



Licking Memorial Health Systems

Community Connection

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

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Measurably Different ... for Your Health!

Radiology Adds New Services to Better Detect Cancer

The Licking Memorial Hospital (LMH) Radiology Department is expanding services to better serve male patients with prostate cancer and women at high risk for breast cancer. LMH is dedicated to the best quality treatment options and early diagnosis of cancer which focuses on detecting cancer in patients as early as possible for the best chance for successful treatment. When cancer care is delayed or inaccessible, there is a lower chance of survival, greater problems associated with treatment, and higher costs of care.

For male patients diagnosed with prostate cancer, it is necessary to determine if the prostate cancer has spread or metastasized after the initial diagnosis assessment or if there is a possibility of prostate cancer recurring. Imaging plays a vital role in assisting to detect and monitor cancer progression. Clinicians may choose a positron emission tomography/computed tomography (PET/CT) scan using the radioactive diagnostic agent, piflufolostat F-18 Injection (PYLARIFY®). PYLARIFY is an advanced diagnostic imaging agent utilized to find tumors in the prostate, lymph nodes, bones, and other organs. PYLARIFY Injection is designed to detect prostate-specific membrane antigen (PSMA), a protein found on the surface of prostate cancer cells. Targeting PSMA offers a clearer image and provides improved insights, which can lead to more informed treatment choices.

When detected early, 5-year survival rates for prostate cancer can be as high as 100 percent, which is why ongoing screenings are important.

The most frequently reported adverse reactions to PYLARIFY were headaches, a metallic taste sensation in the mouth, and fatigue. In addition, a delayed hypersensitivity reaction was reported in one patient with a history of allergic reactions during clinical trials.

To assist in early detection of breast cancer, the Radiology Department now offers abbreviated screening breast magnetic resonance imaging (MRI). While mammography is the gold standard for breast cancer screening, the process does have limitations. Some tumors may be undetectable in the resulting X-ray images, particularly if a woman has dense breasts, which have much more fibrous and glandular tissue than fatty tissue. For this reason, an MRI is often recommended as a supplemental screening method for women with dense breasts. This screening tool is also recommended for patients who are at a genetically high risk for breast cancer.

Unlike mammography, the accuracy of MRI imaging is not affected by dense breast tissue or limited in finding lobular cancer. In fact, MRI has the highest cancer detection rate of all

breast imaging exams across all breast density categories. While a conventional breast MRI usually takes 30 to 45 minutes, abbreviated breast MRI as a screening tool is a shortened version that can usually be completed in 10 to 15 minutes. The screening protocol acquires fewer imaging sequences than a diagnostic breast MRI, and the scan time is greatly reduced, as is the associated cost.

Abbreviated breast MRI does not use ionizing radiation or require breast compression. During the exam, the patient lies face down on a table with her breasts placed in special holders. After a few initial images are captured, the patient is given an injection of contrast dye, which can highlight any abnormalities in the resulting images, even relatively small lesions in highly dense breast tissue. The National Comprehensive Cancer Network recommends patients who have a high or intermediate lifetime breast cancer risk receive an abbreviated breast MRI as a supplemental screening. Patients should be made aware that the abbreviated breast MRI is a self-pay exam.

To encourage more women to obtain breast cancer screening, the Radiology Department is now offering self-referred screening mammograms. A self-referred woman is one who refers herself for her mammogram and does not require a physician order. Women must be at least 40 years old and have no breast symptoms. The self-referred mammogram only applies to screening mammograms and can be performed once per year. If the initial exam leads to a recommendation of follow-up imaging, an order from a provider is required. If the patient does not have a primary care provider, they will be referred to an LMHS provider.



Self-pay Option for CT Calcium Scoring

Computerized tomography (CT) calcium scoring is a quick, convenient, and noninvasive method of evaluating the amount of calcified plaque in heart vessels. Plaque collects slowly over time, long before symptoms of coronary artery disease may be apparent. The calcium score can assist in creating a treatment plan for patients at risk of developing coronary artery disease.

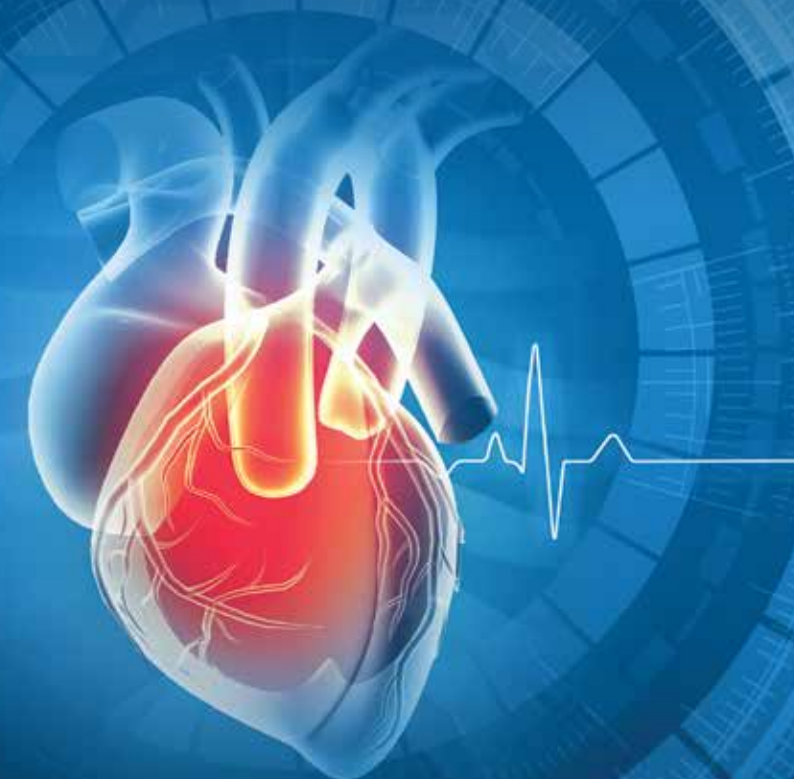
Licking Memorial Radiology Department provides the service for patients; however, the testing may not be covered by the patient's medical insurance. To ensure those who are concerned about the risk for heart attack or stroke are able to receive a CT calcium score, Licking Memorial Health Systems (LMHS) is now offering a self-pay option. Patients can pay a reduced cost of \$350 for the testing.

To obtain a calcium score, the physician will order the CT calcium scoring exam, and then the patient undergoes a CT scan of the heart. A cardiologist will analyze the images and send a report to the ordering physician. The amount of calcification,

expressed as the calcium score, is determined from the CT images.

The extent of coronary artery disease is graded according to the calcium score. A score of zero indicates no evidence of coronary artery disease and that the patient has little to no chance of experiencing a heart attack within the next two to five years. A presence of calcium classified as mild would receive a calcium score between 1 and 100, while moderate is scored between 100 and 399. Severe presence of calcium obtains a score of 400 or greater, signifies an incremental level of cardiovascular event rate depending on the level of calcification, and implies the need for aggressive risk factor modification and the use of preventive medications, such as statins.

The exam takes little time, causes no pain, and does not require injection of contrast material. Be aware that coronary artery disease, especially in people below 50 years of age, can be present without calcium and may not be detected by this exam. Also, a high heart rate may interfere with the image quality of the test.



Corporate Breakfast Addresses Social Drivers to Improve Community Health

In May, the Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders in the Main Street Café at LMH. Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (top right photo), Vice President Community Health & Wellness Ben Broyles (top left photo), and Vice President Human Resources & Support Services Holly Slaughter (second down from top left photo) spoke to the group about how social drivers, such as housing, food insecurity, and transportation, affect community health. They also shared information about the steps that LMHS is taking to reduce health disparities in Licking County.

Rob emphasized that life expectancy rates in Licking County vary greatly from zip code to zip code, a statistic that many cities share throughout the United States. Such variations are due to socioeconomic disparities such as income, education, and occupations. Rob also highlighted that rising housing costs and inflation have put a strain on families' budgets, leaving less money for food, healthcare, and other expenses.

Ben discussed how the availability and affordability of transportation are intertwined with housing location. Health implications of limited public transportation include missed or delayed healthcare

appointments, decreased prescription compliance, and increased health expenditures, leading to poorer health outcomes. To assist community members with transportation, LMH Ride was established in 2019, providing free transportation for non-emergent healthcare appointments. LMHS also supports the Licking County Transit to provide three fixed bus routes: the Main Street Route, the 21st Street Route, and the Granville Route.

In addition to transportation needs, LMHS has been working with the Food Pantry Network (FPN) to address food insecurity in the community. Holly emphasized that the Licking County poverty rate is 10 percent; yet, when factoring in individuals and families who work but are unable to meet the basic needs of food, housing, healthcare, and transportation, the poverty level can be as high as 27 percent. Holly also highlighted program changes to the FPN for 2024 to allow greater accessibility to its resources. Changes include increasing frequency of visits from monthly to weekly and eliminating zip code and service limits.

Holly announced the opening of the new FPN Market, which occupies the LMHS building at 131 McMillen Drive in Newark. The Market offers eligible customers a grocery-style shopping experience with a selection of food items including fresh produce, dry goods, dairy, and meat products. The Market is open Monday through Friday, from 11:00 a.m. to 4:00 p.m., and

customers are welcome to visit once per week. The extended hours allow customers to visit during a time that best fits their schedule. Following the Breakfast, attendees were invited to the ribbon-cutting ceremony and offered a tour of the FPN Market.

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



LMHS Recognized for Outstanding Diabetes Care

Licking Memorial Health Systems (LMHS) has been named a Recognized Leader in Caring for People Living with Diabetes based on its demonstration of, and commitment to, excellence in the delivery of diabetes care to the community. The first-of-its-kind designation was created by The Leapfrog Group in collaboration with the American Diabetes Association (ADA) and recognizes hospitals that meet the most rigorous standards for delivering safe, high-quality care to patients with diabetes. LMHS is one of 17 hospitals across the United States to achieve this distinction in 2024.

"We are honored to receive this distinction, and the recognition really speaks to the dedication and care that our employees give to people living with diabetes in our community," said LMHS President & CEO Rob Montagnese. "Patient safety and providing the highest quality care remain our top priorities, and we are committed to performing

best practices and adhering to evidence-based guidelines as we continue to meet our mission of improving the health of the community."

2024 Recognized Leaders in Caring for People Living with Diabetes were assessed based on a comprehensive range of key indicators that demonstrate the highest level of staff training on caring for patients who have diabetes, including:

- Evaluating policies and protocols that support patient-centered care
- Adherence to evidence-based guidelines in preparing patients for surgery as well as managing all diabetic patients in the Hospital
- Implementation of robust planning for high-risk diabetes patients from the day of admission to discharge and facilitating a seamless transition from the Hospital to home



The American Diabetes Association supported the efforts to recognize hospitals providing quality care due to the immense need to ensure safety and patient-centered care for people who live with diabetes. Eight million people living with diabetes are hospitalized each year in the United States, and a disturbing number of them experience safety breakdowns due to preventable medical errors. The recognition program is a powerful tool to promote facilities that can appropriately accommodate and safely manage care for these at-risk patients. For more information about LMHS' safety ratings, visit Leapfrog's Hospital and Surgery Center Ratings.

LMHS Pharmacists Have Case Report Published

Licking Memorial Health Systems congratulates pharmacists Jeffrey Pitts, PharmD, BCPS, Dylan Burns, PharmD, BCPS, and Kevin Patellos, PharmD, M.B.A., BCPS, for the publication of their article in the American Journal of Health-System Pharmacy. The article details an adverse drug event that occurred last year in the Licking Memorial Hospital (LMH) Emergency Department (ED).

In this case, a patient presented to the ED suffering from an ischemic stroke and was treated using tenecteplase. Tenecteplase belongs to the thrombolytic class of medications, commonly referred to as "clot busters," which quickly dissolve clots in order to restore blood flow and improve stroke outcomes. Shortly after receiving tenecteplase, the patient developed orolingual

angioedema, a rapid swelling of the lips and tongue that can cause life threatening upper airway obstruction if not quickly treated.

Although this side effect rarely occurs with all medications in the thrombolytic class, it is even less common with tenecteplase use. Due to this rarity, there are very few current publications detailing the occurrence and treatment of orolingual angioedema due to tenecteplase administration.

The case report also details the treatment and duration of the patient's care at LMH. The article continues with further discussion of existing literature and potential treatment alternatives that may be utilized in future events.



2024 Board of Directors Announced

Licking Memorial Hospital (LMH) is pleased to announce the recent addition of community leaders, Dana Moore, Konrod Morris, Jennifer Roberts, Katherine Snyder, and Jim Ward to the Board of Directors. In addition, the LMH Board of Directors elected the following officers for 2024-2025: Jaqueline H. Parrill, Ed.D., Chair; James R. Cooper, Esq., Vice Chair; Marcia W. Downes, Secretary; and Jay Young, Treasurer.



Dana Moore currently serves as Vice President of Operations for the Buckeye Valley Family YMCA and Executive Director of the West Licking County Family YMCA. She earned a Master of Science in Physical Education and Sports Sciences Degree from Ohio University in Athens. Dana is a member of the Rotary Club of Pataskala and serves on the Board of Directors for Licking County Aging Partners. Dana, her husband, James, and their daughter, Piper, reside in Etna.



Konrod Morris was born in Kingston, Jamaica. He has been a part of the Licking County community for 17 years. Currently, Konrod serves as Vice President of Business Development and Marketing for Summit Home Care & Hospice. He received a Bachelor of Arts in Accounting/Finance Degree from Mount Vernon Nazarene University in Mount Vernon, Ohio, a Master of Business Administration, with a concentration in Global Management from the University of Phoenix and has a Post graduate Degree in Organizational Leadership from Northcentral University. Konrod is a member of the Mount Vernon Nazarene University Foundation Partners Board of Directors. He lives in Heath with his wife, Jenny, and the couple has four children, Braylon, Dominic, Marley, and Mila.



Jennifer Roberts currently serves as Executive Director for Newark Campus Development Fund, the Thomas J. Evans Foundation, and the Gilbert Reese Family Foundation. She moved to Licking County in 2002. She received a Bachelor of Arts in Art History Degree from Denison University. She lives in Granville with her husband, Todd. The couple has three children, Austin, Ian, and Duncan.

Serving the community, Jennifer is currently a member of the Newark Rotary Club. She is a founding Board Member for the Canal Market District, serving as the Treasurer. Jennifer served as part of the founding Steering Committee for the Boys & Girls Club of Newark and continues to serve on the Advisory Board as the Resource and Development Committee Chair. In addition, she serves on the Heath-Newark-Licking County Port Authority, the Licking County Chamber of Commerce, and the Food Pantry Network of Licking County Boards.



Katherine Snyder is the Associate Vice President of Student Life at Denison University. She received a Bachelor of Arts in Psychology Degree from Ohio Dominican University, a Master of Arts in College Student Personnel Degree from Bowling Green State University,

and a Doctor of Philosophy Degree from the University of Illinois Urbana-Champaign. She is a Certified Threat Manager (CTM), credentialed by the Association of Threat Assessment Professionals. Katherine is a member of Student Affairs Administrators in Higher Education (NASPA), Association of Threat Assessment Professionals (ATAP), and is a current faculty member for Higher Education Case Managers Association (HECMA). Katherine, her husband, Justin Brown, and their daughter, Eloise, reside in Pickerington.



Jim Ward is a lifelong resident of Licking County. He currently serves as a financial advisor for Edward Jones Investments. After graduating from Lakewood High School, Jim attended Central Ohio Technical College and The Ohio State University. He received a Bachelor of Science in Information Technology Degree from the University of Phoenix. He is active in the community serving as a Board Member for the Buckeye Lake Region Chamber of Commerce, Buckeye Lake Area Civic Association, and Big Brothers Big Sisters of Licking and Perry Counties. He also serves as Vice President of the Lakewood Education Foundation and is a member of the Licking Memorial Hospital Development Council, Newark Rotary, and a mentor for Young Leaders of Licking County. Jim and his wife, Trinda, live in Newark. The couple has five adult children and four grandchildren.

Licking Memorial Health Systems (LMHS) has a separate Board of Directors to oversee all aspects of three corporations – Licking Memorial Hospital, Licking Memorial Professional Corporation, and Licking Memorial Health Foundation. It is comprised of eight community leaders, who set policies and guide LMHS through its day-to-day operations. Nancy Neely, Chair; Michael Massaro, Vice Chair, and Judge Craig Baldwin, J.D., Secretary/Treasurer, will continue their terms for 2024-2025.

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

2024 LMHS Board of Directors

Nancy Neely, Chair
Michael Massaro, Vice Chair
Judge Craig Baldwin, J.D., Secretary/
Treasurer
David Doney
Daniel Hunt
Joyce Malainy, Ed.D.
Christopher Meyer
Brian Mortellaro
Robert A. Montagnese, Ex Officio
Jaqueline Parrill, Ed.D., LMH Board
Chair

2024 LMH Board of Directors

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



LMHS Hosts Board Appreciation Dinner

In April, Licking Memorial Health Systems (LMHS) hosted an annual appreciation dinner in the Main Street Café to recognize and honor the service of the LMHS and Licking Memorial Hospital (LMH) Board Members. Attendees enjoyed a dinner catered by LMH Culinary Services. President & CEO Rob Montagnese introduced the incoming Board Members, Dana Moore, Konrod Morris, Jennifer Roberts, Katherine Snyder, and Jim Ward. Outgoing Board Members, Alex Miller, Ed.D., Sharad Thakkar, Ph.D., and Paul Thompson were presented with personal gifts from Rob in appreciation of their years of service.



President & CEO Honored by The Salvation Army

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese was recently honored by The Salvation Army Newark Corps. Rob was designated as an Emeritus Board Member of The Salvation Army Advisory Board of Newark. The title of Emeritus Board Member is awarded to those who have reached the Board term limit, but are invited to remain on the Board in an advisory capacity. The honorary position is typically presented to a Board Member who has made significant contributions to the organization.

Rob has been a member of The Salvation Army Board for 25 years. The Certificate of Membership Emeritus states that he has shown a continuing interest in and devotion to the cause for which The Salvation Army exists, and has demonstrated by outstanding service, a concern for the welfare of humanity. The Salvation Army Advisory Board leadership looks forward to continuing to seek Rob's counsel and service.



“For Your Health” 5K Run/Walk Scheduled for July

The Licking Memorial Hospital (LMH) Development Council, in partnership with The Dawes Arboretum, the Buckeye Valley Family YMCA, and Park National Bank, presented the 16th annual “For Your Health” 5k Run/Walk and 1-mile Fun Walk on Saturday, July 20. Participants chose to run or walk the 5K course or complete the 1-mile Fun Walk course on the scenic grounds of The Dawes Arboretum.

All participants who completed the course received a participation medal. RacePenguin provided Chip Timing Service to determine the awards for the top three male and female finishers overall, and the top three males and females in each age division.

Brianna Davis Johnson, Ph.D., and Anthony M. Johnson, Ph.D., served as the Honorary Chairs for this year’s event. Dr. Brianna Davis Johnson joined the LMH Development Council in 2023 and serves on the Community Relations Committee. She is a diversity, equity, and inclusion (DEI) leader, scholar, and speaker dedicated to making organizations and communities places where everyone can thrive. Dr. Johnson currently serves as the inaugural Chief Diversity Officer/Director of Diversity, Equity, and Inclusion at The Ohio State University at Newark and Central Ohio Technical College. In this role, she leads the campus DEI strategy and collaborates with faculty, staff, students,

and community partners to create a more diverse, equitable, and inclusive environment. Her research examines how DEI policies and practices are advanced within universities and how organizational structure and culture facilitate or hamper such policies. Her TEDx talk “3 Secrets of Diversity, Equity, and Inclusion Leadership” leverages her research and life journey to offer insight into how organizations and communities of all types can become places where everyone can succeed.

Dr. Johnson serves in several community organizations including the Buckeye Valley Family YMCA Board of Directors; The Works: Ohio Center for History, Art & Technology Advisory Board; Licking County Foundation Licking County Learns Together; and Licking County NAACP. She also serves on the City of New Albany’s Inclusion, Diversity, Equity Action (IDEA) Implementation Panel. In 2022, Brianna was selected as one of the *Newark Advocate’s* 20 under 40 honorees. She holds a doctorate degree from the University of Texas at Austin, a master’s degree from Northwestern University, and a bachelor’s degree from Washington University in St. Louis.

Dr. Anthony Johnson is an Assistant Professor of Sociology at The Ohio State University. His research focuses broadly on the cultural mechanisms of inequality reproduction in education. His work explores new forms of

inequality among peer groups in the wake of the widespread adoption of collaborative learning approaches in science, technology, engineering, and mathematics (STEM) programs. Dr. Johnson’s current book project, *Engineering Advantage: How Inequality in Collaboration Persists in Elite STEM Programs*, examines the disparate collaborative experiences of college students in elite STEM programs and the role of the culture and structure of these programs in reproducing these disparities. His research has appeared in leading academic journals such as *American Sociological Review* and *Sociology of Education* and has been supported by the National Academy of Education/Spencer Foundation Postdoctoral and Dissertation Fellowship Programs, the Student Experience Research Network (formerly the Mindset Scholars Network), and the National Science Foundation. Dr. Johnson received his Ph.D. in Sociology from Northwestern University and completed his postdoctoral training with the Inequality in America Initiative at Harvard University.



Community leaders who previously served as Honorary Chairs of the “For Your Health” 5K Run/Walk & 1-mile Fun Walk include:

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

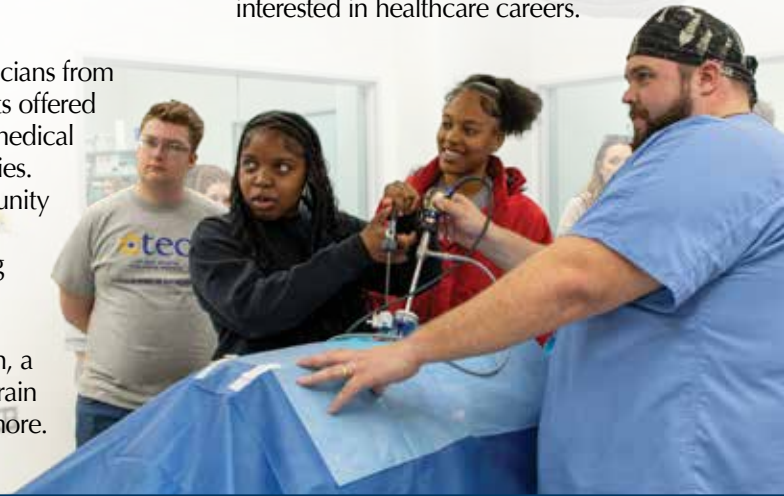
Careers in Healthcare Featured at Healthcare Expo

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

The event was divided into two sessions. During the morning session, local high school students were invited to explore the information fair and tour the COTC campus. The evening session also featured the information fair and was open to the public.

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

During both sessions, clinicians from several LMHS departments offered presentations on various medical equipment and technologies. Attendees had the opportunity to view simulations and demonstrations on starting intravenous (IV) therapy, taking vital signs, and the Apollo Simulation Manikin, a patient simulator used to train LMHS nursing staff, and more.



Caregivers Expo

The Licking Memorial Hospital (LMH) Development Council hosted the Caregivers Expo in April at LMH. The event offered guests an opportunity to obtain information from area vendors with available resources that assist families who are caring for aging loved ones, and grandparents who are the primary caregivers of their grandchildren. The Expo featured 50 vendors, including care facilities, healthcare information, financial institutions, summer camp information, community resources such as Big Brothers Big Sisters and the YMCA,

mental health and family assistance resources, and information on healthy living.

Attendees were pleased with the variety of resources available. As part of Licking Memorial Health Systems’ mission to improve the health of the community, the Expo was designed to offer a place where individuals could find the information needed to care for loved ones in a single location. The event was free to the public, and light refreshments and giveaway items were provided.



Annual Golf Gala to Support Technological Advances at LMH

Sponsored by the Licking Memorial Hospital (LMH) Development Council, the 2024 LMH Golf Gala is scheduled for Monday, September 16. The annual Golf Gala is LMH's largest fundraiser.

Keeping up with modern medical technology is an expensive but necessary objective, and every gift received helps Licking Memorial Health Systems (LMHS) meet that challenge. Proceeds from the 2024 LMH Golf Gala will be directed toward technological advances at LMH and assist with LMHS' mission to improve the health of the community.

Cindy and Jim Young will serve as the Honorary Chairs of the 2024 LMH Golf Gala. Cindy earned her bachelor's degree in journalism at The Ohio State University and received her Master of Business Administration from Ohio University. She is the Assistant Vice President of Enrollment Growth – Community Engagement – Member Engagement – Health Equity at Molina Healthcare. She spent her career in healthcare, including serving as Vice President Public Relations at LMHS. In addition, she chaired the LMHS Development Council Community Relations Committee for eight years, establishing the Building a Healthier Community

Award. Rejoining the Development Council in 2023, Cindy now serves on the Annual Support Committee. She also currently serves on the National Advisory Committee – Women for Economic and Leadership Development. She is a Past President for the Newark Rotary Club and a former Board Member for the Midland Theatre and United Way.

Jim is the former owner and vintner of Sand Hollow Winery. He grew up in Newark and graduated from Newark High School. He attended The Ohio State University in pursuit of a finance degree. Jim took over ownership of his father's construction company, Young Environmental Services, Inc., and served the company for 12 years. In addition, he owned *50 Plus* and *Oourtown*, weekly community newspapers, and *Independent Restaurateur*, a national monthly publication. Currently, Jim is the President of the Ohio Road Association and serves on the LMH Development Council's Community Relations Committee. He is a Past President of the Newark Rotary Club and Newark Public School District.

The LMH Development Council is proud to acknowledge and thank the current sponsors of the 2024 Golf Gala. To date, the list includes the Club Sponsor (\$7,500 and above) Denison University and Condor Sponsor (\$7,500 and above) Park National Bank. Ace Sponsors (\$5,000) are MedBen; Mid-Ohio Development

Corporation; Southgate Corporation; and The Stedman Floor Company. Eagle Sponsors (\$2,500) include Affordable Portables; All Weather Systems, Inc.; AssuredPartners; Claypool Electric, Inc.; The Energy Cooperative; First Federal Savings; Henderson~Van Atta~Stickler Funeral & Cremation Service; The Hinderer Motor Company; Kessler Sign Company; Korda/Nemeth Engineering; Limbach Company, LLC; Mill Tech, LLC; Morgan Stanley Wealth Management; Mortellaro McDonald's; Newark Radiation Oncology, Inc.; Northpoint Ohio Architecture; Owens Corning; Papa Boo's; PNC Bank; Robertson Construction Services, Inc.; Rotary Club of Newark; Scott Peterson of General Graphics; Summit Home Care & Hospice; TrueCore Federal Credit Union; and United Collection Bureau, Inc. The Driver Sponsor (\$1,500) is Brett Lowe Mechanical, Inc., the Pro Sponsor (\$1,500) is Griffin's Floral Design & Wine Shop, the Links Sponsor (\$1,500) is Matesich Distributing, Co.; and OhioHealth is an Exclusive Sponser (\$1,500).

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

LMH Volunteers Recognized at Annual Dinner

Licking Memorial Hospital (LMH) recently hosted the annual Volunteer Recognition Dinner to show appreciation for the exceptional contributions made by the members of the Volunteer Department. In 2023, volunteers and TWIGS members donated more than 20,000 hours of their time in service to 32 departments at the Hospital and off-campus locations. The evening included dinner and bingo with Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese calling the numbers. The lucky winners received gift cards from various restaurants and grocery stores.

Rob spoke at the event to commend the volunteers on their outstanding work. "Your time and talents assisting the patients, employees, and visitors of LMHS are invaluable. We are so grateful for everything you do," said Rob. He also shared an update on the goals for the organization for the coming year including the partnership with the Food Pantry Network of Licking County. LMHS assisted in the establishment of a market-style pantry on the west side of Newark that is staffed by LMH Volunteers. The organization continues to support the Licking County Transit Authority as well in hopes of ensuring residents have access to transportation.

The presentation of service awards in five-year increments and the 2024 Donald Day Volunteer of the Year Award concluded the evening. Thelma McCurdy received the distinguished Volunteer of the Year Award for her display of a positive and professional attitude while regularly demonstrating a level of care that goes beyond expectations. She has offered more than 400 service hours to LMH since becoming a volunteer in 2011.

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (220) 564-4084 or visit LMHealth.org.

Past recipients of the Donald Day Volunteer of the Year Award include:

2023 – Julie Wiegman and Dave Douglas
 2022 – Patricia Law
 2021 – Lori Brown and Michael Barker
 2020 – Carol Yost
 2019 – Diana Hufford
 2018 – Gary Hamilton and Karen Hedrick
 2017 – Phil Cassone and Pat Farley
 2016 – Sue Weiland
 2015 – Joan Omlor
 2014 – Eddie and Carolyn Cline

2013 – Harry Harper
 2012 – Richard Stewart
 2011 – Vickie Fogarty and Arlene Newman
 2010 – Rene Halblaub
 2009 – Elizabeth Ann Wood
 2008 – Janet Anderson and Beverly Crockford
 2007 – Betty Meyer
 2006 – Noble Snow
 2005 – Marye Crispin
 2004 – Donald Day
 2003 – Robert Norman



Honorary Chairs
Cindy and Jim Young

Commemorate a New Baby with the LMH Cradle Roll Program

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

Three levels of giving are available:

- **Cradle Roll Bronze** (\$25 to \$149)
- **Cradle Roll Silver** (\$150 to \$249)
Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).
- **Cradle Roll Gold** (\$250 or more)
Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).

• A gift of any amount will receive:

- A receipt for your contribution
- A letter of acknowledgment to the honoree's family
- The names of the baby and the donor placed in the Cradle Roll Log in the Main Lobby of the Hospital
- Your gift listed in Licking Memorial Health Systems' *Community Connection* magazine and *Annual Report*



Handcrafted step-up stool
(Shown with cherry finish)



Handcrafted child-size rocker
(Shown with oak finish)

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

A Tribute to Mothers

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

March 2023



Chelsey Stalnaker, and her daughter, Wren, born on March 13, share a cozy photo together.

April 2023



Proud mom Jesse McArtor holds her twin daughters, Meredith and Mariah, who were born on April 9.

May 2023



Josie Bush, and her daughter, Millie, born on May 17, happily smile for their photo.

June 2023



Camden, born on June 21, enjoys the spotlight with his mom, Brittany Klass.

July 2023



Mom, Mia Sanders, chose matching outfits for her and her daughter, Lyla, who was born on July 18.

August 2023



Happy boy, Everett, born August 13, is held by first-time mom, Nicole Cox.

September 2023



Jayelle, who was born on September 25, looks adorable posing with mom, Lacie Smith.

October 2023



Nash, in complementing fashion with his mom, Kirsten Taylor, was born on October 12.

November 2023



Kendra Collins holds her sweet son, Walker, who was born on November 3.

December 2023



Maddux, born on December 8, is looking dapper in his suspenders with mom, Holly Bickle.

January 2024



Mom, Abbie Harriman, shows off her smiling baby boy, Walker, who was born on January 11.

February 2024



Chloe Matthews snuggles close with her daughter, Tillie, who was born on February 28.

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

There were 820 babies born at Licking Memorial Hospital from March 2023 to February 2024.

Supporter Spotlight

Melissa Warner Bow has a long history of serving and contributing to Licking County. A lifelong resident, she grew up watching her parents, John and Christine Warner, set the example of generous giving and improving the lives of people in the community.

Christine and John were dedicated supporters of higher education and youth programs in Licking County. In 1999, they founded the Lindorf Family Foundation in honor of John's grandparents, Mr. and Mrs. Alvin Lindorf. Alvin owned a dry goods store in Newark and was a founding member of Park National Bank.

The Foundation gives back to the community by supporting charitable organizations and projects throughout Licking County. In 2006, the Foundation made a Founder Level donation to Licking Memorial Health Foundation (LMHF).

Founders are individuals and businesses whose generosity meets or exceeds the \$100,000 level of giving. The Lindorf Family Foundation's gift helped to finance the construction of the decorative water wall that is now a key feature of the Surgery Department waiting area on the second level of the John and Mary Alford Pavilion at Licking Memorial Hospital (LMH).

Melissa served as Secretary of the Lindorf Family Foundation before accepting the position of President in 2014. She has a long and generous history of contributing to Licking Memorial Health Systems' (LMHS) mission to improve the health of the community both personally and through her work with the Lindorf Family Foundation. In 2020, Melissa became a Benefactor Level donor, committing to a donation of \$50,000 to LMHF. She quickly increased her giving and reached the Founder Level by the end of 2021.

"Part of the Lindorf Family Foundation mission is to support essential community services, and LMHS plays a fundamental role in improving the health of

the community," Melissa said. "My parents both received medical care at LMH, and I feel strongly about supporting a community Hospital that not only provides excellent healthcare services, but also contributes time and service that reaches beyond the scope of healthcare."

Melissa has supported several student scholarships and capital projects at Central Ohio Technical College and The Ohio State University at Newark. She has also personally supported many other community organizations, including The Works, the Licking County Foundation, and the Licking County Library among others. She is active in Licking County's Philanthropic Educational Organization chapter. Additionally, Melissa regularly donates to organizations in Michigan, including the Leelanau Conservancy.

In addition to her philanthropic work, Melissa maintains a personal farm, and is an artist and author of children's literature. She has one son, Andrew, who helps to continue his family's legacy and the organization's philanthropic mission as Chair of the Foundation. She also has two grandsons, and several dogs, including, Francy, a Poodle, Chanel, a Cane Corso, and a rescue puppy.



Physician Spotlight – Andrew J. Terlecky, D.O.

Andrew J. Terlecky, D.O., joined Licking Memorial Orthopedic Surgery in June 2016. He received his Doctor of Osteopathic Medicine degree at Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed an orthopedic

surgery residency at Grandview Medical Center in Dayton, Ohio.

Dr. Terlecky is a member of the Ohio Osteopathic Association, the American Osteopathic Association, the American Osteopathic Academy

of Orthopedics, and Sigma Sigma Phi osteopathic fraternity. He is married to Rachel M. Terlecky, D.O., who is a Licking Memorial Emergency Medicine physician.



Ask a Doc – Osteoporosis with Andrew J. Terlecky, D.O.

Question: How can I avoid suffering from osteoporosis?

Answer: Osteoporosis is a bone disease that occurs when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. The decrease in bone strength may lead to an increase in the risk of fractures. The disease has no obvious symptoms leaving many people unaware that they have osteoporosis until they suffer a broken bone. Fractures can be life-altering, causing pain, disability, and loss of independence. May is National Osteoporosis Awareness and Prevention Month during which the Bone Health & Osteoporosis Foundation works to generate awareness and inspire behavioral change regarding the critical importance of good bone health and osteoporosis prevention.

Osteoporosis is a common disease. Approximately 54 million Americans have osteoporosis or low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. Osteoporosis means "porous bone." Viewed under a microscope, healthy bone resembles a honeycomb. When osteoporosis occurs, the spaces in the honeycomb appear much larger compared to healthy bone. Osteoporotic bones have lost density or mass, contain an abnormal tissue structure, and become weakened and more likely to break.

Osteoporotic bone breaks are most likely to occur in the hip, spine, or wrist; however, a break may occur in other bones as well. In addition to causing permanent pain, osteoporosis causes some patients to lose height. When osteoporosis affects vertebrae, or the bones of the spine, it often leads to a stooped or hunched posture. Osteoporosis may limit mobility, which often leads to feelings of isolation or depression. Additionally, twenty percent of seniors who break a hip will suffer more serious consequences within one year from either complications related to the broken bone itself or the surgery to repair it. Many patients require long-term nursing home care.

From birth to adulthood, bones develop and grow until peak bone mass is achieved, typically by the age of 30. At this point, the bones are the strongest, densest, and least likely to fracture. Throughout life, bone is constantly being renewed, with new bone replacing old bone assisting in keeping the skeletal structure strong. The process slows in the early 20s, and as people age, bone mass begins to be lost faster than it is created. For people with osteoporosis, more and more bone is lost and not replaced.

The likelihood of developing osteoporosis depends partly on how much bone mass a person attains in youth. Peak bone mass is partly inherited and varies also by ethnic group. There are a number of risk factors that can increase the risk of

developing osteoporosis including age, race, lifestyle choices, and medical conditions and treatments. Low levels of certain hormones such as estrogen and testosterone can also increase the changes of developing the disease. While some risk factors cannot be changed, healthy lifestyle choices may assist in preventing the disease and fractures.

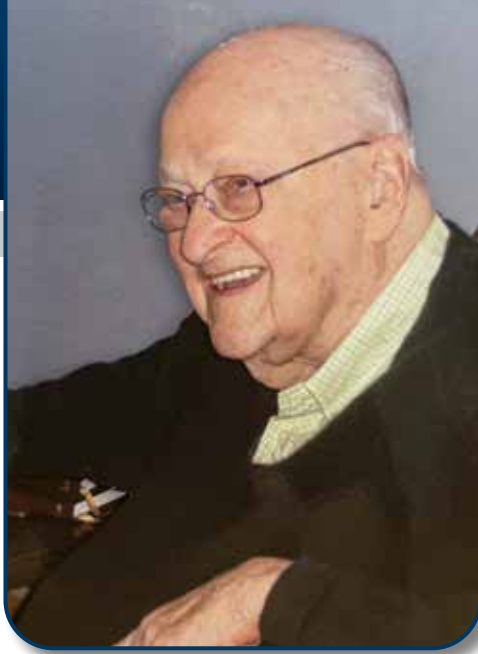
Beginning in childhood and as a person ages, a diet low in calcium and vitamin D intake contributes to diminished bone density, early bone loss, and an increased risk of fractures. Severely restricting food intake and being underweight weakens bone in both men and women. People who sit for long periods of time have a higher risk of osteoporosis than those who are more active. As an adult, maintaining healthy bones is vital to avoiding premature bone loss. Making simple changes to diet, exercise, and other lifestyle habits assist in prevention of osteoporosis as well as benefiting general well-being.

To lower the risk of bone loss, consume a healthy diet including enough calcium and protein, two key nutrients for bone health. Men and women between the ages of 18 and 50 need 1,000 milligrams of calcium a day and up to 1,200 milligrams when women turn 50 and men turn 70. Low-fat dairy products, dark green leafy vegetables, canned salmon or sardines with bones, soy products, such as tofu, calcium-fortified cereals, and orange juice are good sources of calcium. To assist in the absorption of calcium, vitamin D is

needed. The average young adult needs about 15 minutes of daily sun exposure to obtain a healthy level of vitamin D which is made in the skin after exposure to sunlight. Vitamin D intake can also be increased through consumption of certain foods such as oily fish, eggs, mushrooms, and fortified dairy foods or juices.

Exercise is also vital to build strong bones and slow bone loss. Even if a person has been inactive, movement benefits the bones no matter what age a person begins an exercise routine. Combine strength training exercises with weight-bearing and balance exercises. Strength training assists in strengthening muscles and bones in the arms and upper spine. Weight-bearing exercises, such as walking, jogging, running, stair climbing, skipping rope, skiing, and impact-producing sports, affect mainly the bones in the legs, hips, and lower spine. Balance exercises, such as tai chi, can reduce the risk of falling. Proper posture and learning the correct way to move can protect bones while exercising.

Changing certain lifestyle habits will also decrease the risk of osteoporosis. Regular consumption of more than two alcoholic drinks a day is detrimental to bone health. Tobacco use has also been shown to contribute to weak bones. People in a hurry need to slow down. Be cautious about preventing falls, inside the home and out. If there is a concern about developing osteoporosis, consult a physician about a bone health assessment or bone density test.



After graduating from college, Jack Otter began a career in television as a production assistant at the National Broadcasting Company (NBC) in New York City. He worked his way up through the company, becoming a producer on the Today Show with Dave Garroway, then moved to the sales department. At the age of 31, he became the youngest person to be appointed as a Vice President at NBC. Jack left the network to work for an advertising company, and went on to launch his own international company working for broadcast networks all over the world. Following his retirement, Jack and his wife, Susan, moved to Savannah, Georgia, but in 2019, they moved to Granville, Ohio to be closer to their youngest son, Bob, and his family.

In the spring of 2021, Jack experienced discomfort. He visited his physician to discuss the issue, hoping it was nothing serious. The physician observed polyps and referred Jack to an oncologist in Columbus. The diagnosis was anal cancer, a disease in which malignant cells form in the tissues of the anus. After a successful operation to remove the polyps, the pathology report stated that the cancer had spread further than first believed. Radiation and chemotherapy would be necessary.

A Columbus radiation oncologist, a highly trained physician who specializes in radiation therapy to eradicate cancer cells, proposed that Jack receive radiation treatment twice a day in Columbus for

Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Patient Story – Jack Otter

30 business days. Also, the treatments would be complicated because Jack had received radiation treatments several years ago for prostate cancer and too much radiation was a problem.

The suggested treatment schedule and travel would take 6 hours a day. “I was 90 years old at the time, and I thought, why go through this?” Jack wondered. Susan and their sons wanted Jack to consider all options and continue to seek a second opinion. Again consulting with his primary care physician, Jack was referred to Radiation Oncologist Chuck C. Cho, M.D., of Newark Radiation Oncology, for a second opinion. After his examination, Dr. Cho agreed that radiation therapy was necessary, and offered to administer the treatment once a day for 30 days.

“Dr. Cho’s proposal sounded much better and it was only a 15 minute drive,” Jack said. “But I still felt as though I did not want to go through the radiation treatments, and was concerned about the chemotherapy.” More discussion with Susan and their sons followed and Jack agreed to meet with Oncologist D’Anna Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology.

“When we met with Dr. Mullins, it was a whole new experience,” Jack shared. “She was patient with me, Susan, and our son, giving us the impression that she had the entire day to discuss my situation, my reluctance, and answer questions. She included my wife and son in the conversation, addressing their questions as well. While at times she was stern about the treatments, she was also very understanding.”

“My biggest concern was my age. Dr. Mullins assured me that she had treated patients older than me. As a matter of fact, she just had a 96-year-old complete

radiation therapy with a positive prognosis,” Jack said. “Dr. Mullins was very convincing, and I decided to move forward with the treatments.”

The very next week, October 21, 2021, Jack began the 30 days of radiation therapy and chemotherapy. He was given a few days hiatus from the treatments including Thanksgiving and his 91st birthday. “Dr. Mullins met with me regularly to make sure the eight chemotherapy medications I was taking every radiation day were not causing harsh side effects. On December 9, 2021, I celebrated the end of my 30 days. Tests showed no detectable cancer in my body. Follow-up positron emission tomography (PET) scans in March 2022 and 2023 have confirmed I remain cancer-free.”

“From the moment that I walked into the Oncology Clinic, I was well cared for by all the staff. Each one took the time to talk, answer questions, and provide encouragement. They are professional and so gentle. Even when I became irritable due to the treatments, the nurses and administrative staff accepted me with understanding and kindness,” Jack remembered. “The most significant element of my care was that no one was dismissive. I suspect sometimes seniors are overlooked, but not here! I felt special, even though I know the staff treats everyone the same way.”

Jack exudes a positive attitude and enjoys talking with others about his life experiences. With the treatments behind him, he looks forward to spending time with his family. He and Susan celebrated 63 years of marriage last year, and he is grateful that his family urged him to obtain a second opinion.

The Role of a Lung Cancer Nurse Navigator

Cancer occurs when normal cell growth is disrupted or damaged by mutations in genes that control cell growth and behavior. Lung cancer occurs when abnormal cells grow uncontrollably in the lungs or when cancer spreads to the lungs from other areas of the body. Lung cancer is the third most diagnosed cancer. It is the leading cause of death for men and women in the United States. Smoking is the most common cause of lung cancer, but it can also be caused by using other types of tobacco, secondhand smoke, exposure to substances such as radon or asbestos, certain gene mutations, or family history.

Many people who are diagnosed with lung cancer often do not experience symptoms, and the disease is often discovered in an advanced stage. However, there are numerous cases of lung cancer that have been detected early because of tests that were ordered for another health condition. Individuals who have symptoms they suspect may be lung cancer should visit their physician right away. Symptoms of lung cancer may include:

- A cough that does not go away
- Shortness of breath
- Chest pain
- Hoarseness
- Wheezing
- Recurring pneumonia
- Unexplained weight loss
- Bloody or rust-colored sputum
- Bronchitis

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

Diagnosing and staging lung cancer requires expertise from a medical specialist and numerous tests. The process of getting a biopsy and the necessary scans can take several days, and sometimes weeks. This waiting period can cause patients to feel overwhelmed, anxious, and scared. A nurse navigator can assist in bridging the gap between diagnosis and treatment. The nurse navigator strives to connect with the patient to provide comfort, education, and information for establishing a course of action.

A lung cancer nurse navigator (LCNN) is a clinically trained individual responsible for guiding the patient through the cancer care continuum while identifying and addressing any barriers, such as difficulty coordinating care, lack of health insurance coverage, financial challenges, lack of caregiver support, and language barriers.

The LCNN is a great point of contact for the cancer care team and a valuable resource that patients can rely on for support during their cancer journey. The LCNN provides education about the

patient’s diagnosis and treatment plan so they may make informed decisions about their care. Patients can have multiple specialists as part of their cancer care team, including a pulmonologist, cardiothoracic surgeon, medical oncologist, and radiation oncologist. Coordinating care and treatment can be an overwhelming task for a patient and their caregivers to do alone. An LCNN can assist with referrals, scheduling appointments, and utilization to available resources. These actions can help relieve a patient’s anxiety so they can begin to focus their attention on fighting their cancer.

The LCNN works closely with physicians on the cancer care team to ensure the best outcomes for the patient. LCNNs inform physicians if something may prevent the patient from adhering to their treatment plan or anything that may impact the treatment plan negatively. Their clinical and technical expertise allow them to gather all the medical information needed to help the patient throughout their treatment.

Treatment and management of lung cancer is complex and can be overwhelming for patients to handle alone. LCNNs are an invaluable resource for lung cancer patients by playing the role of patient advocate, educator, medical professional, and emotional support person. Their goal is to provide a positive experience for the patient throughout their cancer journey.



Joseph B. Riffe, M.D., joined Licking Memorial Pediatrics – Tamarack

New Appointment



Cancer Care – How do we compare?

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

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Percentage of cancers correctly identified by the mammogram	100%	95%	94%	78%⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	98%	92%	92%	90%⁽²⁾

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 2020	LMH 2021	LMH 2022	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	6	9	7	2 to 10⁽³⁾

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

Wait times:	LMH 2020	LMH 2021	LMH 2022	National ⁽⁴⁾
Screening to diagnostic mammogram	4.4 days	5.9 days	7.7 days	6.5 days
Diagnostic mammogram to needle/core biopsy	5.2 days	10.2 days	6.4 days	5.1 days
Biopsy to initial breast cancer surgery	18.4 days	24.2 days	23.4 days	24 days

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

	LMH 2020	LMH 2021	LMH 2022	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 2020	LMH 2021	LMH 2022	LMH Goal
Cancer Registry patients with annual follow-up	94%	95%	94%	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 2020	LMH 2021	LMH 2022	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	12%	8%	9%	greater than 2%

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

	LMHP 2020	LMHP 2021	LMHP 2022	LMHP Goal
LMHP active patient population that received screening tests for:				
Cervical cancer (female patients, age 21 to 65)	73%*	62%*	68%	75%
Breast cancer (female patients, age 50 to 75)	73%*	69%*	75%	National⁽⁵⁾ 69%
Colorectal cancer (all patients, age 50-75)	67%*	57%*	57%	National⁽⁵⁾ 66%

**Due to COVID-19 restrictions throughout 2020 and 2021, some patients were unable to obtain regular testing or attend in-person appointments.*

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Breast cancer diagnoses that met criteria and received genetic testing	61%	74%	85%	90%

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. 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.
- (2) Bassett LW, Hendrick RE, Bassford TI, 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, U.S. Department of Human Services, 1994.
- (3) D’Orsi CJ, Bassett LW, Berg WA, et al. BI-RADS: Mammography, 5th 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, 2013.
- (4) National Quality Measures for Breast Centers (NQMBC) www.nqmbc.org database.
- (5) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality Report,” 2017 Screening Rates.



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

LMH Offers Free Program to Quit Smoking

Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. Smoking is the number one risk factor for lung cancer. People who smoke cigarettes are 15 to 30 times more likely to develop lung cancer than those who do not smoke. Quitting smoking lowers the risk of lung cancer and provides many other health benefits, such as a drop in heart rate, improved circulation and lung function, and a decrease in coughing and shortness of breath.

Quitting tobacco use is difficult for many people, and attempts to quit require

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

Cessation aids used in the program include nicotine replacement therapy, motivational interviewing, self-management education, and relapse

prevention strategies. Quit for Your Health counselors work to form a one-on-one relationship with the patient to offer a support system that uses encouragement and accountability, and provides assistance in developing effective coping strategies. Individuals receive a follow-up phone call at 30, 90, and 180 days after completing the program.

Participation in the program is free for Licking County residents by self-enrollment or physician referral. Smokers who wish to quit can ask their primary care physician for more information or call (220) 564-QUIT (7448).

Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Courtney Ulmer

and how many weeks the mother is into the pregnancy.

Courtney did develop preeclampsia and was being closely monitored. Her obstetrician, Janae M. Davis, M.D., recommended the twins be delivered by cesarean section (C-section), the surgical delivery of a baby through an incision made in the mother's abdomen and uterus. Healthcare providers at Licking Memorial Hospital (LMH) perform the procedure only when they believe it is safer for the mother, the baby, or both.

"The staff spoke with me about what to expect and walked me through the procedure," Courtney remembered. "I was even able to speak with the anesthesiologist. She answered my questions and shared her personal birthing experience. The nurses held my hand and baby-stepped me through the process. They put me at ease and worked to make sure the experience would be less stressful."

Around 32 weeks, Courtney's blood pressure and proteins found in her urine became a concern, and she was informed that the twins would have to be delivered soon. A week later, she was taken to LMH for the procedure.

"I knew going in that I was going to have the C-section, but how quickly it came was a shock for me. Everything was different than my other birthing experiences," she shared. "With my first two children, I did not have to stay in the Hospital for an extended period of time, nor did I have to stay in the bed for so long. I was a bit overwhelmed, but everyone involved in the process was awesome. The nurses were so nice."

After the delivery, the twins were taken to the Special Care Nursery. They were healthy; however, pediatricians recommend that any infant born earlier than 34 weeks gestation spend time in the special care nursery, often several weeks, to ensure overall wellbeing including lung maturity, feeding ability, and weight gain. In the Special Care Nursery at LMH, specially trained registered nurses and pediatric provider coverage are available 24 hours, seven days a week to direct the care of the infants.

"I had some knowledge about the Special Care Nursery, but was not sure what all was entailed in the care of the twins," Courtney said. "Pediatric Hospitalist John P. Lazar, M.D., explained what care was being provided and gave details about their stay. Everyone was very open. My husband and I were allowed to come and go as we wanted, and be as involved and take over care when we wanted."

After four weeks in the Special Care Nursery, Courtney and Treg were able to take the twins home. The couple, who met at Sheridan High School, currently live and work on a farm in Glenford that has been in Treg's family for nearly 200 years. They hope their children will continue the farming legacy.

"Even though I live closer to other healthcare facilities, I choose to make the 30 minute drive to LMH," expressed Courtney. "I highly recommend the Hospital. Everyone is amazing and provides compassionate care. My twins are doing great. We are very blessed."

Delivery Options Available at LMH

Relaxation, preparation, and knowledge are essential aspects of a positive birth experience. Licking Memorial Hospital (LMH) focuses on creating a family-centered environment to ensure that mothers receive the highest quality care during delivery and post-partum. Staff members with LMH Maternal Child – First Impressions, along with the healthcare providers at Licking Memorial Women's Health, assist families to create an individualized birth preference plan that meets their needs.

A birth plan is a way for mothers to communicate their expectations during labor and after the birth of their baby to their healthcare team. Creating a birthing plan allows the mother-to-be to consider available options during labor and express her needs. LMH provides a variety of choices for families to establish a plan for a positive birthing experience.

Women can select the comfort measures they would prefer to have in the delivery room during labor. Relaxation and visualization strategies, such as soft lighting, music, aromatherapy, and massage, can relieve stress, relax tense muscles, and produce feelings of tranquility, allowing her to focus her energy on managing pain. Other relaxation methods may include breathing techniques, taking a warm shower, cold therapy, meditation, or distraction.

Movement during labor may help to ease discomfort by shifting pressure and can advance the progress with the simple effect of gravity. Sitting, standing, and walking tend to be the most comfortable for women during this stage. Utilizing a birthing or peanut ball keeps the baby properly aligned in the pelvis and encourages pelvic mobility.

Throughout labor, the baby's heartbeat requires monitoring with devices secured to the abdomen, and certain situations require continuous monitoring. This can limit the mother's ability to move around

in the room; however, wireless fetal monitors can allow for more movement. Intermittent fetal heart rate monitoring is available for low-risk pregnancies and offers even more freedom of movement.

A woman may also wish to receive medication for pain relief during labor. Several methods are available, including an epidural, which is an injection into the spine that blocks the pain signals from certain areas of the body. Women who would prefer not to receive an epidural may choose to have pain medication administered intravenously. This type of medication relieves pain without the loss of feeling or muscle movement that occurs with an epidural. It is important to note that IV medications can only be used during early labor, whereas an epidural may be used continuously throughout delivery.

If labor fails to progress in a timely manner, the healthcare team may need to begin labor augmentation, which is the process of stimulating the uterus to increase the frequency, duration, and intensity of contractions. Women may choose natural methods such as nipple stimulation, have their amniotic membrane ruptured, known as breaking the water, or receive medication, such as Pitocin, to cause the uterus to contract.

During delivery, the most common birthing position is lying on the back or semi-sitting in bed; however, research shows that taking weight off the tailbone allows the pelvis to expand and can make spontaneous birth more likely. LMH offers several alternative pushing positions to allow mothers to experience childbirth using low-intervention methods. Women may choose to stand, squat, use a prop for support, be positioned on hands and knees, or lie on their side.

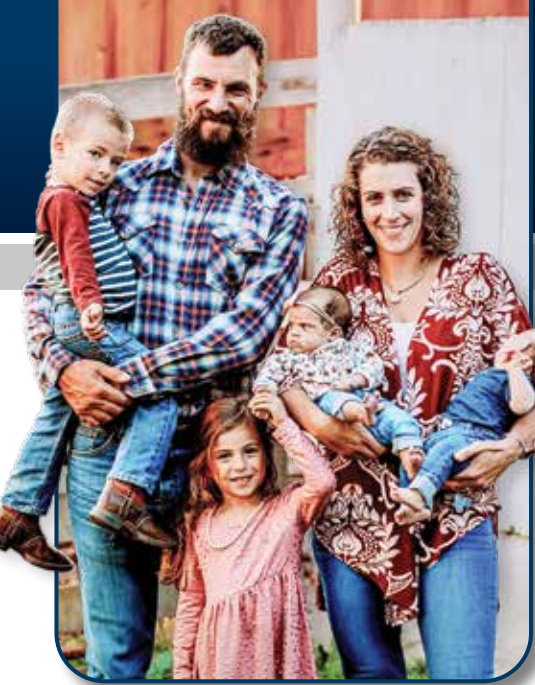
It is important to remember that the main goal of the healthcare team is to ensure the health and safety of the mother and baby. The team may need to deviate

from the birthing plan to ensure a safe delivery. A cesarean section (C-section) is performed when medically indicated, and the benefits outweigh the risks. The birth plan can still help communicate a mother's preferences should a C-section be necessary.

The birthing plan also includes preferences once the baby is born. Parents may choose how they would like to hold their baby, and they also have options for what to do with cord blood and the placenta. In the event that the baby is unwell after birth, the infant will receive care in the Special Care Nursery (SCN).

The SCN is specially designed to meet the medical needs of critical care infants, while offering support to new parents. Designated as a Level II facility by the Ohio Department of Health, the SCN utilizes state-of-the-art medical equipment and is staffed 24 hours per day by highly trained registered nurses. Pediatric physicians and neonatal nurse practitioners direct the medical care of all SCN infants daily and notify the parents of any condition changes. The SCN provides family-centered personal care to ill or at-risk infants and those born up to eight weeks prematurely. LMH staff coordinate with neonatologists at Nationwide Children's Hospital in Columbus to provide excellent care to infants and their families.

LMH Maternal Child – First Impressions offers the highest quality maternity care for expecting families. The staff actively listen and carefully consider each mother's preferences to create a family-centered experience that meets their needs throughout labor, delivery, and recovery, allowing parents to bond with their newborn and receive the support and education necessary for a smooth transition home.



Maternity Care – How do we compare?

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

1. According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco, or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. **In 2023, there were 810 babies delivered at Licking Memorial Hospital (LMH), a small percentage of which met low birth-weight criteria.**

	LMH 2021	LMH 2022	LMH 2023	National ⁽¹⁾
Low birth-weight infants	5.7%	3.4%	6.9%	8.52%

2. Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women’s Health providers have increased their efforts to assess patients’ active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH’s free “Quit for You, Quit for Your Baby” tobacco cessation program. **During 2023, 16 percent of patients reported smoking at some point during pregnancy. The below measure reflects the statistical improvement at the time of delivery.**

	LMH 2021	LMH 2022	LMH 2023	State Average ⁽²⁾
Patients who reported smoking at any time during pregnancy	23%	15%	16%	11.5%
	LMH 2021	LMH 2022	LMH 2023	State Average ⁽³⁾
Patients who reported as a current smoker on admission for delivery	17%	10%	12%	14.1%

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

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Breastfeeding rate upon discharge	65.3%	67.5%	66.4%	greater than 55%
	LMH 2021	LMH 2022	LMH 2023	National ⁽⁴⁾
Breastfed infants receiving exclusive breast milk prior to discharge	71%	76%	72%	53%

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

	LMH 2021	LMH 2022	LMH 2023	National ⁽⁴⁾
First-time C-sections	10%	10%	12%	16%

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

	LMH 2021	LMH 2022	LMH 2023	National ⁽⁵⁾
Elective deliveries performed before 39 weeks	0%	0%	0%	2%

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 2021	LMH 2022	LMH 2023	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	100%	100%	100%	100%
Number of newborns testing positive with GBS	1	0	0	0

Data Footnotes:

(1) Final data for 2021. National Vital Statistics Reports, 72(1). Hyattsville, MD: National Center for Health Statistics. Available at <https://www.cdc.gov/nchs/data/nvsr/nvsr72/nvsr72-01.pdf>

(2) Ohio Department of Health: Center for Public Health Statistics and Informatics (2020). Retrieved from <http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/OhioLiveBirths>

(3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5226303/>

(4) MIDAS+ CPMS Comparative Database

(5) HospitalCompare.hhs.gov Comparative Database

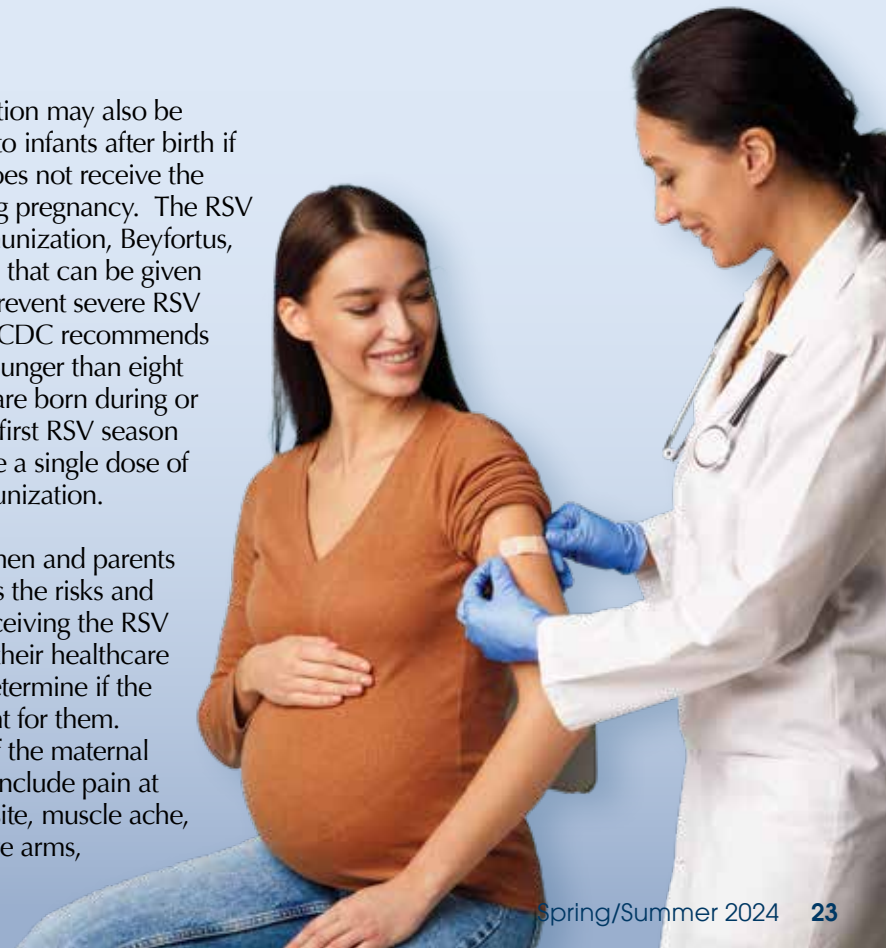
RSV Vaccine Recommended During Pregnancy

Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms. While most people recover within a couple of weeks, RSV can be dangerous for infants. Pregnant women are encouraged to receive the maternal RSV vaccine during pregnancy to protect their infant from severe RSV disease.

Currently, the only RSV vaccine that is approved and recommended for use in pregnant individuals is Pfizer’s RSV vaccine (Abrysvo). To prevent RSV lower respiratory tract infection in infants, the Centers for Disease Control and Prevention and the American College of Obstetricians and Gynecologists (ACOG) recommend a single dose of the RSV vaccine for pregnant women between 32 and 36 weeks of gestation during the RSV season, which is September through January.

An immunization may also be administered to infants after birth if the mother does not receive the vaccine during pregnancy. The RSV antibody immunization, Beyfortus, is an injection that can be given to infants to prevent severe RSV disease. The CDC recommends that infants younger than eight months who are born during or entering their first RSV season should receive a single dose of the RSV immunization.

Pregnant women and parents should discuss the risks and benefits of receiving the RSV vaccine with their healthcare provider to determine if the vaccine is right for them. Side effects of the maternal RSV vaccine include pain at the injection site, muscle ache, headache, sore arms, and nausea.



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Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care

Patient Story – Hazel Blamey

fall and peaks in the winter. The timing and severity of RSV season in a given community can vary from year to year. The COVID-19 pandemic has impacted normal transmission patterns of RSV, leading recently to more unusual, “out of season” exposures and infections.

Hazel tested positive for RSV. The pediatrician explained that treatment generally involves self-care measures, such as plenty of rest and staying hydrated, to keep Hazel comfortable during the infection. Kianna was instructed to carefully monitor Hazel’s condition and take her to the Hospital if the fever, cough, or difficulty breathing worsened. The sleep monitor that the family uses includes an oxygen sensor. Hazel’s level was low, and Kianna became concerned about Hazel’s breathing. They took her to the Licking Memorial Hospital Emergency Department where she was admitted for care.

“The physicians and nurses explained again that there is not much that can be done to treat a virus. They monitored Hazel very closely, and a respiratory therapist would provide breathing treatments every four hours,” Kianna said. “We were able to be with her throughout her three day stay in the Hospital and were pleased with the quality care she received.”

The staff at LMH showed Kianna and Cody how to use a special home breathing machine and administer medication to ease the symptoms so that they could return home with Hazel. She has fully recovered and is now back on-track, meeting the milestones for an infant her age.

“It is important for parents to trust their instincts,” Kianna advised. “I knew something was not right. Hazel had not been ill before, and I knew something

serious was causing her discomfort. We stayed vigilant and made sure to transport her to the Hospital immediately when we determined her oxygen levels were low. We are grateful that she received the care she needed and is now fully recovered and doing well.”

RSV is highly contagious. Each year, an estimated 58,000 to 80,000 children younger than five years old are hospitalized due to RSV infection. Preventing the spread of RSV is vital. The most important practice that can significantly reduce the spread of RSV is handwashing. Good hand hygiene includes frequently washing hands with soap and water for 20 seconds. RSV can live on unwashed hands for 30 minutes or more. Frequent cleaning of countertops, tables, toys, and door knobs can also eliminate live viruses which can exist on these surfaces for up to 24 hours. Follow the suggestions below as well:

- Cover coughs and sneezes
- Avoid close contact with others who are ill
- Avoid touching the face, eyes, nose, and mouth with unwashed hands
- Limiting day care attendance has been recommended but this is often hard for some families
- Avoid secondhand smoke – smoking increases the risk of contracting RSV and many other lung ailments

This year, the Centers for Disease Control and Prevention (CDC) has recommended several new preventive options to help protect individuals at highest risk for getting severe RSV illness. Vaccines are available for adults 60 or older. For children, two main options exist to help prevent young infants from getting severe RSV. One is an antibody product given to the infant. The other is an RSV vaccine for pregnant women to help protect the baby from birth through 6 months of age. Both are approved by the U.S. Food and Drug Administration (FDA).

Vaccinations Protect Against Respiratory Illness

Vaccines are not only important to the health of an individual, but also to the health of the community. Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. Getting vaccinated is one of the safest ways that individuals can protect themselves and prevent the risk of spreading the virus to others. The Centers for Disease Control and Prevention (CDC) recently updated their respiratory virus guidance and recommends that children and adults receive vaccinations for respiratory illnesses such as influenza, COVID-19, and respiratory syncytial virus (RSV).

To prevent serious illness, the immune system first needs to recognize how to fight the disease. Vaccines utilize the body’s natural defense system to assist in safely developing immunity to certain diseases and are the best way to protect individuals from infection and prevent severe illness and death.

Influenza, or flu, is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. Flu season can begin as early as October and typically peaks in

January or February. Symptoms include fever, cough, sore throat, body aches, headache, and fatigue. Infants, adults 65 years and older, and immunocompromised individuals are at higher risk to develop severe illness from the flu that may lead to hospitalization and death. The CDC recommends that individuals 6 months of age and older receive a flu vaccine every year, preferably in September or October.

The impact of the COVID-19 virus has changed drastically since 2020. The symptoms of COVID-19 now closely resemble those of other respiratory viruses, including flu and RSV; however, the disease can still lead to hospitalization and death, especially for those who are in a high-risk category. The CDC recommends that individuals 6 months and older receive an updated COVID-19 vaccine. The updated COVID-19 vaccine targets XBB.1.5, which is a subvariant of the Omicron strain, was approved by the Food and Drug Administration (FDA) and the CDC in the fall of 2023.

RSV is a common respiratory virus that begins in the fall and peaks in winter. The illness involves mild, cold-like symptoms, including nasal congestion, sore throat, headache, cough, fever, loss of appetite, and fatigue. RSV is not a new virus; however, infections have risen during the past few years. Medical professionals suggest that immunity to the virus has been lost due to people isolating to reduce exposure to the COVID-19 virus.

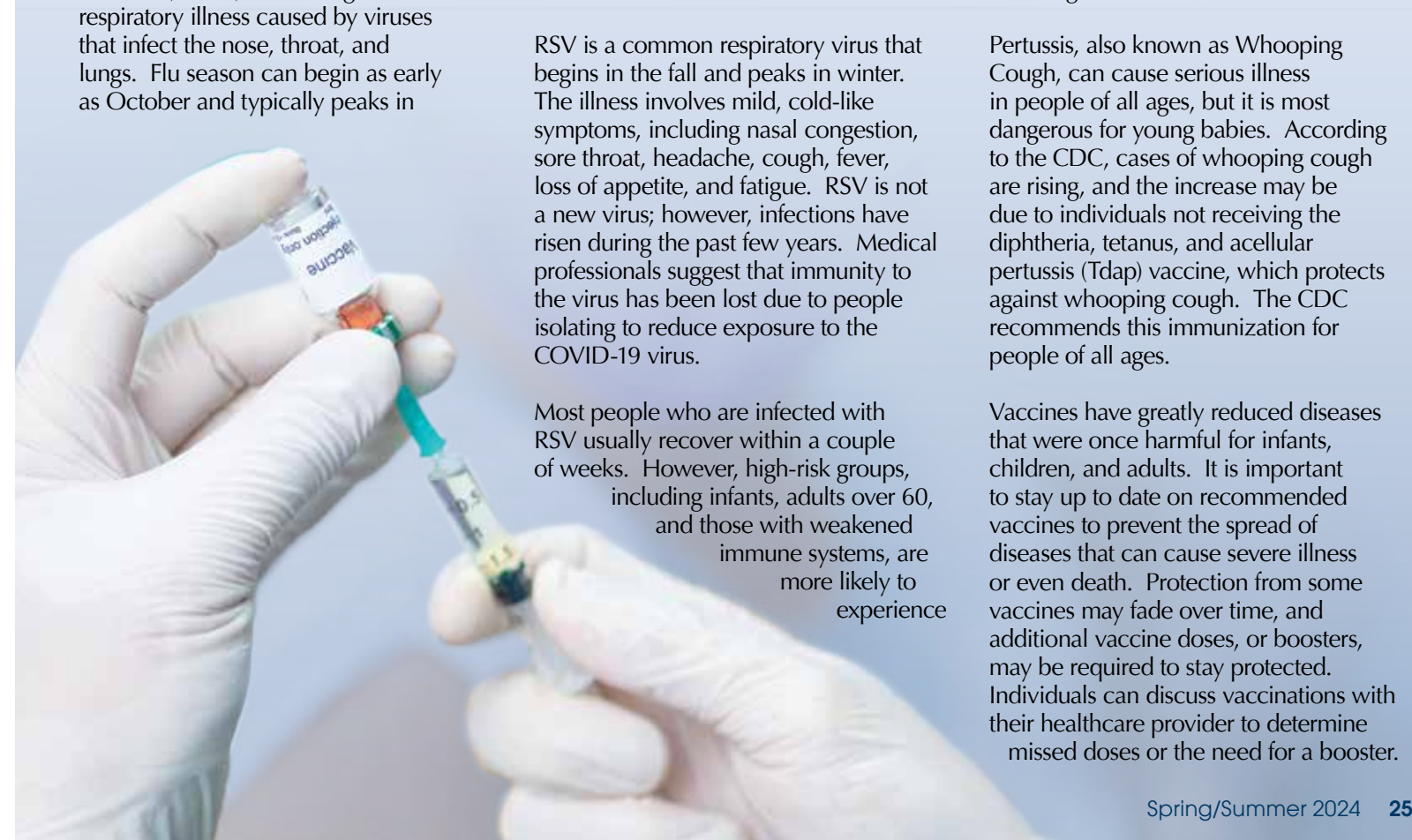
Most people who are infected with RSV usually recover within a couple of weeks. However, high-risk groups, including infants, adults over 60, and those with weakened immune systems, are more likely to experience

severe RSV and hospitalization. The CDC recommends the RSV vaccine for adults, ages 60 and older, and pregnant women only. An RSV preventive antibody is recommended for infants whose mothers did not receive the vaccine during pregnancy and some young children.

Pneumonia is a common lung infection that can be a complication of influenza or COVID-19, but is also caused by other bacteria, viruses, or fungi. The most common type is pneumococcal pneumonia, which is caused by the streptococcus pneumoniae germ that normally lives in the upper respiratory tract. Symptoms range from mild to severe. Most healthy people recover within one to three weeks. Individuals can prevent contracting pneumonia by receiving seasonal flu, RSV, and COVID-19 vaccines. There is also a pneumococcal pneumonia vaccine that is recommended for children younger than 5 years old, individuals with compromised immune systems, and adults age 65 and older.

Pertussis, also known as Whooping Cough, can cause serious illness in people of all ages, but it is most dangerous for young babies. According to the CDC, cases of whooping cough are rising, and the increase may be due to individuals not receiving the diphtheria, tetanus, and acellular pertussis (Tdap) vaccine, which protects against whooping cough. The CDC recommends this immunization for people of all ages.

Vaccines have greatly reduced diseases that were once harmful for infants, children, and adults. It is important to stay up to date on recommended vaccines to prevent the spread of diseases that can cause severe illness or even death. Protection from some vaccines may fade over time, and additional vaccine doses, or boosters, may be required to stay protected. Individuals can discuss vaccinations with their healthcare provider to determine missed doses or the need for a booster.



Respiratory Care – How do we compare?

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

1. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease, and diabetes. An estimated 21 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. In 2023, 1,656 patients visited one of LMHS tobacco cessation programs.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal ⁽²⁾
Six-month success rate for patients who completed Quit for Your Health ⁽¹⁾	80%	95%	90%	70%

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

	LMH 2021	LMH 2022	LMH 2023	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	7.3%	7.5%	8.3%	9.2%

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

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 ventilator days	0.0	0.0	0.0	0.0

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

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	99.8%	100%	100%	greater than 90%
Daily test to reduce sedation	99.1%	100%	100%	greater than 90%
Stomach ulcer prevention	99.6%	100%	100%	greater than 90%
Blood clot prevention	99.1%	100%	100%	greater than 90%

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

	LMHS 2021	LMHS 2022	LMHS 2023	LMH Goal	National ⁽³⁾
LMHS employees receiving the influenza vaccine	90%	84%	83%	greater than 90%	81%

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

	LMHP 2021	LMHP 2022	LMHP 2023	National ⁽⁴⁾
Physician office patients over 65 years receiving the pneumonia vaccine	76%	72%	75%	73%
Physician office patients over 65 years receiving the influenza vaccine	LMHP 2020-2021 71%	LMHP 2021-2022 65%	LMHP 2022-2023 57%	National ⁽⁴⁾ 64%

Data Footnotes:

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

Understanding Allergy Triggers

Allergies occur when the body's immune system reacts to a foreign substance, called an allergen. Allergens trigger an allergic reaction, which can cause a variety of symptoms, such as itchy, watery eyes, sneezing, runny nose, rashes, and hives. Individuals who have a family history of allergies or asthma are more likely to develop an allergy. Understanding what causes a person's allergies can help them to avoid triggers and manage their allergies to live a comfortable life.

Common types of allergies and triggers may include:

- Food – specific proteins in certain foods, such as eggs and nuts
- Seasonal – pollen from trees, grass, and weeds
- Indoor – caused by dust mites, mold spores, or pet dander
- Medications – penicillin and related antibiotics, sulfa drugs, or ingredients in over-the-counter medicine
- Insect stings – venom from bees, wasps, hornets, or fire ants
- Latex – natural rubber protein found in gloves, balloons, and condoms

Preventing allergic reactions depends on the type of allergy a person has. Allergies can be identified through testing by a healthcare provider. Treatment also varies but may include antihistamines, steroids, and allergy shots. Avoiding known triggers can also help prevent allergic reactions.



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National Healthcare Decisions Day Highlights the Importance of Advance Care Planning

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

Numerous community, state, and national organizations are committed to providing adults who have decision-making capacity with the information and resources to communicate and document their personal wishes about current and future healthcare decisions. To guarantee their preferences are followed and respected, individuals are encouraged to reflect on and discuss their preferred method of care if seriously ill, the fears they have about becoming seriously ill, and the beliefs that guide their decisions.

Making future healthcare decisions is one part of the ACP process, but it includes much more than determining options. ACP begins with expressing preferences, clarifying values, and selecting an agent to communicate healthcare decisions if incapacitated. NHDD encourages individuals to express their wishes regarding

healthcare and for providers and facilities to respect those wishes. Conveying wishes to loved ones, friends, and healthcare providers removes uncertainty in the event of a healthcare or medical crisis. The plan can be completed at any time or age and should be revisited, especially if there is a significant change in medical condition.

ACP involves the use of advance directives, such as legal documents, a living will, and healthcare power of attorney, that direct medical care when a patient is unable to communicate his or her own wishes due to a medical condition. State-specific advance directives are available to download. Each state's advance directive is legally reviewed on an annual basis and meets each state's statutory requirements. Completing an advance directive is an important step toward having healthcare preferences honored.

In Ohio, do not resuscitate orders, living wills, organ donation, and durable power of attorney are advance directives that are authorized by state law. The elements involved in drafting or determining wishes regarding advance directives are very important. The Ohio Hospital Association and Ohio hospitals are committed to providing the education and resources needed to assist individuals to take control and record these wishes in writing, including the Ohio Advance Directives booklet, *Choices: Living Well at the End of Life*, which includes the most recent advance directive forms.

LMHS joins the efforts to spread the importance of conversations about end-of-life care through the free ACP program. LMHS employees are also encouraged to urge friends and family members to have similar conversations. To learn more about LMHS' Advance Care Planning program, call (220) 564-4004 to schedule a free consultation.

Development Spotlight – Bart Weiler

Bart Weiler served on the Licking Memorial Hospital (LMH) Board for approximately 10 years. Once his term ended, he still wanted to find a way to serve Licking Memorial Health Systems, and joined the Development Council in 2023. Bart serves on the Education & Membership Committee.

The Education & Membership Committee assists in maintaining an appropriate number of Council members and providing continuing education through committee meetings and full Development Council meetings. Bart enjoys receiving updates on the innovative healthcare opportunities available at LMH and interacting with other local leaders.

“I am relatively new to the committee, but I believe it is important to keep current members educated and up-to-date as well as continuing to look for other potential members,” said Bart. “We all have busy lives, and this committee helps keep us engaged with current events and activities with other local leaders in the community.”

He also commends Licking Memorial Health Systems’ (LMHS) efforts to give back to the community through hosting local youth programs and collaborating with the school systems. “Besides superior healthcare, LMHS offers free physicals for young athletes, provides automated external defibrillators (AED) in all Licking County Schools, and helps support Drug Free Clubs of America in some schools,” said Bart. “LMHS is always looking to grow, expand, and find new ways to serve and support Licking County.”

Bart holds a Bachelor of Science Degree from West Liberty University and is a Certified Financial Planner. He is also the Owner & President of Weiler Financial Group. Bart lives in Pataskala with his wife of 28 years, Juliana. “Living and working in the Pataskala area and western Licking County helps provide a perspective of activity in that area of the county and the potential opportunities for LMHS to help our community,” said Bart.

Bart and Juliana have two children – Isabella, a senior at University of Cincinnati, and John-Luke, a freshman at Bowling Green State University. In his free time, Bart enjoys spending time with his family, traveling, playing pickleball, boating, mountain biking, and hanging out with his two Labrador Retrievers – Zeke and Rudy. He is currently the Vice President of Buckeye Valley Family YMCA Board of Directors, a Board Member of Licking County Aging Partners, and a member of the Rotary Club of Pataskala and the Pataskala Area Chamber of Commerce.



Licking Memorial Health Center at Licking Heights

The Health Center offers preventive care and treatment for common illnesses.

Licking Heights High School
4101 Summit Road
Pataskala, Ohio 43062

Phone: (220) 564-7830
Fax: (220) 564-7831

Hours
Monday through Friday
8:00 a.m. to 4:30 p.m.

Services include:

- Well-child care
- Sick visits
- Chronic disease management
- Teen health
- Rotating vaccine clinics
- Sports physicals
- Developmental screenings
- Substance use screening
- Mental health screening

Note: The Health Center accepts insurance, including Medicaid.



Volunteer Spotlight – Cindy Kikeli

In 2008, Cindy Kikeli retired from Licking Memorial Hospital (LMH) after serving as a registered nurse in the Surgery Department for more than 40 years. She cherished her time at

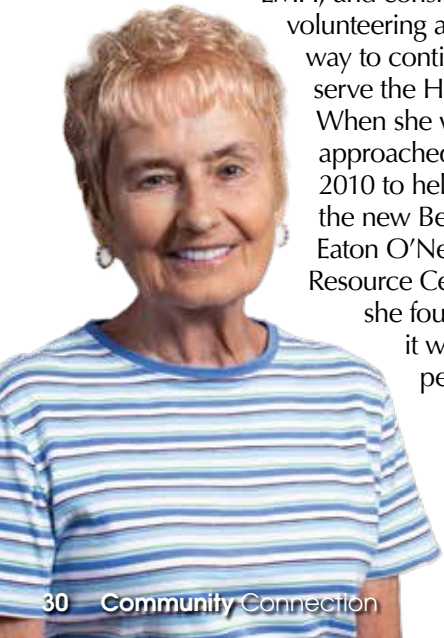
LMH, and considered volunteering as a way to continue to serve the Hospital. When she was approached in 2010 to help staff the new Betsy Eaton O’Neill Resource Center, she found that it was a perfect

opportunity to once again offer her support and skills to LMH.

“LMH has always felt like a second home,” Cindy said. “Working at the Resource Center allows me to spend more time at the Hospital while helping visitors and patients research more about the medical issues they or their families may be facing.” Cindy helps visitors by answering questions, retrieving printouts from the research computers, and keeping inventory of the books. The Resource Center provides a welcoming place for patients, their families, and friends to learn more about the medical conditions they face and to obtain knowledge and information which will help them successfully meet the challenges those conditions present. The Center is staffed by volunteers with clinical backgrounds who are ready to assist with research and answer questions.

In addition to staffing the Resource Center, she occasionally provides phone coverage for the Development Department and serves as an escort for the Hospital mascot, Scrubs. “One of my favorite volunteer activities is escorting Scrubs at Active•Fit events and the Pelotonia bike ride,” said Cindy. “I love watching the children’s reactions when they interact with Scrubs, and seeing the smiles on the riders’ faces when Scrubs is cheering for them.”

When Cindy is not volunteering at LMH, she enjoys taking walks, exercising at the YMCA, working in her garden, and traveling. “My father once told me to travel when you are young,” she said. She was fortunate to be able to travel to Alaska via train and cruise ship with her mother in memory of her father who had always wanted her to go there as he had done. A native of Licking County, Cindy lives in Newark with her husband.



Walk with a Doc

In February, Licking Memorial Health Systems hosted a Walk with a Doc event at the Licking County Family YMCA – Knoll Gym in Newark. Michael Barth, M.D., of Licking Memorial Family Practice – Granville, led a discussion about depression. During the March event at the Central Ohio Technical College (COTC) Adena Hall Gymnasium, Zeyn T. Mirza, M.D., of Licking Memorial Gastroenterology, shared information about colon cancer screenings. The April event was held at Rotary Park in Newark, and John P. Lazar, M.D., of Licking Memorial Hospital – Pediatric Hospitalists, discussed home safety.

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



TWIGS Members Honored at Recognition Dinner

Licking Memorial Hospital (LMH) celebrated the 74th anniversary of the local TWIGS (Togetherness, Willingness, Imagination, Giving, and Sharing) organization with a special recognition dinner at the LMH Main Street Café in May. Currently, there are four active TWIGS chapters that coordinate fundraising projects year-round, then donate the proceeds to LMH. In addition to special events and sales, TWIGS members also operate the TWIGS 8 Gift Shop and the TWIGS 6 Thrift Shop on Tamarack Road. Since 1950, TWIGS has contributed more than \$5.7 million for equipment needs and capital purchases at LMH.

Attendees participated in bingo for an opportunity to win gift cards to area restaurants and stores. LMH Board of Directors Chair, Jacqueline Parrill, Ed.D., served as the bingo caller. She also addressed the group and thanked the members for their support of the organization. Veronica Patton, Vice President Development & Public Relations offered an update on the state of Licking Memorial Health Systems

including information about the Food Pantry Network (FPN) Market which recently opened at 131 McMillen Drive in Newark. The FPN Market provides a grocery-style shopping experience for eligible residents to acquire nutritious foods.

Finally, TWIGS members celebrating a service anniversary in five-year increments were honored. Sue Henry-Mounts received a special glass piece for her remarkable 70 years of service to the organization. Sharon Wills celebrated 55 years with the organization, while Faith Wilson was honored for 45 years of service. Kate Hannum, Katherine Bradley, and Steve Schlicher received 30 year awards. Paisley Boyer was recognized for 15 years of service. Pam Fisher and Denise Matthews received 10 year awards, and Lori Brown, Robin Stukey, Jeanna Alban, and Tina Tracy were honored for 5 years of service.



Retiree Spotlight

Marcia Fisher did not start her nursing career until she was in her late 30s. She received her Associate in Nursing Degree from Ohio University in Zanesville in 1996 and began working at Licking Memorial Hospital (LMH) in October of that year. Marcia worked in the Maternal Child Department in the Mother/Baby unit assisting new mothers with caring for their babies.

“Working as a mother-baby nurse was very gratifying,” Marcia said. “It was an honor to care for young couples as they began or grew their families. I particularly enjoyed providing patient education and helping couples feel confident taking their baby home. The most memorable moments were watching new mothers and fathers experience skin-to-skin contact with their babies for the first time.”

Marcia received her certification as a Maternal-newborn Nurse in 2000. She served as Manager then Director from 2002-2007 and recalls that her leadership role was a wonderful experience that helped her grow personally and professionally. During that time, Marcia assisted in the development of the Level II Special Care Nursery to improve newborn services for the Licking County community. She also completed her Bachelor of Science in

Nursing Degree at Ohio University and became an International Board Certified Lactation Consultant.

Marcia is grateful for the many opportunities that she received to advance her professional growth and development and is thankful for the support of LMH leadership. In 2007, she received certification as a Tobacco Treatment specialist by the Mayo Clinic to assist in smoking cessation efforts for pregnant and breastfeeding women. She became a full-time lactation consultant in 2008 and provided staff education and patient breastfeeding support. She also worked to develop the Breastfeeding Promotion and Support Program.

In 2014, Marcia served as co-chair for the Hospital’s Baby-friendly Committee and led efforts for LMH to achieve Baby-friendly Hospital designation in 2016. In 2021, LMH was recognized as the most Breastfeeding-friendly Hospital by the Ohio Lactation Consultant Association (OLCA), and Marcia was recognized as the OLCA Most Supportive Healthcare Professional.

“I was blessed to begin and end my nursing career having been mentored by exceptional, experienced nurses who helped me develop my skills and confidence and taught me so much

about caring for babies,” Marcia said. “The Maternal Child Department has done a wonderful job to incorporate and encourage inclusion of the whole family into infant care.”

Since retiring, Marcia has spent a lot of time with her nine grandchildren, ranging in age from 2 to 22 years old. She and her husband, John, have traveled to Florida and plan to travel out west in the future to visit Yellowstone National Park and Napa Valley. They also want to visit New Orleans. Marcia and John have four grown children, Sarah, Amanda, Alicia, and Joseph.



HAPPY
Father's Day
From Licking Memorial Health Systems

Active•Fit and Active•Senior Recap

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

February 21 – Active•Senior Bingo

(LMHS) presented the Active•Senior Bingo event at the Career and Technology Education Centers of Licking County (C-TEC) on Price Road in Newark. LMHS President & CEO Rob Montagnese called the numbers for the 221 participants in attendance. Lucky winners received prizes such as \$50 and \$100 gift cards to area businesses including Target, Walmart, AMC Theaters, Darden Restaurants, Kroger, Giant Eagle, and more.



April 11 – Active•Senior Dance

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



April 13 – Active•Fit Junior Chef

50 children participated in the Active•Fit Junior Chef event at C-TEC. C-TEC culinary and early childhood education students assisted the youth participants in preparing a variety of recipes throughout the morning and combined each into a healthy lunch that was enjoyed at the conclusion of the event. Recipes included homemade bagel bites, asparagus fries with sweet tangy mustard, fresh strawberry cheesecake tacos, trail mix, and creamsicle smoothies. Participants also received a cookbook that featured various recipes, including those created at the event, that could be made at home.



March 23 – Health & Fitness Fest

Almost 200 youth and parents/guardians attended the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University, and the LMHS Active•Fit Youth Wellness Program. Children of all ages were able to visit a variety of fun activity stations, located throughout the YMCA, such as basketball free-throws, gymnastics, inflatables, and more. Children also had the opportunity to learn the basics of hands-only cardiopulmonary resuscitation (CPR) and Zumba.



The Active•Fit Youth Wellness Program, designed for children ages 6 to 12, has registered over 12,000 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the program features exciting events and opportunities for children to get active and learn about their health. For more information, or to register for the Active•Fit Program at any time throughout the year, please visit ActiveFit.org.

Participants in the Active•Senior Program, designed to promote healthy lifestyles for adults ages 60 and older, are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental, and Social. The Active•Senior Program was designed, reviewed, and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

Monthly Cancer and Caregivers Support Groups

Fourth Tuesday of each month, 5:00 p.m.
Ground Floor Conference Room/Auditorium

A meal will be provided during each group session. Registration is required and may be completed by calling (220) 564-1890.

Ask the Doc

Fourth Saturday of each month, 10:00 to 11:00 a.m.
Shepherd Hill
200 Messimer Drive, Newark

No charge, open to the public. A provider will answer questions about chemical dependency and treatment options. Call (220) 564-4878 for more information.

First Impressions – Maternal Child Classes

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

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

Diabetes Self-management Education and Support (DSMES)

Class sessions are offered twice a month:

Session 1

First two Wednesdays of each month, 9:00 a.m. to 12:00 Noon
Downtown Education/Conference Room – 2nd Floor
20 West Locust Street, Newark

Session 2

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

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

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

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

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