

Community Connection

Volume 20, Issue 3

Summer 2023

New ICU Smart Beds Optimize Patient Care

pages 2-3

LMHS Supports New Health Center at Licking Heights

page 3

LMHS Celebrates National Hospital & Healthcare Week

page 4-5

Licking County Transit Opens New Route to LMHS Facilities

page 7



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

See pages 14-21 for Quality Report Cards in this issue.



New ICU Smart Beds Optimize Patient Care

Licking Memorial Hospital (LMH) recently acquired 13 new smart beds in the Intensive Care Unit (ICU). The Progressa+ True ICU bed, manufactured by Hillrom, contains in-bed technologies that optimize patient care and accelerate recovery, resulting in decreased time spent in the ICU and a reduction in hospital costs.

“The new ICU beds will do so much to enhance and improve patient care, optimize clinical performance, and minimize complications for patients who are in the ICU,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “LMH received 13 out of the 500 ICU smart beds manufactured in the entire country, which is simply remarkable and speaks to our level of dedication to improve the health of the community.”

The beds feature a 40-inch frame to accommodate patients of various weights and sizes. Head of bed access

allows physicians easier contact with the patient for intubation and other bedside procedures. A radiolucent deck and X-ray sleeve allow for daily ICU procedures, such as fluoroscopy and X-rays to be performed at the bedside, helping to avoid delays in patient care.

Advanced support surface features help protect the patient’s skin integrity to prevent pressure injuries. The mattresses contain enhanced microclimate management to keep patients cool and dry and reduce the risk of skin breakdown. Alternating pressure adjusts the firmness of the mattress to treat and prevent pressure ulcers. Turn assist and turn reminders keep the patient from lying in one position for too long.

The beds are also equipped to deliver pulmonary therapies to reduce respiratory complications associated with long periods of immobility. Continuous

lateral rotation therapy (CLRT) and percussion and vibration help loosen secretions in the lungs for easier removal. A proning accessory easily attaches to the bed frame to provide access to the patient’s face while lying in the prone position and helps reduce the risk of complications associated with proning.

The Progressa+ True ICU beds offer flexible frame options to move patients safely and easily. Options include one-button, full-chair positioning with chair egress, as well as stand assist to support patients through early mobilization. An integrated alarm alerts caregivers if patient movement is detected to help ensure patients are safe while in bed and prevent patient falls.



e

LMHS Supports New Health Center at Licking Heights



Licking Memorial Health Systems (LMHS) is partnering with Licking Heights Local School District to provide greater healthcare access to students. The Licking Memorial Health Center at Licking Heights opened in August for the 2023-2024 school year inside Licking Heights High School. The Health Center will be accessible to students, staff, and their family members, as well as local residents, and will provide preventive care and treatment for common illnesses. Behavioral Health Partners of Central Ohio will be available to provide mental health services.

“Our mission is to improve the health of the community, and offering easy access to quality healthcare is vital for accomplishing that goal,” said LMHS President & CEO Rob Montagnese. “The providers in the Health Center can assist in promoting and maintaining healthy lifestyle habits and provide needed care in a convenient location for students and staff, their families, and the community.”

Increasing access to primary care and behavioral health will improve health equity within Licking County. School-based health centers are a rising trend in school districts across the country due to the correlations between student health and well-being, and academic performance and attendance. The Health Center is an effective strategy to ensure students remain in school,

are healthy, and ready to learn. It also benefits working families, so parents and guardians do not need to miss work to take their children for treatment.

The Health Center will accept insurance, including Medicare and Medicaid. Services provided will include:

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

An on-site laboratory will also be available at the Health Center for point-of-care testing, such as pregnancy tests, urinalysis, strep, influenza, RSV, COVID-19, and diabetic levels. For more information about the Health Center, visit lhschools.org/StudentHealthCenter.aspx.



Licking Memorial
Health Center
at Licking Heights



LMHS Celebrates National Hospital & Healthcare Week

Licking Memorial Health Systems (LMHS) paid tribute to the 2,400-plus employees who contribute to the organization's award-winning care in an annual observance of National Hospital & Healthcare Week. The five-day celebration at LMHS in May included a carnival, various food trucks offering lunch and assorted pastries, bingo, chair massages, and a visit from Pet Partners and the Licking County Humane Society. Additionally, LMHS held its annual Employee Recognition Event midweek and Award Reception to complete the week-long festivities.

"Our staff look forward to the Hospital & Healthcare Week celebration each year," LMHS President & CEO Rob Montagnese said. "This week provides enjoyable activities every day that allow co-workers to spend time with one another in a fun environment. The celebration is meant to give thanks to our healthcare workers, and also serve as a reminder that their efforts truly make a difference in the community."



54th Annual LMHS Employee Service Recognition Event

The Employee Recognition Event featured 259 LMHS employees who are observing anniversaries in five-year increments in 2023 and was held at The John Gilbert Reese Center on the Newark Campus. The event included a *Family Feud* game theme and offered honorees an opportunity to win prizes.

Among the notable honorees was one employee with 40 years of service – Jan Futral, Emergency, and one with 45 years of service: Don Hughes, Plant Operations. Each received a framed proclamation and gift to mark their special employment anniversary.



Manager of the Year

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

Bethany Warner has served as a Patient Care Manager in the Post Anesthesia Care Unit since being hired in 2007. The staff members who nominated Bethany shared that she is the most supportive, compassionate, and driven supervisor for whom they have worked.

She consistently places the needs of her employees first, is flexible, and advocates for fair treatment for all. She is also a passionate patient care advocate, ensuring that staff members are providing dedicated, quality care to every patient while also emphasizing safety and cleanliness.

Nick Keisel has served at LMHS since 2019 and has since been promoted as the Director of Safety, Security, & Environmental Services. He has worked to implement many new safety measures for employees and patients, including a new weapon detection system at the entrances of Licking Memorial Hospital (LMH). He began his career in

law enforcement as a Military Police Officer in the Marines and was chosen to serve as part of the security team for Marine One, the helicopter used to transport the President of the United States. He is an outgoing, competent, self-motivated leader who offers his vast military and police experience in the improvement of safety for LMHS.



LMHS Board Vice Chair Michael Massaro, LMH Board Chair Jacqueline Parrill, Ed.D., Bethany Warner, Nick Keisel, and Rob Montagnese

Healthcare Week

Clarissa Ann Howard Nursing Award for Clinical Excellence

The Clarissa Ann Howard Nursing Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for their expertise, professionalism, and clinical excellence while providing patient care. The 2022 award recipients are Eric Bell, MSN-Ed, R.N., C.E.N., TCRN, CPEN, CFRN, CTRN, CCRN, CNE, Emergency, and Michelle Gilbert, B.S.N., R.N., Outpatient Chemical Dependency.

Eric earned an Associate of Arts degree from The Ohio State University in 2016, an Associate Degree in Nursing from Central Ohio Technical College in 2018, a Bachelor of Science in Nursing from Western Governor's University in 2020, a Master of Science in Nursing degree from Chamberlain in 2023, and is currently pursuing his Doctor of Nursing Practice-Educational Leadership degree from Chamberlain. Eric started his career at Licking Memorial Hospital in June 2016 as a Patient Care Assistant in the Emergency Department where he still works today. Eric became a registered nurse in 2018, and in 2019, was

promoted as Clinical Nurse Supervisor. That same year, Eric earned an MVP Award. Eric has also worked for Hospice of Central Ohio from 2018 to 2020, and is currently serving in the role of a Clinical Teaching Assistant for COTC. His peers and management team are constantly impressed with his positive attitude, high level of performance, and kind and professional demeanor when interacting with patients, providers, and peers. Eric demonstrates strong leadership skills which is evident in how he leads a team during patient care, is calm under pressure and reassures others in words and actions.

Michelle began her career with LMHS in 2008. For the past seven years, she has worked as a staff nurse in the Inpatient Psychiatry and Withdrawal Unit while also serving as the Medication Assisted Treatment

Nurse in Addiction Services. In this role, Michelle coordinates the care of our patients receiving buprenorphine and naltrexone therapy. Michelle obtained her nursing degree from Ohio Valley General Hospital School of Nursing and a Bachelor of Science in Nursing Degree from Indiana Wesleyan University. Michelle is a member of the Licking County Overdose Review Board and serves on the Licking County Municipal Court's drug court program. Regarding her nomination for this award, Michelle was noted as being very knowledgeable and professional, detail oriented, kind, and respectful to both staff and patients.



Vice President Physician Practices Greg Wallis, Michelle Gilbert, Clarissa Ann Howard, Eric Bell, Vice President Acute Care Services Heather Burkhart, Rob Montagnese.



Healthcare Worker of the Year

LMHS also awarded the first-ever Healthcare Worker of the Year award to Natalie Thomas, Human Resources. Natalie began her career at LMHS as an Emergency Department nurse. In 2019, Natalie was diagnosed with bone cancer and required crutches to stand; however, she was determined to continue her service to LMHS. Despite complicated health issues, Natalie actively sought to care for and comfort others as soon as her cancer care team approved her return to work. In response to the COVID-19 pandemic, a call center was established, and Natalie quickly became a vital member of the COVID-19 response team. She researched and prepared to assist the community by answering questions and offering guidance about COVID-19 testing and vaccination by phone. Natalie was also a crucial resource in scheduling patients to receive the vaccines once the LMH clinics were established. Thanks in part to her participation in the initiative, nearly 60 percent of the total Licking County population received at least one dose of the vaccine, which is above the average for most rural Ohio counties. Natalie and the other members of the response team were also valuable in the efforts to trace COVID-19 contacts. Natalie moved to Human Resources to assist in recruiting talented, highly trained professionals to provide quality care throughout LMHS, and has since been promoted as the Patient Care Manager for Licking Memorial Hematology/Oncology.

MVP Awards

As part of Hospital & Healthcare Week, LMHS recognized 35 MVP Award recipients who were selected for their consistent demonstration of LMHS' values: compassion, accountability, respect, and excellence.

The 2023 MVPs are featured on pages 31 to 35.

Interns and Family Members Celebrate Project SEARCH Graduation

For seven years, Licking Memorial Health Systems (LMHS) has hosted Project SEARCH, a program designed for high school seniors who have completed the requirements for graduation, but remain enrolled as fifth-year seniors. The program provides real-life work experience, combined with training in employability and independent living skills, to assist youth with disabilities make successful transitions from school to adult life. LMHS partners with the Licking County Educational Service Center, Opportunities for Ohioans with Disabilities, Greenleaf Job Training Services, the Licking County Board of Developmental Disabilities, and area school districts to offer the program for local students. The participants spend the equivalent of a school year at LMHS receiving a combination of classroom instruction, career exploration, and on-the-job training.

In May, the five recent interns along with family members, friends, and representatives from the participating school districts, celebrated the completion of the 2022-2023 program with a graduation ceremony at The Midland Theatre. Students began the program in August and completed three unique rotations in a variety of clinical and technological areas within LMHS. Each intern shared details of which departments

they served, the impact that the program had on their lives, and their future plans.

LMHS President & CEO Rob Montagnese spoke to the interns and their guests, sharing some of the accomplishments of the program and the students. "While the interns are a tremendous asset to LMHS, we are proud to witness the growth and maturity that leads to successful employment. Since the first year of the program, 85 percent of the graduates have been hired through employers within Licking County," Rob shared. "This year's interns also have big plans for their futures and have expanded their horizons and knowledge."

LMHS has hired 20 of the 52 interns who have graduated from the program so far. Three of the past Project SEARCH graduates went on to obtain a higher level of education. For the first time, one intern was chosen to work in the Registration Department for LMHS and another became the first to work in Room Service within the Culinary Services Department.

A former intern who graduated in 2019 returned to share her thoughts and advice with the new graduates. Michaela Ford is currently employed as a Patient Care Assistant in the Intensive Care Unit at Licking Memorial Hospital.

"At first, I did not want to join Project SEARCH, but I am glad that I did. I am grateful to the LMHS staff members who assisted me in my journey to where I am and showing me greater opportunities." Michaela said. "To the interns, think about the future and consider what you want to do and how it will support you in the future. Project SEARCH showed me how to do things on my own and how to ask for help if I need it."

Each intern had the opportunity to complete an application for the Mike Scheid Award. Mike graduated from Newark High School through a program to assist those with disabilities and was gainfully employed until his recent retirement in Phoenix, Arizona. He is an outspoken advocate for individuals with disabilities. His brother, Thomas, on behalf of Mike and their sisters, Julie and Kay, spoke to the interns. Via recorded video from his home in Phoenix, Mike announced this year's award winner, Jonah Wentzel-Mowen of Licking Heights High School, who received \$500 to further his career aspirations.

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



LMHS President & CEO **Rob Montagnese**, **Wren Slonaker**, Manager, Recruitment & Retention, with Project SEARCH interns, **Franklin Lindal**, **Paige McCracken**, **Ada Johnson**, **Jonah Wentzel-Mowen**, and **Braedon Pollmann**.



Licking County Transit Opens New Route to LMHS Facilities

Licking County Transit (LCT) recently opened a new route along East and West Main Street to provide additional transportation services to residents. The service runs hourly from 6:00 a.m. to 6:00 p.m., and connects Licking Memorial Medical Campus, located at 1717 West Main Street, to the Licking County Aging Partners/Heritage Hall, located at 1058 East Main Street. The service is one of three new deviated fixed routes that Licking County Transit plans to add to its current system.

Previously, LCT offered only demand response services to those who requested a ride by phone call. With the new deviated fixed route, residents can check the schedule, board a nearby bus, and ride to a stop close to their destination. Licking Memorial Medical Campus serves as hub for the route that makes 25 stops along East and West Main Street, including Messimer Drive near Licking Memorial Women's Health, Licking Memorial Hospital, Licking Memorial Doctors Park, and Licking Memorial Family Practice – East.



"We are pleased to partner with LCT to provide this much needed service to Licking County residents," said Rob Montagnese, Licking Memorial Health Systems President & CEO. "The construction and opening of the new Intel Corporation facility in 2025 will foster both economic and population growth that will require an expanded transportation system."

The additional routes, expected to open later this year, will connect the Licking Memorial Medical Campus hub to Granville and North 21st Street. During the first phase of the deviated fixed route implementation, LCT is not charging a fare; however fares will begin in 2024. For more information about the new routes, including a schedule and map, visit the LCT website at lickingcounty.gov/depts/public/default.htm or call (740) 670-5185 option 2.



New Appointments



Pamela L. Fincato, APRN-CNP
joined Licking Memorial
Family Practice – Tamarack



Michelle A. Monro, D.O.,
joined Licking Memorial
Outpatient Psychiatric Services

Behind the Scenes – Physical Therapy

Licking Memorial Health Systems (LMHS) endeavors to provide quality healthcare close to home for all Licking County residents. The full spectrum of inpatient and outpatient services offered through Licking Memorial Hospital (LMH) Physical Therapy provides a continuum of care to patients at every step of recovery.

Physical therapists are experts in movement. They help patients improve mobility, balance, relieve pain, and prevent or limit permanent physical disabilities in those who suffer from injuries or disease. If a physical impairment is identified, a physician may request that a physical therapist evaluate the patient. The qualified physical therapists at LMH Physical Therapy will then complete a thorough evaluation by reviewing the patient's medical history followed by a variety of tests and measures that give the Physical Therapist an idea of what is causing the impairment. The physical therapist will then use the information gathered during the evaluation to develop an individualized treatment plan with patient specific goals. Once this Plan of Care is established, with the help of the patient and their family, treatment will begin with periodic reassessments to ensure that progress is being made toward established goals. These treatment sessions may also be completed by a

physical therapist assistant, who is a licensed professional, trained to provide physical therapy treatments under the supervision of a physical therapist.

LMH offers physical therapy throughout the continuum of care. For those whose injury or illness resulted in inpatient care, physical therapy may start during the Hospital stay. A physician may consult a physical therapist to evaluate and treat at the patient's bedside to address physical impairments. In this setting, the treatment likely focuses on the practice of safe transfers in and out of bed, a chair, or wheelchair; proper fit and practice on how to correctly use an assistive device, such as a walker; and variety of exercises to increase strength and flexibility.

Inpatient services are also provided by the staff of the Acute Inpatient Rehabilitation Department, located on the Sixth Floor at LMH. These services are for patients who need more intensive rehabilitation to return home. In order to be admitted to this unit, a patient must have a qualifying diagnosis, such as stroke or amputation, and must be able to handle 3 hours of therapy a day.

Home Care is an option for patients who do not qualify for inpatient care and are otherwise unable to attend outpatient physical therapy sessions. The goal of home care is to maximize independence and safety. After receiving an appropriate referral from a physician, the LMH Home Care physical therapist will

arrange a time to meet with the patient to develop a care plan. Focusing on the individual's needs, the physical therapist will develop a home care plan that is centered on the patient's unique set of circumstances and environment.

For those who require further treatment after a Hospital stay or require only outpatient care, services are available at the Gib Reese Center for Physical Rehabilitation located at 1717 West Main Street in Newark and the Pataskala Health Campus located at One Health Place. Although orthopedic injuries, such as those incurred through sports or accidents, are the most referred, LMH Physical Therapy treats a variety of injuries and diseases at the outpatient facility, including:

- Neurological conditions
- Arthritis
- Heart disease
- Burns
- Amputations
- Joint replacement
- Head injuries
- Back pain
- Stroke
- Multiple sclerosis
- Cerebral palsy
- Nerve injuries
- Post-surgical recovery
- Women's health

Outpatient care is provided to individuals of all ages including infants and children. A group of dedicated, specially trained healthcare providers at LMH Physical Therapy provide pediatric therapy for developmental delays and other orthopedic conditions beginning at birth.



Additionally, the Physical Therapy staff are continuously trained in new techniques to expand the services available in Licking County, which reduces a patient's need to travel. Vestibular therapy, pelvic floor rehabilitation, and most recently, an anterior cruciate ligament (ACL) injury prevention program are a few of the unique services offered at LMHS that may not be available at other community hospitals.

Vestibular therapy is used to treat patients who suffer from dizziness and balance issues. The therapists will guide the patient through a series of specific exercises to help alleviate symptoms. Exercises may involve eye movement control, balance retraining, stretching, and strengthening.

A recent addition to the services provided at LMH Physical Therapy, pelvic floor rehabilitation is a non-surgical, non-invasive, painless, specialized kind of physical therapy performed to relieve the symptoms of pelvic floor dysfunction and help the muscles work correctly. The pelvic floor is a group of muscles located at the base of the pelvis that help control bladder and bowel functions, and are also involved with sexual function. These muscles can weaken, become painful, and cause issues such as urinary or fecal incontinence, pain during intercourse, and pelvic organ prolapse. During treatment, the highly-trained therapists apply techniques and exercises that restore mobility and movement and reduce pain.

Sportsmetrics™, a program for athletes ages 10 to 21, is the most recent addition to the services provided by LMH Physical Therapy staff. The training, conducted over six weeks, three sessions per week, is designed to reduce the risk of ACL injuries that can occur while participating in sports. The scientifically proven methods reduce the risk of serious knee injuries by improving strength, coordination, agility, and flexibility.

The Sportsmetrics™ Training Program is designed to be beneficial to athletes of all skill levels. Participants receive feedback on proper jumping/landing technique and improve coordination, strength, agility, and flexibility to decrease injury risk to the knee. The Sportsmetrics™ Training Program consists of four components to train the body to move correctly:

- Dynamic warm up
- Jump training
- Strength training
- Flexibility

Whether providing traditional or specialized physical therapy services, the staff at LMH Physical Therapy takes a patient-first approach to provide compassionate care close to home and throughout the entire recovery process. Because treatment is provided over the course of several sessions, physical therapy staff may see a patient more than any other provider.



Annual Golf Gala to Support Radiology and Laboratory Technology Upgrades

Sponsored by the Licking Memorial Hospital (LMH) Development Council, the 2023 LMH Golf Gala is scheduled for Monday, September 18. The annual Golf Gala is LMH's largest fundraiser and proceeds will be directed toward new and replacement state-of-the-art technology in the Radiology and Laboratory Departments. Nuclear Medicine, Ultrasound, Computed Tomography (CT), and X-ray machines will be replaced and/or upgraded at various locations to maintain advanced level technology capabilities. To meet the rapidly changing field of laboratory medicine, the newest generation of chemistry and hematology instrumentation will be added to our automation line, providing a broader test menu and faster turnaround times. In the microbiology and molecular lab, more enhancements and the

most advanced system for organism identification will be integrated. This advanced equipment will further enhance patient experience, improve patient outcomes, promote safety, and ensure availability of high-quality healthcare close to home.

Marcia and Jonathan Downes (at right) will serve as the Honorary Chairs of the 2023 LMH Golf Gala. Marcia currently serves as the Secretary of the LMH Board of Directors. She has also been a member of the LMH Development Council Community Relations Committee since 2007. In addition to her involvement with LMH, Marcia is a member of the Newark Rotary and Board Member of the Heath-Newark-Licking County Port Authority. In 2021, Marcia retired from The Works Ohio Center for History, Art and Technology where she served

as Executive Director for 20 years. Jonathan, an attorney, has practiced law in the Columbus area for more than 30 years. He also serves as the Vice President of the Cornerstone Academy School Board. Previously, Jonathan was a member of the Granville Public Library Board.



Marcia and Jonathan Downes
2023 Golf Gala Honorary Chairs

Supporter Spotlight – Energy Cooperative

The LMH Development Council is proud to acknowledge and thank the current sponsors of the 2023 Golf Gala. To date, the list includes the **Club Sponsor** (\$7,500 and above) Denison University and **Condor Sponsors** (\$7,500 and above) Park National Bank and TrueCore Federal Credit Union. **Ace Sponsors** (\$5,000) are The Hinderer Motor Company; Matesich Distributing Company; MedBen; Southgate Corporation; The Stedman Floor Company; and WIN Waste Innovations. **Eagle Sponsors** (\$2,500) include Affordable Portables, AssuredPartners; Bricker Grayden; Claypool Electric, Inc.; Coconis Furniture; Courtesy Ambulance, Inc.; Delta Dental; The Energy Cooperative; First Federal Savings; The Granville Investment Group; Guttridge Plumbing, Inc.; Henderson-Van Atta-Stickle Funeral & Cremation Service; Kessler Sign Company; The Laurels of Heath; Mattingly Family Foundation; The Jerry McClain Companies; Mid-Ohio Development; Midstates Recreation; Mill Tech, LLC; Modern Office Methods; Monte Christopher Holdings; Mortellaro McDonald's; MPW Industrial Services/Porta Kleen; Newark Radiation Oncology, Inc.; Northpoint Ohio Architecture; Owens Corning; Papa Boo's; Scott Peterson of General Graphics; PNC Bank; Robertson Construction Services, Inc.; Shai-Hess Commercial Real Estate, LLC; Summit Home Care & Hospice; and United Collection Bureau, Inc. The **Pro Sponsor** (\$1,500) is Griffin's Floral Design & Wineshop; the **Hole-in-One Sponsor** (\$1,500) is The Hinderer Motor Company; the **Driver Sponsor** (\$1,500) is Brett Lowe Mechanical, Inc.; and **Games Sponsor** (\$1,500) is OhioHealth.

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**.

The Energy Cooperative was created in 1936 as a member-owned electric cooperative to supply safe, reliable, affordable energy to local communities. The organization expanded in 1998, merging with several other organizations to supply natural gas and propane. Today, The Energy Cooperative supplies energy to members throughout 14 counties, the largest part of the membership being from Licking, Muskingum, and Knox Counties. Since the beginning, the organization has made a commitment to the areas they serve; in fact, concern for community has become one of their seven Cooperative Principles. To fulfill their commitment, The Energy Cooperative has been a long-time partner with Licking Memorial Health Systems (LMHS) in working to improve the health and wellbeing of Licking County.

"We want to invest our resources, such as donations and volunteer time, in other organizations and programs that enhance the quality of living for our members, families, and friends because we live where we work," Todd Ware, President & CEO of The Energy Cooperative shared. "Excellent healthcare is vital to a strong community, so supporting and partnering with LMHS was an obvious choice. LMHS is continually growing and striving to implement new procedures and technologies to offer top quality care, which in turn, creates a community where our members want to remain."

"What is really impressive about LMHS is the efforts to increase wellness opportunities," said Todd. "The Active•Fit and Active•Senior programs are free to residents, not to mention the Walk with a Doc program and Community Education seminars. The focus is not just on caring for community

members when they are injured or ill. LMHS is working to prevent illnesses by offering free healthy lifestyle education and activities."

The Energy Cooperative is a Golden Corporate Honor Roll donor, a charitable fund created by the Licking Memorial Hospital (LMH) Development Council to distinguish businesses and organizations that make a total commitment of \$10,000 or more to LMH. Participation in the program signifies an alliance with LMH to ensure the continuation of excellent healthcare in the community. The organization has also been a longtime sponsor of the LMHS Golf Gala. In addition to monetary donations, The Energy Cooperative supports many of the same organizations, programs, and activities as LMHS.

"LMHS is fortunate to partner with local businesses such as The Energy Cooperative to enhance the quality of life and wellbeing for Licking County residents," LMHS President & CEO Rob Montagnese remarked. "We are grateful for their continued support and the concern shown to providing quality healthcare as well as other vital services throughout our community."

With over 160 employees working in four offices in Newark, Hebron, Utica, and Frazeytsburg, The Energy Cooperative continues to provide top quality energy services to their members. The organization focuses on ensuring their member-owners benefit by receiving safe and reliable energy, and that the communities they serve are enhanced due to The Energy Cooperative's presence.



LMH Named One of the Nation's Safest Hospitals

Licking Memorial Hospital (LMH) has continually been recognized as one of the safest hospitals in the United States. The Leapfrog Group, an independent national non-profit group that compares hospitals' safety performance, recently recognized LMH with a 14th consecutive "A" grade this spring. Safety grades for 117 Ohio hospitals were awarded, and LMH was one of 31 to receive an A grade.

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

"The Leapfrog Hospital Safety Grade award embodies our continuing commitment to the health and safety of Licking County residents," said Licking Memorial Health Systems President & CEO Rob Montagnese. "Our employees demonstrate consistent, unwavering dedication in treating their patients to achieve the highest standards of patient safety. High expectations and a strict focus on our patients' best interests lie at the heart of our mission to improve the health of the community."

Full results of the 2023 Leapfrog Hospital Survey are publicly reported and available for free on The Leapfrog Group website, providing patients with a resource to make informed decisions about where to seek treatment. For more information about LMH's performance rankings, visit ratings. leapfroggroup.org.



About The Leapfrog Group

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



Physician Spotlight

Brent Savage, M.D., joined Licking Memorial Health Systems (LMHS) as a general surgeon in 2010. Born in Columbus, Ohio, Dr. Savage is a graduate of St. Francis DeSales High School. He earned a bachelor's degree in molecular genetics from The Ohio State University and a medical degree from Northeastern Ohio University College of Medicine in Rootstown, Ohio. Dr. Savage completed an

Ask a Doc – Hernia Surgery

Question: What are the

Answer: Each year, it is estimated that 5 million people experience some type of hernia, but only 750,000 Americans seek medical treatment. Ignoring symptoms may lead to life-threatening complications. A hernia is an uncomfortable condition in which an organ or tissue pushes through a weak area in the surrounding muscle or connective tissue that holds the organ in place. The condition can occur and develop anywhere in the body, especially in the abdominal wall. Hernias can occur gradually with age and regular use of the muscles. An injury, surgery, or birth disorder may also cause a hernia.

The inguinal hernia is the most common type of hernia accounting for 75 percent of all reported cases. The injury occurs in the lower abdominal wall and groin area when part of the intestines protrude into the inguinal canal, a passageway for structures between the intra- and extra-abdominal structures located near the thigh. An inguinal hernia may occur on one or both sides of the body and are much more common in men than women. These types of hernias can develop over time due to increased pressure on the walls of the abdominal muscles from straining to use the bathroom, coughing over a long period, being overweight, or lifting heavy weights. Infants may be born with an inguinal hernia that may not be discovered until they become adults. About five out of every 100 children are

ight – Brent Savage, M.D.

internship in pediatrics at Children's Hospital Medical Center of Akron, as well as an internship and residency in general surgery at Wright State University School of Medicine in Dayton, Ohio. He is board certified in general surgery.

Dr. Savage was recognized as a 2012 LMHS MVP, and was selected by his peers as LMHS Physician of the Year in 2014. He currently serves as

Department Chief of Surgery at Licking Memorial Hospital. Dr. Savage lives in Alexandria and has three children: Claire, Mia, and Carter. In his spare time, he enjoys reading, exercising and outdoor activities.



ptoms with Brent Savage, M.D.

warning signs that I might have a hernia?

born with the condition while Infants born before their due date are at higher risk.

Several other types of hernias can affect various areas of the body. The hiatal hernia occurs when the upper part of the stomach protrudes through an opening in the diaphragm and into the chest cavity. The diaphragm is the thin muscle wall that separates the chest cavity from the abdomen. The opening in the diaphragm is where the esophagus and stomach join. A small hiatal hernia typically may not cause serious issues; however, a large hiatal hernia may allow food and acid to enter the esophagus, leading to heartburn. Self-care measures or medications are often prescribed to relieve the symptoms.

A ventral hernia occurs at any location along the midline, known as the vertical center, of the abdomen wall. There are three types of ventral hernia, the epigastric, umbilical, and incisional. The epigastric hernia affects the area below the breastbone to the navel. The umbilical hernia is located in the area of the belly button, and incisional hernia develops at the site of a previous surgery. Up to one-third of patients who have had an abdominal surgery will develop an incisional hernia at the site of their scar.

A perineal hernia occurs when organs or tissue push through pelvic floor muscles into the abdominal cavity. Perineal hernias are very rare, and women are

more likely than men to develop this type of hernia. The risk of a perineal hernia is greater after pelvic surgery. Injuries and pregnancy also cause this type of pelvic floor hernia.

Not all hernias cause symptoms, and different types of hernias may cause different symptoms. One telltale sign of a hernia is a visible lump or bulge that appears during certain activities or in certain physical positions and retracts at other times. Pressure may be felt in the area along with a dull ache or pinching when the hernia is visible. The hernia may protrude when straining, lifting, laughing, or coughing. Risk factors for developing a hernia include: frequent heavy lifting or many hours of standing, chronic cough or allergies that cause chronic sneezing, chronic constipation and straining, a history of abdominal or pelvic surgery, and chronic obesity, a body mass index, or BMI, greater than 30.

When most hernias develop, the internal tissue that protrudes through the muscle gap is typically fat. However, parts of the bowel or other organs may also protrude through the opening. Most hernias are not serious; however, if the organ becomes lodged inside the weakened area and does not retract, serious side effects may occur including intense pain. In severe cases, the blood supply is cut off from the tissue causing necrosis (tissue death). The risk is very low, but when the blood supply is cut off, emergency

repair may be required. Seek immediate medical attention if you have:

- A painful bulge that does not reduce in size when laying down and resting
- Worsening pain
- Nausea and/or vomiting
- Difficulty having a bowel movement
- Bloating
- Racing heart rate
- Fever

A simple physical exam is often enough to diagnose a hernia; however, some hernias may require a form of soft tissue imaging, such as a CT scan, to diagnose. Most hernias will need surgical repair, but not necessarily right away. A small or mild hernia that only protrudes occasionally can simply be monitored to determine whether it requires further action. Hernias do tend to worsen over time, which is why providers recommend surgical repair. Hernia repair surgery is common and generally a minor procedure unless there are complications. A surgeon will return the herniated tissue into place and reinforce the weakened area where the tissue protruded through with stitches or with surgical mesh. Surgeons often use minimally-invasive methods for a routine hernia repair, which means smaller incisions, less postoperative pain, and a faster recovery.

Quality Reporting to the Community

Patient Story and Benchmarks for Stroke Care



Patient Story – Beth Carpenter

Beth Carpenter has always had an active lifestyle and kept herself busy. She enjoys playing golf, bowling, and exercises regularly. Beth worked as a waitress at Bob Evans while she raised her children. After they were grown, Beth attended classes at Eastland-Fairfield Career and Technical Schools in Groveport where she acquired computer skills that she used to obtain a job in medical records at a medical facility in Lancaster. She returned to school and earned her license as an X-ray technician and worked at a podiatrist's office until she retired four years ago.

On the morning of Saturday, March 18, Beth woke up and noticed that she had numbness and tingling in her right arm. She initially thought that she had slept on it and that her hand had just fallen asleep. Later in the day, Beth was in her kitchen preparing food. She reached up to touch her face and noticed that her nose and right cheek were numb. Knowing this was not a normal sensation for her, Beth took 325 mg of aspirin and went straight to Licking Memorial Hospital (LMH) Emergency Department (ED).

When she arrived at the registration desk, Beth informed the receptionist of her symptoms and explained that she may be experiencing a stroke. The ED staff worked quickly to bring Beth to an exam room. The entire time she remained alert and displayed none of the outward symptoms of a stroke, such as weakness, facial droop, or difficulty speaking or walking. Beth underwent two computed tomography (CT) scans,

one with contrast and one without contrast. Both CT scans revealed no abnormalities.

Although Beth does not have a history of heart disease, her mother died from a heart attack when she was 54 years old. Because of her family history and her own history of high blood pressure and high cholesterol, Beth was taken to the Cardiology Unit for observation and was fully admitted to the Hospital on the following day. On Sunday, Beth had an MRI procedure, which revealed evidence that she had indeed experienced a stroke.

A stroke occurs when the blood supply to part of the brain is cut off, causing damage to the brain, and affecting the functions of the body. Arteries narrow and harden as people age, which can increase the risk of stroke. Certain medical factors, such as heart disease, high blood pressure, and high cholesterol, may also contribute to stroke risk.

After Beth was discharged from the Hospital, she had a follow-up visit with Noman Ahmed, M.D., of Licking Memorial Neurology. "Dr. Ahmed was very nice and thorough in my follow-up examination. He answered all my questions," Beth said. "He checked my list of medications that I was taking and increased the dosage of my cholesterol medication explaining that the higher dose will help to prevent future strokes. He also suggested that I do a sleep study in June, which would be three months after my stroke."

At the end of January, Beth had contracted COVID-19. Although she made a full recovery, she has been experiencing arm pain on a regular basis.

She mentioned her concern during her visit with Dr. Ahmed, and he ordered an MRI of her cervical (neck) area. The MRI did not show any stenosis or pinched nerves, so Dr. Ahmed suggested performing an electromyography (EMG) when she came in for her follow-up in June. An EMG is a diagnostic test that helps detect neuromuscular abnormalities by measuring electrical activity in the muscles.

"Dr. Ahmed asked me if I would like to have a pain medication prescribed to cope with my arm pain during the time I had to wait for the EMG. I thought that was very caring of him to be so considerate about my comfort level," said Beth.

Beth is grateful to the staff at the LMH ED for responding quickly to her health needs. "Everyone told me that I was very lucky that I came into the ED when I did. When my symptoms did not go away, I knew something was wrong and trusted my instincts," said Beth. "By sharing my story, I hope that someone else who may be experiencing symptoms like mine will take action to save their own life."

Beth continues to live an active lifestyle. She lives with her 91-year-old father at her farmhouse in Thornville. In addition to golfing, bowling, and regular exercise, Beth also enjoys gardening and tending to her flower beds and orchard she has on more than 5 acres of property. Beth has 5 children, 13 grandchildren, and 8 great-grandchildren who all live in Central Ohio, and she visits them as often as she can.

Rehabilitation after a Stroke

Stroke is a leading cause of long-term disability, affecting more than 795,000 adults each year in the United States. The effects of stroke vary from person to person based on the type, location, and severity. When an area of the brain is damaged from a stroke, loss of normal function in parts of the body may occur. Stroke rehabilitation is an important component for recovery and can help individuals regain independence and improve their quality of life.

The brain is divided into three areas: the cerebrum, the cerebellum, and the brain stem. The cerebrum controls movement, sensation, speech, thinking, reasoning, memory, vision, and emotions. The cerebellum receives sensory information from the body through the spinal cord and is responsible for muscle control, fine movement, coordination, and balance. The brain stem controls many of the body's vital functions, such as heartbeat, blood pressure, and breathing, as well as the nerves involved with eye movement, hearing, speech, chewing, and swallowing.

Stroke rehabilitation offers different therapies that can help people regain the skills they lost during a stroke. The long-term goal of rehabilitation is to help the stroke survivor become as independent as possible. Research shows that people who participate in a stroke rehabilitation program have a better recovery rate than those who do not. Rehabilitation typically starts in the hospital and can begin as soon as 24 to 48 hours after having a stroke, as long as the patient is stable.

A stroke patient's rehabilitation team is comprised of several healthcare professionals, including their primary care physician, rehabilitation nurses, and physical, occupational, and speech therapists. A patient's primary care physician can guide

care and suggest lifestyle behaviors for avoiding future strokes. Rehabilitation nurses help individuals incorporate the skills they learn into daily routines and can offer options for managing complications that arise from having a stroke.

Physical therapists work with stroke patients to help them relearn movements such as walking, sitting, lying down, and maintaining balance and coordination. An occupational therapist assists patients with improving daily living skills such as dressing, bathing, and performing household chores. Speech and language pathologists can help patients to improve their language skills, swallowing, and can help to develop abilities with memory and communication.

The Acute Inpatient Rehabilitation Unit at Licking Memorial Hospital (LMH) provides acute rehabilitation services for patients who have had a stroke. The goal of the Acute Inpatient Rehabilitation program is to help patients develop the skills necessary to live as independently as possible after leaving the Hospital. The interdisciplinary team focuses on the patient's specific area of disability caused by the stroke, such as balance and coordination, mobility, daily activities, speech and language, and swallowing.

Outpatient rehabilitation is also offered through Licking Memorial Rehabilitation Services for patients who need continued therapy after they are discharged from the Hospital. The comprehensive rehabilitation team provides several types of physical, occupational, and speech therapies that focus on decreasing pain while enhancing function to restore quality of life for the patient. The Rehabilitation Services Department utilizes many tools and technologies to improve an individual's daily living activities, including the STISIM Drive®, a driving simulator that assists patients who may need to strengthen basic driving skills including reaction time, managing pedals, and steering. There is also the BTE™ Simulator II, which replicates hundreds of real-world jobs and daily living functions, and is used for functional upper extremity rehabilitation.

Recovering from a stroke can be a very challenging experience for patients. It takes time and varies for each individual, depending on the severity of the stroke as well as the cognitive and physical effects on the body. Beginning rehabilitation as soon as possible can contribute to a faster recovery. A positive support system of family and friends can help encourage a person's motivation and mood, giving them the ability to continue with rehabilitation exercises outside of therapy sessions.



Stroke Care – How do we compare?

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

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Eligible stroke patients who received timely thrombolytic drugs in the ED	90.6%	100%	91.7%	88%

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Median time from arrival to administration of tPA	73 Minutes	68 Minutes	65 Minutes	60 Minutes

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽¹⁾
Stroke patients in the ED with brain scan results within 45 minutes	96%	84%	84%	70%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽²⁾
Ischemic stroke – inpatient mortality rate	0.0%	0.78%*	0.79%*	2.71%
<small>*In 2021 and 2022, one individual suffered a fatal ischemic stroke.</small>				

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽²⁾
Incidence rate	20.10%	20.51%	21.43%	19.81%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽²⁾
Ischemic stroke – percentage with AFib	14.29%	11.72%	14.96%	18.33%



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

	LMH 2020	LMH 2021	LMH 2022	National ⁽²⁾
Ischemic stroke – percent discharged home	49.58%	53.13%	58.27%	55.56%

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

	LMHP 2020	LMHP 2021	LMHP 2022	National ⁽³⁾	LMHP Goal
% LMHP coronary artery disease patients seen receiving blood-thinning medication	93%	96%	88%	>80%	>85%

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

Recognizing Stroke Symptoms F.A.S.T.

During a stroke, every minute counts. Recognizing the signs and symptoms of a stroke can save a person's life. Treatment works best if the stroke is recognized and diagnosed within three hours of the first symptoms. The National Stroke Association urges people to learn the warning signs of stroke, and act "F.A.S.T." by calling 911 immediately if any of the following symptoms are present:

Face: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arms: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech: Is speech slurred? Are they unable to speak or difficult to understand? Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly?

Time to call 911: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The key to recognizing stroke is the suddenness of the onset of symptoms. In addition to the conditions mentioned, someone experiencing a stroke may also suffer numbness in the face, arm, or leg, vision changes, loss of balance or coordination, confusion, trouble walking, or a sudden severe headache. If you or someone you are with have any type of unusual symptoms that occur suddenly, call 911.



Quality Reporting to the Community

Emergency Story and Benchmarks for Emergency Care

Patient Story – Poppy Cowles



Poppy Cowles was born and raised in Youngstown, Ohio. She received a Bachelor of Science in Nursing Degree from Youngstown State University and also has a master's degree in nursing education. She has served as a dialysis nurse for 20 years. Working as a traveling nurse, she was offered and accepted a full-time position at a Columbus area hospital in 2019. Poppy moved to Newark to be closer to her new job.

In April 2023, while driving to work, Poppy began experiencing pain and burning in her chest which she thought was heartburn. However, the pain began radiating to her shoulder and back. Since she was still in Newark, Poppy drove herself to the Licking Memorial Hospital (LMH) Emergency Department (ED). As soon as Poppy explained to the registration staff that she was having chest pains, she was taken to a triage room where staff members quickly assessed her condition and then transported her to an exam room.

"From the very beginning of my visit to the ED, the nurses and staff were on top of the situation ensuring my safety and comfort. They listened carefully to my concerns and reacted quickly by ordering the necessary laboratory testing to determine what was causing my pain and offered medications to ease the discomfort," Poppy said. "I explained that I have a shellfish allergy which means being cautious of certain medications and tests."

Staff members monitored Poppy for signs of a possible heart attack. Blood samples were sent to the Licking Memorial Laboratory to test for high-sensitivity troponin I levels. Very high levels of high-sensitivity troponin I are

an indicator that a heart attack has occurred. High-sensitivity troponin I is a type of protein found in the muscles of the heart, but is not typically found in the blood. When heart muscles become damaged, high-sensitivity troponin I is sent into the bloodstream, and as heart damage increases, greater amounts of high-sensitivity troponin I are released. In addition to the lab tests, Poppy also underwent an electrocardiogram (ECG) to record the electrical signal from the heart to monitor for possible heart conditions.

The ED physician determined that the results from both the lab tests and the ECG were abnormal, and that Poppy would require further testing. She was admitted and sent to a Hospital room and told that she would undergo a stress test the following morning. "Again, the nursing staff was very attentive. They took time to talk with me and made me feel comfortable. Many nurses and patient care assistants visited with me, and each one was kind, patient, and caring," Poppy shared.

While in her room, Poppy was visited by a cardiologist who determined that waiting for the stress test was unnecessary since Poppy was still experiencing pain. She was taken to the Heart Catheterization Laboratory where the cardiologist examined her heart function and arteries to determine if there were blockages. During the procedure, Poppy was awake and able to watch the staff perform the procedure.

"It was fascinating to watch the process from the patient's perspective. The nurses were amazing. They were comfortable with one another and laughed together putting me at ease. They talked with me and kept me

occupied which also made me feel that I was in very capable hands," Poppy explained.

After the procedure, Poppy was informed there was no need for more medical intervention with her heart. The cardiologist recommended lifestyle changes instead, such as lowering her cholesterol, to assist in reducing further complications. She was referred to her primary care physician for follow-up care. Just a few days after her experience, Poppy was back at work.

"As a nurse, I greatly appreciated the care I received. I was treated in the same manner in which I would offer care to my own patients, with compassion and consideration," Poppy said. "Being a nurse or a patient care assistant is a difficult vocation. There always seems to be staffing shortages which can leave those in the field overworked and stressed out, but the LMH staff took the time to be attentive to my needs and offer quality care. I was impressed with everyone. I never felt as though someone was too busy to assist me."

Poppy is one of six nurses in her family. Her great grandmother, grandmother, mother, aunt, and sister all share the same love of caring for others. Now that she is back to work, Poppy has been trying to follow the advice given and lower her cholesterol. Her busy schedule often makes it difficult to consume healthy foods, but she has four grown children, and eight grandchildren who motivate her to continue the battle to stay healthy. To relax, Poppy enjoys sewing crafts and gardening.

Drug-related Emergency Visits

Drug addiction, overdoses, and the opioid crisis continue to be major issues in the United States. Hospitals and emergency departments (EDs) are on the front lines of these crises and play a key role in fighting substance use disorder (SUD) and overdose, even beyond providing emergency care. In 2021, the top five drugs involved in drug-related ED visits were alcohol, opioids, methamphetamine, marijuana, and cocaine.

An overdose event is an opportunity to introduce interventions that can connect patients with substance use disorders to treatments and other community resources. The Licking Memorial Hospital (LMH) ED has adopted strategies for comprehensive care and adheres to evidence-based practices to identify and assist people when they arrive at the ED with a substance use-related condition.

Patients also visit the ED with request for help with detoxification from various drugs. Detox from alcohol and benzodiazepines can be life threatening. ED staff utilize appropriate protocols to treat patients depending on the particular drug from which a patient may be detoxing. Sometimes detox will require admission to the Hospital or a facility that specializes in detox. In other cases, outpatient referrals may be appropriate. ED physicians follow best practice guidance standards for treatment but will consult with addictionologists when needed.

Shame and stigma can be deterrents to people seeking treatment for SUD. It is important for clinical and non-clinical emergency staff to use non-stigmatizing language when communicating with patients. People-first language respects the worth and dignity of the patient, focuses on the medical nature of the SUD and treatment, and promotes the recovery process. Staff also receive training and education on substance use disorder and overdose that include a wide variety of topics, including fundamentals of addiction and its impact, the basics of medication-assisted treatment (MAT), and best practices for screening and intervention.

When a patient arrives in the ED with a suspected or confirmed drug overdose, the staff conducts an assessment to determine the general well-being and specific needs of the patient. Staff may inquire about general information such as the patient's housing situation, family relationships, mental health conditions, recent changes in life events, employment status, transportation ability, and insurance status. Staff may also ask the patient about their attitude toward their overdose event and how they feel about detoxification or treatment. Based upon the information given, the patient will be provided with a list of referrals to local medical and social services.

The ED utilizes case managers, licensed social workers, and other ED staff to connect overdose patients with resources based on their individual needs. This information includes addiction medicine treatment facilities, mental and behavioral health providers, patient and family support groups, housing assistance, domestic and sexual violence services, food assistance, employment assistance, and MAT providers.

MAT is the use of medications in combination with counseling and behavioral therapies, which is effective in the treatment of opioid and other SUDs. The medications used are approved by the Food and Drug Administration and help to relieve withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. Medications that may be utilized include Naloxone, buprenorphine, and methadone.

Patients may also be provided with harm reduction resources and education on preventing infectious disease transmission. Harm reduction is an evidence-based approach that emphasizes engaging with people who use drugs and equipping them with life-saving tools and information to create positive change in their lives.

Shepherd Hill is the Behavioral Health Department of LMH. It is a nationally accredited treatment center that focuses on patients with substance use disorders. Shepherd Hill provides care for patients aged 18 and older, including inpatient detoxification services and inpatient psychiatric care for patients needing 24-hour treatment and stabilization. Comprehensive treatment options, including a partial hospitalization program with an overnight component, day and evening intensive outpatient treatment programming, MAT, and an aftercare program, are available for patients with alcohol and/or drug dependence. For more information, call (220) 564-4877 or visit shepherdhill.net.



Emergency Care – How do we compare?

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

1. During 2022, there were 50,748 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2020	LMH 2021	LMH 2022	Goal
Median length of stay in the ED for all patients*	192 min.	218 min.**	190 min.	Less than 201 min.
Median length of time from arrival until seen by a physician*	16 min.	27 min.**	23 min.	Less than 28 min.
Median length of stay in the ED for patients discharged home*	167 min.	204 min.**	182 min.	204 min.⁽¹⁾
Median length of time from the ED physician's decision to admit a patient until the patient arrives in their Hospital room	98 min.**	75 min.	85 min.	120 min.⁽¹⁾
Percentage of patients who are in the ED for more than 6 hours	4.6%	8.9%**	6.4%	8.1%⁽²⁾

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

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

2. LMH operates three Urgent Care facilities: Licking Memorial Urgent Care – Pataskala, Licking Memorial Urgent Care – Granville, and Licking Memorial Urgent Care – Downtown Newark. Patients are encouraged to visit Urgent Care rather than the ED when they have illnesses and injuries that are not life-threatening, but need immediate attention, such as ear infections, minor fractures, and minor animal bites. Urgent Care visits usually require less time and offer lower costs than visits to the ED. During 2022, there were 19,243 visits to Licking Memorial Urgent Care – Granville, 8,899 visits to Licking Memorial Urgent Care – Pataskala, and 20,486 visits to Licking Memorial Urgent Care – Downtown Newark.

	LMH 2020	LMH 2021	LMH 2022	Goal
Urgent Care – Downtown Newark time to see physician	18 min.	44 min.*	39 min.	Less than 30 min.
Urgent Care – Downtown Newark median length of stay	54 min.*	68 min.*	57 min.	Less than 60 min.
Urgent Care – Granville time to see physician	12 min.	30 min.*	29 min.	Less than 30 min.
Urgent Care – Granville median length of stay	41 min.	46 min.*	42 min.	Less than 60 min.
Urgent Care – Pataskala time to see physician	13 min.	31 min.*	30 min.	Less than 30 min.
Urgent Care – Pataskala median length of stay	44 min.	52 min.*	46 min.	Less than 60 min.

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

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

	LMH 2020	LMH 2021	LMH 2022	Goal
Median time to opened artery	58 min.	60 min.	53 min.	61 min.
Percentage of patients with arteries opened within 90 minutes	98%	99%	100%	96%
	LMH 2020	LMH 2021	LMH 2022	National ⁽¹⁾
Median time from arrival to completion of EKG	3 min.	3 min.	2 min.	7 min.

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

	LMH 2020	LMH 2021	LMH 2022	Goal
ED patients who return to the ED within 24 hours of discharge	1.5%	0.9%	1.2%	Less than 2%



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

	LMH 2020	LMH 2021	LMH 2022	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.6%	0.4%	0.8%	Less than 1%

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

	LMH 2020	LMH 2021	LMH 2022	Goal
ED patients who leave before treatment is complete	3.6%	2.2%	1.4%	Less than 3%

Data Footnotes: (1) [Hospitalcompare.hhs.gov](https://www.hhs.gov/hospital-compare) national benchmarks. (2) Comparative data from the Midas Comparative Database.

*LMH data represented on this table reflects nearly 100% of all ED visits, while goals reference CMS hospital comparative data, which uses a small sampling of all U.S. emergency department patients.

Urgent Care or ED?

Recognizing the difference between emergency and urgent care can be difficult, as both terms suggest that medical care needs to happen quickly. The Emergency Department (ED) at Licking Memorial Hospital (LMH) is open 24 hours for patients who have serious or life-threatening injuries and illnesses. LMH also operates three Urgent Care facilities, in Pataskala, Granville, and Downtown Newark, for patients who have minor symptoms but still need immediate care. Wait times in the ED can be lengthy for patients with minor symptoms since the staff must treat patients according to the severity of their conditions. Therefore, patients with minor symptoms may find shorter wait times, as well as lower costs, at one of the Urgent Care facilities.

Commonly treated conditions at an LMH Urgent Care facility include:

- Sore throat
- Ear infections
- Colds, flu, and coughing
- Minor fever
- Minor allergies
- Sprains
- Minor fractures
- Minor cuts needing stitches
- Minor animal bites
- Insect stings (no allergy)
- Minor burns
- Urinary tract infections
- Nausea (not persistent)
- Diarrhea
- Skin rashes
- Minor eye injuries

Examples of serious or life-threatening conditions that require immediate treatment in an ED include:

- Heavy bleeding
- Difficulty breathing
- Severe head injuries
- Stroke-like symptoms (facial drooping or one-sided weakness)
- Chest pain
- Severe dizziness
- Seizures
- Severe injury or bone fractures with open or noted deformity
- Poisoning
- Drug overdose

Visit [LMHealth.org](https://www.lmhealth.org) and click on the “Schedule an Urgent Care Visit” button to view Urgent Care wait times and schedule an appointment.

Licking Memorial Urgent Care – Pataskala is located at One Healthy Place, off State Route 16, on the east side of Pataskala.

Licking Memorial Urgent Care – Granville is located at 14 Westgate Drive.

Licking Memorial Urgent Care – Downtown Newark is located at 20 West Locust Street.

Licking Memorial Health Foundation Recognizes New Donors

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

The John Alford Fellowship

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. By joining the Alford Fellowship with a commitment of \$25,000 or more over a 10-year period, a donor affirms John W. Alford's belief in the need for quality healthcare at the local level.

Heather Burkhart, M.H.A., B.S.N., R.N.

LMHS President & CEO Rob Montagnese (left) and LMH Board Chair Jacqueline Parrill (right) presented Heather (center) and Keith (not pictured) Burkhart with a glass piece in recognition of their commitment to the John Alford Fellowship. Heather is Vice President Acute Care Services at Licking Memorial Health Systems (LMHS), and is responsible for Acute Inpatient Rehabilitation, Cardiology, Critical Care and Medical Surgical Inpatient Units, Emergency Department and Urgent Care locations, Surgical Services, Pharmacy, Dialysis, Maternity Services, Oncology Services, Respiratory Therapy,

and Licking Memorial Hospital (LMH) Hospitalists. She first began serving at LMH in 2000 as a Medical Surgical and Pediatric staff nurse, before serving as a Patient Care Manager for 2 years, the Director of Medical Surgical Nursing for 4 years, the Assistant Vice President Acute Care Services for 4 years, and in her current role for 6 years.

Heather was born in Coshocton, Ohio, and graduated in 1994 from Loudonville High School in Loudonville, Ohio. She graduated from the Mansfield General Hospital School of Nursing in 1997, completed her Bachelor of Science

Degree in Nursing at Ohio University, and completed her Master of Health Administration Degree from Ohio University. Heather is a member of the American Nurses Association, Ohio Organization of Nurse Leadership, the American Organization for Nursing Leadership and the Newark Rotary Club. She resides in Frazeyburg, along with her husband, Keith, and their two children, 19-year-old Drew, and 17-year-old Kate.



The William Schaffner Society

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

Diana Ermlich, RHIA

Diana Ermlich (center) accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Vernioica Patton (left) in honor of her commitment to the William Schaffner Society. Diana is certified as a Registered Health Information Administrator. She earned her Bachelor of Science degree from The Ohio State

University. She joined Licking Memorial Health Systems in 2004 as the Manager of Health Information Management. In 2006, she became a Systems Analyst in the Information Systems Department, and was promoted to Senior Systems Analyst in 2007. She became Director of Health Information and Hospital Electronic Medical Record (EMR) Applications in 2012, and assumed her

current responsibilities as Vice President Information Systems in 2022. In 2015, Diana was selected by her peers as LMH Manager of the Year. She lives in Pickerington with her husband, Justin, and two sons, Ivan and Gavin.



LMHS is proud to acknowledge those who make significant contributions to support its mission to improve the health of the community. Charitable contributions to LMHF are tax-deductible to the extent allowed by law. Contributions are used for capital expansion, renovation projects or equipment needs. Contributions are not used for operating expenses, salaries or other day-to-day expenditures.

Donors

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

Benefactor

Janine and Brian Mortellaro

Capital Improvement Fund

Goodwill Industries
TWIGS 6

Community Cornerstone Club

Brandon and Ellie Akey
Ronald and Patricia Babcock
Kay Barton
John Berry, Ph.D.
John and Dorothy Brown
Diann Caudill
Jeff and Jane Cox
Mr. and Mrs. Lee Crader
Nancy Criswell
Roger and Mary Ann Draa
Dan and Shirley Dupps
Fred Ernest
William Fielding
Duane and Marty Flowers
Reed and Mel Fraley
John and Elaine Gard
Tracy and Arlene Gentry
E. Elliott and Barbara Gerber
David and Nancy Hardy
Lee and Sally Heckman
Brandon Hess
Janet R. Ignatius

The Reverend John M. Kauffman
Rodger Kessler and Vicki Sugar
Steve and Michele Layman
Tom and Nancy LeBlanc
Lepi Enterprises, Incorporated
Mike and Pat Massaro
Mr. and Mrs. John Mazzone
Tom and Eileen McNemar
Chris and Tom Montis
Chris Mooney
Tom and Ann Mullady
Linda and Pete Myer
Dustin and Cindy Neely
Charles and Joy Ott
Melissa Owens
Mrs. Cheryl K. Rose
Nawar Saieg, M.D.
Skip and Carol Salome
Glenn and Annette Smith
Hank Speaks
Benjamin and Jonelle Streby
VFW Post 1060
Chuck and Jane Walker
Josh and Robin Whittington
In Memory of Beth Yocum – Harry Yocum

Doctors' Day

In honor of Mark DeFrancisco, D.O.
By: Skip and Carol Salome

In honor of James DeSapri, D.O.
By: Mrs. Cheryl K. Rose

In honor of D'Anna Mullins, M.D., Ph.D.
By: Mr. and Mrs. Michael Harvey

In honor of Thomas Petryk, M.D.
By: Skip and Carol Salome

General

Anonymous
Anonymous
Anonymous
Ms. Beverly Jones
The Twentieth Century Club

Grants

Licking County Foundation

Honorary

In honor of Bashar Alawad, M.D.
By: Patricia Stout

In honor of: Licking Memorial Hospital
6-East Staff
By: Patricia Stout

John Alford Fellowship

Keith and Heather Burkhart

Memorial

In memory of Dick Shelly
By: Eschol and Dorothy Curl

In memory of Donna Shipley
By: Mrs. Rhonda Goldenburg

In memory of Bill Stout
By: James W. and Dorothy L. Leslie
Patricia Stout

Paving Our Future

In memory of Terry Frame
By: Ejaz Ahmad, M.D.
Lori Elwood, M.D.
Nicole Miller, D.O.
Richard S. Scarborough, D.O.
Latha Urs, M.D.

In memory of Jane Tolliver
By: Ruth A. Carson

William Schaffner Society

Diana Ermlich
Mathew and Sadie Mahon



Caregivers Expo

The Licking Memorial Hospital (LMH) Development Council recently hosted the Caregivers Expo at



LMH. More than 230 people attended the event 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 event featured 47 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.

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.

Retiree Spotlight

Jeff Smith began his career at Licking Memorial Health Systems (LMHS) in 1979. He grew up in Upper Arlington and earned a Bachelor of Science Degree in Pharmacy from Ohio Northern University in Ada, Ohio. After graduating from college, Jeff knew that he wanted to work in a community hospital setting, and he joined Licking Memorial Hospital (LMH) as a staff pharmacist. He was one of three pharmacists hired to work a new second shift in the LMH Pharmacy.

Jeff appreciated the family atmosphere that LMH offered and enjoyed the company of his co-workers. While working at LMH, Jeff met his wife, Nancy, who was a nurse on 5-South. They married and had three children – Andrea, Alex, and Joshua – all of whom were born at LMH.

“My greatest memory working at LMH is meeting my wife. It is the people who made working at LMH great,” Jeff said. “Everyone watched out for one another and took care of each other, in good times and bad. They were living the Hospital’s mission to improve the health of the community every day.”

In 1992, Jeff was promoted to Director of Pharmacy. He used this opportunity to bring new ideas and technologies to the Pharmacy, such as the automated dispensing system, which provides

secure medication storage on patient care units and enables electronic tracking of the use of controlled medications. The implementation of the automated dispensing system allowed the pharmacy staff to focus more on clinical pharmacy to optimize patient care.

“LMHS administration was open to hearing my ideas, and they supported the advancement of pharmacological technology in the Hospital,” said Jeff. “LMH is known for its cutting-edge technology, and that is largely due to progressive-thinking leadership.”

After working in the Pharmacy Department for 15 years, Jeff felt a calling to the ministry. He has always loved helping people, so he pursued the calling and entered seminary school. Jeff earned a Master of Divinity degree with a concentration in Pastoral Ministry from Trinity Theological Seminary and was ordained as a minister in January 2007.

Coincidentally, LMHS President and CEO Rob Montagnese and Vice President Development and Public Relations Veronica Patton had been discussing the establishment of a Pastoral Care program at LMH. In 2007, Jeff was invited to become the Director of the new Pastoral Care Department. Jeff eagerly accepted the position and began working to build a Pastoral Care staff that would impact the

patients, visitors, and staff in a profound way. He has thoroughly enjoyed watching his team of dedicated chaplains develop their calling.

Jeff and Nancy currently reside in Greenville, Ohio. Jeff works as an on-call pharmacist at Wayne Healthcare in Greenville. He also serves as a Rapid Response Chaplain for the Billy Graham Evangelistic Association and will travel to various areas in the United States to minister to people and families who have experienced natural disasters. Jeff and Nancy are active members of Bible Fellowship Church in Greenville. They recently vacationed in Williamsburg, Virginia, with their three children, spouses, and six grandchildren. Jeff looks forward to spending more time with his family in retirement.



Cancer Survivors Honored at Annual Picnic

Approximately 150 Licking County residents gathered at the Licking Memorial Medical Campus on June 1 for the 12th annual Cancer Survivors Picnic. The event celebrated and honored cancer survivors for serving as an inspiration to those currently diagnosed with cancer.

At the event, D'Anna Mullins, M.D., PhD., of Licking Memorial Hematology/Oncology, shared that Licking Memorial Hospital (LMH) diagnosed 670 cases of cancer in 2022, averaging about 56 new patients each month. Additionally, 161 new and existing patients were screened for clinical trials last year, and 20 percent

of those patients were enrolled in clinical trials, giving them access to the newest and most advanced treatments available.

"The cancer experience is quite a journey – one that is never truly complete," said Dr. Mullins. "We are very blessed at Licking Memorial Hospital to have an outstanding oncology team. Even after the last treatment, a cancer patient needs time to heal physically and emotionally. Our team works together to provide education, assess and manage nutritional needs, offer financial assistance, and provide emotional support to patients

and their families throughout their cancer journey and beyond."

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



Defeating Cancer: Skin Cancer Screenings

Licking Memorial Health Systems provided free skin cancer spot screenings in June to members of the community. The screenings were held at Newark High School. Laurie Schaeffer, D.O., of Licking Memorial Dermatology – Pataskala, performed spot check screenings for individuals as a preventive measure for skin cancer.

Skin cancer is the most common cancer in the United States. Prolonged exposure to the sun's ultraviolet (UV) rays and UV tanning beds are the two most common causes of skin cancer. Abnormal growth of cells in the epidermis begin in the basal and squamous layers of the skin.

Melanoma, the third most common type of skin cancer, begins in the melanocytes – the cells that produce melanin, which is the pigment that gives skin its color.

Changes in the appearance of the skin, such as a change in a mole, a new growth, or a sore that does not heal, are the most common signs of skin cancer. When detected early, treatment for skin cancer is highly treatable. Individuals can lower their risk of skin cancer by limiting their exposure to UV rays and applying a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher when in the sun. Monthly skin self-exams can help detect new or

abnormal moles, and any suspicious findings should be reported to a physician or dermatologist.



LMHS Recognizes Donors at Receptions

The individuals and organizations who generously support Licking Memorial Health Systems' (LMHS) mission to improve the health of the community through financial contributions to Licking Memorial Health Foundation (LMHF) were honored at special events in June. The Licking Memorial Hospital (LMH) Development Council hosted a Donor Appreciation Reception to show gratitude to community members and businesses who made donations to LMHF over the past year. Guests enjoyed a variety of hors d'oeuvres and desserts and received a gift basket as a token of appreciation.

At the reception, LMHS President & CEO Rob Montagnese discussed the Hospital's involvement in several large projects in preparation for future growth in Licking County amidst the construction of Intel Corporation's chip manufacturing facility. Licking County Transit Authority announced a new, fixed bus route along East and West Main Streets. Licking Memorial Medical Campus, located at 1717 West Main Street, is the main hub for the new bus line. LMHS has also established a new healthcare clinic at Licking Heights High School. The clinic is located within the high school and is open to the students and staff of Licking Heights.

"The best way for us to grow is by the breadth and depth of the services we provide to our community," said Rob. "Your contributions allow us to acquire state-of-the-art technology and offer important programs and resources that promote health and wellness for residents of Licking County. Donor

generosity truly helps LMHS fulfill its mission to improve the health of the community."

LMHS employees who provide support through PRIDE (Providing Resources in Dedicated Employees) were honored during the PRIDE Appreciation Open House. Currently, there are 817 PRIDE members. Employees enjoyed a complimentary breakfast and time interacting with other members. Since its inception in 1987, PRIDE has raised nearly \$3.5 million to help fund major projects and capital improvements at Licking Memorial Hospital (LMH), including the recent Main Street Café renovation project, renovations in the Emergency Department Lobby and Main Lobby, and the John & Mary Alford Pavilion fireplace area.

LMHS, a not-for-profit organization, reinvests revenue over expenses back into the Hospital for the ultimate benefit of the community. Gifts may be designated for a specific department, service, facility, or piece of equipment. However, unrestricted gifts allow the

funds to be directed to the greatest need. All donations are used for capital expansion, renovations, and equipment. Gifts are never used to pay for operating expenses or salaries. Contributions in 2023 are directed toward new and replacement state-of-the-art technology in the Radiology and Laboratory Departments. Three nuclear medicine cameras, a bone density machine, stereotactic breast biopsy unit, and numerous ultrasound units and x-ray machines will be upgraded, and added to various provider locations, maximizing image quality. To meet the rapidly changing field of laboratory medicine, the newest generation of chemistry and hematology instrumentation will be added to our automation line, providing a broader test menu and faster turnaround times. In the microbiology and molecular lab, more enhancements and the most advanced system for organism identification will be integrated. This advanced equipment will further enhance patient experience, improve patient outcomes, promote safety, and ensure availability of high-quality healthcare close to home.



Development Spotlight

Barbara Quackenbush

is one of the newest Licking Memorial Hospital (LMH) Development Council members. She joined the Annual Support Committee in February 2021 after she was contacted by Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese through her membership in the Newark Rotary Club.

"I've had many family members receive care at LMH, and all were treated wonderfully. My son was born there and also is a seasonal intern in the Purchasing Department," said Barbara. "I've always been grateful to have LMHS in our community, and joining the Development Council has been a great opportunity to become part of the organization that has cared for me and my loved ones."

A lifelong Licking County resident, Barbara has been a Board Member of Big Brothers Big Sisters of Licking & Perry Counties and the Buckeye Valley Family YMCA. "Through my previous experiences with other local organizations, and as a Newark City Schools employee, it was clear that LMH is embedded in Licking County and works to support our community," Barbara said. "Now, as a Development Council member, this experience reinforces everything that I have seen and heard about LMHS. I am so excited to be part of it."

Barbara is a Newark High School graduate and attended The Ohio State University at Newark to receive a bachelor's degree in elementary education. She then attended the University of Dayton to receive a master's degree in educational leadership, and then began teaching

in the Northern Local School District. Barbara returned to Newark City Schools in June 1999 as an elementary school building principal. She is now the Assistant Superintendent of Certificated/Licensed Personnel at Newark City Schools, who works alongside the school's staff and leads the recruitment and hiring process. Barbara enjoys watching her son play football for Ohio Dominican University, exercising, reading, and spending time with family and friends.



Volunteer Spotlight

As a Licking Memorial Hospital (LMH) Volunteer, Marilyn Yost feels at home. Having worked at LMH as a Certified Lab Technologist for 31 years, becoming a volunteer seemed like a natural fit. She has always felt comfortable in a healthcare setting and welcomed the opportunity to continue serving Licking County and the Hospital after her retirement.

After high school, Marilyn attended Marietta College in her hometown of Marietta, Ohio. From a young age, she had aspirations to become a teacher; however, the college did not offer an elementary education program. In search of a new career path, she chose to enroll in a certified lab assistant program. During this time, she received hands-on training at Marietta Hospital, which cemented her desire to work in a hospital.

In 1964, she moved to Newark with her family and soon joined the LMH Laboratory staff. "I loved working with

the other Laboratory staff," she fondly recalls. "Our supervisor was always supportive and encouraged us to learn and grow as much as we could." She joined LMH Volunteers in 2009 and enjoys a similar camaraderie with the other volunteers.

"I like to be around people and give back to the community," Marilyn said. "I also enjoy spending time with the other volunteers." She currently volunteers at the LMH Main Lobby reception desk where she provides information and assistance to visitors of the Hospital.

Marilyn is also active in her church, Central Christian Church, where she is a member of the choir and volunteers at her church's Medical Loan Closet that loans medical equipment to Licking County residents free of charge. Additionally, she volunteers at the Look Up Center Opportunity Store in Newark. "I am grateful for the chance to volunteer and help when I am available," she said.

Whenever she is not volunteering, Marilyn enjoys scrapbooking, has made a scrapbook for all of her seven grandchildren through their high school years, and is currently working on books for her three great grandchildren. She also enjoys reading, working in her flower garden, going to the beach, visiting her daughter, Teresa, in Atlanta, Georgia, and spending time with her son, Mark, in Columbus.



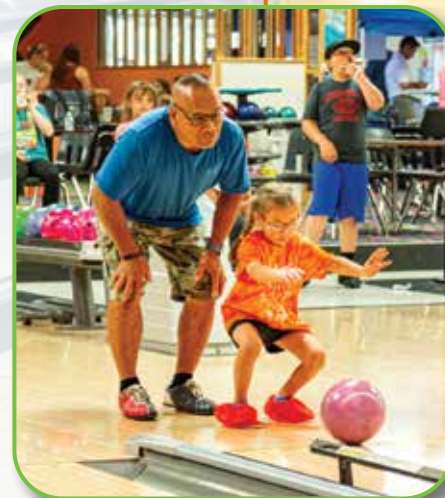
Licking County Youth and Seniors Enjoy an Afternoon of Bowling

Approximately 75 Licking County youth, ages 6 to 12, and seniors, ages 60 and older, attended the Active•Fit and Active•Senior Bowling event on June 7. The event took place at Park Lanes Bowling Center in Heath and included free bowling for a two-hour period. Attendees enjoyed healthy snacks and beverages and opportunities to win prizes.

Participation in the event counted toward the Active•Fit Program Period 3 goals. The current period began May 1. All Program participants have an opportunity to choose and complete new wellness goals by August 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit program has registered more than 11,000 participants who select health-related goals and track their

progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit ActiveFit.org.

The Active•Senior program was designed with activities which have been reviewed and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2023-2024 program began May 1, 2023, and continues through April 30, 2024. For more information or to register for the Active•Senior program, please visit LMHSActiveSenior.org or call LMHS Public Relations at (220) 564-1560.



LMHS Hosts Family Movie Night

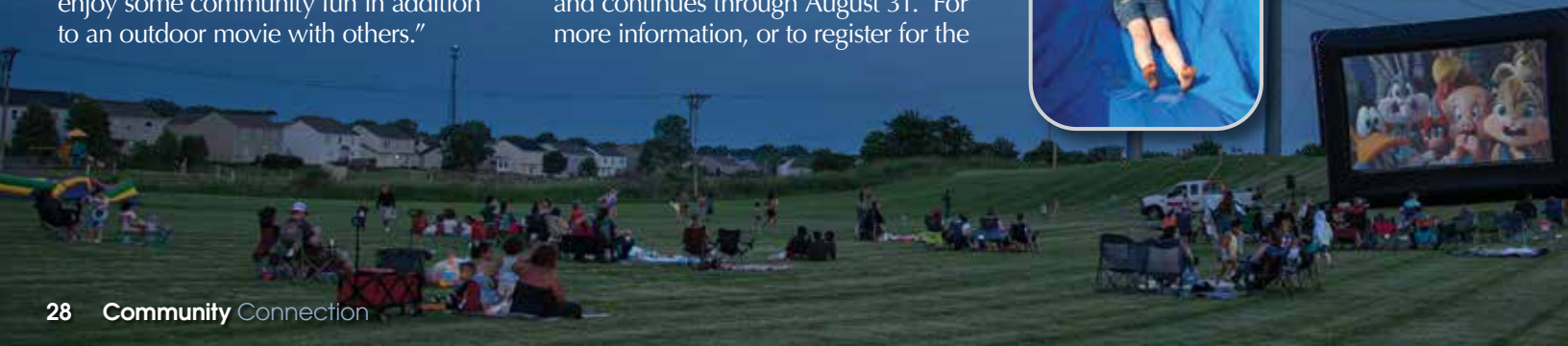
On June 2, families joined Licking Memorial Health Systems (LMHS) at the Pataskala Health Campus for an evening of active play on a variety of inflatable fun areas, as well as healthy snacks and health screenings. Afterward, attendees enjoyed a viewing of the Warner Brothers film, *Space Jam: A New Legacy*, on a 30 foot-high inflatable screen. Attendees were able to watch from their vehicles or bring lawn chairs or blankets for seating during the outdoor movie.

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

The Active•Fit Youth Wellness Program is a valuable community resource for youth, featuring guidelines designed to prioritize exercise and youth health. LMHS utilizes its resources to help Licking County children learn about their health, make and accomplish goals, provide activities for fun exercise, and socialize with those in their age range.

Since its creation in 2012, the Active•Fit program has registered more than 11,000 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to be active and learn about their health. Period 3 for 2022-2023 began May 1 and continues through August 31. For more information, or to register for the

Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.



Active•Fit

Period 2 Prize Winners

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

Nintendo Switch & Fitness Software

Wyatt Beggs, Watkins Intermediate
Mollie Nicholson, Utica Elementary
Victoria Theodore, Etna Elementary

Bicycle & Helmet

Mason Duke, Etna Elementary
Siddhant Khatiwoda, Etna Elementary
Oliver Rydalch, Etna Elementary

Athletic Shoes

Dravyn Allen, Ben Franklin Elementary
Jaxson Karnes, Watkins Intermediate
Gracelyn Welch, Ben Franklin Elementary

iPod & Fitness Software

Grayson Hout, Utica Elementary
Jennisa Katel, Watkins Intermediate
Ian Lieb, Etna Elementary

\$100 Dick's Sporting Goods Gift Card

Lilianna Bartow, Watkins Intermediate
Priscilla Chhetri, Etna Elementary
Daniel Davis, Utica Elementary
Elaina Donnell, Watkins Intermediate
Erik Ghimirey, Etna Elementary
Braelynn Glasmeier, Ben Franklin Elementary
Katerina Karki, Watkins Intermediate
Brennan Keating, Watkins Intermediate
Luka Sanchez, Watkins Intermediate
Lucious Waller, Etna Elementary

\$50 Dick's Sporting Goods Gift Card

Caden Aguilar, Watkins Intermediate
Ariana Bishop, Etna Elementary
Natasha Decker, Utica Elementary
Lyam Frick, Watkins Intermediate
Kailei Jurden, Ben Franklin Elementary
Delaney Kalkowski, Watkins Intermediate
Iraivan Karki, Etna Elementary
Davis Lieb, Etna Elementary
Jazzmyn Moore, Ben Franklin Elementary
Marlee Sechrest, Etna Elementary

The Active•Fit program has registered over 11,000 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 3 for 2022-2023 began May 1 and continues through August 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.



walk WITH a DOC

In May, Licking Memorial Health Systems hosted a Walk with a Doc event at Geller Park in Heath. Thomas J. Hagele, M.D., (top photo) of Licking Memorial Dermatology, led a discussion about skin cancer. During the June event at Infirmary Mound Park in Granville, Andrew Seipel, M.D., (bottom photo) of Licking Memorial Family Practice – Licking Valley, shared information about heart attacks.

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.



LMH Celebrates TWIGS Members

Licking Memorial Hospital (LMH) celebrated the 73rd anniversary of the local TWIGS (Togetherness, Willingness, Imagination, Giving, and Sharing) organization with a special recognition dinner at the Main Street Café in May. Currently, there are four active TWIGS chapters that coordinate fundraising projects year-round, then donate the proceeds to LMH. In addition to special events and sales, TWIGS members also operate the TWIGS 8 Gift Shop 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. Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese served as the bingo caller. LMH Board of Directors Chair, Jacqueline Parrill, Ed.D., addressed the group and thanked the members for their

support of the organization. Rob offered an update on the state of LMHS and physician recruitment sharing that an additional gastroenterologist would be joining the organization soon. He also spoke about the current Laboratory and Radiology equipment replacement initiative. All funds raised throughout the year are being utilized to purchase and replace equipment for the LMH Laboratory and Radiology Departments including molecular testing instruments, an automated hematology system, a nuclear medicine camera, and portable X-Ray machines.

"We are grateful for your efforts to raise money for LMH which assists us in providing the highest quality of care to our friends, families, and neighbors," Rob said. "The funds you raise assure that we

can purchase state-of-the-art equipment and are able to meet the needs of the community. Our organization is able to remain financially stable in an increasingly challenging economy thanks to your continued support."

Finally, TWIGS members celebrating a service anniversary in five-year increments were honored. TWIGS Executive Board Chair, Marilyn Weber, received a special glass piece for her 20 years of service to the organization. Sandy Wilhelm celebrated 15 years with the organization. April Holton, Sheila Klontz, Jenny Loughman, and Nancy Shonebarger received 10-year awards, while Melissa Loomis, Sukey Newhouse, Carolyn Stone, and Kelli Eden Tackett were honored for 5 years of service. Linda Jeffries and Leah Liebson were unable to attend the event, but were featured in the event program for service anniversaries. Linda has served TWIGS for 25 years, while Leah has been with the organization for 15 years.



Licking Memorial Health Systems

2023 MVPs

Licking Memorial Health Systems' (LMHS) 2023 MVPs were chosen for their consistent demonstration of the LMHS CARE values: compassion, accountability, respect, and excellence.



Naa Amartey
Culinary Services

Naa joined Licking Memorial Hospital Culinary Services in 2014. Born in Ghana, she has lived in Newark for 12 years. Naa enjoys cooking, dancing, listening to music, watching movies, and spending time with her daughter, Michelle.



Miranda Bailey, R.N., RDMS
Hematology/Oncology

Miranda joined Licking Memorial Hospital Hematology/Oncology in 2021, and serves as a Breast Cancer Nurse Navigator. She received an Associate of Science degree in Medical Sonography and an Associate of Science degree in Nursing from Central Ohio Technical College. She is currently completing her Bachelor of Science Degree in Nursing at Muskingum University in Zanesville. Miranda lives in Pataskala with her husband, Shaun, and their two children, Owen and Averil. She enjoys reading, biking and hiking with her family, and coaching her daughter's volleyball team.



Heidi Barga
Physician Center Clerk

Heidi began her career with LMHS after serving 34 years in the Hospitality industry. She is currently the physician center clerk for Occupational Health where she schedules patients and works with local companies to address occupational health needs. Heidi enjoys watching her son, Liam, play basketball. She also enjoys spending time with her husband, Brian, and daughter Hannah, taking long walks, and listening to music.



Joleen Blacksten, PharmD
Pharmacist

Joleen was born in Iowa and attended South Dakota State University before moving to Ohio. She received a Bachelor of Science in Pharmacy Degree from the University of Toledo and her Doctor of Pharmacy Degree from Purdue University. Joleen currently assists patients with prescribed anticoagulation medications at the Medication Therapy Clinic while also working at the LMH Pharmacy. When not at work, she enjoys traveling, reading, boating, and spending time with her husband, Doug, and children, Jill and David.



Stephanie Brunner
Registration

Stephanie joined LMHS in 2021 and serves as a patient care advisor. She mainly works as a registration specialist for Hematology/Oncology, and schedules patients for their blood draws and chemotherapy. Stephanie enjoys spending time with her grandchildren, shopping with her stepdaughter and friends, motorcycle rides, and being with her four dogs.



Darren Burgin, APRN-CNP
Nurse Practitioner, Behavioral Health

Darren joined Licking Memorial Behavioral Health & Addiction Medicine in 2002. He received his Master of Science Degree in Nursing from the University of Cincinnati. He earned a Bachelor of Science Degree in Nursing at Indiana Wesleyan University in Marion, Indiana. He is certified as a psychiatric and mental health nurse practitioner. Darren is a member of the American Psychiatric Nurses Association and the Ohio Association of Advanced Practice Nurses. This is Darren's second time being recognized as an MVP, receiving his first award in 2012. Darren resides in Newark and enjoys music, travel, automotive rallies, and participating in church activities.



Mariah Cline, M.S.W., L.S.W.
Case Management

Mariah is a lifelong resident of Licking County and joined Licking Memorial Health Systems in 2020. As a staff member of Case Management, she provides support to patients and their families. She earned a Bachelor of Science in Social Work in 2019 and a Master of Social Work in 2020 from The Ohio State University. Mariah lives in Newark with her husband, Tyler, their two dogs, Pepper and Toby, and cat, Calypso. She enjoys lifting, reading, knitting, crocheting, watching Ohio State football, and spending time with her family.



Bobbi Cooper
Environmental Services

A lifelong Licking County resident, Bobbi joined Environmental Services in 2013. She is very active in her community, working with the women's fellowship at Old Country Church in Newark where she attends. Bobbi assists with feeding and clothing the homeless and sings in her church choir. She has been married to her husband, Ben, for 43 years, and they have two children and six grandchildren. Bobbi loves spending time with her family and watching her grandchildren play ball. She also enjoys swimming, gardening, and walking.



John Corbett, MLS(ASCP)^{CM}
Medical Laboratory Scientist

Hired as a Medical Laboratory Technician, John gained experience and education and now serves as a Medical Laboratory Scientist. He examines and analyzes a variety of biological specimens from blood to cerebral spinal fluid to assist in diagnosing, treating, and monitoring diseases. John received a Bachelor of Science in Biology Degree from The Ohio State University and an Associate of Science in Medical Laboratory Technology Degree from Zane State University. He is a member of the American Society for Clinical Pathology. He enjoys camping and riding and working on motorcycles, dirt bikes, and ATVs.



Lydia Cortés-Betancourt, M.D.
Rheumatology Physician

Dr. Cortés-Betancourt joined LMHS in 2020. She earned her medical degree from the University of Puerto Rico School of Medicine in San Juan, Puerto Rico. She completed an internal medicine residency at the Veterans Affairs Caribbean Healthcare System in San Juan and a rheumatology fellowship at The Ohio State University. She is board certified in internal medicine and rheumatology. Dr. Cortés-Betancourt is a member of the American College of Rheumatology. She resides in Blacklick with her husband, Nathaniel. Her hobbies include traveling and art.



Michelle Cremeans
Hospital Billing

Michelle has served Licking Memorial Health Systems as a Patient Account Representative since 2012. She graduated from Ironton High School in 1989. In 2011, she received a Medical Assistant Certification from the American School of Technology in Columbus. Michelle currently resides in Pataskala with her husband, Johnny. They have two adult children, Michael and Stephanie. Michelle enjoys music, reading, and spending time with her family.



Ruby Davis
Surgery

Ruby is a lifelong resident of Licking County. She has worked for LMHS since 2018 and is a certified endo reprocessing tech. She loves attending rodeos and helping her sons with 4H projects. Ruby also enjoys cooking, baking, and gardening.



Dusty Elk
Safety Specialist

After graduating from Heath High School, Dusty pursued a criminal justice degree from Ohio Dominican University. He also attended nursing courses at Central Ohio Technical College and Columbus State Community College while working in the Emergency Department as a patient care assistant. After working at a detention center for a time and earning certification for de-escalation, Dusty returned to LMHS in 2022 where he currently works to keep patients and staff safe. He is now certified in mass casualty response. When off-duty, he enjoys spending time with his daughter, Brexley, volunteering to coach little league baseball, officiating for the Ohio High School Athletic Association, and attending various sporting events.



Bethany Fitzgerald
Public Relations Senior Specialist

Bethany began her career at LMHS in 2020. She earned a Bachelor of Fine Arts in Electronic Media Degree from the University of Cincinnati College-Conservatory of Music. She is responsible for advertising, maintains the LMHS website and social media accounts, writes articles for Community Connection, and has a special interest in videography and editing. Four years ago, she and her husband, Kelly, purchased a small farm where they tend Dwarf Nigerian goats, chickens, ducks, and Kune Kune pigs. Bethany enjoys Irish dancing, and watching her daughters, Lara and Paige, compete in Irish dance competitions.



Megan Hampton, M.S.N., FNP-C, NNP-BC
Pediatrics

Megan joined Licking Memorial Hospital in 2014 as a Maternity Services registered nurse. She currently serves with the Inpatient Pediatric Hospitalists as Nurse Practitioner. Megan received her Bachelor of Science in Nursing degree from Muskingum University, and a Master of Science in Nursing degree and Post-Master's Certificate in neonatal nursing from the University of Cincinnati. She has a special interest in staff education and developmental care of preterm newborns. Megan lives in Newark with her husband, Kevin, and their dogs, Bristol and Boone. She enjoys attending concerts, cooking, and spending time with her family.



Nori Higgins, R.T., RDMS
Radiology

A lifelong resident of Licking County, Nori joined the Licking Memorial Radiology team in 1999 as a sonographer. She holds an Associate Degree in Radiologic Technology from Muskingum Area Technical College in Zanesville, Ohio. Nori also attended Central Ohio Technical College in Newark to obtain a certification in diagnostic medical sonography. Nori specializes in obstetrics and gynecological imaging and is a clinical preceptor for COTC students. In 2017, she received the COTC Clinical Excellence Award. Nori resides in Hanover with her husband, Chad. She has two sons, Luke and Drew Hampton, and two stepdaughters, Marina Richter and Lindsey Higgins. Nori is a member of Bridge City Church and VO2 Fitness. She enjoys taking walks with her dog, Winston, and vacations with her friends and family.



Don Hughes
Stationary Engineer

Don has worked at LMH in the Plant Operations Department for 45 years. He began his career as an assistant engineer in 1978 and was promoted to engineer on duty a year later when he became a licensed boiler operator. Don assists with firing the boilers on gas or fuel oil, tests boiler water, feed water, and closed loop systems for proper chemical treatment levels. He is married to Jen Hughes, who works at LMHS in the Purchasing Department. They have four children and eight grandchildren. Don is a member of the Fraternal Order of Eagles in Newark and the Newark Moose Lodge. He enjoys spending time with family and participating in drag racing at National Trails Raceway and Pacemakers Raceway Park in Mount Vernon.



Julie Jordan
Epic Clinical Applications Analyst III

Julie has served LMHS for over 30 years, first in Financial Services and then in Information Systems. Currently, she is responsible for support and development of the Epic Resolute Professional Billing applications and Systoc Occupational Health Electronic Medical Record. In addition to her work at LMHS, Julie and her husband, Chris, own Crazy J Farm, an equine boarding, training, and breeding facility. She enjoys spending time with her four children, Michael, Austin, Alexandria, and Dawnielle, and her eight grandchildren, Ava, Hopie, Kalista, Zachary, Lane, Dakota, Katrina, and Rowan.



Amber Knerr
Lead Patient Care Assistant

A lifelong Licking County Resident, Amber joined LMHS in 2021, working in the Emergency Department. She received her Bachelor of Arts degree from The Ohio State University. She is currently pursuing her Bachelor of Science Degree in Nursing degree at Chamberlain University College of Nursing in Columbus, and her Master of Business Administration degree at Mount Vernon Nazarene University. Amber serves as the Vice President of the Student Nurses Association and is also a member of the Oncology Nursing Society. She enjoys coaching swimming.



Amara Leidheiser
Team Lead Patient Care Assistant

Amara began her career with LMHS in January 2020 and works in the Intensive Care Unit (ICU). She is responsible for training new PCAs in both the ICU and Coronary Care Unit. Amara is currently pursuing her Bachelor of Science in Nursing degree at COTC. She enjoys fishing, hiking, and spending time with her loved ones, especially her daughter, Avora, who is turning 5 years old in August.



Kati Martin, B.S.N.
Inpatient Float Pool

A lifelong resident of Licking County, Kati has served Licking Memorial Hospital since 2015. In 2006, she graduated from the Career and Technology Education Centers (C-TEC) in Newark. She received an Associate Degree in Nursing from Central Ohio Technical College in 2014 and a Bachelor of Science in Nursing from Chamberlain University in Columbus in 2020. In her spare time, Kati enjoys gardening, reading books, and spending time with her children – Wyatt, Savanna, Audrey, and Violet.



Jenn McCann, B.S.N., R.N.
Nurse

After beginning her career with LMHS on 4-South, Jenn transferred to the Emergency Department where she enjoys caring for patients and contributing to their recovery. She earned her Associate Degree in Nursing from COTC and her Bachelor of Nursing Degree from Chamberlain University. Jenn volunteers with Jersey Church in the children's ministry and during the Feed the City event. She also serves as the Committee Chair for the Scout troops of her children, Samantha and Ethan. For entertainment, she and her husband, Jake, enjoy escape rooms.



Mike Pyle, P.T., D.P.T.
Licking Memorial Rehabilitation Services

Mike has served Licking Memorial Rehabilitation Services since 2006. He received a Bachelors of Science in Biology in 1996 and a Doctorate of Physical Therapy in 1999 from Creighton University in Omaha, Nebraska. Mike has a special interest in treating patients with balance and dizziness issues and holds a Vestibular Rehabilitation Certification from the American Institute of Balance. He lives in Newark with his wife, Andi, and their children, Charles, Meredith, and Evan. He enjoys traveling, Ohio State football, and attending his children's various activities.



Gina Reed, B.S.N., R.N.
Nurse

Since Gina began her career at LMHS in 2016, she has served several departments, including Oncology, Otolaryngology, and Vascular Surgery. She currently assists patients in Otolaryngology. Gina earned her Associate Degree in Nursing from COTC and her Bachelor of Nursing Degree from Ohio University. She enjoys traveling, visiting National Parks, camping, and hiking.



Yvonne Roberts
Purchasing

Yvonne is a 30-year resident of Licking County and has worked at LMH since 2012. In Purchasing, she facilitates the acquisition of supplies and services for LMH. Yvonne enjoys spending time with friends and family, being outside, taking walks, and cooking.



Tiffany Robinson, R.N.
Cardiology

Tiffany serves in Cardiac Services as a registered nurse who provides direct patient care in the Cardiac Cath Lab and Interventional Radiology. She has an Associate Degree in Nursing from COTC and a Bachelor of Science in Nursing Degree from Kaplan University. She loves working close to home and in direct patient care. In her spare time, she enjoys spending time with friends and family, traveling, reading, and all outdoor activities.



Bridgett Smith, R.N.
4-East

Bridgett attended The Ohio State University and received a Bachelor's degree in Social Work, an Associates of Art Degree, and later received an Associate Degree in Nursing from COTC. She is currently completing a Bachelor of Science in Nursing program through Capella University. She is involved in the Sheridan Elite and biddy football league as the cheer coach and also enjoys spending time with her husband and their two daughters, boating, vacationing, and hanging out with friends.



Jennifer Smith
LMHP Coding Coordinator

Jennifer began her career as a physician coder at LMHS after participating in the C-TEC Adult Education Medical Coding Specialist program in 2018. Her willingness to cross-train in several areas and assist her co-workers are just a few of the reasons she was recently promoted to Coding Coordinator. Jennifer and her husband, Anthony, live on part of her family's sheep farm that will soon be designated a century farm. She enjoys spending time with her children, Tyler, Kyle, and Keaton, and her cats, Mittens and May.



Karen Smith-Silone, D.O.
Gynecology Physician

Dr. Smith-Silone joined Licking Memorial Gynecology in January 2019. She earned her Doctor of Osteopathic Medicine degree at Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania, where she also completed her internship and residency in obstetrics and gynecology. She is board certified in obstetrics and gynecology.

Dr. Smith-Silone is a Fellow of the American College of Osteopathic Obstetrics and Gynecology and has a special interest in preventive medicine, wellness, and operative hysteroscopy. She resides in Granville with her husband, James Silone, D.O., who is an ophthalmologist at Center For Sight in Newark. In her free time, Dr. Smith-Silone enjoys cycling, golf, spinning, and reading.



Sara Taylor, B.S.N., R.N.
Gastroenterology (GI)

Sara graduated from Otterbein University in 2016 with a Bachelor of Science in Nursing Degree. As a registered nurse in the GI Lab, she prepares patients for procedures, assists during the procedure, and provides care for the patient afterward. She recently gave birth to her first child, Jett, and enjoys caring for him. She also enjoys running, sewing, and watching her husband, Tanner, coach football.



Andrew Terlecky, D.O.
Orthopedic Surgeon

Dr. Terlecky began his career at LMHS in 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. He is a member of the Ohio Osteopathic Association, the American Osteopathic Association, the American Osteopathic Academy of Orthopedics, and Sigma Sigma Phi osteopathic fraternity.

Dr. Terlecky is married to Rachel M. Terlecky, D.O., who is a Licking Memorial Emergency Medicine physician. They live in Granville with their 6 year old son, Paul. He enjoys watching his son play hockey, Denison football, the Cincinnati Bengals, and the Columbus Blue Jackets. He also enjoys boating and playing golf.



Sara Thompson
Radiology

Sara received an Associate of Applied Science Degree from Zane State College and is currently enrolled to receive a bachelor's degree from the University of Cincinnati. She and her husband, Joe, have 4 children. Sara enjoys attending their sporting events, gardening, and spending time outdoors.



Annie Ward, B.S.N., R.N.
Nursing Project Coordinator

Annie has been working at LMHS for 25 years. She graduated from Lakewood High School in 1998. She earned a Bachelor of Arts Degree in History from The Ohio State University in 2002 and acquired her Associate Degree in Nursing from COTC in 2006. In 2016, Annie received her Bachelor of Science in Nursing degree from Ohio University. She is a member of the American Nurses Credentialing Center and is board certified in medical-surgical nursing. Annie lives in Thornville with her husband, Charlie, and their two sons, Jaxon and Cooper. She enjoys traveling with her family and watching her sons play soccer and baseball.



Kayla Weese
Family Practice

Kayla has served as a Certified Medical Assistant for Licking Memorial Family Practice for 10 years. After graduating from Tri-Valley High School in 2005, she attended Mid-East Career Center and received her Medical Assistant Certification in 2008. Kayla currently resides in Newark with her husband, Dustin, and their two children, Aidan and Zariah. She enjoys kayaking, crafting, baking, and spending time with her family and friends.



Rob Wells, M.P.T.
Home Care

Rob received his bachelor's degree from The Ohio State University and a Master of Physical Therapy degree from the University of North Carolina at Chapel Hill. Working in Home Care, Rob travels to patients homes to provide healthcare services. Originally from Ann Arbor, Michigan, Rob has resided in Licking County for the last 25 years and enjoys playing the guitar and mandolin, hiking, biking, traveling, and being with his family and friends.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
U.S. Postage

PAID

Columbus, Ohio
Permit No. 8757

Community Events

Walk with a Doc

Saturday, September 16, 9:00 a.m.
Buckeye Lake Bike Path
Off State Route 79, Buckeye Lake
Derrick Reedus, M.D., and Lacie Emerine,
APRN-CNP, will talk about prostate cancer.

Be Wise... Immunize

Saturday, October 14,
9:00 a.m. to 1:00 p.m.

Licking Memorial Women's Health – Downtown Newark

20 West Locust Street

Licking Memorial Pediatrics – Pataskala

One Healthy Place, Suite 203

Infants (six months and older) and youth
(up to age 18) are invited to receive free flu
immunizations at this special event.

Light refreshments will be provided.

**Registration is required to receive an
immunization.** To schedule an appointment,
call the Downtown Newark location at
(220) 564-4925 or the Pataskala location
at (220) 564-1925.

Monthly Cancer and Caregivers Support Groups

Fourth Tuesday of each month,
5:00 p.m.
Hematology/Oncology Department Lobby,
Fifth Floor of the Hospital
Registration is required and may be completed
by calling (220) 564-1890.

First Impressions – Maternal Child Classes

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

Unless otherwise noted, classes are located
in the First Floor Conference Rooms of the
Hospital.

To register for classes, visit LMHealth.org or
call (220) 564-3388.

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.

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, please call
(220) 564-4722.

For information on course fees, please call
(220) 564-4915. Fees vary depending on
insurance coverage.

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

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

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2023 Licking Memorial Health Systems. All rights reserved.