary Chairs
Rodger Kessler & Vicki Sugar

New Appointments



Amanda L. Day, APRN-CNP,
joined Licking Memorial
Pediatrics – East



Summiyah Nasir, M.D.,
joined Licking Memorial
Hospitalists



A Tribute to Mothers

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms, especially those who gave birth at Licking Memorial Hospital this past year.



April 2024
Daxton, born April 11, smiling with his mom, Kristen Moore.



May 2024
Mason, born on May 2, enjoys being held by his mom, Courtney Barnhart.



June 2024
Mallory Lewis shows off her son, Crew, who was born June 10.



July 2024
Lexie Baker keeps busy with her son, Beau, who was born July 31.



August 2024
Paige Clouse welcomed her son, Gavin, to the family on August 30.



September 2024
Amelia Brown smiles while holding her daughter, Maeva, who was born September 20.



October 2024
Amanda Kick snuggles her son, Micah, who was born October 25.



November 2024
Troian is all smiles while her mom, Keely Hitchcock, is holding her.



December 2024
Allyson Carter celebrated the holidays with her daughter, Everly, who was born December 5.



January 2025
Clarissa Shough enjoys holding her son, Nobel, who was born January 9.



February 2025
Olivia Daniels welcomed her son, Bronx, into the world on February 11.



March 2025
Alina Hare smiles with her daughter, Eliora, who was born March 6.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public.

There were 821 babies born at Licking Memorial Hospital in 2024.

LMHS Family Movie Night

Disney • PIXAR

INSIDE OUT 2

Bring the entire family to a **FREE** fun youth wellness event and stay for **Family Movie Night**. LMHS will present an outdoor screening of the Disney • PIXAR film, **Inside Out 2**.

Date: Friday, June 13

Time: Active•Fit Youth Wellness Event, 6:00 – 8:30 p.m.
The movie will follow, beginning at dusk.

Location: Pataskala Health Campus
One Healthy Place, off Broad Street

- The Active•Fit event will include inflatable fun areas and information tables.
- Free snacks and beverages will be provided during both events.
- Lawn chairs and blankets may be used to watch the movie.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products, and pets are prohibited.



Physician Spotlight – Richard A. Baltisberger, M.D.

Richard Baltisberger, M.D., is Chief of Pediatrics at Licking Memorial Hospital (LMH). Dr. Baltisberger received his Medical Degree from the University of North Dakota School of Medicine and is board certified in pediatrics. He completed his residency and internship at Children’s Hospital in Columbus and joined Licking Memorial Health Systems in August 1998.

Known as “Dr. Rick” by his young patients, he has dedicated much of his career to helping children with physical

and medical challenges. He serves as the camp physician for LMHS’ Camp Feelin’ Fine, a day-long program for children with asthma. He is a member of the National Advisory Committee for Down syndrome, which sets standards and promotes research in Down syndrome issues. He also provides physician services to the Kids’ Place, a Newark-based LMHS facility that cares for young victims of child abuse.

Dr. Rick’s dedication has earned prestigious recognitions, including the

Hometown Hero Award by American Red Cross of Licking County, a Forty Under 40 designation by Columbus Business First, a Provider Award by Columbus Business First, and an MVP Award by LMHS. In 2010, he was selected by his peers as Physician of the Year at LMHS.

Dr. Baltisberger enjoys playing tennis and spending time with his children. Two of his adult children have special needs and continue to live at home.

Ask a Doc – Measles with Richard A. Baltisberger, M.D.

Question: What are the possible complications from measles?

Answer: Measles, also called rubella, was once a common childhood illness caused by a virus that spreads easily through the air and settles on surfaces. The Ohio Department of Health has been closely monitoring a measles outbreak in Ashtabula County and a confirmed case in Knox County. The Centers for Disease Control and Prevention (CDC) defines a measles outbreak as three or more related cases. Measles can spread quickly, and each case can lead to an additional 12 to 18 cases if people are not protected against the disease. Measles is extremely contagious and can spread to others through coughing and sneezing. Nine out of 10 people who are exposed will become ill if they have not been vaccinated against the disease.

The measles virus can live for up to two hours in the air after an infected person has coughed or sneezed. If other people breathe the contaminated air or touch an infected surface and then touch their eyes, noses, or mouths, they can become infected. People infected with measles can spread it to others from four days before, through four days after a rash appears.

Measles symptoms may not appear all at once and include a rash, high fever, runny nose, cough, loss of appetite, and red, watery eyes. The rash usually lasts five to six days and begins at the hairline, moves to the face and upper neck, and proceeds down the body. Diarrhea and ear infections are common complications of measles. More severe complications may also occur including pneumonia and encephalitis, swelling of the brain. About one child out of every 1,000 who gets measles will develop encephalitis which may lead to convulsions.

In very rare cases, a person may suffer subacute sclerosing panencephalitis (SSPE), a fatal disease of the central nervous system. SSPE generally develops 7 to 10 years after a person has measles, even though the person seems to have fully recovered from the illness. The risk of developing SSPE may be higher for a person who gets measles before they are 2 years of age.

Complications from measles are more common among children younger than 5 years of age, adults older than 20 years of age, pregnant women, and people with compromised immune systems.

As many as one out of every 20 children with measles gets pneumonia, the most common cause of death from measles in young children.

Vaccination is the best protection from measles. The measles, mumps, rubella (MMR) vaccine is safe and effective. In the United States, two doses of the MMR vaccine are recommended for children. Infants normally receive the first measles vaccine between 12 to 15 months followed by another dose between the ages of 4 and 6. Adolescents who were not previously vaccinated should receive two doses with at least 28 days between doses. Those who only received one vaccination previously should receive a second.

All adults born in 1957 or later who have not been vaccinated or have not had measles should be vaccinated. Those vaccinated between 1963 and 1968 may have received a measles vaccine that was found to be less effective. For individuals who are not sure of whether they were vaccinated, it is safe to receive another measles vaccine. Only people who are immunocompromised or pregnant, or those who have had an allergic reaction

to previous vaccines should not be receive the MMR vaccine.

If you or a family member does contract measles, seek treatment as soon as possible. While there are no specific antiviral drugs approved to treat measles, your family physician or pediatrician will work to relieve the symptoms and address complications such as bacterial infections. Severe measles cases among children who are hospitalized may be managed with vitamin A under the supervision of a healthcare professional to help reduce chances of death from measles. It is important to note that vitamin A should only be administered by a licensed healthcare professional after a measles diagnosis, as part of supportive care, not as a cure.

Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Patient Story – Larry*

Aware that family history placed him at high risk for prostate cancer, Larry has been diligent about yearly physicals and testing. In February 2024, Larry's family physician contacted him after discovering high levels of the prostate-specific antigen (PSA) present in a recent blood test. PSA is a protein produced by normal, as well as malignant, cells of the prostate gland. Both prostate cancer and several benign conditions may cause PSA levels in the blood to rise. The physician recommended that Larry visit Roy R. Brown, Jr., M.D., of Licking Memorial Urology for further testing. Dr. Brown performed a biopsy and confirmed that Larry did have prostate cancer.

"Several members of my family were diagnosed with prostate cancer, so I was not really surprised," Larry shared. "But it was still difficult to process, and I was angry. I spent much time thinking about what I should do and how to handle the situation. There were long nights and conversations with my wife and children. Family support was very important to me in making a decision about the next steps. It was my daughter who finally convinced me to have the surgery to remove the cancer by reminding me of the need to be there for my grandchildren."

In May, Larry underwent surgery to remove the cancer. Despite being uncomfortable and dealing with the side effects of treatment, Larry was able to make a quick recovery and return to work in four weeks. By August, he felt much like himself, healthy and eager to spend time with his grandchildren. The results of his six-month PSA test were very good, and his care team is optimistic about his future. He plans to continue with follow-up appointments and PSA testing to ensure he is cancer free.

While Larry already knew there was a family history of prostate cancer, he wanted to better understand the familial link and how it may affect his children. A small percentage of prostate cancers are hereditary and associated with inherited gene variants. Hereditary prostate cancer tends to develop earlier in life than non-inherited cases. Through genetic testing, researchers can determine if someone carries a specific mutation that places them at an increased risk for developing hereditary cancers.

After meeting with Dr. Brown, Larry was informed that Licking Memorial Health Systems employs a Genetics Navigator. Susan Bracken, M.S., C.L.S., CGRA, is a certified genetics navigator who works to educate patients and staff about the hereditary cancer risk assessment program. She met with Larry to discuss genetic testing. She explained to Larry that women can carry the gene as well and pass it on to their children.

"Susan was very knowledgeable and offered so much information about the process and how determining if I carried the gene would be helpful to my family," Larry said. "I wanted to make sure my children and grandchildren understood the risks and help them to take action toward prevention. I agreed to the testing and discovered that I do indeed carry the gene that causes prostate cancer. I want them all to be aware of the possibilities for the future."

With a packet of information provided by Susan, Larry discussed genetic testing with his children. His children agreed to be tested for the gene. One child has already completed the testing and discovered the results were negative. His other child plans to have the testing completed soon. Larry is hopeful that all his grandchildren will be spared the

worry of passing on the gene to their children.

In addition to educational information, Susan shared vital resources that Larry could use throughout the cancer treatment process. Larry also received a Brave Box, a box created by Brave Men Inc. as a care package of items that men may need along the prostate cancer journey. Brave Men Inc. is a foundation started by Dimitrious Stanley, a former Ohio State wide receiver who was diagnosed with prostate cancer in 2019 at the age of 45. Stanley and his wife, Jessica, formed the foundation to offer a community where men and their families could openly discuss health concerns and find comfort in sharing experiences with others.

"The Brave Box was very helpful because there was information about what to expect," Larry explained. "When you are going through the process, it is hard to know what is normal and what is concerning. The information provided was an amazing resource. It was also helpful knowing I was not alone in my fight, that other men, including Dimitrious, an athlete, experienced the same fears and doubts as I have."

Larry expressed his gratitude for the support and care he was offered by his family and from the staff at LMHS. He highly recommends genetic testing to assist in knowing the risks and preventive measures. It is important to note that genetic testing is a tool that can help to evaluate a person's cancer risk. It does not diagnose cancer and is not a substitute for regular cancer screenings. Individuals who have questions about genetic testing and their risk for cancer should consult their physician.

**Larry is not the patient's real name.*

Prostate Cancer Screenings

Prostate cancer is the most common cancer and the second-leading cause of cancer death among men in the United States. One in eight men will be diagnosed with prostate cancer during his lifetime. The prostate is a small gland of the male reproductive system that helps produce semen and is located just below the bladder and in front of the rectum. Prostate cancer is the abnormal growth of cells that originates in the prostate. Prostate cancer screening is testing that looks for cancer in an individual who does not have symptoms. The goal of the screening is to detect cancer early before it spreads and when it is easier to treat.

There is no standard test to screen for prostate cancer; however, the two tests commonly used to screen for prostate cancer are the prostate-specific antigen (PSA) test and the digital rectal exam (DRE). Individuals should discuss the benefits and risks of prostate cancer screening with a healthcare professional to determine if it is appropriate. The American Cancer Society recommends screenings for men aged 50 and above with an average risk of prostate cancer and are expected to live at least 10 more years. Men who are at high risk for developing prostate cancer should begin screening at age 45.

The PSA test is a blood test that uses a sample of blood to detect a protein made by the prostate gland. The body normally contains small amounts of PSA in the bloodstream, but a higher level than normal could indicate prostate cancer. A PSA above 4.0 ng/mL is considered abnormal for prostate cancer; however, high PSA levels do not necessarily signify that a person has prostate cancer. Other reasons for high PSA levels include urinary tract infections, recent vigorous exercise, prostate stimulation, or an enlarged prostate.

During a DRE, a healthcare professional inserts a gloved, lubricated finger into the rectum to feel the prostate for abnormalities in the texture, shape, or size of the gland. While the DRE is less effective than the PSA test, this exam can detect some cancers that are not associated with a high PSA level. Combining the two tests can improve early detection of prostate cancer.

Risk factors for prostate cancer include age, race, family history, and genetic mutations associated with the disease. The risk of prostate cancer increases with age, especially after age 50, but most cases are diagnosed between the ages of 60 and 79. Men are twice as likely to develop prostate cancer if they have a father or brother who was diagnosed with the disease. The risk is also higher for those with a family history of breast or ovarian cancer. African American men have a higher risk of developing prostate cancer than Caucasian and Hispanic men.

Some people inherit changes, or mutations, in certain genes that increase their risk of prostate cancer and other cancers. Genetic testing can detect mutations in some genes that cause cancer and can help people better understand their risk for certain diseases.

Licking Memorial Health Systems offers a hereditary cancer screening tool for patients to determine if they may be eligible for genetic testing for certain cancers. Patients who complete a hereditary cancer assessment form and answer yes to any of the questions may receive free genetic education from a board-certified genetic counselor. The counselor will help the patient determine if they are at risk for a gene mutation that can cause cancer, and if genetic testing is appropriate.

Once a patient has received counseling, they may choose to receive genetic testing, in which a blood or saliva sample is collected. The sample is sent to a laboratory that specializes in genetic testing to detect biomarkers that provide information about certain cancers. If the test is positive, patients can discuss the next steps with their genetic counselor and physician.

It is important to note that genetic testing is a tool that can help to evaluate a person's cancer risk. It does not diagnose cancer and is not a substitute for regular cancer screenings. Individuals who have questions about genetic testing and their risk for cancer should consult their physician.

Cancer 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. Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Percentage of cancers correctly identified by the mammogram	95%	94%	97%	87% ⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	92%	92%	90%	92% ⁽¹⁾

2. Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative, meaning no cancer was detected, for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	9	7	6	5.8 ⁽¹⁾

3. Wait time is defined as the number of days between the completion of the first procedure and the second scheduled procedure. The amount of time between testing and the procedure is significant to enabling physicians to more quickly identify and diagnose breast cancer and begin patient treatment.

	LMH 2021	LMH 2022	LMH 2023	National ⁽²⁾
Wait times:				
Screening to diagnostic mammogram	5.9 days	7.7 days	9.1 days	6.5 days
Diagnostic mammogram to needle/core biopsy	10.2 days	6.4 days	5.5 days	5.1 days
Biopsy to initial breast cancer surgery	24.2 days	23.4 days	23.9 days	24 days

4. Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

5. When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It then is the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff also may contact the primary care physician to ensure the health of the patient.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Cancer Registry patients with annual follow-up	95%	94%	95%	greater than 80%

6. Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	8%	9%	22%	greater than 2%

7. In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer, and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2021	LMHP 2022	LMHP 2023	LMHP Goal
LMHP active patient population who received screening tests for:				
Breast cancer (female patients, age 50 to 75)	69%	75%	77%	National ⁽³⁾ 69%
Colorectal cancer (all patients, age 45-75)	57%	57%	61%	National ⁽³⁾ 63%

8. Hereditary cancers, such as breast cancer, are caused in part by gene mutations passed from parents to children, and generally begin to develop in a person at a younger age. Through genetic testing, researchers can determine if someone carries a specific mutation that puts them and their family members at an increased risk and need for early screenings. LMH offers genetic testing to newly diagnosed patients with breast cancer who meet certain qualifications in order to equip them with the knowledge to make the best choices for themselves and their families.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Breast cancer diagnoses that met criteria and received genetic testing	74%	85%	92%	90%

Data Footnotes:
(1) Lee, C. I., Abraham, L., Miglioretti, D. L., Onega, T., Kerlikowske, K., Lee, J. M., Sprague, B. L., Tosteson, A. N. A., Rauscher, G.H., Bowles, E. J. A., diFlorio-Alexander, R. M., Henderson, L. M., & Breast Cancer Surveillance Consortium (2023). National Performance Benchmarks for Screening Digital Breast Tomosynthesis: Update from the Breast Cancer Surveillance Consortium. Radiology, 307(4), e222499. <https://doi.org/10.1148/radiol.222499>
(2) National Quality Measures for Breast Cancer (NQMBC) Database, www.nqmbc.org.
(3) Percentages are compiled by averaging Commercial, Medicare, and Medicaid data.



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

Breast Cancer Screening Options at LMH

Breast cancer screenings play a crucial role in early detection and improved treatment outcomes. There are several screening methods available, each with its own benefits and limitations. Licking Memorial Health Systems offers the following screening options for patients:

Mammogram

A mammogram is a test used to obtain images of the breast. These images can show growths, lumps, tumors, and other structural issues within the breast that cannot be felt by an individual. 90 percent of breast cancers can be detected by mammograms. Different types of mammograms include:

- **Digital Screening Mammogram**
This is a screening tool recommended for women at the age of 40 to obtain on an annual basis. Screening can help find breast cancer early when it is easier to treat.

- **Digital Diagnostic Mammogram**

A diagnostic mammogram provides a more detailed image than a screening mammogram. This is used to evaluate abnormalities in the breast and is the next step in diagnosis should there be a finding on the screening exam or if there is a symptom.

LMH recently began offering self-referred screening mammograms. A woman can refer herself for a screening, and she does not require a physician order. She must be at least 40 years old and have no breast symptoms. The self-referred mammogram only applies to screening mammograms and can be performed once per year.

Automated Whole Breast Ultrasound (ABUS)

Automated whole breast ultrasound is a noninvasive procedure used in addition to mammograms to increase the accuracy of breast cancer screening in women with dense breast tissue.

Abbreviated Breast MRI

Abbreviated breast MRI is beneficial for patients with moderate risk for breast cancer, dense breast tissue, who have been diagnosed with certain genetic mutations, or have a strong family history of breast cancer. The abbreviated breast MRI uses radiofrequency waves and a strong magnetic field to provide a detailed view of breast tissue, detecting tissue abnormalities, as well as vascular function within the breast that can show blood flow to and from a tumor. Abbreviated breast MRI is not intended to replace a traditional screening mammogram or a standard breast MRI, but studies have shown it is an effective supplement for detecting invasive breast cancers. This exam is not covered by insurance, and an out-of-pocket fee of \$350 is collected at the time of service.



Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Kathleen Michel

another, encourage each other, and talk about everything.”

In April, Kathleen began experiencing cramping and visited the Labor and Delivery unit at LMH. She was informed that she was in labor and was admitted to LMH to prepare for the birth of her son. The nurses asked about Kathleen’s birth plan. She had decided she wanted to give birth as quickly as possible, and receive an epidural, a type of regional anesthesia that blocks pain signals from traveling to the brain. Labor progressed smoothly and soon Kathleen and her husband were holding their newborn son, Crew.

“The nurses and staff are so kind and it was so nice to know that the team working with me was in my corner and wanted to support me in whatever way possible with my health and safety in mind. They checked on me often to ensure I was laboring well and asked if there was anything I needed,” Kathleen remembered. “Everyone was encouraging, and I felt very comfortable with the team.”

In the Mother and Baby unit, the nurses encourage new parents to spend as much time as possible with their new baby. LMH promotes rooming in for bonding and breastfeeding success, but in cases where medical indications or maternal exhaustion are present, short-term separation may be accommodated to promote rest and safety. “From the moment he arrived into the world and the staff examined him, to when he had his first bath, the staff did everything with us at arms reach. After being awake for over 36 hours, we were exhausted, and the nurse offered to take him to the nursery for a few hours so we could get some rest,” Kathleen shared. “As soon as I woke up, the nurse brought him back to me. My husband and I also really enjoyed the candlelight dinner with fillet mignon and lobster offered by LMH. The food was amazing throughout our stay.”

“The lactation consultants were super helpful as well. As a first time mom, having no knowledge about breastfeeding felt very overwhelming,” Kathleen said.

“The consultants made sure I was doing everything properly and that my baby was being fed. They offered valuable advice and made the process easier. The lactation class beforehand was also filled with useful information about what to expect.”

After Kathleen and Crew returned home, an LMH Home Visiting Nurse visited her at home. LMH offers a home visit to every first-time mother, every breastfeeding mother, or a mother who is referred by a physician or nurse and may need a little assistance or reassurance after delivery. During the visit, the nurse completed a blood pressure check, depression screening, and offered breastfeeding support. The nurse also completed a newborn assessment, weight check, and answered general newborn questions. A special meeting for the other women who went through the Patient Centering Program was also arranged after all the women gave birth.

“I am still in contact with the other three women from the program,” Kathleen shared. “We are planning our own mommy/baby date soon. I would advise any mother to ask about the program and participate. I learned so much and I now have women in my life that I can lean on when I need encouragement. Another benefit was the Stork Tour. We visited the birthing suites and the postpartum rooms which gave me a much better understanding of what to expect when I went into labor. I cannot say enough about how wonderful everyone at LMH was to me, my husband, and our son!”

In addition to the Patient Centering Program, LMH offers a one-day Childbirth Education and Mother-baby Basics class to provide information, skills, and resources needed to prepare for the birth of your baby. A Breastfeeding Basics, Breastfeeding Support Group, Boot Camp for Dads, Postpartum Support, and classes for siblings and grandparents are also available. All classes are free of charge and take place at LMH in the First Floor Conference Room. To find out more about the classes, call (220) 564-4333 or visit LMHealth.org.

Even though Kathleen Michel lives nearer to a Columbus hospital, she felt it would be worth the travel to give birth to her children at Licking Memorial Hospital (LMH). She feels a personal connection to LMH because she and her siblings were born there, and her mother had worked in the Mother and Baby unit. When Kathleen became pregnant with her first child, she visited Licking Memorial Women’s Health and began to discover more about what LMH had to offer. Kathleen wanted to learn everything she could about the growth and development of her unborn baby and the changes her own body would undergo. She was very excited to discover that LMH’s Maternal Child Services offers numerous educational programs including a Centering Pregnancy Program.

The Centering Pregnancy Program offers more personalized care for mothers-to-be and provides a space for women to voice their concerns, share their experiences, and promote self-care. LMH launched the program in the fall of 2019 to promote healthy birth outcomes by providing educational experiences and more healthcare provider contact to pregnant women. The program brings together women with similar due dates to participate in nurse-led meetings beginning around their 14th week of pregnancy. The group meets once a month for the first four meetings, then twice a month for the last four meetings to complete the program around their 36th week of pregnancy.

“Participating in the Centering Pregnancy Program taught me so much about what to expect during pregnancy so that I could make informed choices about my own birthing experience,” Kathleen said. “More importantly, I was able to build connections with other women. It was amazing to hear their stories, and we could all relate to one

Safe Sleep Practices for Infants

Unsafe sleep practices have been identified as one of the leading causes of infant mortality in Licking County. These practices can increase the risk of suffocation, entrapment, and sudden infant death syndrome (SIDS). Sleep-related deaths are one of the leading causes of death for infants between 1 month and 1 year of age. Most causes of sleep-related deaths in infants are preventable. Understanding the risk factors and taking steps to mitigate those risks are crucial for parents and caregivers to ensure their babies are sleeping safely.

SIDS is defined as the unexplained death of an infant in the first year, and in most cases, occurs during sleep. Sudden Unexpected Infant Death (SUID) is a broader term that includes SIDS as well as other deaths that may have known causes, such as accidental strangulation or suffocation in a bed. A SUID can happen suddenly and unexpectedly even to babies that are healthy. Babies are at the highest risk for SUID when they are between 1 and 10 months of age and/or sharing a bed with a parent. In 2023, Licking County experienced 6 sleep-related infant deaths.

Several risk factors have been identified as contributing to the cause of SIDS and SUID, including:

- Sleeping on the stomach or side
- Sleep location
- Bed sharing or co-sleeping
- Exposure to smoke
- Temperature

Until the early 1990s, healthcare professionals advised parents to place newborns on their stomachs to sleep to prevent the child from choking if they spit up. However, studies began to show a significant link between SIDS and stomach sleeping. In 1992, the American Academy of Pediatrics (AAP) recommended that infants be put to sleep on their backs or sides to reduce the risk of SIDS. In 1994, the National Institute of Child Health and Development (NICHD) launched the Back to Sleep campaign, which recommended that healthy infants be placed on their back to sleep.

After extensive research and in response to changes in infant mortality data, the NICHD implemented the Safe to Sleep® campaign in 2012, an expansion of the Back to Sleep campaign that addressed safe sleep environments in addition to back sleeping to reduce the risk of SIDS and other sleep-related infant deaths.

The AAP revised its recommendations for safe sleep in 2022 and encourages everyone who cares for infants younger than 1 year of age, including parents, grandparents, family members, childcare providers, and healthcare providers, to learn about the updated recommendations for safe infant sleep.

Parents and caregivers can help create a safe sleep environment for babies by taking the following steps:

- Always place baby on his or her back at bedtime and naptime.
- Use a firm mattress with a tightly fitted sheet in a safe sleeping area, such as a crib, bassinet, or Pack ‘n Play®.
- Keep sleeping area clear of soft bedding, comforters, pillows, loose sheets, blankets, toys, and bumpers.
- Parents should not share their bed with the baby, as this can increase the risk of suffocation during sleep. Room sharing is recommended until 6 months of age, where the baby sleeps next to the bed in a separate space, such as a bassinet or Pack ‘n Play®.
- Avoid letting the baby sleep on a couch, armchair, or in a seating device such as a swing, lounger, or car safety seat, except when traveling in the car.
- Mothers may breastfeed in their bed but should return the baby to his or her own safe place to sleep when nursing is finished.
- Do not allow people to smoke around the baby. SUID occurs more often with babies who are exposed to smoke than those who have a smoke-free environment.
- Keep sleeping rooms at a comfortable temperature. If parents are comfortable in the room, then their baby will also be comfortable. A sleep sack may be used to keep the baby warm.

Walk with a Doc

In March, Licking Memorial Health Systems hosted a Walk with a Doc event at the Adena Recreation Center at Central Ohio Technical College (COTC) in Newark. Alyssa Drosdak, M.D., of Licking Memorial Gastroenterology, led a discussion and answered general questions about colon cancer. During the April event at Wildwood Park in Granville, Laura Roache, D.O., of Licking Memorial Internal Medicine, addressed mental health.

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 various locations in Licking County. For more information on upcoming Walk with a Doc events, visit LMHealth.org/Calendar.



Maternity 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. According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother's poor nutritional status before and during pregnancy, and drug, tobacco, or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. **In 2024, there were 821 babies delivered at Licking Memorial Hospital (LMH), a small percentage of which met low birth-weight criteria.**

	LMH 2022	LMH 2023	LMH 2024	National ⁽¹⁾
Low birth-weight infants	3.4%	6.9%	4.9%	8.60%

2. Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women's Health providers have increased their efforts to assess patients' active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH's free "Quit for You, Quit for Your Baby" tobacco cessation program. **During 2024, 17 percent of patients reported smoking at some point during pregnancy. The below measure reflects the statistical improvement at the time of delivery.**

	LMH 2022	LMH 2023	LMH 2024	State Average ⁽²⁾
Patients who reported smoking at any time during pregnancy	15%	16%	17%	11.5%
	LMH 2022	LMH 2023	LMH 2024	State Average ⁽³⁾
Patients who reported as a current smoker on admission for delivery	10%	12%	14%	14.1%

3. Exclusive breastfeeding is recommended as the optimal nutrition for infants for the first six months of life, with continued breastfeeding after the introduction of solid foods for the first year or longer, if desired. The American Academy of Pediatrics (AAP), ACOG, World Health Organization and other healthcare organizations support this recommendation recognizing the significant lifelong health benefits of breastfeeding for both mother and child. The AAP recommends that breastfeeding should be initiated within one hour of the infant's birth and recommends against routine supplementation of newborn infants with formula or glucose water unless medically indicated. LMH provides prenatal education as well as support and assistance during the postpartum period to help mothers achieve their goals for successful breastfeeding.

	LMH 2022	LMH 2023	LMH 2024	LMH Goal
Breastfeeding rate upon discharge	67.5%	66.4%	63.4%	greater than 55%
	LMH 2022	LMH 2023	LMH 2024	National ⁽⁴⁾
Breastfed infants receiving exclusive breast milk prior to discharge	76%	72%	64%	54%

4. A Cesarean section delivery (C-section) may be necessary in the event of delivery complications and is a decision based on careful consideration by the physician. Due to the additional risks of such a procedure, C-sections should be performed only when medically necessary. Lower percentages are preferable.

	LMH 2022	LMH 2023	LMH 2024	National ⁽⁴⁾
First-time C-sections	10%	12%	14%	16%

5. Elective deliveries are newborn deliveries that are scheduled in advance, rather than allowing labor to occur naturally, specifically for mothers prior to 39 weeks of gestation. Studies have shown that elective deliveries performed prior to 39 weeks have higher rates of newborn complications, higher C-section rates, and longer hospitalization for mothers. Lower elective delivery rates are better, as this reduces potential risks to the baby and the mother.

	LMH 2022	LMH 2023	LMH 2024	National ⁽⁵⁾
Elective deliveries performed before 39 weeks	0%	0%	0%	3%

6. Group B streptococci (GBS), which emerged in the U.S. in the 1970s, is an infection that is associated with illness and death among newborns. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2022	LMH 2023	LMH 2024	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	100%	100%	100%	100%
Number of newborns testing positive with GBS	0	0	0	0

Data Footnotes:
(1) Births: Final Data for 2022. National Vital Statistics Reports, 73(2). Hyattsville, MD: National Center for Health Statistics. Available at <https://www.cdc.gov/nchs/data/mvsnr/nvsr73/nvsr73-02.pdf>
(2) Ohio Department of Health: Center for Public Health Statistics and Informatics (2020). Retrieved from <http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/OhioLiveBirths>
(3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5226303/>
(4) MIDAS+ CPMS Comparative Database
(5) HospitalCompare.hhs.gov Comparative Database

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

Postpartum Depression in Fathers

Postpartum depression in fathers is more common than many people realize. Studies suggest that 1 in 10 dads experience postpartum depression, with the highest risk being 3 to 6 months after the baby's birth. Several risk factors can contribute to postpartum depression, including lack of sleep, a personal history of mental illness, concerns, or elevated expectations about becoming a father, financial concerns, a strained relationship with their spouse, and fears about the changing dynamics within the family structure.

Male postpartum depression can manifest in many ways. Common, identifiable symptoms include anger, irritability, risk-taking behaviors such as substance and alcohol abuse, detachment from the family, becoming easily stressed, and physical symptoms such as headaches and stomachaches.

The tips below can help fathers cope with their own mental health after having a baby:

- Talk openly with your partner. Share feelings and concerns and actively listen to each other's needs.
- Prioritize sleep. Aim for adequate sleep whenever possible.
- Maintain a healthy diet. Choose whole foods, fruits, vegetables, and lean meats.
- Exercise regularly. Physical activity releases endorphins which help to boost mood and energy levels.
- Participate in baby care. Taking an active role in feeding, changing diapers, and bathing the baby can help fathers feel more connected and involved.
- Practice self-care. Schedule time for yourself and engage in activities that you enjoy.
- Manage stress. Practice relaxation techniques such as deep breathing, meditation, and mindfulness exercises.
- Set realistic expectations. Understand that adjusting to parenthood is challenging and avoid comparing yourself to other parents.
- Ask for help. Do not be afraid to seek assistance from family, friends, or a postpartum doula.
- Seek professional help. It is ok to not be ok. Consult a mental health professional to discuss symptoms and develop coping mechanisms.





Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care

Patient Story – Russel “Rusty” Rine

Understanding the consequences of smoking, Russel “Rusty” Rine decided he needed to quit so that he could remain healthy for his grandchildren. Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. Smoking is the number one risk factor for lung cancer. People who smoke cigarettes are 15 to 30 times more likely to develop lung cancer than those who do not smoke. Quitting smoking lowers the risk of lung cancer and provides many other health benefits, such as a drop in heart rate, improved circulation and lung function, and a decrease in coughing and shortness of breath.

Rusty had been diagnosed with chronic obstructive pulmonary disease (COPD). COPD is a term which refers to a large group of lung diseases characterized by obstruction of air flow that interferes with normal breathing. Emphysema and chronic bronchitis are the most common conditions that compose COPD and frequently coexist. When air flow is restricted, less oxygen is transported to body tissues. Oxygen, one of the gases found in the air, is vital for the lungs and organs to work properly. COPD is usually caused by cigarette smoking, though long-term exposure to other lung irritants, such as secondhand smoke, can also contribute to COPD.

While there is no cure for COPD, the symptoms can be treated and managed. Despite living in Knox County, Rusty visited Mohammad K. Islam, M.D., of Licking Memorial Pulmonology to create an action plan for treatment. Dr. Islam strongly encouraged Rusty to quit smoking. Quitting tobacco use can be difficult, and attempts to quit require

planning and support. Licking Memorial Hospital (LMH) offers the Quit for Your Health tobacco cessation program that is designed to help individuals stop using tobacco products such as cigarettes, vaping devices, snuff, and chewing tobacco. Certified tobacco treatment specialists use evidence-based techniques to help participants develop a plan that will offer an opportunity to become tobacco free.

Cessation aids used in the program include nicotine replacement therapy, motivational interviewing, self-management education, and relapse prevention strategies. Quit for Your Health counselors work to form a one-on-one relationship with the patient to offer a support system that uses encouragement and accountability, and provides assistance in developing effective coping strategies. Individuals receive a follow-up phone call at 30, 90, and 180 days after completing the program. Rusty worked with Tobacco Treatment Specialist, Nia Spivey.

“Nia was very helpful,” Rusty shared. “She made the program enjoyable and is very kind and understanding. I found that having the cessation aids, especially the lozenges, assisted the most in helping break my smoking habit.”

In addition to tobacco cessation, Rusty participated in pulmonary rehabilitation to improve lung function, reduce symptom severity, and improve his quality of life. Pulmonary rehabilitation is the use of exercise, education, and behavioral intervention to aid in strengthening the lungs, help the patient become more active, and decrease the need for hospital visits.

Pulmonary rehabilitation is recommended for patients with lung disease who experience shortness of breath frequently and are unable to

perform daily activities. The program is conducted in an outpatient setting for 8 to 12 weeks, and techniques learned may be continued by the patient at home. An individual treatment plan will be developed and a multidisciplinary team consisting of respiratory therapists, an exercise physiologist, physician, and dietician will work together to provide the patient with the tools necessary to manage symptoms effectively and improve quality of life. The pulmonary rehabilitation program can instruct patients on how to:

- Control symptoms
- Manage respiratory medications to treat lung conditions
- Make healthy food choices to manage weight and diet
- Perform various exercises to improve lung function and increase physical abilities
- Cope mentally and emotionally with a chronic lung condition

Rusty completed the rehabilitation program and the three month Quit for Your Health Program. Nia now calls him every month to follow up on his progress. Before Quit for Your Health, Rusty smoked two packs of cigarettes a day. He has been tobacco-free for nearly 8 months. Since quitting, he and his wife, Joyce, celebrated 54 years of marriage. He is enjoying his time with Joyce, their three adult children, seven grandchildren, and two great-grandchildren.

Participation in the Quit for Your Health program is free for Licking County residents by self-enrollment or physician referral. Smokers who wish to quit can ask their primary care physician for more information or call (220) 564-QUIT (7448). Individuals who want to learn more about the Pulmonology Rehabilitation program may contact Licking Memorial Pulmonology at (220) 564-1805.

Lung Cancer Screening and Prevention

Lung cancer is the second most common cancer in men and women in the United States and is the leading cause of cancer deaths. Each year, more people die of lung cancer than of colon, breast, and prostate cancer combined. The rate of new lung cancer cases in Ohio is significantly higher than the national average. In Licking County, lung cancer was the leading cause of cancer incidence, accounting for nearly 16 percent of cancer cases from 2016 to 2020.

Lung cancer is difficult to detect early because most people do not exhibit symptoms until the cancer is at an advanced stage and has spread to other areas of the body. Symptoms that are present in the early stages of lung cancer are often mistaken for other health issues, such as infection or long-term effects from smoking. Symptoms of lung cancer can vary between people and may include coughing that worsens or does not go away, chest pain, shortness of breath, hoarseness, chronic bronchitis, and unexpected weight loss. Regular cancer screenings remain the best tools for early detection and treatment.

Risk factors for lung cancer include smoking, secondhand smoke, exposure to radon and other cancer-causing agents, air pollution, and personal or family history of the disease. Individuals can reduce their risk of lung cancer by quitting smoking and avoiding secondhand smoke. Smoking is the number one risk factor for lung cancer and is estimated to account for approximately 90 percent of all cases.

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

Radon is the second leading cause of lung cancer. Licking County has the highest levels of indoor radon in Ohio. Homes should be tested and treated to reduce radon levels and exposure. Free radon test kits are available and may be ordered online at the Ohio Department of Health (ODH) website, ohio.radon.com. The Licking County Health Department (LCHD) recommends that all residents test their homes for radon. LCHD also provides radon education and awareness through a grant from the EPA, administered by ODH. Individuals may call (740) 349-1562 for more information.

Individuals who are concerned about their lung cancer risk should consult with their physician. There are a variety of tests and procedures that are used to diagnose lung cancer. Imaging tests, such as X-ray, computed tomography (CT), and positron emission tomography (PET) scans, can reveal abnormal masses, nodules, and small lesions. A biopsy can also be performed using a bronchoscopy or endobronchial ultrasound (EBUS) procedure.

Licking Memorial Hospital (LMH) offers lung cancer screenings using low dose computed tomography (LDCT) scans to individuals who meet certain criteria. The American Cancer Society recommends screening for individuals who are between the ages of 50 and 80, show no signs or symptoms of lung cancer, currently smoke or quit smoking within the last 15 years, and have a tobacco smoking history of at least 20 pack years. A pack-year is the equivalent of smoking one pack of cigarettes, or about 20 cigarettes per day, for one year. The scan takes about five minutes and provides an overview of the lung using the lowest radiation dose possible to detect lung nodules. Nodules are common and most are noncancerous; however, a nodule can represent early lung cancer.

Diagnosing and staging lung cancer requires expertise from a medical specialist and numerous tests. The process can take time, which may cause patients to feel overwhelmed, anxious, and scared. LMH employs a lung cancer nurse navigator to assist in bridging the gap between diagnosis and treatment. The lung cancer nurse navigator is a clinically trained individual responsible for guiding the patient through the cancer care continuum while identifying and addressing any barriers, such as difficulty coordinating care, lack of health insurance coverage, financial challenges, lack of caregiver support, and language barriers.

Cancer Survivors Picnic

Monday, June 16 • 4:00 – 6:00 p.m.
Licking Memorial Medical Campus
1717 West Main Street, Newark

Licking Memorial Hospital (LMH) will host a Cancer Survivors Picnic in recognition of the 38th Annual National Cancer Survivors Day. We hope that you will join us to celebrate and acknowledge all survivors and their families.

The program begins at 4:30 p.m., and an aerial photo of all survivors will be taken at approximately 5:15 p.m. In the event of inclement weather, the Picnic will be rescheduled.

To register for this free event, please call the Licking Memorial Events Line at (220) 564-1560.



Respiratory 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. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease, and diabetes. An estimated 21 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. In 2024, 1,615 patients visited one of LMHS tobacco cessation programs.

	LMH 2022	LMH 2023	LMH 2024	LMH Goal ⁽²⁾
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	95%	90%	92%	70%

2. Chronic obstructive pulmonary disease (COPD) is a serious, progressive lung condition that includes two life-threatening diagnoses, chronic bronchitis and emphysema. According to the American Lung Association, COPD is the third leading cause of death in the U.S. There is no cure for COPD, and patients will progress to more serious respiratory compromise over time; however, with careful management, patients can enjoy longer and healthier lives. An admission to the hospital for a COPD patient typically means that their chronic respiratory issues have exacerbated to an immediate, acute condition requiring hospitalization. To monitor the quality of a COPD patient's care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who die from COPD within 30 days of hospital admission.

	LMH 2022	LMH 2023	LMH 2024	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	7.5%	8.3%	9.8%	9.4%

3. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the rate of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2022	LMH 2023	LMH 2024	LMH Goal
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 ventilator days	0.0	0.0	0.0	0.0

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

	LMH 2022	LMH 2023	LMH 2024	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	100%	100%	100%	greater than 90%
Daily test to reduce sedation	100%	100%	100%	greater than 90%
Stomach ulcer prevention	100%	100%	100%	greater than 90%
Blood clot prevention	100%	100%	100%	greater than 90%

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

	LMHS 2022	LMHS 2023	LMHS 2024	LMH Goal	National ⁽⁴⁾
LMHS employees receiving the influenza vaccine	84%	83%	85%	greater than 90%	80%

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

	LMHP 2022	LMHP 2023	LMHP 2024	National ⁽⁴⁾
Physician office patients over 65 years receiving the pneumonia vaccine	72%	75%	75%	73%
	LMHP 2021-2022	LMHP 2022-2023	LMHP 2023-2024	National ⁽⁴⁾
Physician office patients over 65 years receiving the influenza vaccine	65%	57%	53%	69.7%

Data Footnotes:
(1) 2022 Community Health Needs Assessment.
(2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program.
(3) HospitalCompare.hhs.gov national benchmarks
(4) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Retrieved from <https://www.cdc.gov/brfss/brfssprevalence/> [2019 BRFSS Prevalence & Trends Data].




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

Improve Indoor Air Quality for Better Respiratory Health

Poor air quality indoors can pose a significant risk to respiratory health. Enclosed areas can hold concentrated amounts of pollutants such as dust, allergens, and mold spores. Inhaling these contaminants can irritate the airways, inflame the lungs, and exacerbate existing respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD). Improving indoor air quality is necessary for reducing respiratory symptoms. The following tips can help people create a healthier indoor environment and enhance respiratory health.

- Opening windows can significantly improve air circulation and provide better ventilation; however, it is important to be mindful of outdoor air quality. Avoid opening windows during times of high pollen or pollution.
- Using exhaust fans in kitchens and bathrooms helps to remove moisture and cooking odors.

- Regularly maintain heating, ventilation, and air conditioning (HVAC) systems in the home, and replace air filters consistently, usually every one to three months.
- Reduce dust and allergens in the home by dusting and vacuuming regularly. Using air purifiers that contain HEPA filters can also remove airborne particles such as dust, pollen, and pet dander.
- Manage mold by controlling humidity in the home, ideally maintaining humidity levels between 30 and 50 percent. In damp areas such as basements and crawl spaces, a dehumidifier can be used.
- Refrain from smoking indoors and avoid burning wood in fireplaces or wood stoves when possible.
- Pets should be bathed regularly to reduce pet dander. Keeping pets out of bedrooms can also help to reduce respiratory symptoms.



Licking Memorial Health Foundation Recognizes New Donor

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. Taylor Hayward was recently recognized for pledging her financial support.

The William Schaffner Society

The William Schaffner Society was created in memory of William Schaffner, the first Chairman of the Licking County Hospital Commission in 1961, and an instrumental player in the county bond issue that financed the current location of Licking Memorial Hospital. He dedicated his life to providing quality healthcare services to our community. Membership is extended to those who make a commitment of \$10,000 or more paid over a period of 10 years, and a donor affirms William Schaffner's belief in the need for quality healthcare at the local level.

Taylor Hayward

Taylor Hayward recently accepted a glass recognition piece from President & CEO Rob Montagnese and Vice President Development & Public Relations, Veronica Patton, to honor her pledge of financial support through membership in The William Schaffner Society.

A lifelong resident of Licking County, Taylor graduated from Johnstown-Monroe High School. She joined Licking Memorial Health Systems

(LMHS) in January 2023 as the Concierge Coordinator. She was recognized as an LMH MVP in 2024. Taylor serves as the Executive Assistant to the President & CEO.

In her free time, Taylor enjoys thrifting, golfing, home renovations, and playing Euchre. She and her fiancé, Robert, reside in Buckeye Lake with their eight-year-old Australian Shepherd, Bailey.



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.

Active•Fit YOUTH WELLNESS PROGRAM

The **Active•Fit** program promotes healthy lifestyles for youth ages 6 to 12. Participants who complete the free program will be entered into a drawing to win prizes!



To register, visit ActiveFit.org



Donors

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

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In memory of Deanna Mitchell
By: Licking Memorial Hospital
Medical Staff
In memory of Lew Mounts
By: Sue Henry-Mounts
In memory of Ray "Ram" Wheeler
By: Carol Wheeler
In memory of Denny E. Wheeler
By: Carol Wheeler
In memory of Gregory Yoder
By: Licking Memorial Hospital
Medical Staff

Paving Our Future

Cindy Kikeli
Judy Quincel

William Schaffner Society

Charles & Kelly Strait

Development Spotlight – Linda Parks

In March of 2020, Linda Parks’ father was diagnosed with COVID-19. Witnessing the extraordinary care that he received at his local hospital in Long Island, New York, encouraged Linda to learn more about Licking Memorial Hospital (LMH) and the healthcare available in her community. Her interest in local healthcare and the Hospital resulted in Linda becoming a member of the LMH Development Council in 2023.



Linda joined the LMH Development Council to gain a deeper insight into Licking Memorial Health Systems (LMHS) and contribute to the

community’s well-being, both physically and mentally. Through the Development Council, she acquires valuable knowledge and tools that she shares with others, particularly the students that she serves in her role as the Newark High School Career Specialist. “Healthcare plays a significant role in shaping our students’ futures,” she said. “By staying informed through LMHS, I can provide guidance on local healthcare opportunities and encourage students to explore careers in the medical field.”

Linda is a member of the Development Council Annual Support Committee, a position she finds both educational and rewarding. Each meeting offers her an opportunity to learn about the unique roles and impact on patient care that the various departments at LMHS provide, while also meeting other individuals who share her desire to improve the health of the community. “I enjoy meeting new people who are making a difference in our community,” she said. “Through the meetings, I have also become better acquainted with individuals I met prior to joining the Development Council.”

Beyond committee meetings, Linda also finds volunteering at LMHS events and attending educational programs a valuable aspect of her involvement. “The educational gatherings help the Development Council members become more familiar with the growth of LMHS and the medical industry,” she said. “By remaining informed, we can become effective ambassadors for the Hospital and the healthcare needs of the community.”

While overall health advocacy is a priority for Linda, she has a particular passion for breast cancer awareness. As a 16-year breast cancer survivor, she is committed to educating others and promoting early detection. Linda has hosted and spoken at several events to encourage other survivors and their families throughout their recovery. She is also the creator and organizer of the “And Yet We Rise” breast cancer awareness organization and a member of the At the Table Peer to Peer Support Group for Cancer Survivors. “No matter what the medical condition a patient and their families face, I hope to be a person who makes their day a little brighter,” she

said. “My connection to LMHS has offered me the opportunity to learn and serve my neighbors even more.”

In addition to the LMH Development Council, Linda also volunteers her time to several other boards and committees in Licking County. She is a member of the Weathervane Playhouse Executive Board, the Midland Theatre Program Committee, and the Tax Incentive Review Council, as well as an Adult Leader for Sources of Strength. Linda earned a Bachelor of Arts degree in Public Safety Administration from Mount Vernon Nazarene University in Mount Vernon, Ohio, and is currently a member of the Mount Vernon Nazarene University Alumni Council.

In her spare time, Linda enjoys spending time with friends and family, traveling, cooking, planning events, and designing tablescapes. She resides in Newark with her husband, Javon, along with their daughters, Alexis and Jordan Hampton; their grandchildren; and Linda’s mother, Marie Dacus.

LMHS Advance Care Planning Program Promoted On National Healthcare Decisions Day

In recognition of National Healthcare Decisions Day (NHDD) on Wednesday, April 16, Licking Memorial Hospital (LMH) Chaplains, Dave Mason and Cory Campbell, spoke with employees and visitors to the Main Street Café about the Licking Memorial Health Systems (LMHS) Advance Care Planning (ACP) program. The free program is designed to answer questions about advance care planning and explain the documentation needed to ensure an individual’s right to accept or refuse medical care if they become mentally or physically unable to communicate those wishes. Founded in 2008, NHDD was established to inspire and empower people to discuss ACP and to provide clear, concise, and consistent information on healthcare decision-making to the public, clinicians, and facilities through the widespread distribution of simple, free, and uniform tools (not just forms) to guide the process.

Numerous community, state, and national organizations are committed to providing adults who have decision-making capacity with the information and resources to communicate and document their personal wishes about current and future healthcare decisions. To guarantee their preferences are followed and respected, individuals are encouraged to reflect on and discuss their preferred method of care if seriously ill, the fears they have about becoming seriously ill, and the beliefs that guide their decisions. LMHS joins the efforts to spread the importance of conversations about end-of-life care through the free ACP program. LMHS employees are also encouraged to urge friends and family members to have similar conversations.

Making future healthcare decisions is one part of the ACP process, but it includes much more than determining

options. ACP begins with expressing preferences, clarifying values, and selecting an agent to communicate healthcare decisions if incapacitated. NHDD encourages individuals to express their wishes regarding healthcare and for providers and facilities to respect those wishes. Conveying wishes to loved ones, friends, and healthcare providers removes uncertainty in the event of a healthcare or medical crisis. The plan can be completed at any time or age and should be revisited, especially if there is a significant change in medical condition.

ACP involves the use of advance directives – legal documents, living will, and healthcare power of attorney, that direct medical care when a patient is unable to communicate his or her own wishes due to a medical condition. State-specific advance directives are available to download. Each state’s advance directive is legally reviewed on an annual basis and meets each state’s statutory requirements. In Ohio, do not resuscitate orders, living wills, organ donation, and durable power of attorney are advance directives that are authorized by state law.

The elements involved in drafting or determining wishes regarding advance directives are imperative. The Ohio Hospital Association and Ohio hospitals are committed to providing the education and resources needed to assist individuals to take control and record these wishes in writing, including the Ohio Advance Directives booklet, *Choices: Living Well at the End of Life*, which includes the most recent advance directive forms.

Completing an advance directive is an important step toward having healthcare preferences honored. To learn more about LMHS’ Advance Care Planning program, call (220) 564-4004 to schedule a free consultation.

Careers in Healthcare Featured at Healthcare Expo

In March, Licking Memorial Health Systems (LMHS), Central Ohio Technical College (COTC), and Career & Technology Education Centers of Licking County (C-TEC) sponsored the third annual Healthcare Expo. The Expo, held at the John Gilbert Reese Center on COTC’s campus in Newark, was designed to assist attendees in determining a pathway to a career in healthcare. Information on educational courses and job opportunities in the healthcare industry, including Nursing, Radiology,

Information Systems, Safety & Security, Culinary Services, Environmental Services, and more, were provided.

The event was divided into two sessions. During the morning session, local high school students were invited to explore the information fair and tour the COTC campus. The evening session also featured the information fair and was open to the public. During both sessions, clinicians from several LMHS departments offered hands-on demonstrations

on various medical equipment and technologies.

LMHS Human Resources representatives were also available to discuss benefits and answer questions about employment. Additionally, representatives from COTC and C-TEC provided information about degree and certificate programs available to those interested in healthcare careers.



LMHS Hosts Active•Fit & Active•Senior Events

Licking Memorial Health Systems (LMHS) recently held two Active•Fit and two Active•Senior events for Licking County residents. All events featured fun activities for both age groups and promoted the importance of living a healthy, active lifestyle.

February 4 & March 27 – Active•Senior Bingo
(LMHS) presented two Active•Senior Bingo events at the Career and Technology Education Centers of Licking County (C-TEC) on Price Road in Newark. LMHS President & CEO Rob Montagnese called the numbers for the participants in attendance. Lucky winners received prizes such as \$50 and \$100 gift cards to area businesses including Target, Walmart, Darden Restaurants, Kroger, Giant Eagle, and more.

February 22 – Active•Fit Junior Chef
64 children participated in the Active•Fit Junior Chef event at C-TEC. C-TEC culinary and early childhood education students assisted the youth participants in preparing a variety of recipes throughout the morning and combining each into a healthy lunch that was enjoyed at the conclusion of the event. Recipes included homemade baked taquitos, zucchini tots with zesty ranch dip, creamy strawberry pudding, mango orange Julius, and granola bites. Participants also received a cookbook that featured various recipes, including those created at the event, that could be made at home.

April 12 – Health & Fitness Fest
275 youth and parents/guardians attended the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University, and the LMHS Active•Fit Youth Wellness Program. Children of all ages visited a variety of fun activity stations, located throughout the YMCA, such as basketball free-throws, gymnastics, inflatables, and more. Children also had the opportunity to learn the basics of hands-only cardiopulmonary resuscitation (CPR).

April 17 – Active•Senior Dance
Active•Senior participants enjoyed an evening of dancing at the Bryn Du Field House. 80 attendees gathered at the free event that featured dance contests, prizes, hors d'oeuvres, and beverages. Music from a wide range of eras and genres was played for dancers, including many popular line-dancing songs.



The Active•Fit Youth Wellness Program promotes healthy lifestyles for youth, ages 6 to 12, in Licking County. Participants select health-related goals and track their progress at ActiveFit.org. Each period of the program features exciting events and opportunities for children to get active and learn about their health. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

The Active•Senior Program was designed, reviewed, and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program that promotes healthy lifestyles for adults ages 60 and older. Participants in the Active•Senior Program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental, and Social. Individuals should discuss their personal exercise and nutrition goals with their physician. For more information or to register for the Active•Senior program, please visit LMHSActiveSenior.org, or call the Licking Memorial Events Line at (220) 564-1560.

Commemorate a New Baby with the LMH Cradle Roll Program

You are invited to celebrate and commemorate the arrival of a new baby through a gift to the Cradle Roll Program at Licking Memorial Hospital.

Three levels of giving are available:

- **Cradle Roll Bronze** (\$25 to \$149)
- **Cradle Roll Silver** (\$150 to \$249)
Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).
- **Cradle Roll Gold** (\$250 or more)
Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).
- **A gift of any amount will receive:**
 - A receipt for your contribution
 - A letter of acknowledgment to the honoree's family
 - The names of the baby and the donor placed in the Cradle Roll Log in the Main Lobby of the Hospital
 - Your gift listed in Licking Memorial Health Systems' *Community Connection* magazine and *Annual Report*

Handcrafted step-up stool
(Shown with cherry finish)



Handcrafted child-size rocker
(Shown with oak finish)



For more information, or to make a donation, please call (220) 564-4102.
To print a donation form, visit LMHealth.org.
Gifts are tax-deductible to the extent allowed by law.

Volunteer Spotlight - Wilma Barrows

Wilma Barrows, a new resident of Licking County and Muskingum County native, began volunteering with Licking Memorial Hospital (LMH) in 2023. This past April, she delightfully accepted her 400-hour Service Award Pin. Wilma volunteers weekly on Mondays with the Registration Department, and Fridays with the Oncology Department, from 8:00 a.m. to 12:00 Noon.



Wilma retired from Genesis Healthcare System after 24 years, serving as the

Executive Assistant to the Chief Financial Officer. During her career, she was actively involved in the National Secretaries Association, also known as the International Association of Administrative Professionals (IAAP), where she served three presidential terms for the local organization. After a dedicated career in the medical industry, the decision to serve as an LMH volunteer was an easy one, knowing she could further express her commitment to caring for people, and satisfy her personal goals to stay active and play a role in the community.

Wilma cherishes her volunteer time, viewing it as a positive opportunity to learn more about Licking County. She has found it especially pleasing to build new relationships and share in the positive experiences encountered at LMH. From establishing connections through the Registration Department to the physical activity received transporting specimens for the Oncology Department, she appreciates the benefits found in each volunteer position.

In her free time, Wilma enjoys writing short stories about her childhood, where she grew up on a 42-acre farm, reminiscing of the young girl with red hair, playing outside during the beautiful spring days. Wilma hopes to soon join a bi-weekly writers club, where she can continue to nourish new friendships within the Licking County community. In addition to her volunteer work and writing, Wilma is an active member of the First Baptist Church of Newark on Granville Road.

Wilma and her late husband, Stanley, married at the age of 20, and enjoyed a long, healthy marriage of 62 years. Together they had two sons, Shayne and Vaughan. Wilma is pleased with the decision to move closer to her family here in Licking County, enjoying adventurous drives around her new hometown, and spending quality time with her four grandchildren, Savannah, Julia, Phillip, and Autumn.

Retiree Spotlight

Kevin Brest is a lifelong Licking County resident. A 1978 graduate of Newark High School, Kevin began his career at Licking Memorial Hospital (LMH) in 1979 as a Patient Care Technician (PCT) in the Emergency Department. He assisted patients with basic care, monitored vital signs, and provided comfort and emotional support. He later transferred to Nursing Administration and worked as a Patient Care Coordinator (PCC) for the remainder of his career.

As a PCC, Kevin's responsibilities included managing staffing and patient bed placement, as well as overseeing patient care and assisting their families. He would facilitate patient and staff issues and concerns to upper management. In 2013, Kevin received the Licking Memorial Health Systems (LMHS) MVP award, which acknowledges employees for their consistent demonstration of the

LMHS core values of compassion, accountability, respect, and excellence.

"I really enjoyed the people I worked with, corresponding with the physicians, and interacting with patients and their families," Kevin said. "The work was challenging at times, but it was rewarding knowing that I was providing comfort to patients and families by facilitating their needs."

During his career, Kevin experienced several changes at LMHS. He specifically remembers the building expansion that occurred due to adding outpatient services at LMH. Kevin witnessed the addition of the John & Mary Alford Surgery Pavilion to the Hospital and the construction of the Licking Memorial Medical Campus located at 1717 West Main Street, as well as other renovations and additions to LMHS.

Kevin met his wife, Marilyn, while working at LMH. Marilyn worked in the Laboratory and Billing Departments, and the couple has been married for 33 years. Since retiring, Kevin enjoys deer hunting and landscaping at home in Hanover, as well as travelling with Marilyn to their beach condominium a couple times a year.



Active•Senior

GAME SHOW

Licking Memorial Health Systems (LMHS) will present the **Active•Senior Game Show, Tuesday, July 29, at 1:00 p.m.**, at the John Gilbert Reese Center on the campus of The Ohio State University at Newark and Central Ohio Technical College. Guests, ages 60 and up, will have an opportunity to participate either as an audience member or contestant in a *Family Feud*-themed game. Attendees may count this activity toward their **Active•Senior** goals.

LMHS President & CEO Rob Montagnese will host this fun-filled afternoon. Hors d'oeuvres and bottled water will be available prior to the event.

TOAST	15
ARMS	18
DOG	36
MAY	54
MILK	42
TOTAL	

Space is limited, and registration is required for the **Active•Senior** Game Show. To register, please call the Licking Memorial Events Line at (220) 564-1560.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

LMHS Family Movie Night

Tuesday, June 13, 6:00 p.m.
Pataskala Health Campus
One Health Place, off Broad Street

Bring the entire family to a FREE fun youth wellness event and stay for Family Movie Night. LMHS will present an outdoor screening of the Disney • PIXAR film, *Inside Out 2*.

Walk with a Doc

Saturday, June 14, 9:00 a.m.
Buckeye Lake Bike Path
Route 79, Buckeye Lake

Join Kenneth Parker, M.D., of Licking Memorial Otolaryngology, as he leads a discussion about the thyroid.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, call the Licking Memorial Events Line at (220) 564-1560.

Cancer Survivors Picnic

Monday, June 16, 4:00 p.m.
Licking Memorial Medical Campus
1717 West Main Street, Newark

Licking Memorial Hospital will host a Cancer Survivors Picnic in recognition of the 38th Annual National Cancer Survivors Day. The program will begin at 4:30 p.m., and an aerial photo of all survivors will be taken at approximately 5:15 p.m. To register, call the Licking Memorial Events Line at (220) 564-1560.

Camp Cool

Tuesday, July 15, 9:00 a.m.
Infirmary Mound Park
4351 Lancaster Road, Granville

Led by Licking Memorial Outpatient Psychiatric Services staff, Camp Cool is a free, one-day event for children, ages 6 to 12, to improve mental health and mindfulness. Activities include games, crafts, and presentations designed to reduce stress and anxiety related to the uncertainties of life.

Registration can be completed by calling the Licking Memorial Events Line at (220) 564-1560.

"For Your Health" 5K Run/Walk & 1-mile Fun Walk

Saturday, July 19, 8:00 p.m.
Registration opens at 7:00 a.m.
The Dawes Arboretum
7770 Jacksontown Road, Newark

5K Run/Walk begins at 8:00 a.m., 1-mile Fun Walk begins shortly thereafter. Registration fee required for runners and walkers with timing chips. Please register for all events online at racepenguin.com/events/foryourhealth.

First Impressions - Maternal Child Classes

- Boot Camp for Dads
- Pregnancy & Childbirth Education Classes
- Grandparenting
- Childbirth & Mother-baby Basics One-day Course
- Prenatal Breastfeeding Basics Class
- Sibling Preparation Class

Unless otherwise noted, classes are located in the Licking Memorial Hospital First Floor Conference Room. To register for classes, visit LMHealth.org or call (220) 564-3388.

Diabetes Self-management Education and Support

Class sessions are offered twice a month:

Session 1

First two Wednesdays of each month, 9:00 a.m. to 12:00 Noon
Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark

Session 2

Third and fourth Wednesdays of each month, 3:00 to 6:00 p.m.
Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark

Registration and physician referral are required. To register for classes, 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 will 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) 564-1572 to receive future mailings.

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