

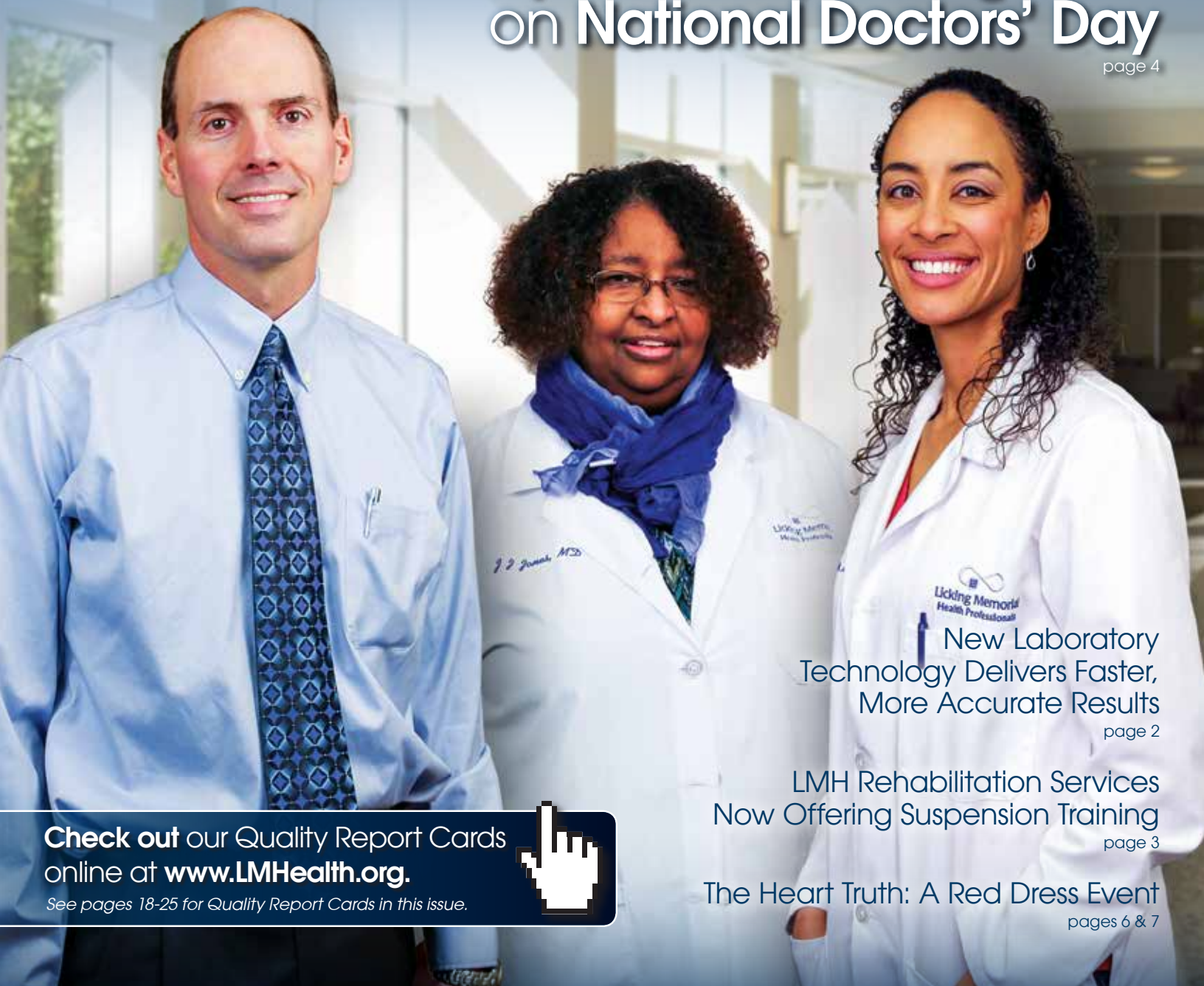
# Community Connection

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## Honor Physicians by Giving Back on National Doctors' Day

page 4



New Laboratory  
Technology Delivers Faster,  
More Accurate Results

page 2

LMH Rehabilitation Services  
Now Offering Suspension Training

page 3

The Heart Truth: A Red Dress Event

pages 6 & 7

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

See pages 18-25 for Quality Report Cards in this issue.



# New Laboratory Technology Delivers Faster, More Accurate Results

Molecular testing, the fastest growing segment in Laboratory Medicine, has changed the way that disease is diagnosed, treated and monitored. Molecular testing offers many advantages over traditional testing methods, including increased sensitivity and specificity. Benefits of routinely running molecular testing include reduced pharmacy and length-of-stay costs, as well as elimination of unnecessary additional lab testing and more traditional tests. Molecular testing results are obtained in a fraction of the time of traditional culture methods, providing the opportunity to deliver even greater value to physicians and patients.

Since 2008, Licking Memorial Hospital (LMH) has provided an extensive offering of molecular testing, rare for most community hospitals. With more than 20 types of tests available, molecular testing makes up approximately 1.1 percent (approximately 2,200) of the over two million laboratory tests performed at LMH each year. In addition, the Laboratory Department has recently acquired the BioFire® FilmArray® Torch, the latest advancement in molecular infectious disease diagnostics. First used by the military to identify bioterrorism in the field, this technology has been adapted to appropriate use in the medical discipline.

LMH is one of only 10 hospitals in Central Ohio to use this innovative equipment. "As a community hospital, it is exciting to be offering our patients such new and advanced technology," said Lorei Reinhard, Directory of Laboratory Services. With the use of BioFire, there is a tremendous decrease in the amount of time to diagnose an infection. Viral cultures previously took 2 to 14 days to produce results, but now, findings are generated in just over an hour. "Healthcare providers receive earlier answers and can make quicker diagnoses, consequently leading to shorter length of stay, improved antibiotic stewardship and better infection control. All of which lead to better patient care and satisfaction," she explained.

Specifically beneficial for Emergency Department patients, decreased turn-around time also yields other positive outcomes including lower admission and transfer rates.

"Every three to five years, most laboratory testing changes. In the field of molecular testing, technology is constantly advancing. LMH will be expanding to additional areas of testing in the coming months," Lorei noted. "The comprehensive panels, or range of tests, that this new equipment offers are

appealing to us. We know it will allow us to improve patient care on a number of levels," she continued. Not only are the tests quicker and more accurate, fewer tests will be necessary to obtain results, making the process more cost-effective for patients.

Currently, respiratory infection, encephalitis and gastrointestinal panels are being offered through the use of this technology. A pneumonia panel will be added next year.



# LMH Rehabilitation Services Now Offering Suspension Training

In late 2017, Licking Memorial Hospital (LMH) became one of the first hospitals in the country to install a state-of-the-art suspension training system in its Physical Therapy Department, which is located at 1865 Tamarack Road in Newark. The TRX Training Zone® utilizes body weight and gravity as resistance to build strength, balance, coordination, flexibility, and core and joint stability. Patients recovering from total joint replacement surgeries, or athletic, biomechanical, core, back, or work-related injuries, may have the option to utilize the new equipment in their rehabilitation.

"The initial response of the patients who have used suspension training has been very positive," said Director of Rehabilitation Services, Home Care and Community Case Management Ben Broyles. "At first, it can appear to be a little intimidating, but they have enjoyed the variety it brings to their rehabilitation. The system also allows our therapists to maximize the time they spend with a patient because multiple exercises can be performed in one area. We are excited about all of the possibilities this equipment offers our patients."

An alternative to standard gym equipment, suspension training features straps and handles that are attached to an overhead frame. Gravity naturally supplies the resistance for the workout when the hands or feet are placed in the grips, but the amount of exertion required can be increased or decreased through minor changes in body position. Stability balls, weighted medicine balls, and kettle bells also can be incorporated into certain exercises for an additional challenge.

A patient's rehabilitation is structured around their

diagnosis, but suspension training offers additional benefits beyond the primary areas targeted in the prescribed program. Because the body's core must be stabilized during an exercise, a broad range of muscle groups are activated to provide a total-body workout that can improve mobility, endurance and cardiovascular functions as well. Suspension training also is very low impact, which allows individuals at all stages of recovery to train and rehab with a lesser risk of causing or agitating an injury.

"The addition of suspension training to our therapy equipment provides even

greater flexibility to serve a wide variety of patients," Ben said. "Because body weight and gravity provide most of the resistance in the TRX Training Zone, any exercise easily can be modified to a patient's ability level whether they are rehabilitating an injury or strengthening an area of deficiency. If an individual patient needs to focus on a specific function, we also can tailor a customized plan for any type of rehabilitation – from athletic to occupational – using only this equipment."

The LMH Physical Therapy Department also is offering new hours of operation at the Tamarack Road location to better serve patients. To accommodate a variety of schedules, appointments are now available Monday through Thursday between 7:00 a.m. and 7:00 p.m., and Friday from 7:00 a.m. to 5:30 p.m. A physician's referral is required to receive treatment.



# Honor Physicians by Giving Back on National Doctors' Day

Your gift to Licking Memorial Health Foundation is a special way to honor your physician. An acknowledgement of your gift will be sent to the physician on your behalf.

Name

Address

City

State  Zip

Enclosed is my gift of \$

In honor of

Comments

Please send notification of this gift to:

Name

Address

City

State  Zip

Please make checks payable and mail this form to **Licking Memorial Health Foundation**, 1320 West Main Street, Newark, Ohio 43055-9931. Credit/debit card gifts are accepted by phone at (220) 564-4102. Gifts are tax-deductible to the extent allowed by law.

National Doctors' Day, observed on March 30 each year, was established to honor physicians throughout the U.S. for their work and contributions to the health of their communities. During the month of March, Licking Memorial Health Systems (LMHS) celebrates the Active Medical Staff for their dedicated service. In recognition of Doctors' Day, patients from the community also are invited to express appreciation for a physician by making a donation to Licking Memorial Health Foundation (LMHF) in his or her honor. Contributions will be designated for technological advances at Licking Memorial Hospital and assist us with our mission to improve the health of the community.

The tradition of honoring physicians began in Winder, Georgia, in 1933. Eudora Brown Almond, wife of Dr. Charles B. Almond, encouraged her community to set aside a day to honor doctors. Eudora chose March 30 because it was the day in 1842 on which Dr. Crawford W. Long used an ether anesthetic for the first time during surgery. The first observance included mailing greeting cards and placing flowers on graves of deceased physicians. Following overwhelming approval by the United States Senate and the House of Representatives, on October 30, 1990, President George Bush signed the resolution to designate March 30 as "National Doctors' Day." Doctors' Day has been observed nationwide since 1991.

LMHS is proud of the physicians serving our community as members of our Active Medical Staff or as consultants. The Medical Staff includes approximately 177 physicians and 49 consulting physicians who provide their expertise and care to the community. During the month of March, LMHS publicly thanks the Medical Staff through a publicity campaign and hosts celebrations including a breakfast and a gourmet lunch. Patients and community members are encouraged to make contributions to LMHF in honor of physicians. Physicians who are recognized through a donation receive an acknowledgement of the gift on the donor's behalf. For more information, or to make a donation in a physician's name, please call (220) 564-4102.



# Behind the Scenes – Pharmacy

Caring for the medicinal needs of the community requires attention to detail and dedication to patient safety. The Licking Memorial Hospital (LMH) Pharmacy Department is responsible for managing anything pertaining to medication, and those responsibilities go well beyond filling prescriptions. The Pharmacy staff members' role in Licking Memorial Health Systems' (LMHS) mission to improve the health of the community is to ensure medications are administered correctly, will not interact adversely with other prescribed medicines or supplements, and are promoting the wellness of the patient. The Department also works to provide education, insight and advice to other LMHS staff members to assist in establishing the best practices for medication distribution.

Working in the Pharmacy requires continuing education on the many changes and advances in pharmaceutical therapies. "We are the drug experts," said Director of Pharmacy Jean Glaser, R.Ph., PharmD. "We are involved in all discussions of medications." The pharmacists join physicians and nurses to evaluate a patient's treatment and assess the current course of action. To properly administer medications, many variables need to be considered, including the patient's medical history and other medications and supplements being used. The pharmacy staff makes recommendations and is on hand to rectify any medication-related problems. They also spend time with patients to explain how to use prescribed medications correctly, answer questions, and help manage illnesses.

In the Emergency Department (ED), pharmacists also provide medication consultation services and medication reconciliation – the process of creating the most accurate list possible of all medications, including drug name, dosage, frequency, and route, and comparing that list against the physician's admission, transfer, and/or discharge orders. The need for care in the ED is immediate, and it is critical to have an accurate account of any and all medications a patient is taking to avoid errors in medication dosages. "Pharmacy uses many resources to develop a

good home medication list so that our physicians can better take care of the patient," explained Janine Shipley, R.Ph., ED Clinical Pharmacist. "We call family doctors, pharmacies, family members and interview the patients, all in order to make sure the patient's medication list is accurate." Preventing harm from medications, or adverse drug events is a top patient safety priority.

In addition to the responsibility of medication management, pharmacy staff are part of the Antibiotic Stewardship Program for LMHS – a sub-committee of the Pharmacy and Therapeutics Committee. The entire pharmacy staff promotes the appropriate use of antibiotics to reduce the spread of resistant bacteria. Antibiotic resistance occurs when bacteria change in a way that reduces the effectiveness of medications, chemicals, or other agents designed to cure or prevent infections. Antibiotic resistance can cause illnesses that were once easily treatable with antibiotics to become dangerous infections, prolonging suffering. "Our pharmacists review antibiotics that are prescribed, check to see if the bacteria is susceptible, and make sure the dose and duration are correct. We check the current literature and then make recommendations to the physicians," Jean said. Members of the Pharmacy Department take part in every committee at LMHS to offer education and advice on the best practices for medication usage.

The Pharmacy Department staff consists of nearly 60 members including pharmacists and pharmacy technicians. The majority of the staff members work at the Main Pharmacy inside Licking Memorial Hospital, a 24-hour-a-day operation, where they review electronic order entries and ensure the medication and supplies are stored and managed properly. The department has satellite offices in the ED and on the fifth floor in the Oncology Clinic. The staff in the Oncology Clinic are responsible for preparing the medications, including chemotherapy, for cancer treatments. The Medication Therapy Clinic, now located at 88 McMillen Drive, includes support for patients taking anti-coagulation medications, insulin and medications

for anemia. It was created in 2003 in order to offer more personal, one-on-one care by providing time with pharmacists who can better explain drug interactions, diet and other health issues that affect medication effectiveness. At the retail pharmacy on the ground floor of the Hospital, Pharmacy staff fill prescriptions for LMHS employees and for certain members of the community. Throughout the Hospital, Pharmacy staff members can be seen visiting with patients in various clinics, preparing intravenous solutions and stocking automatic medication dispensing machines on each floor. The Pharmacy also is responsible for procuring needed medication for LMHS – a multi-million dollar venture each year.

Members of the Pharmacy staff include 28 pharmacists and 24 pharmacy technicians. Pharmacists are required to earn a Doctor of Pharmacy (PharmD) degree from a school or college of pharmacy and become licensed by the State of Ohio. LMHS offers internship opportunities for students attending pharmacy schools in the state. Generally, students participate in a one month rotation in the LMH Pharmacy. However, each school year, two University of Findlay students are offered a seven month internship as part of a collaboration between the University and LMHS. Pharmacy technicians work under the direct supervision of the licensed pharmacists and perform many pharmacy-related functions and are nationally certified. The Pharmacy itself must meet set regulations and be approved by the Joint Commission and State Board of Pharmacy. Though a smaller department than some at LMHS, Pharmacy plays a vital role in patient wellness and safety, working 24 hours a day to ensure patients receive the correct medications.



# The Heart Truth: A Red Dress Event

Licking Memorial Health Systems (LMHS) presented The Heart Truth: A Red Dress Event on February 1. LMHS' annual Red Dress Event encourages women to make heart-healthy lifestyle changes in cooperation with the American Heart Association's (AHA) Go Red for Women Day, which was celebrated nationally on February 2. The red dress has become a national symbol to increase awareness that heart disease is the number one cause of death for women.

The guest speaker, Cynthia Ravitsky, an adjunct math instructor at The Ohio State University at Newark campus, shared her personal story of surviving a heart attack. On September 6, 2016, Cynthia was stuck in traffic on her way to work, listening to *Here & Now* on National Public Radio (NPR). Author Gayle Forman was discussing her new novel, *Leave Me*, about a young, overworked mother in New York who does not realize she is having a heart attack. "About 10 to 15 minutes into my drive, I felt a pinching in my chest," Cynthia explained. "It was not painful, but noticeable. About five minutes later, I had a tingling sensation in my right arm, almost like it had fallen asleep." Thinking it could not possibly be her heart, Cynthia brushed off the symptoms, and told herself she would stop by the Urgent Care or her physician's office on the way home. All the while she was listening to Gayle Forman explain that women's heart attack symptoms vary from men's and often are ignored.

Cynthia continued to inch along in traffic on State Route 16 toward Newark when she suddenly became very nauseous and broke into a cold sweat. "I did not know what was happening, but I knew something was wrong," Cynthia recalled. "Again, I heard the author say 'Don't ignore the symptoms,' and I made my decision. I dialed 911 and asked them for directions to the nearest hospital, since I knew that the emergency squad would be unable to reach me in traffic." Upon her arrival at Licking Memorial Hospital (LMH), the medical staff

immediately went into action, helping her into a wheelchair and to a triage area. After she gave verbal approval to move forward with treatment, she quickly received an intravenous line (IV) and an electrocardiogram (EKG). "I remember looking at the nurse who was doing the EKG and saw her nod her head emphatically to her colleague, acknowledging that I was, in fact, having a heart attack," Cynthia said. Cardiologist Hassan Rajjoub, M.D., arrived quickly and she was transported to the Catheterization Lab for her procedure. Cynthia later learned that she had a 99.9 percent blockage in her right coronary artery.

Regardless of her heart attack experience, Cynthia acknowledges that it is still challenging to recognize the signs of cardiac arrest. Individuals should not ignore any abnormal symptoms and be aware of even small changes. Heart attacks present differently for women than men and rarely occur as portrayed in the media. Understanding and acknowledging atypical symptoms is critical to survival as well as limiting damage to the heart muscle. Not only is it common for women to dismiss the symptoms of a heart attack, but often they do not follow through with proper rehabilitation after a life-saving procedure. Women tend to prioritize

caring for others and delay their own care. American Heart Association studies show that this behavior is problematic for women.

LMHS Culinary Services staff provided heart-healthy snacks for the guests along with the recipes for several of the items offered. Free blood pressure testing, paraffin hand treatments, and massages also were offered to guests. Each attendee received an LMHS weekender duffel bag and a Red Dress lapel pin to wear on Go Red for Women Day.



## Tobacco Cessation Opening New Downtown Newark Location

Tobacco Cessation at Licking Memorial Health Systems (LMHS) will be opening a new office at The Gerald K. McClain Building in Downtown Newark to increase the opportunity to reach and help more clients. The new location will provide services on Mondays and Wednesdays; however, further schedule information will be released once building renovations are complete.

The Quit for Your Health Tobacco Cessation Program offers professional counselors who use evidence-based techniques to help tobacco users

develop a plan for quitting. After an initial consultation, participants will attend follow-up sessions every one to two weeks to discuss techniques, behaviors, and lifestyle changes that help in the cessation process.

The Quit For Your Health Program is free and offered to residents of Licking County, or through a referral by a physician practicing in Licking County. Home visits are offered for those with certain disabilities or qualifying issues. For more information, please call (220) 564-QUIT (7848).

## Gift Cards Available Soon

Licking Memorial Health Systems (LMHS) Culinary Services soon will offer gift cards that can be redeemed at the Licking Memorial Hospital (LMH) and 2000 Tamarack Cafés, Main Street Coffee, and the LMH Gift Shop. When available, the cards can be purchased at the LMH Café and Main Street Coffee Shop, both located inside the Hospital. The cards will be loaded at the time of purchase in any dollar increment between \$5 and \$25, and will be reloadable, if desired. Gift cards will be able to be purchased with cash or credit/debit cards, or LMHS employees may utilize payroll deduction.



# Arnett Recognized in 100 Community Hospital CIOs to Know

Sallie Arnett, M.S., RHIA, CHCIO, Vice President of Information Systems, recently was recognized in the first edition of 100 Community Hospital Chief Information Officers (CIO) to Know by Becker's Hospital Review – a monthly news publication relating to hospitals and health systems. The individuals featured on the list hold CIO or senior health information technology (IT) positions and are set apart by the outstanding recognitions they have earned and new projects they are piloting.

Sallie is an experienced healthcare executive with nearly 20 years as a healthcare CIO and 30 years of healthcare industry experience. Her key area of interest is leveraging information technology to improve the quality of patient care. Under her direction, Licking Memorial Health Systems (LMHS) operates in a virtually paperless environment and Licking Memorial Hospital (LMH) has achieved recognition from Hospitals & Healthcare Networks as one of HealthCare's Most Wired Hospitals four of the past five years. Sallie was recognized for her efforts to increase the use and capabilities of electronic medical records (EMR) at LMHS.

"For a number of years, LMHS has been heavily focused on implementing advanced clinical systems at the point of care that directly impact the quality of care provided to our patients. We have expanded these systems outside of the four walls of the Hospital to include direct patient access to medical information using our patient portals as well as electronic information sharing with providers outside of LMHS," said Rob Montagnese, LMHS President & CEO. "Sallie's guidance has enabled LMH to be recognized on a national level for its information technology which is having a direct impact on the care provided to our patients here in the community."

Under Sallie's leadership, LMH has optimized its wireless network to support clinical technology at the point of

care. Mobile radiology, cardiology, and biomedical equipment communicate wirelessly with the Hospital's EMR. Vital signs are collected at the patient's bedside and wirelessly transferred to be documented in the patient's chart in the EMR. Voice communication using the unique hands-free Vocera devices, worn by nearly every member of the clinical staff, occurs over the secure wireless network. In addition, Vocera devices allow patients to communicate directly with nurses by activating the nurse call button. Bed alarms and patient monitoring equipment also are connected wirelessly to Vocera, providing clinical staff with continual updates from the patient bedside. HIPAA compliant secure texting has become routine for provider to provider communication.

As the representative of the Information Systems Department, Sallie also was a critical part of the collaborative effort to implement the LMH Sepsis Initiative. The Hospital's EMR has been optimized to enhance communication between the multiple physicians and nurses caring for each patient. By automating key clinical workflows and documentation, including physician progress notes and physician order sets, the physician is able to rapidly take action to treat patients and quickly involve others throughout the Hospital to perform critical tasks.

Sepsis identification has further been improved by utilizing an electronic visual status board that pulls data directly from

the Hospital's EMR and evaluates patients in real-time to determine if they are at risk for sepsis. The Hospital's EMR also has been integrated with HIPAA compliant secure texting to send alerts immediately to the physician assigned to care for the patient if meeting the criteria for severe sepsis or septic shock. Time is of the essence when caring for patients with this critical condition and technology helps speed that care.

Becker's explained they felt it necessary to honor those who lead community hospital or health system IT departments because these leaders face unique challenges in the effort to connect with patients, physician offices and other care settings using limited resources. Hospitals and health systems rely on CIOs to develop a long-term technology strategy and oversee EMR implementation and support, telehealth, health information exchanges, cybersecurity and more. The Becker's editorial team solicited nominations and conducted internal research to develop the list.



## Corporate Breakfast

Community leaders who attended the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in February heard from LMHS President & CEO Rob Montagnese as he outlined the growth and development that took place in 2017. Attendees learned about the educational programs and events over the past year, as well as upcoming opportunities for 2018, the majority of which are offered free of charge. Among those listed were Community Education classes, Red Dress Event, Active•Fit and Active•Senior programs, health-related summer camps for children, Hospital & Healthcare Week, Cancer Survivors Picnic, the annual Golf Gala, patient reunions and the Lifetime Achievement Reception.

As services and programs at Licking Memorial Health Systems (LMHS) expanded in 2017, patients continued to rely on LMHS for care. During the presentation, Rob shared a variety of statistics and quality measures of the Health Systems in comparison to other hospitals and medical centers in Ohio, alongside the national average. "We compare ourselves to other facilities because we strive to provide outstanding care and have complete transparency in how we report our progress," said Rob. "I am proud to see LMHS perform as well or better than other fine institutions in the majority of these categories. We are able to attract and recruit high-quality physicians. Licking Memorial Health Professionals is made up of 117 healthcare providers, some of the finest medical staff in any area hospital, no matter the size. The increased number of patients we have seen over the past year shows us that the community is trusting us with their healthcare, a positive and reassuring trend."

Another area of pride mentioned during the presentation was the consistent effort of the Health Systems to make new, useful and state-of-the-art technologies available to the community. LMHS became one of the first hospitals in the country to have Early Sense, a monitor that allows medical staff to maintain constant access to patient vital signs on a regular basis, in every patient bed. If a decline in



respiratory and pulse numbers begins, immediate action can be taken. Among other upgraded technologies for 2017, Rob also explained the Hercules patient repositioning system. One of the biggest risks of injury for healthcare workers occur by moving patients. Injury rates are reduced with the new Hercules system installed on all patient beds, providing the ability to move a patient quickly, with the push of a button. The system easily repositions patients for health reasons and enhances patient safety. Additionally, LMH has taken numerous proactive steps to raise sepsis awareness to include establishing a sepsis committee and sepsis alert protocol, increasing staff and physician awareness through ongoing education, real-time case monitoring, and Emergency Department case review. Offering real-time medical data, categorization of patients by risk, as well as earlier detection of symptoms, the Sepsis Surveillance System and EarlySense technology have contributed to a decrease in the sepsis mortality rate at LMH, saving 118 lives in 2017.

While expressing pride in the accomplishments of the Health Systems over the past year, Rob also emphasized the importance of continuing to provide valuable programs and services to the community. As part of a program to encourage healthy eating, physicians now are able to write prescriptions for healthy foods with the Fruit and Vegetable Prescription Program (FVRx). "Perhaps those in the community who may be underserved as far as fresh fruits and vegetables or foods that are a little more expensive or harder to obtain will have easier access to those foods," said Rob. "The program is still developing, but we

are excited to see how we can impact the community in a positive way."

LMHS also is proactively addressing the opioid addiction crisis. The Hospital is working with the Energy Cooperative and Park National Bank and has distributed Narcan kits to law enforcement, providing training on overdose situations. Addiction services are available to the community at Shepherd Hill, where our physicians were some of the first to use Suboxone as part of a full treatment program including counseling and psychosocial support. LMHS also is collaborating with Tyler's Light Foundation to increase youth education, to include speakers at area high schools. Development of drug-free clubs for younger students also is in the process.

Other recent projects to improve the health of the community include genetic testing, advance care planning and addiction services. With a growing concern for the role genetics plays in future health issues, LMHS is providing genetic testing to identify those who have a hereditary predisposition to certain cancers. So far, approximately 1,000 patients have undergone testing for genetics related to breast or ovarian cancers.

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 75 distinguished members of the community volunteer their time to serve on the Development Council.

# Active•Senior Game Show Educates and Entertains

Nearly 350 local seniors enjoyed the annual Licking Memorial Health Systems (LMHS) Active•Senior Game Show on February 21 at the Midland Theatre in Downtown Newark. The event, which was inspired by *The Price is Right* and hosted by LMHS President & CEO Rob Montagnese, featured a variety of educational topics and exciting games.

Attendees entered their names into a drawing for a chance to be called on stage to Contestant's Row where they guessed the prices of various healthcare-related items, including a heel boot protector, defibrillator electrodes, sterile coveralls, a manual resuscitator, clip applicators, and an arm sling. The individual with the guess closest to the actual cost of the items advance to play games such as Plinko, Punch-a-Bunch, Money Grab, Hole-in-One, Race Game and Operation. Winners earned prizes including gift cards to Dick's Sporting Goods, Target, Raising Cane's, Bellezza Salon and Day Spa, Best Buy, and Home Depot; tokens to the Farmer's Market at the Canal Market District; and two rounds of golf with a cart at the Denison Golf Club at Granville. Key healthcare tips and informative descriptions of various procedures and pieces of equipment were provided throughout the show.

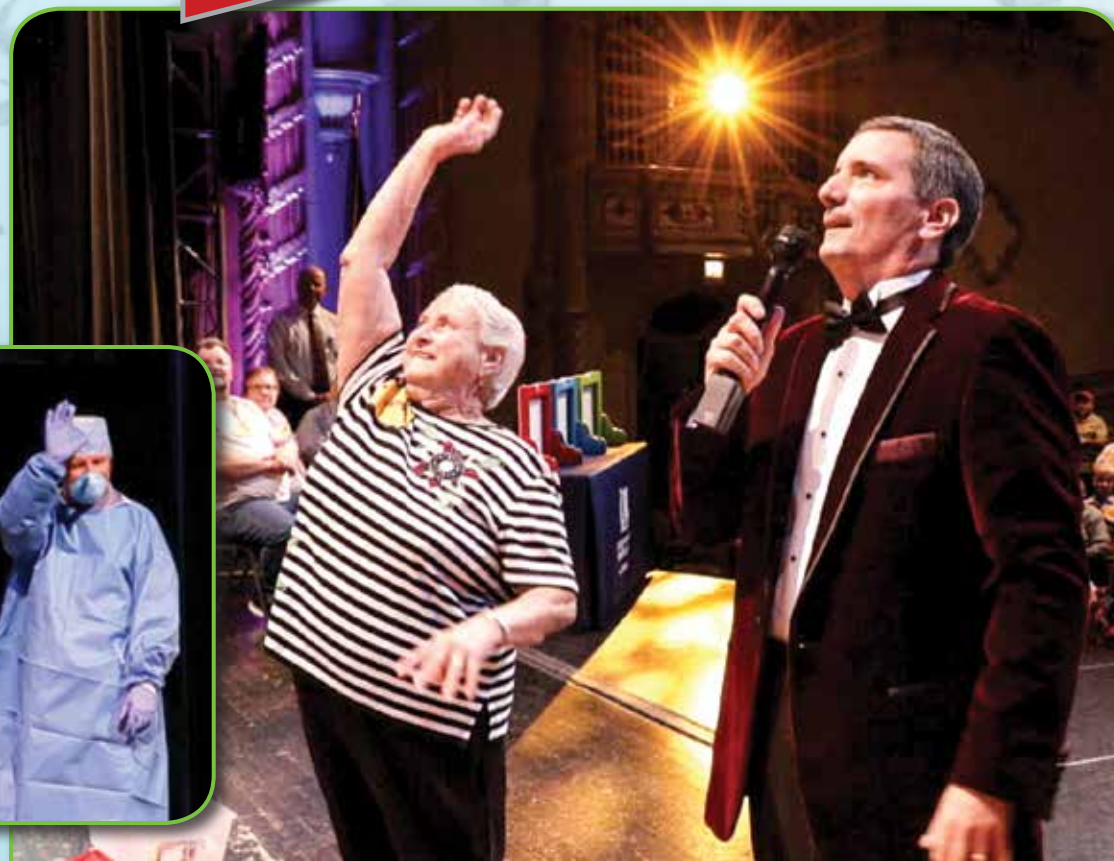
"The Active•Senior program is designed to provide the senior population in Licking County with opportunities for mental and physical activity, as well as social interaction, while receiving education about personal wellness and healthy eating," Rob said. "The Active•Senior Game Show is a unique way for us to adapt *The Price is Right's* format to provide a fun experience for numerous participants that also educates members of the community about their health and wellness, and the cost of health care. We are very pleased to have a large and enthusiastic audience enjoy and learn from this great event."

Winners of each round earned a chance to spin the big wheel for the opportunity to gain entry into the Showcase Showdown. The two featured prize packages were "An Night on the Town" – which included dinner for two at Barrel & Boar in Downtown Newark, an event at

the Midland Theatre and one-night stay at the Granville Inn; and "Healthy Living" – comprised of a week of groceries for one from Kroger, a one-year membership to the Licking County Family YMCA and a one-hour massage at Spa on the Avenue. At the conclusion of the event, all attendees received tokens worth \$10 for the Canal Market District Farmer's Market, which will reopen in May.

Upcoming program events include the Active•Senior Dance on Thursday, April 12, and the Active•Senior Celebration on Thursday, June 14, both to be held at the Bryn Du Field House. Limited space is available for the Active•Senior Dance and registration is required. Please call the Public Relations events line at (220) 564-1560 to reserve your space by Monday, April 9. The Active•Senior Celebration event will be by invitation only for those Active•Senior participants who have achieved at least eight goals in each of the four required program categories.

Interested participants, age 60 and older, may register online at [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org), and create a custom username and password. Registration on the website allows participants to document their progress on an ongoing basis for an opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, then contact the LMHS Public Relations Department at (220) 546-1560 to ensure that your goals are recorded in the Active•Senior database prior to the end of each program year in April. Booklets are available at Licking Memorial Hospital, Licking Memorial physician offices and other select community locations.



UPCOMING EVENT

# Active•Senior Dance

Licking Memorial Health Systems presents the **Active•Senior Dance**, part of the **Active•Senior** program, to be held on **Thursday, April 12**, from **7:00 to 9:00 p.m.**, at the **Bryn Du Field House**, 537 Jones Road NE in Granville.

Guests, ages 60 and up, are invited to attend this free, fun event, which will feature upbeat music from the 40s, 50s, 60s, 70s and 80s, dance instruction and prizes for the best dance participants. Suggested dance attire is semi-formal, and dance partners are not required to attend. Beverages and hors d'oeuvres will be provided.

Registration is required and space is limited to the first 180 guests. To register for the event, please call LMHS Public Relations at (220) 564-1560.



# Period 1 **Active•Fit** Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into a special drawing. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2017-2018 began January 1 and continues through April 30.

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| <ol style="list-style-type: none"> <li>1. <b>Xbox One with Kinect &amp; Xbox Game</b><br/>Montgomery Adkins, Northridge Primary</li> <li>2. <b>Xbox One with Kinect &amp; Xbox Game</b><br/>Makena Wilson, Utica Elementary</li> <li>3. <b>Bicycle &amp; Helmet</b><br/>Rylan Chadock, Hillview Elementary</li> <li>4. <b>Bicycle &amp; Helmet</b><br/>Gabrielle Wagner, Etna Elementary</li> <li>5. <b>Nike Shoes &amp; iPod Nano with iTunes Gift Card</b><br/>Rylee Bonner, McGuffey Elementary</li> <li>6. <b>Nike Shoes &amp; iPod Nano with iTunes Gift Card</b><br/>Asher Kellett, Kirkersville Elementary</li> <li>7. <b>iPod Nano with iTunes Gift Card</b><br/>Benjamin Cavinee, Licking Valley Elementary</li> <li>8. <b>iPod Nano with iTunes Gift Card</b><br/>Nevaeh Porter, Hillview Elementary</li> <li>9. <b>\$100 Dick's Sporting Goods Gift Card</b><br/>McKenna Ellis, Northridge Primary</li> <li>10. <b>\$100 Dick's Sporting Goods Gift Card</b><br/>Andrew Mennemeyer, Licking Valley Elementary</li> </ol> | <ol style="list-style-type: none"> <li>11. <b>\$100 Dick's Sporting Goods Gift Card</b><br/>Dominic Mulford, Licking Valley Elementary</li> <li>12. <b>\$100 Dick's Sporting Goods Gift Card</b><br/>Zoey Rakoczy, Utica Elementary</li> <li>13. <b>\$100 Dick's Sporting Goods Gift Card</b><br/>Hailey Schroeder, Utica Elementary</li> <li>14. <b>\$100 Dick's Sporting Goods Gift Card</b><br/>Rebecca Whittaker, Hillview Elementary</li> <li>15. <b>\$50 Dick's Sporting Goods Gift Card</b><br/>Brooklyn Anders, Licking Valley Elementary</li> <li>16. <b>\$50 Dick's Sporting Goods Gift Card</b><br/>Elena Evans, Northridge Primary</li> <li>17. <b>\$50 Dick's Sporting Goods Gift Card</b><br/>Ethan Hanlin, Pataskala Elementary</li> <li>18. <b>\$50 Dick's Sporting Goods Gift Card</b><br/>Hailee McClellan, Pataskala Elementary</li> <li>19. <b>\$50 Dick's Sporting Goods Gift Card</b><br/>Piper Mennemeyer, Licking Valley Elementary</li> <li>20. <b>\$50 Dick's Sporting Goods Gift Card</b><br/>Payton Privett, Utica Elementary</li> </ol> |
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For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit [www.ActiveFit.org](http://www.ActiveFit.org).



**Health screenings • Gladiator Sports Bubble Soccer  
Zumba • Gymnastics • Free Throw Shooting • Healthy snacks  
Inflatables • Obstacle course • Face painting and balloons**

**The Health & Fitness Fest is FREE and open to all youth in the community.**

Participation at this event will count toward your Active•Fit program goals.

Visit [www.ActiveFit.org](http://www.ActiveFit.org) or call (220) 564-1560 for details.

## Health & Fitness Fest

Sponsored by Licking County Family YMCA, Denison University and Licking Memorial Health Systems

**Saturday, April 7  
12:00 Noon – 3:00 p.m.**

**Licking County Family  
YMCA Mitchell Center  
470 West Church Street, Newark**

Take the Health & Fitness Fest challenge! Complete a total of eight activities and health screenings at the event to be entered in a drawing for great fitness prizes.



# Honoring Your Parents

Pay special tribute to your parents on Mother's Day and Father's Day through a gift to Licking Memorial Health Foundation. With an Honorary or Memorial Gift of any amount, you will receive:

- A receipt of your contribution
- A letter of acknowledgement to the honoree
- Your gift listed in the Honorary and Memorial book in the Main Lobby of Licking Memorial Hospital (LMH)

The Paving Our Future program offers a unique way to create a lasting recognition of your parents through the purchase of a commemorative brick. The distinctive and elegant beige bricks are located at LMH in the front circle, and the John and Mary Alford Pavilion, Cardiac and employee entrance walkways.

Your generous gift, which is tax-deductible to the extent allowed by law, will help LMH maintain the high standards of medical treatment and care essential to the well-being of our community.

For more information, contact the Development Department at (220) 564-4102 or view the brochures at [www.LMHealth.org](http://www.LMHealth.org).



# Supporter Spotlight – The J. Gilbert and Louella Reese Family: Multiple Generations of Giving and Service

During the late 1890s, a small group of dedicated women in Newark saw the need for a hospital. On December 20, 1898, the Newark Hospital Association was incorporated as a not-for-profit organization and opened the area's first Hospital in a nine-room house at 154 North Third Street. One of the members of that early organization, Martha Grace Lang Fleek, imbued a sense of responsibility in giving back to the community into her family that continues on today. Her descendants, the Reese family, have made it a priority to support Licking Memorial Health Systems (LMHS).

J. Gilbert (Gib) and Louella (Lou) Reese work tirelessly to enhance the quality of life in Licking County, which includes supporting LMHS and its mission to improve the health of the community. Their daughter, Sarah Reese Wallace, has followed in her parents' footsteps in many ways, especially in her generosity and support of LMHS. Sarah's daughter, Sally Heckman, continues the legacy by serving on the LMH Development Council.

"The Reese's and their children strive to better Licking County through their generosity and service. Their leadership has been invaluable to LMHS and they share in our goal of creating a healthy community by working to ensure there

are healthy choices for recreation and access to locally grown foods," said LMHS President & CEO Rob Montagnese. "It is apparent that community-based philanthropy is important to the Reese family."

Gib continues to follow the example of giving back to the community set by his great grandparents, Grace and John Fleek. John was among the first trustees of the Second Presbyterian Church and a major donor for the construction of the building that still stands at 42 East Church Street. Grace, as mentioned earlier, worked to raise funds and materials for the Newark Hospital Association. "She was a wonderful woman who realized very early that with success there should be a huge responsibility to take care of others who are less fortunate. Hence, she started the ball rolling," Lou said.

Gib's father, Everett founded the First Federal Savings and Loan Association of Newark, and was known for his affinity to improve the quality of life in Licking County. Gib also led First Federal Savings serving as the Director, then Board Chair. In addition to his work with the bank, Gib was a founding partner in the law firm Reese, Pyle, Drake & Meyer, P.L.L. He earned his law degree from The Ohio State University's Moritz College of Law after

serving two and half years in the United States Army Medical Corp during World War II.

For decades, Gib has served as a leader or trustee for a number of foundations and organizations including the LMH and LMHS Boards, the Thomas J. Evans Foundation, and the Newark Campus Development Fund. While serving LMHS, the organization added new technologies, procedures, services and grew in size. Gib served as Board Chair when LMHS signed an agreement to form the Licking Memorial Professional Corporation – establishing a group of Licking Memorial based physician practices within the Licking County area. To help local students obtain higher education, Gib was one of the driving forces behind the establishment of a branch campus of The Ohio State University in Licking County. Working with the Thomas J. Evans Foundation, he and Lou helped in the creation of over 40 miles of bicycle trails linking Licking County communities. The couple also donated funding for the operation of the Lou and Gib Reese Ice Arena in Newark. In addition, Lou and Gib operate the Gilbert Reese Family Foundation serving to enhance the quality of life in the County.

In 1992, Gib received the LMHS Lifetime Achievement Award for his devoted leadership and involvement within the Licking County Community. The award is given to a citizen who has given volunteer service for the overall betterment of the community and who has helped fulfill LMHS' mission to improve the health of the community. "Gib overwhelmingly meets the criteria for this award, and his generosity to the Licking County community continues to grow," said Rob.

In July 2007, Gib and Lou donated funds to build the Gib and Lou Reese Pavilion Fountain located in front of the Hospital's surgical pavilion. The couple was honored as Founder Level donors – which denotes a Licking Memorial Health Foundation (LMHF) donation of \$100,000 or more. "We are just trying to be helpful to the Hospital because it is such a fine facility,"

Gib said of his donation. A permanent recognition plaque inscribed with the couple's name was hung by the fountain as a token of appreciation to the Reeses. In addition, Lou has served as a member of TWIGS (Togetherness, Willingness, Imagination, Giving, Sharing). TWIGS is a hospital fundraising organization that originated with a ladies' auxiliary group at Rochester General Hospital in Rochester, New York, in the late 1800s. The first TWIGS group in Licking County was established in 1950. Currently, the Hospital has four active TWIGS groups.

Gib and Lou's daughter, Sarah, also follows their example of philanthropy and community leadership. After earning a bachelor's degree from DePauw University in Greencastle, Indiana, and a Master of Business Administration Degree from Indiana University in Bloomington, Indiana, Sarah began her career at First Federal Savings and Loan. She served as President from 1982 to 1999, then was appointed Board Chairman and continues to serve in that role. Sarah also provides leadership for many local organizations. As Chair of the Thomas J. Evans Foundation, she was instrumental in the creation of the Canal Market District, which opened in Downtown Newark in 2016. The Canal Market District hosts a Farmer's Market from June through

October to ensure that healthy, affordable and locally produced food is conveniently available for community members. Sarah and her husband, John Wallace, D.D.S., became members of the John Alford Fellowship by donating a minimum of \$25,000 to LMHF over a period of ten years. "I really appreciate what the Hospital and Health Systems mean to Licking County. I constantly hear residents talking about the terrific experiences they have had at LMH, which is a direct reflection of the quality of services offered," Sarah said. "LMHS has great leadership that is committed to providing the best healthcare options locally, and we are pleased to support those efforts."

In 2016, Sarah received the LMHS Lifetime Achievement Award for her contributions to Licking County. "Sarah consistently strives to better Licking County through her many endeavors, and her outstanding leadership has been invaluable to each organization she has served," said Rob. In addition to her work with the Thomas J. Evans Foundation, Sarah's leadership has benefited numerous organizations in Licking County. She is President of the Community Governing Board for A Call to College, a member of the Central Ohio Technical College Board of Trustees, Chairman and Trustee for the First Federal Foundation, and a Trustee for the Newark

Campus Development Fund. She also has served on the Board of Trustees for the Licking County Foundation, an organization founded by her grandfather, Everett, to improve the quality of life for all citizens of Licking County.

Sarah's daughter, Sally started following her mother's footsteps by attending DePauw University in Greencastle, Indiana. She then earned her Master of Business Administration degree from The Ohio State University. Continuing the family legacy, Sally serves as the Vice President of Human Resources at First Federal, and also supports LMHS. Currently, Sally serves on the Executive Committee and as the Chair of the Community Relations Committee for the LMH Development Council. When she joined the Committee, Sally said she wanted to help residents understand the mission of LMHS. "I understand how special it is to grow up in a tight-knit community, and I appreciate how many people are connected to LMHS," Sally said. "I am committed to the mission of the Development Council, and I hope that my contributions will ensure that the Hospital can continue to provide quality health care to the community."

She and her husband, Lee, are members of the LMHF Community Cornerstone Club. The group of donors is credited with ensuring the latest advances in medical technology are available to the citizens of Licking County. The Heckman family was recently selected as the honorary chairs of the annual "For Your Health" 5K Run/Walk and 1-mile Fun Walk to be held at Dawes Arboretum in July 2018. "The Heckmans are dedicated to serving LMHS and encouraging others to give their time and talent to keep our organization successful," Rob commented. In addition to serving on the LMH Development Council, Sally is a member of the Midland Theatre Board of Directors and a Trustee of the Evans and Reese foundations.

Pictured at left and bottom: Lee, Sally, Mae, Will, and Everett Heckman; in middle, John and Sarah Wallace; top middle to right, Gerry Wallace, and Gib, Kirby and Poppy Claire Wallace.



Louella and J. Gilbert Reese





# National Colon Cancer Awareness Month

# DON'T DELAY!

Contact your physician for a colon cancer screening.



## Physician Spotlight

**Frances B. Horenstein, M.D.**, joined Licking Memorial Gastroenterology in August 2017. She received her Medical Degree from the University of Santo Tomas in Manila, Philippines. She completed an internal medicine residency and a gastroenterology fellowship at Harlem Hospital – Columbia University Medical Center in New York, New York. Dr. Horenstein is board certified in internal medicine and gastroenterology. She is a member of the American Neurogastroenterology and Motility Society, American Society of Gastrointestinal Endoscopy and American College of Gastroenterology.

### Ask a Doc – High Fiber Diet with Frances B. Horenstein, M.D.

**Question:** What are the benefits of a high fiber diet?

**Answer:** When focusing on healthy eating, including foods high in fiber offers a number of health benefits such as maintaining a healthy weight, lowering the risk of diabetes and heart disease, and preventing certain digestive issues. All dietary fiber, also known as roughage, comes from plants, bushes, vines or trees, and includes fruits, legumes, vegetables and whole grains. Unlike other food components, such as fats, proteins or carbohydrates, fiber is not digested or broken down by the body. Instead, it passes relatively intact through the stomach, small intestine and colon which promotes regularity and decreases the chance of diverticulosis – a condition that develops when pouches (diverticula) form in the wall of the colon – and perhaps colon cancer.

Fiber commonly is classified as soluble, which dissolves in water, or insoluble, which does not dissolve. Soluble fiber forms a gel-like material when it dissolves contributing to a sense of fullness which can be helpful in maintaining a healthy weight. This type of fiber is fermented or used by the colon bacteria as a food source or nourishment. As this good bacteria grows and thrives, it lowers blood cholesterol and glucose levels by slowing the release of sugars from food into the blood. This in turn reduces the risk for health problems including heart disease, obesity, and diabetes. Soluble fiber is found in oats, rye, peas, beans, apples, citrus fruits, carrots and barley.

Insoluble fiber retains water promoting the movement of material through the digestive system and increasing stool bulk. It can be of benefit to those who struggle with constipation or irregular stools and is important in preventing disorders such as

diverticulosis and hemorrhoids. The added bulk in the digestive system also shortens the amount of time that waste travels through the colon which some believe eliminates harmful carcinogens and decreases the chances for the intestinal cells to be affected. The evidence that fiber protects against the development of colorectal cancer is mixed, but new studies and research are supportive of the idea. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are good sources of insoluble fiber.

Many Americans consume more processed foods than plant-based foods, and therefore only receive about 10 to 15 grams of fiber a day, about half the recommended amount. The American Heart Association Eating Plan suggests eating a variety of food fiber sources. Total dietary fiber intake should be 25 to 30 grams a day from food, not supplements. To increase the amount of fiber, consider the following advice:

- For breakfast choose a high-fiber breakfast cereal – five or more grams of fiber a serving. Choose cereals with “whole grain,” “bran” or “fiber” in the name, or add a few tablespoons of unprocessed wheat bran to your favorite cereal.
- Look for breads that list whole wheat, whole-wheat flour or another whole grain as the first ingredient on the label and have least two grams of dietary fiber a serving.
- Try brown rice, wild rice, barley, whole-wheat pasta and bulgur wheat.
- Substitute whole-grain flour for half or all of the white flour when baking. Try adding crushed bran cereal, unprocessed wheat bran or uncooked oatmeal to muffins, cakes and cookies.

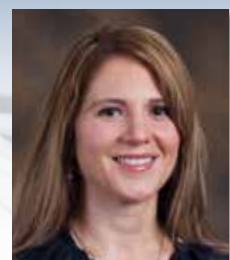
- Beans, peas and lentils are excellent sources of fiber. Add kidney beans to canned soup or a green salad, or make nachos with refried black beans and whole-wheat tortilla chips and salsa.
- Eat more fruit and vegetables. Fruits and vegetables are rich in fiber, as well as vitamins and minerals. Try to eat five or more servings daily.
- Low-fat popcorn and whole-grain crackers are good choices for snacks as well as an occasional handful of nuts or dried fruits – be aware that nuts and dried fruits are high in calories.

While all fruits and vegetables have some fiber, there are some that are higher than others. For example, one cup of raspberries contains 8 grams of fiber. Other choices with 3 to 4 grams of fiber per serving include:

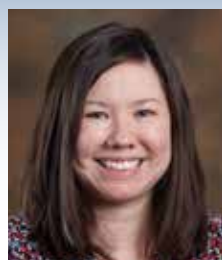
- |                      |                       |
|----------------------|-----------------------|
| • Apple              | • 1/2 cup peas        |
| • Orange             | • 1/2 cup cauliflower |
| • Tangerine          | • 1 cup carrots       |
| • Pear               | • 1 medium potato     |
| • 1 cup blueberries  | • 1 cup sweet potato  |
| • 1 cup strawberries | • 1/2 cup squash      |

High-fiber foods are good for your health, but adding too much fiber too quickly can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually over a period of a few weeks to allow the natural bacteria in the digestive system to adjust to the change. Also, hydrate properly as fiber works best when it absorbs water.

## New Appointments



**Brooke J. Jennings, APRN-CNP**, joined Licking Memorial Pulmonology.



**Sarah L. Lim, D.O.**, joined Licking Memorial Internal Medicine.



**Irina S. Petty, PA-C**, joined Licking Memorial Pain Management.

# Quality Reporting to the Community

## Patient Story and Benchmarks for Cancer Care

### Patient Story – Kristin Bolman

treatments. “The food is excellent and I love the warm blankets,” she commented. “You can order almost anything you want. There is a wide variety on the Café menu and the food always arrives hot.” Patients may rest comfortably in a private room or gain strength from the camaraderie of fellow cancer patients. LMH Licensed Massage Therapists are available upon request, as is the company of the Pastoral Care staff. Many patients also pass the time watching television or working on various puzzle books. Family and support individuals always are welcome.

Kristin and her husband enjoy traveling. They have five children and nine grandchildren, all of whom live out of state, so visiting them is important. “The staff is tremendous at working with me to coordinate my travel plans around my treatments to ensure we can see our family,” said Kristin. “That is a priority to me now more than ever. I am so grateful to be able to enjoy my grandchildren.”

As a result of Kristin’s cancer spreading to her bones, she has suffered other injuries, such as a fractured vertebrae, which subsequently crushed her ureter. Radiologist Owen Lee, M.D., and Urologist William Stallworth, M.D., both have been pivotal in providing additional care and treatment for these issues during her cancer journey. “Everyone who has cared for me has been very professional, highly skilled, and compassionate,” Kristin said.

Oncology patients are connected to palliative care by referral to Hospice of Central Ohio. Hospice nurses often make home visits and offer consultation by phone. “The nurses have been tremendously comforting to me, managing my pain and nausea,” said Kristin. “The support system LMH

provides is incredibly reassuring and I am thankful.”

Kristin enjoys reading and cooking, especially barbecue and authentic Mexican food. “One of my goals is to learn to make tamales,” she shared. “While I do not personally take advantage of the service, it is terrific that LMH also offers cancer patients consultations with a licensed nutritionist to assist with recommended dietary adjustments.”

A routine mammogram caught Kristin’s breast cancer before she had any symptoms. Her diagnosis followed after the discovery of a tiny pea-sized lump. Early discovery tends to offer favorable treatment options. “I cannot stress enough the importance of being diligent about receiving a screening mammogram regularly,” said Kristin.

Mammography procedures are available in the Women’s Imaging Center on LMH’s first floor, and also at Licking Memorial Women’s Health, located at 15 Messimer Drive in Newark. Appointments can be scheduled through a physician’s office, or by calling LMH Central Scheduling at (220) 564-4722 with a physician’s order.

Oncology is the study of the causes, development, characteristics, diagnosis and treatment of tumors. Hematology is a branch of medicine focused on the treatment of diseases of the blood and blood-forming tissues. Licking Memorial Health Systems, through a relationship with the Columbus Clinical Oncology Program (CCOP), offers a comprehensive cancer program unique for a community hospital. LMH provides major forms of cancer care, including surgery and chemotherapy.



Despite not having a family history or risk factors, Kristin Bolman received a breast cancer diagnosis in 2006 and has been bravely battling the disease since. Two and a half years ago, Kristin and her husband relocated to Ohio from California for his job. She needed to continue her treatment, but did not know where to go. “My husband’s employer connected me with Licking Memorial Hospital (LMH) and the transition was seamless. From the moment I walked through the doors, I felt that I was in good hands,” Kristin remarked. She was able to continue on schedule with her treatments at Licking Memorial Hematology/Oncology with D’Anna Mullins, M.D., Ph.D. “Everything happened very quickly, I was able to get an appointment right away and did not miss any treatments. Dr. Mullins is very sweet and her staff is excellent,” Kristin noted.

About six months after the move, the cancer spread to her ovaries and adrenal glands. Dr. Mullins evaluated the symptoms and treatment options, making necessary adjustments, and has managed to stabilize the cancer for the past two years. “I am very grateful to have such kind and caring people assisting me through this journey,” said Kristin. “They are thoughtful and attentive to my varying needs, even assisting in communication with my insurance company.”

Kristin has routine appointments and chemotherapy treatments every three weeks. Each treatment lasts approximately six hours. Medication is administered prior to the chemotherapy and she often is ill and extremely tired the following week. Kristin appreciates the comforting atmosphere during her

# 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 them to benchmark measures. Then, we publish them 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 2014	LMH 2015	LMH 2016	LMH Goal
Percentage of cancers correctly identified by the mammogram	95.0%	91.4%	96.9%	78% <sup>(1)</sup>
Percentage of patients without cancer correctly identified by the mammogram	99.4%	99.2%	98.6%	90% <sup>(2)</sup>

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 2014	LMH 2015	LMH 2016	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	5.6	7.3	5.4	2 to 10 <sup>(3)</sup>

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 procedure is significant to enabling physicians to more quickly identify and diagnose breast cancer and begin patient treatment.

	LMH 2014	LMH 2015	LMH 2016	National <sup>(4)</sup>
<b>Wait times:</b>				
Screening to diagnostic mammogram	NA	8.1 days	5.6 days	7.5 days
Diagnostic mammogram to needle/core biopsy	NA	15.4 days	7.2 days	5.9 days
Biopsy to initial breast cancer surgery	NA	NA	10 days	23.4 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 2014	LMH 2015	LMH 2016	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 2014	LMH 2015	LMH 2016	LMH Goal
Cancer Registry patients with annual follow-up	93%	93%	93%	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 2014	LMH 2015	LMH 2016	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	8%	11%	9%	greater than 2%


Cancer Care – How do we compare? (continued on page 20)

**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 active patient population that received screening tests for:	LMHP 2014	LMHP 2015	LMHP 2016	LMHP Goal
Cervical cancer (female patients, age 21 to 65)	83%	81%	77%	<b>75%</b>
Breast cancer (female patients, age 40 to 75)	83%	83%	81%	<b>National<sup>(4)</sup></b> <b>69%</b>
Colorectal cancer (all patients, age 50-75)	64%	64%	66%	<b>National<sup>(4)</sup></b> <b>64%</b>

**Data Footnotes:**

- (1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002.
- (2) Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005.
- (3) Bassett LW, Hendrick RE, Bassford TL, et al. Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994.
- (4) D’Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 4th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: *Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas*, Reston, VA, American College of Radiology, 2003.
- (5) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality 2016,” *Healthcare Effectiveness Data and Information Set*, “Measures of Care.”
- (6) National Quality Measures for Breast Centers (NQMBC) [www.nqmbc.org](http://www.nqmbc.org) database, 2016.

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

## Health Tips – Financial Support Challenges

A cancer diagnosis and treatment can be costly and lead to a financial burden for the patient and their family. Health insurance, managed care, or public healthcare programs will pay most of the costs for treatments if the patient is covered; however, the individual may incur indirect costs such as co-pays for medications and clinic visits, testing, home health services and transportation. At Licking Memorial Hospital (LMH), an Oncology Navigation Team is available to help patients plan for such circumstances.

The Navigators can help find local resources including help with:

- Medication payments
- Financial needs – including mortgage, rent, and food
- Support groups
- Personal appearance needs – such as wigs or head coverings for those facing hair loss

Though it may be difficult to turn to others or to public agencies and outside groups for assistance, it is important to take steps to reduce stress caused by financial issues.

# Targeted Cancer Therapies and Immunotherapy

In the fight against cancer, researchers continue exploring new medications and therapies to block the growth and spread of the disease. In the past several years, anti-cancer drug development has focused on targeted cancer therapies including immunotherapy. The objective of the medications is to attack the cancer at the molecular level. The new forms of medicine use information about a person’s genes and proteins to prevent the growth or survival of cancer cells. Different types of targeted therapies have been approved by the Federal Drug Administration and are being used to treat skin, lung, breast, liver and brain cancers.

Targeted cancer therapies, which are offered at Licking Memorial Hematology/Oncology, differ from standard chemotherapy by acting on an identified target instead of all rapidly-dividing cells. The targets generally are proteins or mutated proteins that are present or more abundant in cancer cells, and are known to be involved in cell growth or survival. The medication is designed to interact with the target in a way that interferes with its ability to grow or reduces its activity. In this way, cancerous tumors are blocked from increasing in size or, in some instances, surviving. There are many different paths that can be used to interfere with the target protein including hormones, signals sent by the cancer cells, and the immune system.

Attacking cancer by targeting the immune system is called immunotherapy. Organs, special cells and substances such as proteins make up the immune system and are meant to protect the body from infection. When the system identifies a substance or cell that is foreign to the body, it responds by attacking and destroying the cell. Unfortunately, the immune system does not always recognize cancer as a foreign substance because the rapidly-dividing cells may

not be different enough from normal cells. Cancer cells also may contain proteins that inhibit the immune system’s response. In an effort to utilize the body’s own defenses, immunotherapy treatment includes medications that either stimulate the immune system to search out and attack cancer cells, or boost the immune system with man-made components, such as proteins, to strengthen the attack on cancer cells.

Among the different types of immunotherapies are medications classified as immune checkpoint inhibitors. Molecules on certain immune cells, referred to as checkpoints, need to be activated or inactivated to start or stop an immune response. T cells – a type of white blood cell active in an immune response – search other cells for abnormalities. T cells use the Programmed Death Protein-1 (PD-1) as a checkpoint which stops an attack on a normal cell by binding with another protein, Programmed Death Ligand-1 (PD-L1). A ligand is a circulating molecule that binds with the receiving protein to activate it. Cancers use PD-L1, to bind with PD-1 to stop the immune system from attacking. Researchers have created medications to target the cancers that block the binding process which allows the immune system to proceed with an attack on the cancerous cells. Medications such as Keytruda and Opdivo have been shown to be helpful in treating several types of cancer, including melanoma, lung, kidney, bladder, head and neck cancers, and Hodgkin lymphoma.

In determining if Keytruda, Opdivo or another targeted therapy should be used as treatment, physicians generally will test tumor tissue to decide if an appropriate target is present. Treatments may be restricted to patients whose tumor has a specific gene mutation. The Federal Drug Administration also sets criteria a patient must meet to be a candidate for certain medications. Over time, cancer cells can become resistant to the targeted therapies, so physicians may use them in combination with other therapies including more traditional chemotherapy drugs. The American Cancer Society and the National Cancer Institute both offer resources about newer types of immunotherapy and targeted cancer therapies.



# Quality Reporting to the Community

## Patient Story and Benchmarks for Maternity Care

### Patient Story – Jennifer VanBuren

Environmental Services staff member. “Everyone cared for me so well. I miss working with them. We were all great friends and keep in touch, so it was very pleasant to have time to visit with them. My appointments were enjoyable and went by quickly,” she shared.

At her regular 36-week checkup, Jennifer was still being monitored and awaiting her discharge papers. She began having Braxton Hicks contractions which she had been experiencing for the previous month. Painless and sporadic, Braxton Hicks also are known as practice contractions that sometimes start around six weeks into a pregnancy. However, the contractions are not usually felt until the second or third trimester of pregnancy. Medical staff noticed that the contractions were putting Jennifer’s baby in distress and immediately contacted neonatal specialists at Nationwide Children’s Hospital to discuss her situation.

“I am so thankful I was at the office when the complications began. I shudder to think what would have happened had I returned home and not been aware of the situation. I believe the attentiveness to my situation up to this point and observant manner at my appointments saved my son’s life.” Jennifer was admitted to LMH and spent two days under close observation before physicians decided to induce labor preterm to remove the baby from possible further distress.

However, complications for Jennifer and her baby continued, and the baby suffered acute cord prolapse 11 hours into labor. Umbilical cord prolapse occurs when the umbilical cord comes out of the uterus with or before the presenting part of the fetus. It is a relatively rare condition and occurs in fewer than 1 percent of pregnancies. The concern with cord prolapse is that pressure on the cord from the fetus will cause cord compression that compromises blood flow to the fetus. Lanson was delivered by emergency cesarean section on November 2, 2017, at 9:00 p.m. He

weighed seven pounds, three ounces and was taken immediately to the Special Care Nursery where he spent about 12 hours with respiratory support.

“Dr. Davis was wonderful! We are so grateful for her care. She was so calming and acted quickly and carefully to deliver my son in less than three minutes. He is our miracle baby,” said Jennifer. “By the time I saw Lanson the next morning, he had been removed from support and was able to stay with me in my room. He was perfectly healthy.

“Dr. Davis is an extraordinary woman. She is very upbeat and was so reassuring and comforting to me during some very confusing and upsetting moments,” Jennifer noted. “She told me she would take care of me and my baby and she kept her word. I was at peace. Everyone was very considerate and did their best to make sure my baby and I were safe. They handled themselves very well in a stressful and demanding situation.”

Lanson is happy and healthy at 5 months old. He has no medical issues and has been exclusively breastfed. For now, Jennifer is a stay-at-home mom, but hopes to return to work at LMH when all of her children are attending school. She enjoys gardening and canning to provide plenty of healthy food for her children. She and her husband, John, teach their children to live by the land and also practice hunting and fishing on their grandparents’ farm.

LMH earned the Baby-Friendly designation in 2016 through Baby-Friendly USA, Inc. – the gold standard in care, which encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. The criteria are challenging, designed to set the standards for the best possible breastfeeding support for mother and infant in the maternity setting. LMH is the first community hospital in Central Ohio and one of only ten hospitals in the state to earn the designation.



Halfway through her pregnancy, Jennifer VanBuren was diagnosed with gestational diabetes. She had received the same diagnosis in one of her three previous pregnancies and carefully prepared herself for the extra vigilance required during the next several months. Gestational diabetes develops during pregnancy and, like other types of diabetes, affects how the body’s cells use sugar (glucose). It also causes high blood sugar that can affect the pregnancy and a baby’s health.

Jennifer was able to control her diabetes for several months by eating healthy foods and exercising. “I knew that controlling my blood sugar could prevent a difficult birth and keep me and my baby healthy,” Jennifer explained. “However, I reached a point when medication became necessary to keep the diabetes under control.” The medication can cause babies to gain weight rapidly and Jennifer’s baby was estimated to be 11 pounds, three ounces at birth, so her physician, Janae Davis, M.D., of Licking Memorial Women’s Health, monitored her progress closely.

Unfortunately, Jennifer suffered an allergic reaction to the medication, as well as severely fluctuating blood sugar – low at the beginning of her pregnancy and elevated at the end. “I lost consciousness during one of my appointments,” Jennifer recalled. “The nurses quickly came to my aid, bringing juice and snacks and ensured I was stable before returning home.”

Every two weeks for the last three months of her pregnancy, Jennifer visited Licking Memorial Hospital (LMH) for a non-stress test (NST), to regularly check on her baby’s wellbeing in utero. Jennifer was familiar with many of the LMH and Women’s Health staff members because she delivered her three other children at the Hospital and also worked on the Maternal Child floor for five years as an

# 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 them to benchmark measures. Then, we publish them 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 2017, there were 1,011 babies delivered at Licking Memorial Hospital (LMH) – 55 of those babies weighed less than 2,500 grams.

	LMH 2015	LMH 2016	LMH 2017	National <sup>(1)</sup>
Low birth-weight infants	6.0%	6.5%	5.1%	8.0%

**2.** Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.<sup>(2)</sup> It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.<sup>(3)</sup> 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.

	LMH 2015	LMH 2016	LMH 2017	National <sup>(2)</sup>
Patients who reported smoking during pregnancy	20%	21%	32%	12.3%

**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 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 2015	LMH 2016	LMH 2017	LMH Goal
Breastfeeding rate upon discharge	59%	74%	62%	greater than 55%
Breastfed infants receiving exclusive breast milk prior to discharge	76%	78%	76%	National <sup>(6)</sup> greater than 55%

**4.** Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages are preferable.

	LMH 2015	LMH 2016	LMH 2017	National <sup>(3)</sup>
Maternity patients who had a C-section	24%	28%	25%	33%
First-time C-sections	12%	15%	13%	15%

**5.** Elective deliveries are scheduled in advance rather than occurring naturally, either through induction or C-section. Studies have shown that elective inductions performed before 39 weeks’ gestation have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH has chosen to follow the American Congress of Obstetrics and Gynecology’s (ACOG) stricter recommendations, and will perform elective inductions only after 41 weeks’ gestation.

	LMH 2015	LMH 2016	LMH 2017	National <sup>(4)</sup>
Elective deliveries performed before 39 weeks	0%	0%	0%	2%

Maternity Care – How do we compare? (continued on page 24)

**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 2015	LMH 2016	LMH 2017	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	99%	99%	100%	100%
Number of newborns testing positive with GBS	0	0	0	0

**\*Beginning 2016, mothers who delivered within four hours of arrival at LMH are excluded from this measure.**

**7.** Gestational diabetes (GDM) is one of the most common clinical issues during pregnancy. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the U.S., and all expectant patients should be screened between 24 and 28 weeks' gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2015	LMHP 2016	LMHP 2017	LMH Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	96%	greater than 90%

**Data Footnotes:**

- (1) Preliminary data for 2013. National Vital Statistics Reports, 63(2). Hyattsville, MD: National Center for Health Statistics. Available at [http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63\\_02.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_02.pdf)
- (2) Tong, VT, Dietz, PM, et al. Trends in Smoking Before, During and After Pregnancy – Pregnancy Risks Assessment Monitoring System (PRAMS), United States, 40 sites, 2000–2010.
- (3) National Vital Statistics Reports, Volume 64, Number 4, May 20, 2015. Available at [https://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64\\_04.pdf](https://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64_04.pdf).
- (4) HospitalCompare.hhs.gov Comparative Database.
- (5) Breastfeeding Report Card, United States / 2013, National Center for Chronic Disease Prevention and Health Promotion. Available at [www.cdc.gov/breastfeeding/pdf/2013BreastfeedingReportCard.pdf](http://www.cdc.gov/breastfeeding/pdf/2013BreastfeedingReportCard.pdf).
- (6) MIDAS+ CPMS Comparative Database.



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

## Health Tips – Warning Signs of Preterm Labor

A normal pregnancy lasts about 40 weeks. Occasionally, labor begins before 37 weeks of pregnancy. Uterine contractions cause the cervix to open earlier than normal. For some women, the signs and symptoms of preterm labor are unmistakable, but for others, they are more subtle. During pregnancy, consider the following warning signs:

- Regular or frequent painful contractions – a tightening sensation in the abdomen
- Constant low, dull backache
- A sensation of pelvic or lower abdominal pressure
- Mild abdominal cramps

- Diarrhea
- Vaginal spotting or bleeding
- Watery vaginal discharge (water breaking) – in a gush or a trickle

Premature labor occurs in about 12 percent of all pregnancies; however, by knowing the symptoms and following a healthy routine, a woman can reduce her chance of going into labor prematurely.

- Seek regular prenatal care. Prenatal visits can help your healthcare provider monitor the mother and baby's health. Mention any signs or symptoms of concern.

- Eat a healthy diet. During pregnancy, you will need more folic acid, calcium, iron and other essential nutrients. A daily prenatal vitamin also is suggested.
- Avoid risky substances, such as tobacco, alcohol and illicit drugs.

Talk to a healthcare provider before taking medications of any type, even over-the-counter remedies and supplements.

# Collaboration for the Improved Health of Newborns

Licking Memorial Health Systems (LMHS) offers family-centered care with up-to-date technology for the delivery and treatment of infants born at Licking Memorial Hospital (LMH). While LMHS physicians focus on prenatal health and care of the mother, circumstances sometimes arise that result in an early birth or the newborn being ill. The specially trained registered nurses of the Special Care Nursery are prepared for such circumstances, and work to provide a safe, secure environment for infants who require intermediate care. The Nursery also participates in a unique collaboration with Nationwide Children's Hospital that includes a reverse-transport agreement, clinical guidance, and professional education and training.

Both Nationwide Children's Hospital and LMH are part of the Ohio Perinatal Quality Collaborative (OPQC) – a statewide consortium of perinatal clinicians, hospitals, and policy makers and governmental entities that aims, through the use of improvement science, to reduce preterm births and improve birth outcomes across Ohio. The hospitals work together to improve the health and wellbeing of the patients and families. "We are proud to collaborate and lend our neonatal expertise to LMH. The collaboration is unique and specialized, to most appropriately and effectively serve Licking County," said Christopher J. Timan, M.D., member of the Neonatology Section at Nationwide Children's Hospital and Clinical Associate Professor of Pediatrics at The Ohio State University College of Medicine. "Our goal is to provide the most advanced care for each infant born at Licking Memorial Hospital needing critical care and to keep the infant with the mother when it is safe to do so." The LMH staff has a special telephone line offering direct access to a Neonatologist at Children's at any time of day or night. A neonatologist is trained specifically to handle the most complex and high-risk situations, such as premature birth, serious illnesses or injury. LMH pediatricians work in collaboration with Nationwide Children's Hospital when these more complex high risk situations arise.

The Special Care Nursery at LMH is considered a Level Two for Maternal and Neonatal Care, meaning the specially trained staff is prepared for high-risk births and postpartum conditions. The nurses have formal training and experience caring for women who unexpectedly begin labor at 32 weeks or before full gestation at 40 weeks. They are skilled in the use of the special equipment needed to monitor and care for the newborn, and are able to stabilize and transfer high-risk women and infants when the situation arises. Part of the collaboration with Nationwide Children's includes training for these circumstances. Nurses from Nationwide Children's join the nurses at LMH for this training and receive the most up-to-date education on care for both mother and child.

If the need does arise for more complex care or the newborn needs to undergo specialized testing, LMH works with Nationwide Children's for a seamless, smooth transition to Nationwide Children's primary hospital in Columbus. LMH nurses care for the infant ensuring the child is stabilized and able to make the journey safely. The staff at Nationwide Children's continue care until the newborn is no longer in a high-risk situation and is able to be transported back to the LMH Special Care Nursery for continued care. The reverse-transport agreement makes it possible for parents who live closer to LMH to be near their infant as the newborn grows strong enough to be taken home. Having the parents close-by is important to the health of the infant especially if the mother wishes to breastfeed. "Breast milk is like medicine," said Marcia Fischer, Certified Lactation Consultant at LMH. "Only the mother can provide the preterm milk with a higher level of protein and some minerals that the newborn needs." LMH also will allow parents with a newborn in the Special Care Nursery to stay at the Hospital if room

is available in the postpartum unit. As the newborn grows, LMH nurses offer new parents personalized education about the care of the infant.

LMH and Nationwide Children's also are working together to better care for newborns who may be withdrawing from opiates. Staff from both hospitals are taking part in a research study to ensure the best practices in providing care. LMH nurses offer one-on-one tours of the Special Care Nursery, education on the care of the infant and information about what to expect after birth to mothers working to eliminate their dependency on opiates. "There is no judgment here. We offer support for mother and child after delivery and simply want what is best for their health," said Kayla Gilkey, R.N., Maternity Services Manager. Shepherd Hill offers a Suboxone Clinic to assist pregnant women safely decrease dependency on opiates over time.

With ever changing healthcare practices, medications, therapies and technology, collaboration is essential to ensure patients receive the best care possible. "By working together, we can offer the best possible outcome for ill or preterm newborns with a more effective use of resources," Richard Baltisberger, M.D., Department Chief of Pediatrics said. The specially trained nurses alongside the Obstetricians and Pediatric Hospitalists at LMH are dedicated to the care and support of Licking County residents offering a safe environment, even in less than ideal circumstances. The collaboration with Nationwide Children's ensures those born at LMH have access to more complex care, if needed.



# Donors Recognized for Contributions to Licking Memorial Health Foundation

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

## The Platinum Circle

The Platinum Circle is a distinguished list of business and corporate donors that have made a total commitment of \$25,000 or more to LMH. Participation in the Platinum Circle signifies a company's alliance with LMH to ensure the continuation of excellent healthcare services in the community.

### MedBen

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) recognized MedBen as a member of the Platinum Circle. Chairman & CEO Doug Freeman accepted a glass recognition piece as a token of LMHS' appreciation.

MedBen offers a full spectrum of group healthcare benefit services, including medical, dental and vision insurance, and COBRA and HIPAA administration. MedBen was one of the first benefit companies to receive ISO 9001 certification, and recently continued its commitment to quality and continuous improvement by receiving recertification for the ISO 9001:2015 standard. In 2015, the company received the Licking County Chamber of Commerce Business of the Year award. MedBen has been a steady and positive contributor to the Licking County Community since it was founded in 1938 as Hospital Services Association. Employees from every level of the organization have been actively involved as Board Members and Chairs for local non-profit agencies, such as the United Way of Licking County, Licking County Chamber of Commerce, the Food Pantry Network of Licking County and

the Midland Theatre. Since 1987, MedBen has invested more than \$200 million into the local economy in the form of wages, taxes and local services purchased. Additionally, MedBen averages \$100,000 in local charitable contributions annually.



### Willard E. Smucker Foundation

The Willard E. Smucker Foundation recently joined the Platinum Circle with a generous donation to benefit Radiology Department renovations at LMH. Work began in fall 2017 on the \$10 million project that includes new equipment and remodeled rooms to better accommodate patients and staff. The gift from the Willard E. Smucker Foundation was designated for a new electroencephalogram (EEG), which monitors the brain's electrical activity.

"It has been almost 12 years since the equipment in the Radiology Department was last replaced, and we are excited about the improvements the upgrades will offer our patients. The increased speed of the machines and processing time of the computers will enhance the quality of care we provide by shortening wait times and allowing us to serve more patients," said LMHS President & CEO Rob Montagnese. "While the project represents a significant

financial commitment, it is a worthwhile investment in our ability to improve the health of the community. We are incredibly thankful that the Willard E. Smucker Foundation chose to partner with us by contributing the funding for the new EEG, and are pleased to honor the organization as a member of the Platinum Circle."

The LMH Radiology Department, which includes eight board-certified physicians and 104 staff members, provides a full spectrum of diagnostic services. Imaging services are available at the main Hospital, Licking Memorial Women's Health offices in Newark and Pataskala, all three Urgent Care locations in Granville, Downtown Newark and Pataskala, and at the LMH Tamarack Facility.

## The Caduceus Society

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

### Drs. Felix and Emilia Anigbo and Family

Emilia Anigbo, M.D., received a glass recognition piece from LMHS President & CEO Rob Montagnese (left) and LMH Board Chair Joyce Malainy, Ed.D. (right), in honor of her family's commitment to the Caduceus Society. Dr. Anigbo joined Licking Memorial Pulmonology and Sleep Medicine in January 2017. She also provides care in Licking Memorial Hospital's Critical Care Unit.

Dr. Anigbo received her Bachelor of Medicine and Surgery degree at the University of Nigeria College of Medicine in Nsukka, Enugu State, Nigeria. She completed a residency in internal medicine at Oakwood Hospital and Medical Center in Dearborn, Michigan. She also completed a pulmonary and critical care fellowship at the University of Kentucky's Albert B. Chandler Medical Center in Lexington, Kentucky.

Dr. Anigbo is board certified in internal medicine, pulmonary disease, and critical care. She is a member of the American College of Physicians, the American Medical Association, the American College of Chest Physicians, the Society of Critical Care Medicine, the American Thoracic Society, and the Nigerian Medical & Dental Council.



### The Chandos Family

Amanda and Brandon Chandos, M.D., received a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) to commemorate their family's membership in the Caduceus Society.

Dr. Chandos joined Licking Memorial Neurology in September 2017. He received his medical degree from Texas Tech University Health Sciences Center School of Medicine in Lubbock, Texas. Dr. Chandos completed his residency in internal medicine and neurology at the University of Washington in Seattle, Washington. He has participated in clinical trials and research for multiple sclerosis, dementia, stroke, epilepsy and carotid stents. Dr. Chandos is board certified in neurology and sleep medicine.

A native of Royal Oak, Michigan, Amanda received her Bachelor of Science in Occupational Therapy from The Ohio State University. She was previously employed at Summa Barberton Hospital and Cleveland Clinic Akron General Hospital. The Chandoses reside in New Albany with their two teenage children.



Donors Recognized for Contributions to Licking Memorial Health Foundation (continued on page 28)

## The Caduceus Society (continued)

### Drs. Brad Lawson and Chelsea Korfel

LMHS President & CEO Rob Montagnese (right) and LMH Board Chair Joyce Malainy, Ed.D. (left), welcomed Brad Lawson, M.D., and his wife Chelsea Korfel, Ph.D. (not pictured), into the Caduceus Society with a glass recognition piece. Drs. Lawson and Korfel reside in Westerville with their two young children.

Dr. Lawson joined Licking Memorial Otolaryngology in February 2017 and currently is accepting new youth and adult patients. He received his Doctor of Medicine degree at The Ohio State University College of Medicine in Columbus. Dr. Lawson completed a residency in Otolaryngology – Head and Neck Surgery at the University of Arkansas for Medical Sciences in Little Rock, Arkansas. He also received fellowship training in Thyroid and Parathyroid Surgery at Harvard Medical School in Boston, Massachusetts.

Dr. Lawson is a member of the American Thyroid Association, the American Association of Clinical Endocrinology, the American Head and Neck Society, and the American Academy of Otolaryngology – Head and Neck Surgery.



### Drs. Paul and Anne Mathew

LMHS President & CEO Rob Montagnese (left) presented a personalized glass piece to Drs. Paul and Anne (not pictured) Mathew in recognition of their commitment to the Caduceus Society. The Mathews reside in New Albany with their 1-year-old daughter, Becca, and are active members at Columbus Bible Chapel in Powell.

Paul Mathew, M.D., joined LMH Anesthesiology in August 2016. He received his Medical Degree at Christian Medical College in Vellore, Tamil Nadu, India. Dr. Mathew completed an anesthesiology internship and anesthesiology residency at The Ohio State University Wexner Medical Center in Columbus. He is a member of the American Society of Anesthesiologists, the Ohio Society of Anesthesiologists, and the International Anesthesia Research Society.



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

## amazon smile Purchases Benefit LMHS

A new opportunity is available for supporters of Licking Memorial Health Systems (LMHS) at no cost to those who participate. LMHS is now an eligible charity listed with AmazonSmile, where Amazon donates 0.5 percent of the price of eligible purchases to charities selected by customers. AmazonSmile is the same Amazon products, prices and services with which you are familiar.

Customers may use the unique link, <https://smile.amazon.com/ch/31-1096218>, to register to support LMHS. By taking this simple step, Amazon will donate a percentage to LMHS each time you shop on smile.amazon.com. Using AmazonSmile is a convenient way to simplify your shopping, while supporting LMHS and our mission to improve the health of the community!

## 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 recently received.

### Capital Improvement Fund

TWIGS 6

### Caduceus Society

The Chandos Family

### Community Cornerstone Club

Lowell and Barbara Anstine  
Patricia C. Bates-Woods  
Budget Blinds of Mid Ohio  
Eddie and Carolyn Cline  
Jack and Bev Crockford  
Barbara J. Cunningham  
Dr. and Mrs. Joseph E. Fondriest  
Mr. James Francis  
Beverly Geiger  
Michael and Cheryl Harris  
Joseph Hickman Family  
Mr. and Mrs. Luke E. Messinger  
Brian and Jenny Morehead  
Ellen and Alex O'Neill  
Georgeann Peters  
Susan Reid  
Jon Spahr  
Frank and Dusty Stare  
Jennifer and Dick Utrevis  
Denny and Carol Wheeler  
Mr. Charles E. Williams  
Mr. and Mrs. David B. Wills  
Brad and Tricia Zellar

### Cradle Roll

In honor of Colten Edward Williams  
By: Licking Memorial Hospital

### General

Anonymous  
Anonymous  
Anonymous  
Tara M. Burns  
Mr. Alan B. Conant  
Dr. and Mrs. Joseph E. Fondriest  
Mr. Richard Hurps  
Ms. Lori Hutchison  
Kroger Community Rewards  
Bruce Merwin, M.D.  
Veronica and Mark Patton  
Red Oak Pub  
Ms. Mista Roberts  
Mr. Charles J. Sonny  
J. Thomas Swank

### Grants

Ohio Network of Children's Advocacy Centers  
State Farm Foundation

### Honorary

In honor of Dr. Matthew Bromley  
By: Dorothy Oberfield  
  
In honor of Mary Beth Hall, M.D.  
By: Dorothy Oberfield

In honor of LMH Accounting Department  
By: Mr. Steven Zima

In honor of Fred W. Obert  
By: Mr. and Mrs. Eric Obert

In honor of Brett and Tori Robberts  
By: Ms. Martha Wilson

### John Alford Fellowship

Robert H. and Patricia E. McCaughy

### Memorial

In memory of Karen Cairns  
By: G. Franklin Gabe, M.D.

In memory of Cheryl Elizabeth Eyer  
By: Mr. Donald Eyer

In memory of Ms. Grace Obert  
By: Mr. and Mrs. Eric Obert

In memory of Sue L. Jacks  
By: Stuart and Marcia Parsons

In memory of Omar Whisman  
By: Skip and Carol Salome

### Paving Our Future

Ms. Connie Gelfer  
Ms. Carol Rogers Hall  
Debra L. Matesich  
Ms. Judith McNeish

### William Schaffner Society

John and Joy Coleman

## Donations to Comfort LMH's Youngest Patients

Two Licking County organizations recently provided charitable donations to benefit young patients at Licking Memorial Health Systems (LMHS). The items will be used to comfort children receiving treatment at Licking Memorial Hospital (LMH) and Kids' Place.

The DeMolay Moundbuilders Chapter donated 800 plush toys to comfort pediatric patients at LMH. The donation became one of DeMolay's annual projects when Trent White joined the organization seven years ago. Trent began making toy donations to LMH in 2003 when he was only 5 years old, and has continued the tradition by involving DeMolay since becoming a member. LMHS President & CEO Rob Montagnese (standing, far right)

accepted the toys from DeMolay members (standing, left to right) Wes Zeiher, Dakota Kiger and Trent White, and (kneeling, left to right) Tryston Shelton, Ja'Ron Barber, Izzy Martinez and Tre' Barber.

Rob also accepted a donation of handcrafted fleece blankets and plush Rory the Lion toys from members of the Heath Chapter of LaSertoma International, including (standing, left to right) Phyllis Shomaker, Jeff and Debbie Belt, Austin and Andrew Dzierwa, Patricia and John Ricket, and (seated) Joyce Murphy. The items will be given to children who receive care at Kids' Place, which is a coordinated community project that provides comprehensive evaluations of children who are suspected victims of sexual abuse, physical abuse, and/or neglect.



DeMolay Moundbuilders Chapter



LaSertoma International

# LMH's 120th Birthday Celebrated by Helping Those in Need

On January 18, Licking Memorial Hospital (LMH) celebrated 120 years of providing Licking County with quality health care. For the 14th time, the employees and medical staff of Licking Memorial Health Systems (LMHS) celebrated the occasion by collecting donations for those in need. Donations consisted of new blankets and outerwear, as well as monetary gifts. The collected goods were donated to the Center for New Beginnings and the Salvation Army of Licking County to help needy individuals and families of Licking County stay warm during the cold winter months.

Divided into interdepartmental teams, a friendly competition occurred to see which groups could donate the largest amount of items in pounds, and the most money. After all items were weighed, contributions equaled 193.20 pounds of cold weather items, while monetary donations reached \$9,580. Team 3, comprised of Hospitalists,

Anesthesiologists, LMHP Administration, Laboratory, and Pathology, was the first place winner in monetary donations with \$1,525 in cash and payroll deductions. Team 13, the first place winner in cold weather items with 165.4 pounds, included Environmental Services, Transportation, Laundry, Culinary Services and Café.

"As we celebrate 120 years of providing quality health care, I am pleased to recognize the continued generosity and commitment that the LMHS staff demonstrates to improving the health of the community," said Rob Montagnese, LMHS President & CEO. "With these donations, LMHS is able to reach out to the community by providing warmth and assistance to those who are less fortunate. I am proud of the care that we provide to our neighbors, friends, coworkers and family members throughout Licking County."

One baby was born at the Hospital on January 18. In honor of the shared birthday with LMH, the mother of the newborn received a \$120 gift card to Toys R Us.



## Walk with a Doc

Local residents joined Elizabeth Yoder, D.O., Licking Memorial Outpatient Psychiatric Services, for exercise and an informative discussion about post-traumatic stress disorder at the February Walk with a Doc event at the Licking County Family YMCA. The monthly program gives participants the opportunity to ask general questions concerning a featured health topic during a casual 40-minute walk at various locations throughout Licking County.

The Walk with a Doc program will continue throughout the upcoming months. April's program features Laurie Schaeffer, D.O., of Licking Memorial Dermatology – Pataskala, addressing skin cancer and the importance of wearing sunscreen. More details regarding the event are available on the back page of [Community Connection](#).



walk with a DOC



# Retiree Spotlight

For **Theresa Wollenberg**, retirement feels like an extended vacation because she still imagines returning to Licking Memorial Health Systems (LMHS) after some time off. Since her December 2017 retirement, the former mail clerk has been continually reminding herself that

she now can spend her time as she pleases. Theresa spent 15 years in the Licking Memorial Hospital (LMH) mailroom, processing incoming and outgoing letters and packages for the U.S. Postal Service, and directing inter-office correspondence. While excited about retirement, Theresa misses the people at LMH.

Theresa was born and raised in New Lexington in Perry County. She and her husband, Craig, raised their two children there as well. Theresa worked as an administrative assistant for Saint Rose of Lima Catholic School in New Lexington for several years, but she had always wanted to be a nurse. To fulfill her desire to care for others, she took a position as a nurse aide at a nursing home where she served for three years.

When Craig took a job with LMHS in the Information Systems Department, he decided he wanted to be closer to work because the drive from New Lexington took approximately 45 minutes and the couple moved to Newark in 2003. Their daughter, Karla, also was working for LMHS in the Fiscal Department. Theresa quickly followed suit and applied for the mailroom position where she spent the remainder of her career.

Theresa said she felt a sense of accomplishment ensuring the mail was sorted and distributed promptly each day. Working closely with the Volunteers and Printing Services staff, Theresa formed close bonds and said the group felt like a family to her.

"I miss working with the amazing volunteers," she said. "They would drive to the Hospital even when the weather was bad so I would not have to work alone." She found the job to be very likeable and enjoyed her work at the Hospital.

Now that she is retired, Theresa and Craig enjoy being active and have been spending a good deal of time at the Licking County Family YMCA. The couple also has been working on projects to improve their home. Theresa said she is looking forward to summer when she and Craig can spend more time outdoors. They plan to go camping and hiking often. She also looks forward to spending time with her daughter, now Karla Smith, and her son, John. Karla remains an LMHS employee, while John works in Columbus as a Fire and Police Safety Coordinator. Retirement also has afforded Theresa more time to invest at Saint Francis de Sales Catholic Church, where she is a member.



# Red Oak Pub and Matesich Distributing Raise Funds for LMH Hematology/Oncology

Red Oak Pub, Matesich Distributing Co., Yuengling, and WNKO Radio collaborated to sponsor several activities throughout October to benefit cancer care at Licking Memorial Hospital (LMH). The fundraiser included a community corn hole tournament at Red Oak Pub featuring Yuengling-branded prizes provided by Matesich, a silent auction of valuable items and offerings donated by Red Oak, Matesich and LMH, and culminated with a live radio broadcast on WNKO. Additionally, Red Oak donated 50 cents of every Yuengling draft sold at the restaurant in October, and increased the amount to one dollar per draft during the special events. The efforts raised \$2,195 for Licking Memorial Hematology/Oncology, which Licking Memorial Health Systems President & CEO Rob Montagnese (right) recently accepted from Michael Hinger (left) and Kelly Dyar (middle left) of Matesich Distributing, and Andre Sarap (middle right) of Red Oak Pub.



# 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 acknowledgement 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 natural cherry finish)



Handcrafted child-size rocker (Shown with natural maple finish)



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

# Community Education – Chronic Obstructive Pulmonary Disease

**Date:** Tuesday, April 24

**Time:** 6:00 p.m.

**Location:** LMH First Floor Conference Rooms

**Speaker:** Kenneth Justice, R.R.T., RRT-NPS-ACCS, AE-C



Kenneth Justice, R.R.T., RRT-NPS-ACCS, AE-C

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of conditions that obstruct air flow and cause trouble breathing. COPD includes emphysema, chronic bronchitis and in some cases, asthma. According to the Centers for Disease Control and Prevention, almost 15.7 million Americans report a diagnosis of COPD. Additionally, more than 50 percent of people with poor lung function also may have undiagnosed COPD. Early detection and treatment often can alter the course and progression of this potentially debilitating disease.

Join Registered Respiratory Therapist Kenneth Justice for an informative discussion on the diagnosis, prevention and treatment of COPD on Tuesday, April 24, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark.

A boxed meal will be provided for all participants. The program is free; however, space is limited and registration is required. To register, please visit [www.LMHealth.org](http://www.LMHealth.org) or call (220) 564-2527.

# Volunteer Spotlight

**Sue Hopper** has been making a difference at Licking Memorial Hospital (LMH) through her volunteer service since 2012. She volunteers her time at the LMH Main Lobby reception desk where she enjoys interacting with her co-workers and guests. "The reception desk volunteers are the first contact for those who visit the Hospital," Sue says, "and I want to be that friendly face that makes them feel better when they walk through the doors."

Sue grew up in Licking County, but graduated from Sheridan High School in Perry County. She began her employment with State Farm Insurance at age 17 and retired from the organization 44 years later.

She decided to volunteer at LMH because of her experiences with family members and friends who had been patients. "You get a more personal experience at this Hospital," Sue stated. "I wanted to contribute to that experience for those who visit. Other hospitals don't provide the same loving experience as LMH."

Sue serves as the Vice President of the LMH Volunteer Executive Board, and she values the friendships she has made as a volunteer. "Some of my best experiences have been with the other volunteers at LMH. They are people I call friends, and I cherish the memories and company they provide," she says. She finds the other volunteers to be hard-working, funny, and generous, and she looks forward to each Monday morning she volunteers.

When she is not volunteering at the Hospital, Sue enjoys spending time with her family, including her son and two grandchildren. One of her favorite pastimes is taking her family to Disney World in Orlando, Florida, and spending time exploring the park. She enjoys going to theatrical productions and shows, and her love of travel has taken her to places such as England, Puerto Rico, Italy, and Ontario. When she is not traveling or spending time with her family, Sue takes pleasure in reading and relaxing.



## Community Education – Dining with Diabetes



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



Shari L. Gallup, M.S., CHWC

**Date:** Tuesday, April 3  
Thursday, April 12  
Thursday, April 19  
Thursday, April 26

**Location:** LMH First Floor Conference Rooms

**Time:** 5:30 – 7:30 p.m.

**Speakers:** Annmarie Thacker, M.S., R.D., L.D., C.D.E.  
Shari L. Gallup, M.S., CHWC

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

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension and the Licking County Senior Levy. Advanced registration is required to attend the four-part program. Please call (740) 670-5315 to register. The cost, which includes ALL four classes, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants, and due at time of registration. Space is limited – please register by Friday, March 30.

# "Building a Healthier Community" Award

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for ongoing work and/or a specific project that has improved the health of the community. The award will be presented at the 2018 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

For more information, contact Veronica Patton, Vice President Development & Public Relations, at (220) 564-4101.

### Nomination Form

Nominee's name: *(individual or group)* \_\_\_\_\_

Address: \_\_\_\_\_

Present employer or vocational status of individual or description of group/organization: \_\_\_\_\_

Description of project: *(Please feel free to use additional paper and/or attach relevant documents.)*

Explanation of how project helps improve the health of the community:

Additional comments:

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee's activities, if needed. Thank you.

Your name \_\_\_\_\_ Address \_\_\_\_\_ Phone number \_\_\_\_\_

All nominations must be received in the Development Office, Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055 by June 22, 2018, at 5:00 p.m.



## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

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# Community Events

### Walk with a Doc

Saturday, April 14, 9:00 a.m.  
Watkins Memorial High School track, Watkins Road in Pataskala  
Laurie Schaeffer, D.O., of Licking Memorial Dermatology – Pataskala, will discuss **skin cancer and the importance of sunscreen**.

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, please call LMHS Public Relations at (220) 564-1560.

### Health & Fitness Fest

Saturday, April 7, 12:00 Noon to 3:00 p.m.  
Licking County Family YMCA, 470 West Church Street, Newark  
**Youth ages 6 to 12**, take the Health & Fitness Fest challenge! Complete a total of eight activities and health screenings to be entered in a drawing for great prizes. Count this event toward your Active•Fit goals. Call (220) 564-1560 for additional information. See page 12 for more details.

### Active•Senior Dance

Thursday, April 12, 7:00 - 9:00 p.m.  
The Bryn Du Mansion Fieldhouse, Granville  
Dance instruction for music from the 40s, 50s, 60s, 70s and 80s for **adults over 60** and prizes for the best dance participants. Beverages and hors d'oeuvres will be provided. Count this event toward your Active•Senior goals. Space is limited to the first 180 guests. Call (220) 564-1560 to register. See page 11 for more details.

### First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Stork Tour
- Friends and Family Infant CPR Class
- Newborn Basics Class
- Breastfeeding Class
- Sibling Preparation

For more information or to register, call (220) 564-2527 or visit [www.LMHealth.org](http://www.LMHealth.org).

### Community Blood Pressure Screenings

Second and Fourth Thursdays of each month, 1:00 to 3:00 p.m.  
Licking Memorial Wellness Center at C-TEC  
150 Price Road in Newark  
No charge. Open to the public.

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

### Diabetes Self-Management (a four-class series)

Every Wednesday, 12:00 Noon to 2:00 p.m.  
Licking Memorial Diabetes Learning Center  
1865 Tamarack Road in Newark

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

### Ask the Doc

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

A physician will answer questions about chemical dependency and treatment options. Call (220) 564-4877 for more information.

For more information about any LMHS event, please call (220) 564-1560, or visit [www.LMHealth.org](http://www.LMHealth.org).

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 [www.LMHealth.org](http://www.LMHealth.org)**.

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

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