



Licking Memorial Health Systems

Community Connection

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

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Measurably Different ... for Your Health!

New Procedure Offered for Carotid Artery Disease

Carotid artery disease (CAD) is one of the leading causes of stroke. CAD is a serious condition caused by atherosclerosis – a buildup of plaque comprised of fat, cholesterol, calcium, and other substances in the blood. The carotid arteries are major blood vessels on either side of the neck that supply blood to the brain. CAD occurs when plaque narrows or blocks these blood vessels. Plaque platelets may dislodge, or plaque may cause clotting, both of which may cause stroke.

As a specialty, vascular surgery utilizes minimally invasive techniques or open surgical intervention to treat a wide variety of blood vessel problems, including CAD. A traditional surgical procedure for CAD, called a carotid endarterectomy, removes plaque from the carotid artery. However, this surgery is invasive and may not be the best option based on anatomical challenges or plaque location. Licking Memorial Vascular Surgery recently added an alternative procedure called transcatheter aortic valve replacement (TAVR) for patients with CAD who have a higher risk of complications from surgery due to age or other health issues.

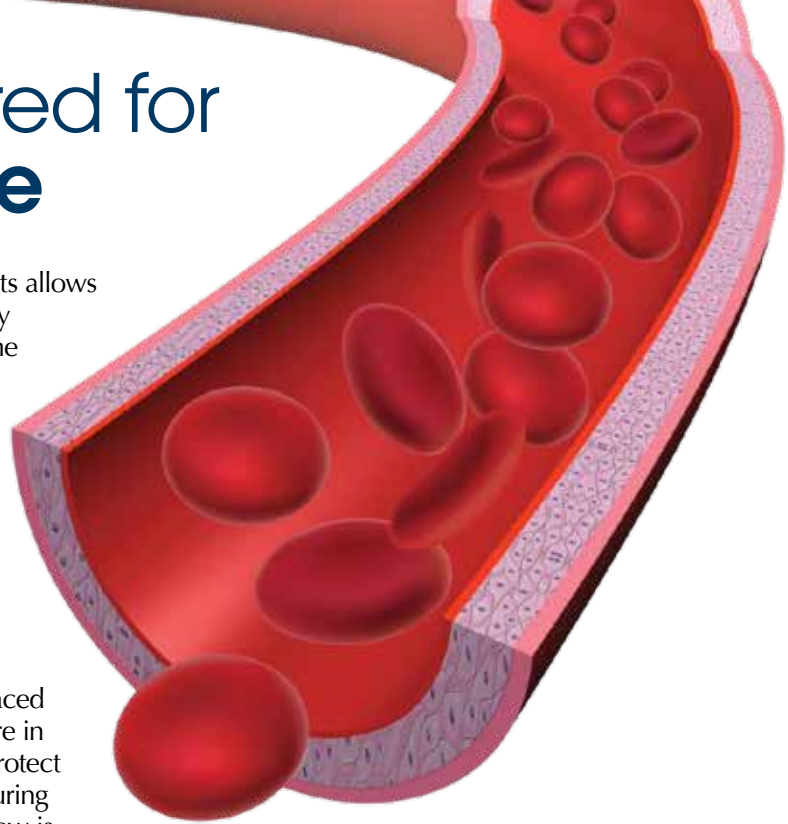
TAVR is a clinically proven, minimally invasive procedure used to treat CAD and help prevent future strokes. It provides direct access to the artery and temporarily reverses blood flow so that any bits of plaque that may break off are diverted away from the brain. TAVR takes less time than traditional surgery, limiting stress on the heart and minimizing the risk of perioperative or pre-perioperative complications.

“We are so pleased to have Mark DeFrancisco, D.O., William Phillips, D.O., and Howard Reeves, D.O., at Licking Memorial Vascular Surgery. They are highly skilled vascular surgeons who can provide a wide variety of treatments for patients with CAD and other vascular conditions,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “Offering the TAVR

procedure to our patients allows LMHS to provide quality healthcare close to home and further our mission to improve the health of the community.”

The procedure begins with a small incision made just above the collarbone to allow access to the carotid artery. A specialized sheath is placed through a small puncture in the carotid artery. To protect the brain from debris during the procedure, blood flow is directed away from the brain using a mechanical pump. The blood passes through an external filter and back into a vein in the leg. The reverse flow allows the surgeon to place a stent into the carotid artery to stabilize the plaque and help prevent future strokes. Once the carotid stent is in place, flow reversal is turned off and blood flow resumes in its normal direction.

Patients who undergo a TAVR procedure will have an overnight stay at the Hospital, but tend to recover quickly. Post-surgical instructions are given, which include refraining from strenuous activities and heavy lifting for at least a week. A blood-thinning medication will be prescribed to prevent blood clots from forming in the newly opened artery. An ultrasound will be performed during a follow-up visit to evaluate the treated artery.



2023 Board of Directors Announced

Licking Memorial Health Systems (LMHS) is pleased to announce the recent addition of community leaders Daniel (Dan) Hunt and Christopher (Chris) Meyer to the Board of Directors. In addition, LMHS Board of Directors elected the following officers for 2023-2024: Nancy Neely, Chair; Michael Massaro, Vice Chair; Judge Craig Baldwin, J.D., Secretary/Treasurer.



Dan retired from Park National Bank and is currently serving as Chair and President of Beacon 360 Management, Inc. He also serves

as Chair of Candlewick Commons, Inc., WSHDC/ZHDC Apartments, Inc., East Newark Community Urban Redevelopment Corporation, Oak Hill Manor, Inc., Washaw, Inc., Wasmver, Inc., Shiloh Housing I, Inc., Shiloh Housing II, Inc., Licking Arc Apartments, Inc., Keygate Manor, Inc., and Washington Square Plaza Apartments. A Newark High School alumnus, Dan received an associate degree in business management from COTC. He earned his Bachelor of Business Administration and Master of Business Administration degrees from Ohio University. In the community, Dan serves as Chair of the Finance Committee of Shiloh Missionary Baptist Church, a member of the Senior Levy Board of Licking County, treasurer of the Advisory Board of the Salvation Army of Newark, and the Education & Membership Committee of the Licking Memorial Development Council. Dan lives in Newark and has two children, Daniel II and Alexa, and three grandchildren, Bryson, Isabella, and Daniel III.



Chris is a retired partner from Reese Pyle Meyer PLL law firm. He currently is the Mediation Coordinator for the Licking County Domestic Relations

Court. Chris received his bachelor degree from The Ohio State University (OSU) and completed his Juris Doctor at OSU's Moritz College of Law. He is a member of the Newark Rotary Club, the Board of Directors for First Federal Savings and Loan Association of Newark, and the Executive Committee of the Licking Memorial Development Council. Previously, Chris served as a member of The OSU – Newark Board of Trustees, Newark-Granville Symphony Orchestra Board of Directors, Newark Area Jaycees, and the Licking County Achievement Award. Chris lives in Newark and is engaged to Kimberly Hudson. He has three children, Elizabeth, Emily Morris, and Timothy.

2023 LMHS Board of Directors

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

2023 LMH Board of Directors

Jaqueline Parrill, Ed.D., Chair
James Cooper, Esq., Vice Chair
Marcia Downes, Secretary
Paul Thompson, Treasurer
Daniel Hayes, Esq.
Scott Hayes
Alex Miller, Ed.D.
Mark Mitchell, M.D.
Charles Moore
André Sarap
Sharad Thakkar, Ph.D.
Jack Treinish, Jr.
Philip Wagner, Ph.D.
Jay Young
Robert A. Montagnese, Ex Officio
Andrew C. Seipel, M.D., Chief of Staff

Licking Memorial Hospital (LMH) has a separate Board of Directors to guide the operations of the Hospital. It is comprised of 14 committed community leaders. During the annual elections, the LMH Board of Directors elected Jacqueline Parrill, Ed.D., Chair; James Cooper, Esq., Vice Chair; Marcia Downes, Secretary; and Paul Thompson, Treasurer, for the 2023-2024 term.

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



Chris Herren Shares Story of Addiction

In mid-March, Licking Memorial Health Systems (LMHS) invited former professional basketball player, Chris Herren, to share his story of substance use and recovery with business leaders, high school students, and community members. Chris spoke at three different events throughout the day, addressing the different audiences with a goal to make a positive difference in the lives of others who may need treatment. In the very personal presentations, Chris encouraged everyone to work together as a community to embrace the power of recovery.

For the first event of the day, business leaders were invited to a Corporate Breakfast, sponsored by the Licking Memorial Hospital (LMH) Development Council, at the LMH Main Street Café. During the presentation, *Prevention Starts with All: The Chris Herren Story*, Chris discussed his early life, and some of the factors that led to substance use. His father was an alcoholic, and he felt the strain of the violence against his mother. At the age of 13, he started drinking the same type of beer he despised watching his father consume. Despite a drinking problem, Chris excelled in his sport and was recruited by numerous colleges.

In order to stay close to his mother and his hometown of Fall River, Massachusetts, Chris chose to play for Boston College. During his freshman year, Chris began using cocaine with his roommate and other friends. At the age of 18, he was expelled from the team and school after failing several drug tests. He received a second chance to play for Fresno State in California, but continued to struggle with substance use. His coach and trainers insisted that Chris participate in a 28-day treatment program; however, Chris felt the program was a waste of time, and did not take the treatment plan seriously.

Chris continued to excel at basketball and was drafted into the National Basketball Association (NBA) by the Denver Nuggets. The team members rallied around him, and demanded that he avoid alcohol and

drugs. He said it was his best season ever. However, during the off-season, Chris returned to his hometown where a friend offered him oxycontin. He quickly became addicted to the powerful narcotic. At the beginning of his second professional season, Chris received the news that he had been traded to the Boston Celtics, a dream come true for the Massachusetts native. Unfortunately, being back home made it easy for Chris to acquire more oxycontin.

After a season with Boston, Chris was released from the team. A European team offered him an opportunity to play, and he, his wife, and children moved to Italy. It was there that he turned to heroin because he could not acquire oxycontin. After playing for teams in Italy, Poland, Turkey, China, Germany, and Iran, Chris returned to the United States. Soon after his return, Herren was charged with possession of heroin after passing out in the drive-through of a Dunkin' Donuts.

"At the age of 27, I was a street junkie, stealing, collecting cans, doing whatever I could to get a fix. How sad are we addicts, how sick, that we wake up every day willing to die. We chase death for the thrill of a high." In 2008, in his hometown of Fall River, he overdosed on heroin for the fourth time and crashed into a utility pole. The police officer who found him shared that he had been dead for 30 seconds. The officer also told Chris how he and his father enjoyed watching Chris play basketball. He hoped to inspire Chris to seek help. At the emergency room, Chris was treated with little respect as the staff who had once revered him now found him repulsive. He left the hospital with thoughts of suicide and ending his struggle permanently.

As Chris left the hospital, a nurse called out to him. She had been a friend of his mother's, who had

died of cancer at a young age. The nurse offered to help him get into a recovery program. He also received assistance from former basketball player, Chris Mullen, who had mentored and assisted Chris in preparing for the NBA draft. He was taken to a rehabilitation center in New York, but left the program to be with his wife for the birth of their third child. After a night of drinking and drugs, his wife told him that he was no longer welcome to stay with her because she did not want to see him break their children's hearts again. The rehabilitation center readmitted him, and after an intensive program, Chris has been sober and drug-free since August 1, 2008.

At the Corporate Breakfast, Chris highlighted those who tried to make a difference in his life such as the police officer and the nurse. He encouraged the audience to work to be a community that embraces recovery and avoids the stigma of substance use. "Take an extra step, have empathy for those struggling. You could be the person that changes a person's life," Chris said.

After the Corporate Breakfast, Chris went to Granville High School to speak to area students. Nearly 300 students from seven different area high schools attended the presentation, *Chris Herren: The First Day*. The students watched a video that recounted Chris' basketball career and experience with substance use. Chris spoke personally to the students explaining that many speakers who try to address the issue of addiction focus on a substance user's worst days and the struggles that lead to broken families, arrests, and other negative outcomes. Instead, Chris preferred to focus on the first day, describing the feelings of insecurity and lack of confidence that lead him to believe that alcohol and drugs helped him to be more likable to his friends.

Chris explained that for him, substance use gave him the confidence he needed to

be around other people. He was not happy being himself. He shared that he would laugh and tease friends who refused to drink or smoke marijuana, but he understood that they had an inner strength that he did not possess. "At the end of the night, I knew what I was doing was wrong, but I did not have the courage to be myself around my teammates, guys who I had known since I was just a child," Chris said. Throughout his presentation, Chris encouraged the students to be aware of those around them because you never know who will be diagnosed with a substance use disorder in the future.

At the end of his presentation, Chris allowed students to ask questions. One student asked how Chris had decided to start speaking at assemblies. Chris explained that a health teacher in his hometown had reached out to him about talking to students, and he agreed. After speaking at several local schools, Chris started Herren Talks and now speaks at hundreds of schools a year, to business organizations, and even professional sports teams. In 2011, Chris founded the non-profit Herren Project that empowers schools and communities to make healthy choices, while also guiding families through recovery. In 2018, Chris also founded Herren Wellness, a residential health and wellness program that helps individuals lead healthy, substance-free lives.

In the evening, Chris made his final appearance at Granville High School and addressed community members. He again presented *Prevention Starts With All* and shared his personal story. Chris emphasized the need for ending the stigma of substance use and encouraged attendees to talk to their own children about drinking, smoking, and drug use. He said that early intervention is the key to assisting in recovery, and understanding that addiction is an illness that can be treated offers those suffering from the disease a better chance of obtaining sobriety.



Safe Senior Project Offers Free Smoke Detector Installation

Smoke detectors have been proven to save lives, decreasing residential fire death rates by nearly 50 percent. However, the Ohio State Fire Marshal has found that one in three homes actually contain inoperable smoke alarms. The most common reasons for inoperability are disabling the battery to prevent nuisance alarms, and neglecting to replace units that have exceeded the 10-year service life. To raise awareness of smoke detector and fire safety in Licking County, the State Fire Marshal's Fire Safety Educators are partnering with Licking County Aging Partners (LCAP), the American Red Cross, and local fire departments for the Safe Senior Project.

The project offers education, resources, and community support to seniors in order to prevent fire emergencies at no cost. Seniors may request smoke alarm installation, a home safety visit, and fire escape planning by completing an online survey. Reported information is confidential. LCAP staff will schedule a visit based on availability of supplies, and trusted representatives from either the Red Cross, LCAP, the Fire Marshal's office, or a local fire department will be sent to conduct the safety visit.

Fire safety experts suggest installing a smoke detector on each level of the home and in each bedroom. To properly maintain the devices,

detectors should be tested once each month and batteries exchanged twice a year. Use the type of battery recommended on the detector. If the smoke detector sounds an alarm when no smoke is present, consult the manufacturer or discuss the issue during the safety visit. If smoke from cooking causes the detector to sound an alarm, do not remove the batteries or disconnect the power source. Simply fan the smoke away from the detector until the alarm stops. If this happens frequently, it may be necessary to relocate the detector or install a different type of detector.

It is also vital to develop an escape plan and review with all members of the family frequently. Establish a meeting place outside the house for all members of the family to ensure that everyone exits the home safely. If a fire does occur, leave the house immediately and use a cell phone from the meeting place or a neighbor's telephone to notify the fire department. Representatives of the Safe Senior Project can assist in creating a safe escape plan, checking existing smoke detectors, and installing new ones if needed. If interested in participating in the project, use the QR code below to complete the survey.



Annual LMHS Sports Screening Program Underway

This is the 18th year that Licking Memorial Health Systems (LMHS) is hosting the annual Sports Screening Program for students entering grades 7 through 12 who are involved in sports, marching band, and C-TEC's Criminal Justice and Physical Therapy programs. Throughout the month of May, the program offers comprehensive screenings at no cost to help Licking County youth safely participate in physically challenging activities. The LMHS Sports Screening Program consists of three major components: Heart to Play electrocardiograms (EKGs) and echocardiograms, ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion testing, and state-required pre-participation physical examinations.

EKGs and echocardiograms, which are provided to students entering grades 7, 9, and 11, can identify heart conditions that place an athlete at risk for a sudden cardiac death even when there are no symptoms. The painless EKG displays the heart's electrical impulses, and the echocardiogram screens the functioning of the heart's valves and muscles. Since the Heart to Play screenings began in 2008, serious cardiac abnormalities have been detected and treated in 54 students who previously were unaware of their conditions.

ImPACT testing is offered to students, entering grades 7, 9, and 11, who participate in a contact sport and do not have testing available at their

school. The computerized evaluation establishes a baseline of the brain's cognitive functions, such as memory, attention span, and reaction time. If a concussion is suspected, the ImPACT test is re-administered within 72 hours of the injury after a primary care or emergency room physician has evaluated the athlete. When compared to the baseline test, the difference in the scores helps physicians determine the amount of rest and frequency of examinations that will be needed before the student is able to return to competition or activity.

LMHS medical personnel also complete pre-participation physical examinations, which the Ohio High School Athletic Association (OHSAA) requires annually. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the provider's office to have it signed. In such cases, eligible students may participate in the heart or concussion screenings without receiving a pre-participation physical exam.

"As part of LMHS' youth wellness initiative, we want to ensure that all students in Licking County who wish to participate in sports and other physically challenging activities can do so safely and without barriers to medical attention," LMHS President & CEO Rob Montagnese said. "Offering free sports screenings to the community has proven to be an invaluable tool in protecting young lives, and the addition of heart screenings and baseline concussion screenings furthers our commitment to the safety of student athletes in the Licking County community. We are extremely proud of the success that our Sports Screening Program has had for nearly two decades and look forward to providing this excellent service to area youth every year."

Nine screening dates are available at two locations throughout the month of May. The first two dates are held at the Pataskala Health Campus, and the remainder of the program will take place at Licking Memorial Pediatrics on Tamarack Road in Newark. Due to limited appointments available each night of the program, advance registration is required and may be completed online at LMHealth.org/SportsScreenings. Appointment times are available from 5:00 to 6:30 p.m.

After registering, a packet of forms will be available to print out from the website. Additionally, any student who requires a sports physical must bring a completed OHSAA pre-participation evaluation form (available online at ohsaa.org/medicine/physicalexamform), a PrivIT Profile (e-ppe.com), or an equivalent school form.

It is important to note that LMHS sports screenings are not complete physical exams, which are best performed annually at a primary care physician's office and can take the place of a pre-participation screening. Since individual physician practices are not directly involved with the program, please refrain from contacting their offices for information regarding the sports screenings. Please email sportsphysicals@LMHealth.org for more information or with any questions that you may have about the LMHS Sports Screening Program.

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

The Licking Memorial Hospital (LMH) Development Council is partnering with The Dawes Arboretum, the Buckeye Valley Family YMCA, and Park National Bank to present the 15th annual "For Your Health" 5K Run/Walk and 1-mile Fun Walk on Saturday, July 22. Participants may choose to run or walk the 5K course or complete the 1-mile Fun Walk course on the scenic grounds of The Dawes Arboretum.

All participants who complete the course will receive a participation medal. RacePenguin will provide Chip Timing Service to determine the awards for the top three male and female

finishers overall, and the top three males and females in each age division. Advance registration for timed runners is \$15. The event is free for untimed participants; however, registration is required. Registration for both courses may be completed online at racepenguin.com/events/foryourhealth/. The LMH Development Office is available to answer any questions regarding the event, and can be reached at (220) 564-4102.

The Miller Family – Megan, Kevin, Cody, and Lexi – are serving as the Honorary Chairs for this year's event. Prior to joining Licking Memorial Family Practice – Heath in January 2023, Megan Miller, D.O., served as a family physician for Licking Memorial Family Practice – Hebron from

2005 to 2020. Dr. Miller earned her medical degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed her internship and residency with St. Vincent Mercy Medical Center in Toledo, Ohio and is board certified in family medicine.

Kevin is currently serving his first term in the Ohio House of Representatives for the 69th Ohio House District, which encompasses eastern Licking County, northern Perry County, and Southern Fairfield County. For over twenty years, he has worked with the Ohio State Highway Patrol, serving as a state trooper, labor relations management advocate, and post commander.

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

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



Saturday, July 22, 2023

Start Time: 8:00 a.m.

The Dawes Arboretum
7770 Jacksontown Road, Newark, Ohio



Please register for all events online at racepenguin.com/events/foryourhealth/

National Healthcare Decisions Day Emphasizes Advance Care Planning

On April 16, Licking Memorial Health Systems (LMHS) observed National Healthcare Decisions Day (NHDD) to inspire, encourage, and empower people to discuss advance care planning (ACP). Founded in 2008, NHDD is an annual initiative of The Conversation Project in all 50 states to provide clear, concise, and consistent information on healthcare decision-making through the widespread distribution of simple, free, and uniform tools – not just forms – to guide the process. Pastoral Care Chaplain Dave Mason was available throughout the day on April 14 to educate employees and visitors at Licking Memorial Hospital (LMH) about the LMHS Advance Care Planning Program.

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

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

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

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

Joining the efforts to spread the importance of conversations about end-of-life care, LMHS offers a free program to answer questions about advance care planning and explain the documentation needed to ensure an individual's right to accept or refuse medical care if they become mentally or physically unable to communicate those wishes. LMHS employees are also encouraged to urge friends and family members to have similar conversations. To learn more about LMHS' Advance Care Planning program, call (220) 564-4004 to schedule a free consultation.

LMH Volunteers Recognized at Annual Dinner

Licking Memorial Hospital (LMH) recently hosted the annual Volunteer Recognition Dinner to show appreciation for the exceptional contributions made by the more than 150 members of the Volunteer Department. In 2022, volunteers and TWIGS members donated more than 16,000 hours of their time in service to 32 departments at the Hospital and off-campus locations. They delivered more than 33,000 newspapers, over 450 cards and flowers, and completed approximately 900 miscellaneous messenger runs, in addition to greeting patients and assisting with special projects and community events.

Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, spoke at the event to commend the volunteers on their outstanding work. "Your time and talents assisting our patients, employees, and visitors of LMHS are invaluable," said Rob. "Your absence during the pandemic

was deeply felt and reinforced how important all of you are to the success of our organization. We are so grateful for everything you do."

The evening included dinner and bingo with Rob calling the numbers. The lucky winners received gift cards from various restaurants and grocery stores. The presentation of service awards in five-year increments and the 2023 Donald Day Volunteer of the Year Award concluded the evening. Julie Wiegman and Dave Douglas received the distinguished Volunteer of the Year Award for their display of a positive and professional attitude while regularly demonstrating a level of care that goes beyond expectations. Together, Julie and Dave have contributed nearly 3,000 service hours to LMH.

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

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



2023 Cancer Survivors Picnic

Thursday, June 1 • 4:00 – 6:00 p.m.
Licking Memorial Medical Campus
 1717 West Main Street, Newark

Licking Memorial Hospital (LMH) will host a Cancer Survivors Picnic in recognition of the 36th Annual National Cancer Survivors Day. We hope that you will join us to celebrate and acknowledge all survivors and their families.

The program begins at 4:30 p.m., and an aerial photo of all survivors will be taken at approximately 5:15 p.m. In the event of inclement weather, the Picnic will be held on Thursday, June 8.

To register for this free event, please call (220) 564-4102 by Thursday, May 25.

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. The addition of a 3 Tesla MRI (3T) unit will allow for increased image quality, high resolution images, and quick scan times. The 3T unit will be a compliment to the current 1.5T MRI machine and is ideal for scanning of body parts such as orthopedic, prostate, and neurodiagnostics. 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.

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 Sponsor** (\$7,500 and above) Park National Bank. **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; Claypool Electric, Inc.; Coconis Furniture; The Energy Cooperative; First Federal Savings; The Granville Investment Group; Gutridge Plumbing, Inc.; Henderson-Van Atta-Stickle Funeral & Cremation Service; The Jerry McClain Companies; Mid-Ohio Development; Midstates Recreation; Mill Tech, LLC; Monte Christopher Holdings; MPW Industrial; Robertson Construction Services, Inc.; Services/Porta Kleen; Scott Peterson of General Graphics; Sand Hollow Winery; TrueCore Federal Credit Union; and United Collection Bureau, Inc. The **Pro Sponsor** (\$1,500) is Griffin's Floral Design & Wine Shop, and the **Hole-in-One Sponsor** (\$1,500) is The Hinderer Motor Company.

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**.



Supporter Spotlight – Hinderer Motor Company

The Hinderer Motor Company is a family-owned business that was established in 1991 when John Hinderer purchased a struggling automotive dealership in Heath. Since then, the company has evolved to operate a group of award-winning automotive and powersports dealerships, service departments, and a collision center. The company's long history and deep roots in Central Ohio compels them to give back to the community and people who live there.

The Hinderer family and their company have supported Licking Memorial Health Systems (LMHS) in several capacities for over two decades. John was appointed to the Licking Memorial Hospital (LMH) Board of Directors in 1999 and later served on the LMHS Board of Directors in 2003. The Hinderer Motor Company has supported LMHS for many years as an Ace Sponsor (\$5,000) and the Hole-in-One Sponsor (\$1,500) to the LMH Development Council's annual Golf Gala.

John and his wife, Mary, are members of the John Alford Fellowship, a charitable fund 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. Membership is reserved for individuals who support LMHS' mission to improve the health of the community by pledging between \$25,000 and \$49,000 over a period of 10 years.

"We are fortunate to have a community hospital that provides high-quality, accessible healthcare," said Justin Hinderer, Chief Operating Officer of Hinderer Motor Company and John's

eldest son. "LMHS is very attuned to the needs of people in Licking County, and supporting the organization goes right along with our company's core values of integrity, continuous improvement, passion, and caring for the community."

LMHS has faced unique healthcare challenges within the last few years, including the COVID-19 pandemic, community mental health struggles, and the opioid crisis. Justin commends LMHS' ability to anticipate, plan, and act on the community's health needs. Over the last two years, LMHS adapted and implemented new medical advances to offer the best quality care for Licking County residents, which included recruiting several new surgeons and specialists, as well as the acquisition of the da Vinci Surgical Robot.

In addition to LMHS, Hinderer Motor Company supports the American Heart Association (AHA), Hospice of Central Ohio, the Food Pantry Network of Licking County, Licking County Chamber of Commerce, and the Heath City School District. Justin also serves as Chair for AHA Field Day, an event where teams of employees from local businesses participate in physical, mental, and fundraising challenges to build connections, combat burnout, and reduce stress.

As Licking County continues to experience unprecedented growth with the Intel Corporation building two processor factories in Licking County, the Hinderer Motor Company is proud to partner with LMHS and other businesses within the community to provide opportunities that give people in Licking County the resources and benefits they need to live their best life.

Commemorate a New Baby with the LMH Cradle Roll Program

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

Three levels of giving are available:

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

• A gift of any amount will receive:

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

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



Handcrafted step-up stool
(Shown with cherry finish)



Handcrafted child-size rocker
(Shown with oak finish)

THE
HINDERER
MOTOR COMPANY
WE LOVE WHAT MOVES YOU

A Tribute to Mothers

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

March 2022



Ericka Hill cannot get enough of her daughter, Jaycee, who was born on March 16.

April 2022



Oliver, who was born on April 15, makes MacKenzie Carsey, a very happy mother.

May 2022



First-time mother Bethany Miller and her daughter, Lennyx, born on May 1.

June 2022



Taylour Roscoe and her daughter, Loreнна, who was born on June 20, are both all smiles.

July 2022



Taylor Stickradt and her daughter, Nora, born on July 13, enjoy each other's company.

August 2022



Lindsay Biddle welcomed her daughter, Bailey, to the family on August 2.

September 2022



Latavia Croom holds her son, Khaiyon, born September 19, who looks handsome in his suspenders.

October 2022



Fischer, born October 8 to Erica Lemmon, is comfortable and happy in his mother's arms.

November 2022



Sweet son, Lawrence, born on November 16, is happy with his mom, Meghan Schwartz.

December 2022



Ruthie, born on December 31, is happy being held by her mom, Cassandra Johnson.

January 2023



Kassia LeCuyer is proud of her child, Aubriella, who was born on January 21.

February 2023



Morgan Puthoff shows off her son, Beau, who was born on February 7.

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

There were 822 babies born at Licking Memorial Hospital from March 2022 to February 2023.

New Appointments



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



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

Physician Spotlight – Hassan Rajjoub, M.D.

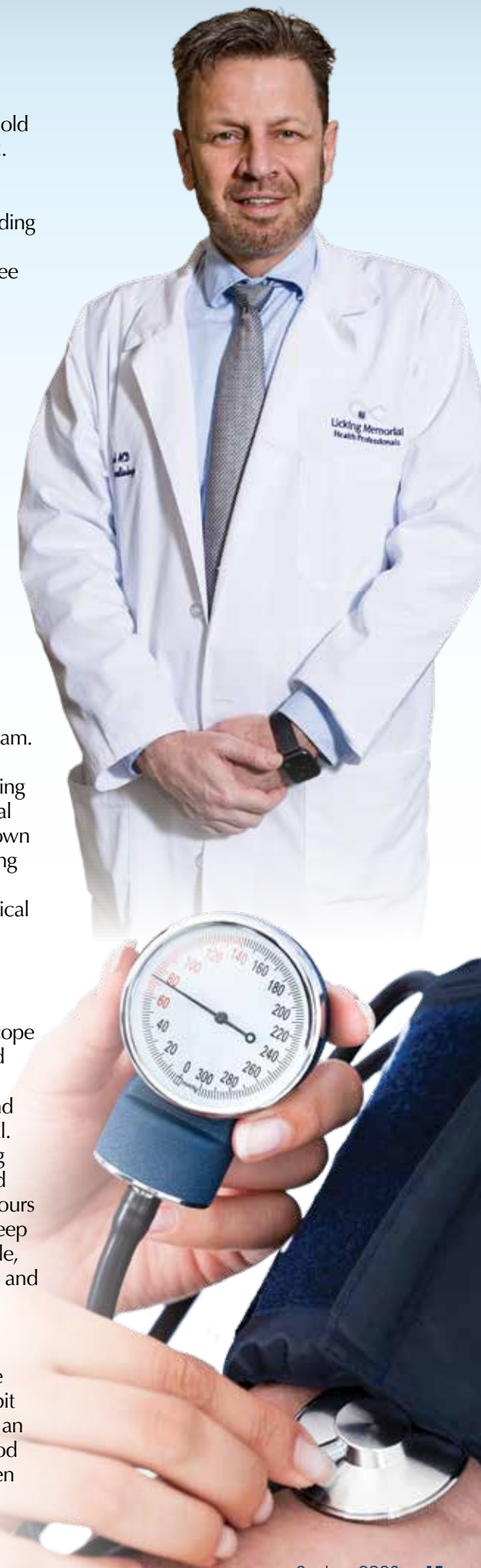
Hassan Rajjoub, M.D., Interventional Cardiologist at the Licking Memorial Heart Center, received his Doctor of Medicine Degree at Tichreen University School of Medicine in Lattakia, Syria. He completed a residency in internal medicine at the University of Chicago Weiss Hospital, and completed a cardiology fellowship and interventional cardiology fellowship at Saint Louis

University Hospital in St. Louis, Missouri. He is also fellowship trained in peripheral vascular disease intervention and board certified in cardiovascular disease, interventional cardiology, and nuclear cardiology.

In 2013, Dr. Rajjoub received the Licking Memorial Health Systems' (LMHS) MVP Award for his consistent demonstration of LMHS values.

Under Dr. Rajjoub's leadership, the Cardiac Cath Lab team was recognized with the prestigious LMHS President's Award in 2015. Dr. Rajjoub received Honorable Mention recognition for the 2015 Health Care Hero Provider awards, presented by Columbus Business First. In addition, the Cardiology Department received the National Cardiovascular Data Registry Platinum Performance Achievement Award and the American

Heart Association Mission: Lifeline Gold Level Recognition from 2015 to 2022. Dr. Rajjoub was recognized as 2016 Practitioner of the Year by Columbus CEO Magazine for providing outstanding care and advancing the practice of medicine. He is married and has three children.



Ask a Doc – Explaining Blood Pressure Reading with Hassan Rajjoub, M.D.

Question: Can you explain a blood pressure reading?

Answer: The heart pumps oxygenated blood to all parts of the body through the arteries. Blood pressure is calculated by reading the strength at which the blood pulsates against the walls of the arteries. Half of all Americans have high blood pressure, also known as hypertension, and many are unaware of the potentially dangerous disorder. High blood pressure develops when blood flows through the arteries at higher-than-normal pressures.

Blood pressure is measured in units of millimeters of mercury (mmHg). The readings are always given in pairs. The upper value given first, represents systolic pressure, the pressure from the ventricles pumping blood out of the heart. The lower number represents diastolic pressure, the pressure between heartbeats, when the heart is filling with blood. The diastolic pressure is always lower than the systolic pressure.

A person is considered to be experiencing high blood if either number is in an unsafe range. For example, if the systolic pressure is in the normal range and the diastolic pressure is in the high range, the overall blood pressure is considered high. Healthy blood pressure for most adults is typically less than 120 over 80 mmHg. Blood pressure

rises and falls throughout the day; however, pressure that remains elevated over time is known as high blood pressure. High blood pressure occurs when consistent systolic readings are 130 mmHg or higher, or diastolic readings are 80 mmHg or higher. Research has shown that systolic blood pressure greater than 120 mmHg can be increasingly harmful to health. Readings above 180 over 120 mmHg are dangerously high and require immediate medical attention.

The higher-than-normal readings indicate that the heart is straining to function, and the force of the strong blood flow may harm arteries and organs. High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. If uncontrolled, the pressure causes harm to the heart and can contribute to kidney disease, stroke, blindness, and dementia. Often, there are no warning signs or symptoms to indicate someone may have high blood pressure.

A healthcare provider can check blood pressure quickly and easily during a regular checkup or other appointment. Screenings are suggested for everyone age 3 or older at least once a year. A blood pressure test is easy and painless and can be

done in the provider's office or clinic. The provider uses a gauge, stethoscope, or electronic sensor and a blood pressure cuff to measure blood pressure. To diagnose high blood pressure, two or more blood pressure readings at separate medical appointments are considered.

In addition to a blood pressure screening, a provider may also discuss general information about a patient's health and medical history to determine risk factors for high blood pressure. The risk factors include:

- Age – blood vessels thicken and stiffen over time
- Family history
- Lifestyle habits such as unhealthy eating, drinking too much alcohol, and smoking
- Race or ethnicity

For most people with high blood pressure, a healthcare provider will develop a treatment plan that may include heart-healthy lifestyle changes alone or prescription medication. A risk calculator can assist in estimating the risk of complications and choosing the most effective treatment. A nutritionist and pharmacist may be included to assist with creating the treatment plan.

Making healthy lifestyle changes is vital to reducing and preventing high blood pressure. First, choose heart-healthy foods and reduce sodium intake. Avoiding or limiting alcohol and smoking

reduces the risks for developing numerous diseases and health issues. Many programs are available for support. To assist with tobacco cessation, consider Licking Memorial Hospital's Quit for Your Health program.

Many health benefits result from getting the recommended amount of physical activity each week. Studies have shown that physical activity assists in lowering and controlling high blood pressure levels. Even modest amounts of physical activity are valuable for good health. Maintaining a healthy weight is also helpful in lowering blood pressure.

Learning how to manage stress and cope with stress improves both mental and physical health. Learning relaxation techniques, talking to a counselor, and finding a support group are beneficial. Quality sleep also supports wellbeing and good health. The recommended amount of sleep for adults is 7 to 9 hours of sleep per day. Develop healthy sleep habits by establishing a sleep schedule, following a calming bedtime routine, and keeping the bedroom cool and dark.

Changing habits is often difficult. To simplify the process, attempt to make one change at a time. Once one habit has become natural, work to change an additional habit. Managing high blood pressure will be more successful when several healthy habits are practiced together and sustained over time.

Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Kelly Capitini

“Dr. Kearse listened intently, taking my concerns seriously, answered my questions, and made sure my needs and wants were met.”

Kelly’s prior experiences with maternity care led to a weariness and distrust toward hospitals. When she delivered her first child in a New York hospital, she experienced complications, and was disappointed with her treatment. Kelly wanted a low-intervention birth which involves little or no pain medication. During labor, the hospital staff felt she was making no progress and began augmentation, the process of stimulating the uterus in order to increase the frequency, duration, or intensity of contractions. The measures taken caused stress on the baby, and Kelly was quickly taken into an operating room for a cesarean section (C-section).

Because Kelly had received no epidural or other pain medications, a general anesthesia was used to induce sleep. Before delivery, Kelly and her husband had not been informed of the sex of the baby. “While I was under anesthesia, everyone discovered that my newborn was a girl. I missed the discovery of the sex of my first child. I was disappointed that I was not awake and aware during that precious moment,” Kelly said. Through the experience, Kelly learned the importance and effect the birth experience has on a parent’s postpartum mental wellness.

During her second pregnancy, Kelly strongly desired a peaceful, low-intervention experience and decided to attempt a vaginal delivery with a midwife present. A midwife provides medical care for low-risk pregnancies during prenatal visits and attends the birth. Kelly again gave birth at a New York hospital, and the labor with her son progressed very quickly. She went from

contractions to birth in two hours. While the experience was uncomplicated, Kelly still felt as though her concerns and questions were ignored, and that the staff were performing a task, not caring for a patient.

In 2022, when Kelly discovered she was pregnant, she began making plans for the birth. While she appreciated the care and compassion she received during her ED visit to LMH, Kelly was still concerned about experiencing a low-intervention birth in a hospital. She wanted to attempt the birth at home with a doula present. Unlike a midwife, a doula offers no medical care, only emotional, informational, and physical support during the birthing process.

“When the physician center manager, Leisa Lunsford, discovered I was planning to deliver at home, she spoke to me about the amenities at LMH,” Kelly remembered. “She explained that LMH has doulas on staff, and that the nurses and physicians are supportive of low-intervention births. I decided to trust in my previous experience with LMH, and given the speed of my last birth, I wanted to ensure I had options.”

Kelly attended regular prenatal visits, and her daughter, Ayla, was born on December 30 at LMH. With her labor again progressing slowly, OB/GYN Eric J. Hoff, D.O., offered to facilitate the process, but Kelly politely declined the assistance. “Everyone was respectful of my wishes for a peaceful, low-intervention birth,” Kelly said. “When I told Dr. Hoff that I did not want to speed up the process, he determined there were no health risks, and left the room.”

“The nurses and other staff members were phenomenal. They are all shining stars. They gave me the space I needed, made me feel comfortable, and were

ready to offer anything I requested including heat packs and a peanut ball,” Kelly shared. “Most importantly, no one spoke the word, epidural! I felt as though I had been heard and my decisions mattered. Everyone treated me like a real human being. I had never experienced that type of compassion and care before. I am so grateful for the kind treatment, and I highly recommend LMH’s services for anyone looking for a safe, welcoming birthing space.”

After delivery, Kelly was able to spend time with her husband and children in their suite. Cory had to work and could not enjoy the special gourmet meal that LMH offers to all new parents. However, the staff arranged to have the meal prepared the following day for lunch. “Instead of a lovely date night, we were able to enjoy the meal with our children. It was a very special candlelit luncheon to welcome our newest family member.”

Statewide Initiative Helps Strengthen Fathers and Families

The role that fathers play in providing stability for their children contributes to their future success, and research shows that children who have meaningfully engaged fathers have reduced behavior problems, improved academic outcomes, and reduced poverty. The Ohio Commission on Fatherhood is a statewide commission that is part of the Ohio Department of Job and Family Services, within the Office of Family Assistance. Its goal is to strengthen vulnerable families by providing opportunities and community-based programs to help fathers become more engaged in their children’s lives and the life of the child’s mother.

responsible parenting through skills-based classes and individualized mentoring, and promote healthy relationships through conflict resolution and communication skills training.

Licking Memorial Health Systems is proud to offer Boot Camp for New Dads, a monthly class designed to help first-time dads to gain confidence in their fathering abilities. The class is led by Master Coach Fathers and veteran dads with babies. Content topics include the needs of new mothers, babies, and the role of fathers. To register, call (220) 564-3388.



Fatherhood programs funded by the Commission assist in improving economic stability by helping fathers prepare for, find, and retain employment. The programs foster





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

1. According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco, or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. **In 2022, there were 793 babies delivered at Licking Memorial Hospital (LMH).**

	LMH 2020	LMH 2021	LMH 2022	National ⁽¹⁾
Low birth-weight infants	4.3%	5.7%	3.4%	8.24%

2. Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women’s Health providers have increased their efforts to assess patients’ active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH’s free “Quit for You, Quit for Your Baby” tobacco cessation program. **During 2022, 15 percent of patients reported smoking at some point during pregnancy and were referred to the program. The below measure reflects the statistical improvement at the time of admission for delivery.**

	LMH 2020	LMH 2021	LMH 2022	State Average ⁽²⁾
Patients who reported smoking at any time during pregnancy	25%	23%	15%	11.5%
	LMH 2020	LMH 2021	LMH 2022	State Average ⁽³⁾
Patients who reported as a current smoker on admission for delivery	17%	17%	10%	14.1%

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Breastfeeding rate upon discharge	62.5%	65.3%	67.5%	greater than 55%
	LMH 2020	LMH 2021	LMH 2022	National ⁽⁴⁾
Breastfed infants receiving exclusive breast milk prior to discharge	77%	71%	76%	55%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽⁴⁾
First-time C-sections	10%	10%	10%	16%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽⁵⁾
Elective deliveries performed before 39 weeks	1.7%*	0%	0%	2%

*In 2020, one individual out of the 884 births at LMH was scheduled for an elective delivery.

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	100%	100%	100%	100%
Number of newborns testing positive with GBS	0	1	0	0

Data Footnotes:

- (1) Final data for 2020. National Vital Statistics Reports, 70(17). Hyattsville, MD: National Center for Health Statistics. Available at <https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-17.pdf>
- (2) Ohio Department of Health: Center for Public Health Statistics and Informatics (2020). Retrieved from <http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/OhioLiveBirths>
- (3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5226303/>
- (4) MIDAS+ CPMS Comparative Database
- (5) HospitalCompare.hhs.gov Comparative Database

Patient Safety Bundles at LMH

Every year, more than 700 women die during pregnancy or after giving birth, and more than 65,000 suffer complications of severe maternal morbidity, which can have a significant effect on physical and mental health. The Alliance for Innovation on Maternal Health (AIM) is a national, cross-sector commitment designed to support best practices that make birth safer, improve maternal health outcomes, and save lives. Over 1700 hospitals nationwide, including Licking Memorial Hospital (LMH), participate in AIM with patient safety bundles.

Patient safety bundles focus on the main causes of maternal morbidity and mortality and are a structured way of improving the processes of care and patient outcomes. The bundles are a collection of guidelines and best practices for care to be performed on all patients, every time. Each state chooses a safety bundle to focus on and implements that bundle across multiple hospitals. Facilities may choose to prioritize certain elements of the bundle over others based on their specific policies, identified gaps, resources, and barriers.

LMH enrolled in the AIM program in 2020 which focused on severe hypertension in pregnancy. The Hospital was recognized as meeting and exceeding expectations and was a leading facility for the identification and treatment of hypertensive emergencies. LMH recently began participating in the obstetric hemorrhage patient safety bundle, which focuses on the standards of care based on risk assessment and quantitative blood loss of a patient during and after a cesarean or vaginal birth.

One of the most frequent causes of maternal mortality is obstetric hemorrhage. An obstetric hemorrhage refers to an excessive bleeding in pregnant women, and the American College of Obstetrics and Gynecology defines obstetric hemorrhage as a blood loss of more than 1,000 milliliters (mLs). While a hemorrhage can occur before, during, or after delivery, more than 80 percent of cases occur postpartum. The benchmark goal is to have a quantitative blood loss of less than 1,000 mLs.

LMH implemented many of the safety standards for obstetric hemorrhage prior to participating in the patient safety bundle. These standards have been broken down further into phases of care, starting with a prenatal screening process to determine a patient’s risk for hemorrhage. In addition, nurses are able to acquire patient data through Epic, which calculates a score that helps staff to identify patients who may have a higher risk for hemorrhage. The early risk factor assessments allow the Maternal Care team to address problems quickly and administer treatment rapidly.

Quantitative blood loss is measured in the operating room (OR) for cesarean section births and the delivery room for vaginal births. If an issue with blood loss is detected, the patient remains in the Labor & Delivery area and is not moved to the Mother/Baby Unit until the condition is resolved. Patients are also monitored for postpartum quantitative blood loss, and hemorrhage kits that contain appropriate medications and treatments for hemorrhage are ready for use in case of an

emergency. Staff will follow the suggested treatment based on the standard approach for quantitative blood loss.

Communication is a crucial component to improving quality standards and patient care. The Maternal Care Department practices multidisciplinary drills with various providers and departments, including the Emergency Department and OR to ensure a rapid response to treatment for hemorrhage patients. Streamlined policies and protocols assist the Laboratory Department with proactively preparing mass transfusion products that are tailored specifically for obstetric patients. The rapid response results in a reduction of the amount of blood needed for transfusion and can also decrease the patient’s length of stay at the Hospital.

LMH provides important information and additional resources regarding obstetric hemorrhage to patients and their families to help them with postpartum care. A timely follow-up visit with their provider is also necessary to ensure a safe recovery. In addition, LMH offers a home visit to every first-time mother, every breastfeeding mother, or a mother who is referred by a physician or nurse and may need a little assistance or reassurance after delivery. During the visit, a Home Visiting Nurse will complete a blood pressure check, depression screening, and offer breastfeeding support. The nurse will also complete a newborn assessment, weight check, and answer general postpartum and newborn questions.

Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care

Patient Story – Jacinala Raines



Jacinda Raines grew up in Licking County, graduated from Watkins Memorial High School, and attended vocational school for cosmetology. She married her husband, John, soon after graduation and the couple had two children, Johnny and Jessica. Later in her life, Jacinda decided to change careers. She attended COTC and became a registered nurse in 2004, then graduated from The Ohio State University with a Bachelor of Science of Nursing degree in 2019.

When in need of healthcare, Jacinda had often traveled to Franklin County; however, when she began having severe back issues, she realized the Licking Memorial Hospital (LMH) Emergency Department (ED) was closer to her home. Upon admission to the ED, Scott D. Jolly, D.O., cared for Jacinda and explained that she would require emergency surgery. “Dr. Jolly offered compassion and kindness at a time when I felt I was at my worst,” Jacinda shared. “He took very good care of me.”

On December 22, 2021, while Jacinda was at work, she became very ill. She was coughing often and lost her taste and smell. After spending 10 days in isolation for COVID-19, Jacinda had hoped the symptoms would subside. When this did not happen, she remembered the excellent care she had received, and decided to return to LMH. She had hoped to receive medication that would reduce the severity of COVID-19 symptoms. After being discharged, Jacinda returned home, only to return two days later because she was experiencing shortness of breath. She became winded when walking even a short distance.

Upon arrival at the ED, the nurses found Jacinda’s oxygen levels were very low, and her heart rate was too high. She was admitted to LMH and was sent for a scan of her lungs. Jacinda was diagnosed with

COVID pneumonia and was prescribed medicated breathing treatments.

COVID pneumonia is an infection in the lungs caused by SARS-CoV-2, the virus that causes COVID-19. As the immune system attacks the infection, the lungs may become inflamed and fill with fluid, causing difficulty breathing. This type of pneumonia is almost always discovered in both lungs and can cause scarring or other lung damage.

While in the Hospital, pulmonologist Emilia N.U. Anigbo, M.D., began caring for Jacinda. Dr. Anigbo suggested that Jacinda participate in the Pulmonology Rehabilitation Program to receive assistance in strengthening the lungs.

“I began working with Amanda Bowman, a respiratory therapist in the program. She explained the rehabilitation process and how it would be beneficial for my lungs,” Jacinda said. “Amanda also explained that even though I required oxygen, I could still exercise and be active.”

Jacinda began the program and attended twice a week for six weeks. After watching videos to learn about different exercises that can be performed while seated, she was able to participate in a number of activities. Using exercise bands and other equipment, Jacinda worked diligently to regain some lung function. The Pulmonology Rehabilitation staff, Meghan Wood, Mel Sain, and Louise Noble, carefully monitored her as she performed her workout to ensure she maintained safe oxygen levels and heart rate throughout the activities. Jacinda was also able to use the oxygen tanks at the facility as needed.

“Before I began the program, I could not do my daily chores because I could not breathe. Now, I am able to accomplish my chores and move around,” Jacinda stated. “After my prescribed sessions were

over, the staff gathered to acknowledge my graduation by clapping and cheering for me. It really made me feel special. I appreciate the care and kindness everyone provided me during my rehabilitation.”

The Pulmonology Rehabilitation Program assists patients with chronic lung disease to manage symptoms and address struggles of daily living by creating a personalized care plan. The trained staff, including respiratory therapists, work one-on-one with patients to develop skills to improve breathing, conserve and use energy properly, cope with depression and anxiety, eat healthy, and use oxygen therapy. As patients progress toward a new, healthy lifestyle, the Pulmonary Rehabilitation staff continues to provide support and monitor success of the customized program. Patients are encouraged to visit the Licking Memorial Wellness Center to continue exercising on a regular basis.

“I was told that I can continue visiting the Wellness Center for as long as I remain on oxygen, so I still exercise there regularly,” Jacinda said. “I enjoy talking and visiting with everyone there including the other patients. It allows me to spend time away from my house.”

Throughout her illness and rehabilitation, Jacinda’s family have been a source of strength and encouragement. She describes her husband, John, as the best handyman. “He has been so helpful and supportive of me at every turn. I am grateful that I get to spend my life with him and grow old together.” She is also grateful for her son, Johnny, his wife, Becca, her daughter, Jessica, and her husband, Kalub, who are always willing to assist Jacinda when needed. Jacinda’s mother and father, Jodie and Bob Adams, are also very emotionally and physically supportive, and her loving boxer, JoJo, is always by her side. Jacinda looks forward to spending more time with them.

Asthma Action Plan

Asthma is a chronic disease that affects the lungs. In response to allergens, irritants, or other stressors, the airways of people with asthma narrow, swell, and produce extra mucus, making breathing difficult. Symptoms include wheezing, shortness of breath, chest tightness, and coughing, mainly at night or early morning. Asthma can be controlled by taking medicine and avoiding triggers that can cause an attack.

Asthma is one of the most common chronic diseases and affects people of all ages. One in ten adults and approximately one in seven children suffer from the disease. If left unmanaged, asthma can cause serious health issues, including death. More than 400,000 people die from asthma worldwide.

Managing asthma properly requires routine physician visits, taking medications as directed, and paying attention to asthma symptoms. Identifying triggers that cause asthma symptoms, such as air quality, dust mites, pet dander, mold, tobacco smoke, and certain chemicals, can help individuals avoid an asthma attack. In addition, working with a healthcare provider to develop and follow an asthma action plan can reduce

or prevent flare-ups and emergency department visits.

An asthma action plan is a written worksheet that provides guidance on how to manage asthma symptoms and what to do if difficult to breathe. The plan should be shared with caregivers and school health administrators. A personalized asthma action plan should include the following information:

- A list of asthma triggers
- A detailed list of medications taken to treat asthma and when to take each
- Symptoms that indicate worsening asthma
- Symptoms that indicate the need for immediate medical attention
- Phone numbers for an emergency contact person, healthcare provider, and local hospital

The asthma action plan is divided into three zones: green, yellow, and red. A person in the green zone has no asthma symptoms, feels well, and should continue to take their medications. A person in the yellow zone is experiencing asthma symptoms and should continue with their green zone treatment, plus any quick-relief medicine they may use to alleviate symptoms. The red zone indicates that symptoms

have worsened or not improved over a 24 hour period in the yellow zone, and gives specific instructions on which medicines to use. Individuals in the red zone should call their physician after taking their medication. They should seek emergency help if they experience any of the following:

- Remaining in the red zone after 15 minutes of taking medication and cannot reach their physician
- Experience trouble walking or talking due to shortness of breath
- Lips or fingernails are blue, pale, or gray

Having an asthma action plan in place before symptoms arise can reduce the chance of an emergency room visit. Action plans are available for download at websites such as [cdc.gov](https://www.cdc.gov) and [lung.org](https://www.lung.org). Individuals can download an asthma action plan and bring it to their physician to complete together.





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

1. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease, and diabetes. An estimated 21 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. In 2022, 1,526 patients visited one of LMHS tobacco cessation programs.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal ⁽²⁾
Six-month success rate for patients who completed Quit for Your Health ⁽¹⁾	73%	80%	95%	70%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	9.7%	7.3%	7.5%	8.4%

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 ventilator days	0.0	0.0	0.0	0.0

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	100%	99.8%	100%	greater than 90%
Daily test to reduce sedation	99.8%	99.1%	100%	greater than 90%
Stomach ulcer prevention	100%	99.6%	100%	greater than 90%
Blood clot prevention	100%	99.1%	100%	greater than 90%

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

	LMHS 2020	LMHS 2021	LMHS 2022	LMH Goal	National ⁽³⁾
LMHS employees receiving the influenza vaccine	95%	90%	84%	greater than 90%	80%

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

	LMHP 2020	LMHP 2021	LMHP 2022	National ⁽⁴⁾
Physician office patients over 65 years receiving the pneumonia vaccine	80%	76%	72%	73%
	LMHP 2019-2020	LMHP 2020-2021	LMHP 2021-2022	National ⁽⁴⁾
Physician office patients over 65 years receiving the influenza vaccine	75%	71%	65%	64%

Data Footnotes:

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

Reduce Radon Levels in Your Home

Licking County has the highest levels of indoor radon in the State of Ohio. According to the EPA, radon is estimated to be the second leading cause of lung cancer in the United States and is responsible for over 21,000 lung cancer deaths each year. Radon is an odorless, invisible, radioactive gas that is naturally released from rocks, soil, and water. It can enter homes through small cracks or holes and build up in the air. Exposure to radon over a long period of time can lead to lung cancer.

A radon test is the only way to determine radon levels in the home, and levels can be reduced with a mitigation system. Other actions that people can take to reduce high radon levels include:

- Increasing air flow in the house by opening windows and using fans to circulate air
- Sealing cracks in floors and walls with caulk or other radon sealants
- Asking about radon-resistant construction techniques if purchasing a new home

Free radon test kits are available and may be ordered online at the Ohio Department of Health (ODH) website, [ohio.radon.com](https://www.ohio.radon.com). The Licking County Health Department (LCHD) recommends that all residents test their homes for radon. LCHD also provides radon education and awareness through a grant from the EPA, administered by ODH. Individuals may call (740) 349-1562 for more information.





Quality Reporting to the Community

Patient Story and Benchmarks for Behavioral Health Care

Patient Story – Mike

Growing up in Central Ohio, Mike was focused on school work and sports. At the age of 17, Mike sustained a back injury while playing football. He spent months in a brace and participated in physical therapy to regain his strength. At the time, he was not offered an opioid-based pain medication. Mike knew little about substance use. He felt as though he were living in a protective bubble with few temptations and little opportunity to participate in such risky behaviors.

Attending college offered more freedom and enticements which led Mike to begin experimenting with drinking and recreational drug use. He felt using substances was a form of entertainment and not harmful to his overall goals. He did not believe that he suffered from a substance use disorder. However, in his senior year of college, Mike again injured his back and was able to obtain a prescription for pain medicine. He soon became addicted to the opioid.

“Pill mills were rampant back then making opioids readily available. It did not take much to find a physician willing to prescribe pain medication. It seemed like everyone had a prescription,” Mike shared. “After I was able to receive a script, I was off and running.”

Mike graduated college and was preparing to begin his career in the fall. While living at home, he was spending a good deal of money on pain medication and alcohol. When asked by his parents about his spending and activities, Mike was able to maneuver around the subject and avoid answering their questions. He tried several times over a four to five month period to stop using opioids, but the withdrawal symptoms and illness caused him too much discomfort, and he would take the pills to end his suffering.

As his father became more suspicious about Mike’s change in character and

spending habits, he decided to search his room while he was out. His parents discovered a stash of pills. The couple decided an intervention was necessary and when Mike returned home, they confronted him. “My dad made it clear that I had to stop using drugs or I would not be joining him in the family business. I would have to find work elsewhere,” Mike said. “My mom insisted that I call my family physician as soon as possible and find an appropriate rehabilitation program.”

After discussing his addiction with his primary care provider, which happened to be the pediatrician he had visited since his childhood, the physician recommended he seek inpatient treatment at Shepherd Hill. “My physician said Shepherd Hill had the best addiction services available, and that he had personally known people who found success in overcoming their own addictions through the programs offered.”

Mike spent 94 days at Shepherd Hill undergoing intensive therapy including detoxification. During the first few weeks of the program, Mike felt he did not belong in a rehabilitation facility. He envisioned his counselors and nurses as parole officers, keeping him imprisoned for minor offenses. However, as he began to realize the damage and hazards of substance use, Mike accepted the assistance offered and understood that the staff at Shepherd Hill were allies, not jailers.

“I still keep in touch with the nurses and counselors including Eric Hockenberry, B.S.N., R.N., and Michelle Gilbert, B.S.N., R.N. They were a godsend to me, and assisted in building a foundation of coping skills to replace my dependence on opioids and other substances,” Mike remembered. “Richard N. Whitney, M.D., played a very large part in my recovery as well. He evaluated me often and knew I was not ready to leave the facility after just 30 days.” Dr. Whitney served as the Medical Director of Addiction Services for 17 years before retiring in 2018.

While participating in the program, Mike witnessed several people smoking outside, and felt compelled to join them. He had never smoked before, but thought maybe the nicotine would assist in alleviating some of his discomfort. One of his counselors saw Mike smoking and immediately approached him. She explained to him that the program was meant to assist in eliminating the need for all addictive substances including nicotine and caffeine and strongly suggested that he work toward following the program as closely as possible.

“Dr. Whitney was right to insist that I stay at Shepherd Hill,” Mike said. “At first, I felt as though I did not belong in the facility, and I was not fully prepared to follow the program. I was actually very upset when the staff member crushed out the cigarette I had been smoking and told me it was not good for me. It took time for my brain to heal, to accept the assistance, and start building the coping mechanisms that I needed to battle the addiction.”

Since September 1, 2012, Mike has been drug- and alcohol-free. He now serves as a sponsor to others participating in rehabilitation programs at Shepherd Hill. As part of his aftercare, Mike visited Shepherd Hill often to continue his counseling and recovery. Even after 10 years, he still visits the facility at least once a quarter. Listening to others share their struggles assists Mike to stay focused on his own goals and not to take his recovery for granted.

Mike highly recommends the programs at Shepherd Hill and appreciates the staff including the medical director, W. Andrew Highberger, M.D. He is grateful that his parents intervened and insisted that he receive assistance in controlling his substance use disorder. Mike has found much success working for the family business, and enjoys mentoring others through their own recovery journey.

*Mike is not the patient’s real name.

Reducing Stigma of Substance Use Disorder

A substance use disorder (SUD) is a biological and biochemical disease in which the reward circuitry in the brain is impaired. Chemicals such as alcohol and drugs damage the brain’s ability to control the reward mechanism. SUD is a combination of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite harmful consequences. SUDs can range in severity from mild to severe and can affect people of any race, gender, income level, and social class.

One in seven individuals in the United States reports experiencing an SUD, and there are many driving factors that can lead to addiction. Some may use drugs or alcohol to help cope with stress, trauma, or to help with mental health issues. Others may develop an opioid use disorder after misusing opioids prescribed by their physician. In 2021, the National Survey on Drug Use and Health reported that 46.3 million Americans, age 12 and older, had an SUD.

Stigma is a major barrier that many people have in overcoming the challenges of addiction

and SUD. It is rooted in the belief that addiction is a personal choice and often viewed as a result of moral weakness and flawed character among the general public and in the healthcare industry. Research shows that stigma has an adverse effect on people who seek treatment for SUD and leads to negative health outcomes.

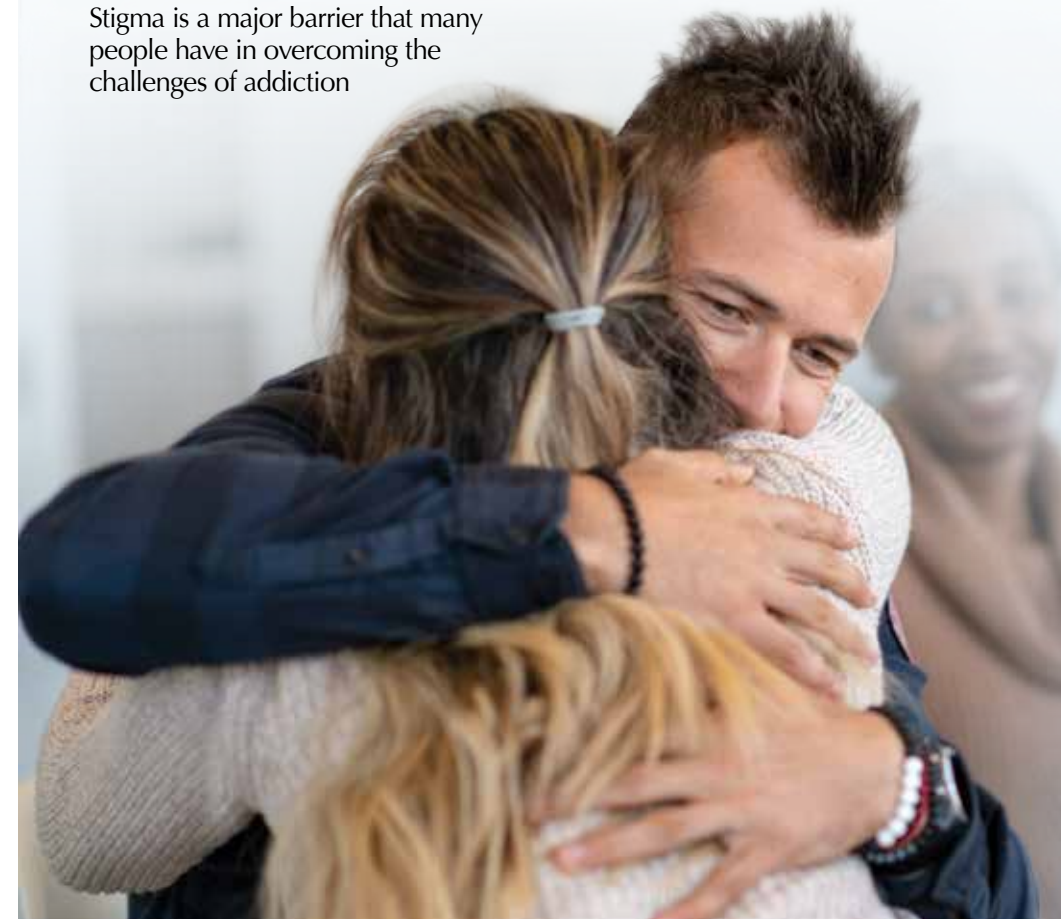
Nearly 90 percent of individuals with SUDs do not receive treatment. Many feel that they do not need treatment, and others may avoid seeking help because they are afraid of judgement from their workplace, family, or friends. They may also fear legal ramifications. Stigma-related bias among healthcare workers can contribute to a negative mindset about giving proven methods of treatment, such as medications that relieve withdrawal symptoms. As a result, people with SUDs will internalize the stigma, leading to low self-esteem and feelings of shame or hopelessness. This can cause a person to return to using drugs and increase the risk of overdose and death.

One way that people can help to reduce stigma and improve how people with SUDs are treated in society and healthcare settings is to use appropriate language to describe drug use and addiction. Research shows that using language that focuses on the person and not their condition is essential in helping to reduce stigma about SUDs. Instead of using negative connotations such as substance abuser, drug abuser, or junkie to describe an individual, referring to them as a person with an SUD helps to lessen the stigma.

Treatment for SUD involves the process of assisting an individual from actively using substances to enrolling in a recovery program. Interventions such as cognitive behavioral therapy, medication, and digital therapeutics, are safe and effective strategies for treating SUD.

Licking Memorial Behavioral Health and Addiction Services offers treatment programs through Shepherd Hill, a nationally accredited treatment facility. Treatment team members help patients to recover in a dignified manner using four primary treatment goals, including education, self-diagnosis, self-responsibility, and self-treatment. Patients learn about their disease, understand how safe and unsafe behaviors affect their substance use, and are taught how to change behavioral and environmental factors to remain abstinent.

In addition, Shepherd Hill offers education sessions for families and the general public to increase their knowledge and understanding of the chronic, progressive nature of SUDs. The Ask a Doc sessions are held on the fourth Saturday of each month, beginning at 10:00 a.m., in the Shepherd Hill Auditorium. Attendees may ask questions of a physician knowledgeable in the field of SUDs. The sessions are free and open to the community. Registration is not required. Individuals seeking treatment or additional information about SUDs can call (220) 564-4877.





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. Behavioral health is a broad term that refers to psychiatric illnesses and/or substance use disorders. Inpatient hospitalization for either condition is often necessary for effective intervention. LMH provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2020	LMH 2021	LMH 2022	National ⁽¹⁾
Behavioral Health patients readmitted within 7 days	0.7%	0.9%	1.3%	1.6%

2. Outcome studies are conducted to monitor and measure the treatment success of addictive disease. Our data shows how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2020	LMH 2021	LMH 2022	Goal
Patients remaining abstinent	96%	97%	90%	greater than 85%
Improvement in quality of relationships	99%	100%	99%	greater than 85%
Improvement in overall physical and mental health	100%	92%	100%	greater than 85%
Improvement in overall quality of life	97%	100%	100%	greater than 85%

3. Withdrawal management, the safe and medically supervised elimination of addictive substances from the body, is the most intensive care offered for patients with addictive disease. Acute withdrawal symptoms are managed by the use of appropriate medications specific for each patient's situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2020	LMH 2021	LMH 2022	Goal
Average length of stay – alcohol treatment	2.6 days	2.4 days	2.9 days	less than 3 days
Average length of stay – opiate treatment	1.4 days	N/A*	2.5	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	2.2 days	1.0 days	4.0 days**	less than 5 days

*In 2021, an accurate representation of the length of stay for opiate treatment could not be obtained due to fewer patients visiting Licking Memorial Behavioral Health.
**Shepherd Hill has implemented a new treatment protocol for benzodiazepine addiction that requires a longer stay at the facility.

4. Education is considered an essential component of providing complete behavioral health care. A thorough understanding of the diagnosis, the purpose of medications, side effects to medications and the expected response to treatment leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2020	LMH 2021	LMH 2022	Goal
Medication education provided for patients and/or family	100%	100%	100%	greater than 97%

5. In mental health, aftercare programs are recommended for patients who have completed intense treatment programs as well as hospitalization. At Shepherd Hill, follow-up appointments are required in order to continue monitoring patients for continued symptoms and medication effectiveness.

	LMH 2020	LMH 2021	LMH 2022	Goal
Aftercare appointment scheduled within 2 weeks of treatment	99.3%	100%	99.6%	100%

6. Family participation is an important component in patients' recovery. For continuity of care, a licensed professional clinical counselor or social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting completed during the period of inpatient treatment.

	LMH 2020	LMH 2021	LMH 2022	Goal
Social work/family meeting during patient stay	97%	97%	86%	greater than 95%

7. Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients' blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

	LMHP 2020	LMHP 2021	LMHP 2022	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	75%*	85%*	80%*	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	88%*	89%*	92%	greater than 90%

*Due to telehealth visits and concerns about COVID-19, fewer patients visited Licking Memorial Behavioral Health to have blood testing.

Data Footnotes:

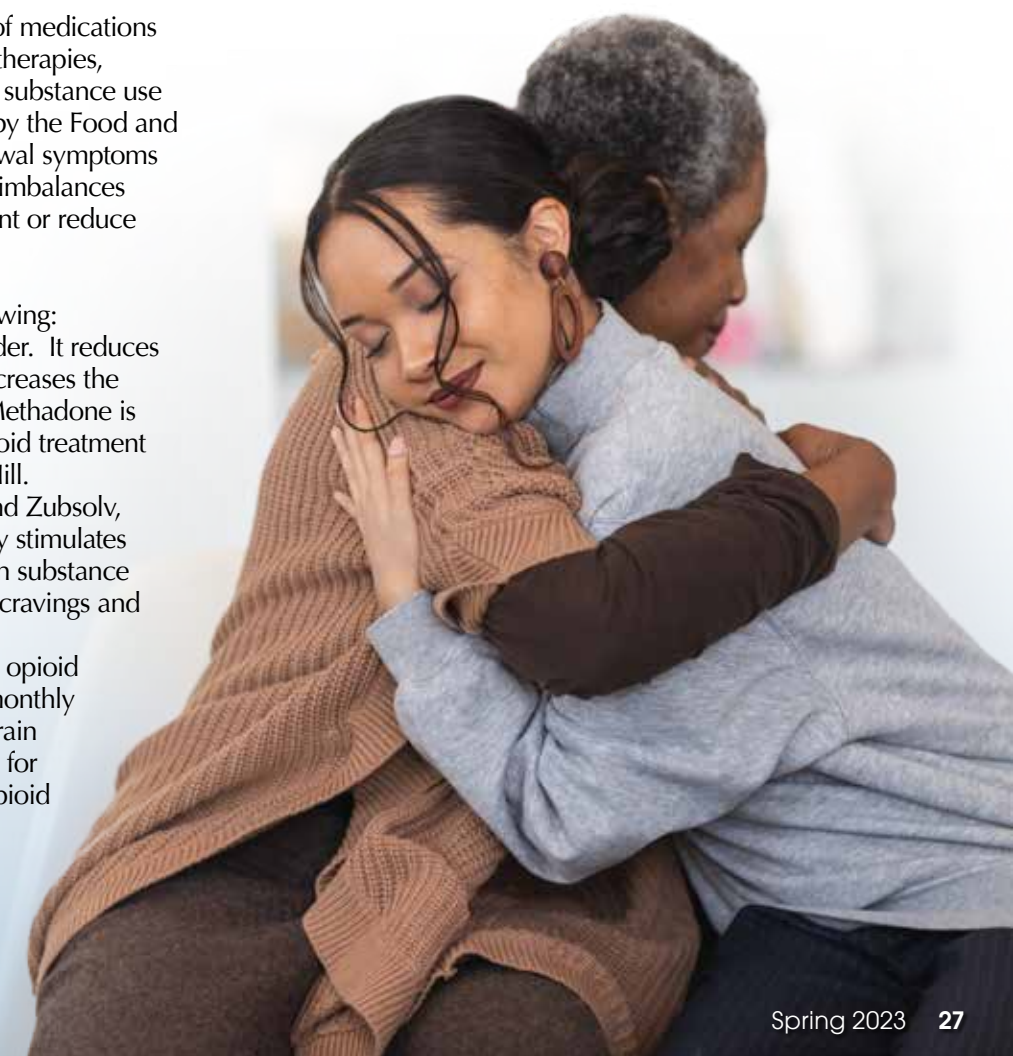
(1) Comparative data from the Midas Comparative Database.

Medication-assisted Treatment

Medication-assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies, which is effective in the treatment of opioid and substance use disorders. 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 are also used to prevent or reduce opioid overdose.

Drugs commonly used in MAT include the following:

- Methadone is used to treat opioid use disorder. It reduces withdrawal symptoms and cravings, and decreases the risk of overdose and return to opioid use. Methadone is only dispensed from federally approved opioid treatment programs and is not available at Shepherd Hill.
- Buprenorphine, also known as Suboxone and Zubsolv, is an opioid that partially blocks and partially stimulates the receptors in the brain that are involved in substance use disorders. This results in a reduction in cravings and compulsions to use an opioid.
- Naltrexone is used to treat both alcohol and opioid use disorders. Available as a daily pill or a monthly injection, it blocks opioid receptors in the brain responsible for euphoria. It reduces cravings for both substances and decreases the risk of opioid overdose.



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.

Holly Slaughter

Holly Slaughter, Vice President Human Resources & Support Services, recently accepted a glass recognition piece from Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese and Vice President Development & Public Relations Veronica Patton in appreciation of her contribution to LMHF. She joined LMHS in 2007 as a Human Resources Specialist and was promoted several times from

Recruitment & Retention Manager to Director of Human Resources, and then to Assistant Vice President Human Resources before assuming her present role.

Holly earned her Master of Business Administration from Ohio Dominican University in Columbus. She is a member of the Society of Human Resources Managers, the American

Society for Healthcare Human Resources Administration, and the Licking County Human Resource Management Association. Holly currently serves as the Steering Committee Co-chair for Project SEARCH. She lives in Heath with her husband, Jason, and their two children.



Carrie and Greg Wallis, M.H.A., B.S.N., R.N.

LMHS President & CEO Rob Montagnese recognized Carrie and Greg Wallis, M.H.A., B.S.N., R.N., with a glass piece for their generous donation to the John Alford Fellowship. Greg currently serves as Vice President Physician Practices, overseeing more than 110 Licking Memorial Health Professionals providers and their practices. He earned his associate degree in nursing at Central Ohio Technical College, a bachelor's degree in nursing from The Ohio State University, and a master's degree in Hospital Administration from Ohio University in Athens.

Greg joined LMHS in 1997 as a nursing attendant and was promoted several times from Registered Nurse to Patient

Care Manager of the Operating Room, to Director of Surgery, and then to Assistant Vice President Outpatient Services before assuming his current role. In 2011, Greg received the LMHS Manager of the Year award and was recognized as one of Newark Advocate's 20 Under 40 in 2016. He is a member of the Ohio Association of Nurse Executives. He is a former Board Member for Newark Kiwanis and the Licking County Chapter of the American Red Cross and currently serves on Boards for the Newark-Heath Rotary and the Buckeye Valley Family YMCA.

Carrie is a lifelong Licking County resident and a graduate of Newark High School. She is currently a stay-at-home

mom to her two daughters, Brooklyn and Avery. Carrie worked in registration at LMH from 1993 to 2000, and was an employee at State Farm Insurance from 2000 to 2018. She enjoys spending time with family and working with the youth at First Baptist Church in Heath, where she and Greg are members. Carrie and Greg currently reside in Granville with their daughters.



Ask the Doc

An interactive discussion regarding substance use disorders.

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

Families may ask questions of a physician knowledgeable in the field of substance use disorders. The goal is to help those attending increase their knowledge and understanding of the chronic, progressive nature of substance use disorders.

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



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.

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In honor of: Matthew Arrowsmith, M.D.
By: Craig B. Cairns, M.D., M.P.H.

In honor of Richard Baltisberger, M.D.
By: Robert & Lauren Montagnese

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Jennifer Utrevis
Cindy & Thaddeus Webster

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Cindy & Thaddeus Webster

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Robert & Lauren Montagnese
Tom & Ann Mullady
Veronica & Mark Patton
Susan Zwiebel, M.D.

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In memory of Earl E. Hawkins
By: Robert & Patricia McGaughy

In memory of Sandra Hiatt
By: Mr. & Mrs. Mark Giles

In memory of Donald E. Mandich
By: Sandy Mandich

In memory of Walter S. Riggs
By: Ms. Judith Riggs

In memory of J. Michael Wills
By: Anonymous

Paving Our Future

Judith A. Hunkins
Jim Mitchen

William Schaffner Society

Mr. Mark Mayle
Ms. Beck Snyder
In loving memory of Joe Yee by Sue Yee

2023 LMH TWIGS Officers

The TWIGS Executive Board of Licking Memorial Hospital (LMH) welcomed three returning members and one new member. The officers are Marilyn Weber, Chair (middle right); Lynne Rotruck, Vice Chair/Assistant Treasurer (left); Janet Wells, Recording/Corresponding Secretary (middle left); and Darlene Baker, Treasurer (right). Lynne previously served on the TWIGS Executive Board in 2019 and 2020.

TWIGS – which stands for Togetherness, Willingness, Imagination, Giving, and Sharing – is a fundraising organization that originated with a ladies' auxiliary group at Rochester General Hospital in Rochester, New York, in the late 1800s. In 1950, Mrs. John Spencer (Ernie) established the first TWIGS group in Licking County when she asked her bridge group to form TWIGS 1. Currently, the Hospital has four active TWIGS committees – TWIGS 6, 8, 13, and 24.

In 1950, TWIGS 6 was organized to open the Granville Thrift Shop, which is now named the TWIGS 6 Thrift Shop. After relocating several times, the Thrift Shop presently operates at 1865 Tamarack

Road in Newark. The current TWIGS 6 Chair is Cathy Beatty.

TWIGS 8 also was established in 1950 and began selling homemade baby items, candy, and jewelry. Today, the group operates the TWIGS 8 Gift Shop, which is located on the LMH First Floor. The current TWIGS 8 Chair is Betty Siarnicki.

Established in 1955, TWIGS 13 was known as the "Candle TWIGS" because their major fundraising project was selling candles. The group has participated in numerous fundraising ventures throughout the years. Currently, they coordinate various flower sales. Sharon Wills serves as the current TWIGS 13 Chair.

A group of LMH employees established TWIGS 24 in 1994.

Their main projects include book and jewelry sales. The committee is comprised of employees, retirees, and others. The current TWIGS 24 Chair is Janet Wells.

Since the first TWIGS groups organized at LMH in 1950, they have contributed over \$5.8 million to the Hospital for use in capital purchases. For information about becoming a TWIGS member, please call (220) 564-4084.



Walk with a Doc

On March 18, local residents enjoyed the March Walk with a Doc event at the COTC Adena Recreation Center. This special edition of the Walk with a Doc included David Subler, M.D., of Licking Memorial Gastroenterology, who discussed prevention and detection of colon cancer for Colon Cancer Awareness Month. The event also featured blood pressure screenings, a stretching demonstration with a licensed yoga instructor, healthy recipes, food samples, a patient speaker, and activity tables. In April, Jesse M. Ewald, M.D., of Licking Memorial Hospitalists, led participants in a discussion about sepsis at Karr Park in Pataskala.

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.



Active•Fit and Active•Senior Recap

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

March 17 – Active•Senior Game Show

LMHS hosted the Active•Senior Game Show at the John Gilbert Reese Center at Central Ohio Technical College/ The Ohio State University – Newark campus for nearly 190 Licking County seniors. LMHS President & CEO Rob Montagnese served as the host for the first Family Feud-themed event. 10 participant names were drawn from a raffle, and two teams of five participated in a friendly competition for gift card prizes. The winning team earned a bonus round for a chance to win an additional gift card for each team member.



March 25 – Active•Fit Junior Chef

Approximately 80 children participated in the Active•Fit Junior Chef event at Career and Technical Education Centers of Licking County (C-TEC). C-TEC culinary and early childhood education students assisted the youth participants in preparing a variety of recipes throughout the morning and combined each into a healthy lunch that was enjoyed at the conclusion of the event. Recipes included Parmesan broccoli bites, cheesy quesadillas with veggies, chocolate mousse with fresh berries, and more. Participants were also provided with a cookbook that featured various recipes, including those created at the event, that could be made at home.



April 13 – Active•Senior Dance

Active•Senior participants had the opportunity to enjoy an evening of dancing at the Bryn Du Mansion Fieldhouse. Nearly 70 attendees gathered at the free event that featured a 30-minute dance instruction session, dance contests, prizes, hors d'oeuvres, and beverages. Music from a wide range of eras and genres were played for dancers, including numerous popular line-dancing songs.



April 8 – Health & Fitness Fest

Almost 270 youth and parents/guardians attended the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University, and the LMHS Active•Fit program. Children of all ages were able to visit various fun activity stations, located throughout the YMCA, such as bubble soccer, basketball free-throws, gymnastics, inflatables, half-mile run, and more. Children also had the opportunity to learn the basics of hands-only cardiopulmonary resuscitation (CPR), Zumba, and yoga.



The **Active•Fit Program**, designed for children ages 6 to 12, 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. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

Participants in the Active•Senior program, designed to promote healthy lifestyles for adults ages 60 and older, are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental, and Social. The Active•Senior program was designed, reviewed, and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program. Individuals should discuss their personal exercise and nutrition goals with their physician. To date, more than 900 individuals have registered for the growing program. 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 Family Movie Night

Bring the entire family to a FREE fun youth wellness event and stay for Family Movie Night. LMHS will present an outdoor screening of the **Warner Brothers film, Space Jam: A New Legacy**.

Date: Friday, June 2 (Weather date – Friday, June 9)

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

Location: The grounds of the Pataskala Health Campus, located at One Healthy Place, off Broad Street.

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



Active•Fit Active•Senior B O W L I N G

**Wednesday, June 7
3:00 – 5:00 p.m.**

Park Lanes Bowling Center
701 Hopewell Drive, Heath

Youth, ages 6 to 12, and seniors, ages 60 and over, are invited to join Licking Memorial Health Systems for **Active•Fit** and **Active•Senior Bowling** on **Wednesday, June 7**, from **3:00 to 5:00 p.m.** The event will take place at **Park Lanes Bowling Center in Heath** and include free bowling during a two-hour period. Please note that lane assignments will be made prior to the event. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided. All participants must wear tennis shoes and socks.

**Please arrive by 2:45 p.m.,
bowling will begin at 3:00 p.m.**

To register, call Licking Memorial Public Relations at (220) 564-1560.

Registration opens Monday, May 8 and must be completed by Monday, June 5.



Retiree Spotlight

Melody Camp worked at Licking Memorial Hospital (LMH) in the Radiology Department for 24 years before retiring in March. She grew up in Mount Sterling in Muskingum County and graduated from West Muskingum High School. Melody was undecided about her career path until she opened a phone book and noticed an ad for a hospital-based radiology program at Bethesda Hospital in Zanesville.

She applied for the program, but it was in the process of changing from a hospital-based program to a curriculum offered at Muskingum Area Technical College (MATC), which is currently known as Zane State College in Zanesville. Melody reapplied and was accepted into the radiology program at MATC. She earned an associate degree in applied science for radiology in 1978 and worked as a radiologic technologist at Bethesda Hospital for 21 years before joining the LMH Radiology Department in 1999.

Melody's duties included taking patient X-rays, performing quality assurance, and instructing clinical students in radiology. She enjoyed working with the radiologists and physicians at LMH because they were friendly, personable, and approachable. She formed many friendships with her co-workers throughout her career and misses seeing them every day. In 2009, Melody received the MVP award for her consistent demonstration of the Licking Memorial Health Systems values of communication, attitude, respect, and excellence.

"I always felt a great sense of accomplishment when I would take an X-ray and it turned out well, especially when I had a patient who was unable to remain still or could not be positioned in an ideal way on the table," Melody explained. "There were times when I had to think outside the box and determine the best way to position the X-ray tube to capture a clear image for the radiologist to read."

The LMH Radiology Department has undergone many technological advances during Melody's career. When she began working at LMH, the X-rays were processed and developed on film, and she remembers being nervous about making the transition from film to digital X-rays. She adapted to the change well and used her experience and techniques she learned working with both X-ray media to teach incoming radiology students.

Melody is adjusting to retirement by establishing an exercise routine to stay active. She plans on traveling this summer with her daughter, son-in-law, and two granddaughters to Washington D.C. or New York City. Melody resides in Muskingum County with her son. She enjoys reading, crossword puzzles, going for walks, and spending time with her family.



Volunteer Spotlight

Kim Vohs was invited to become a Licking Memorial Hospital (LMH) volunteer due to her involvement with Pet Partners, a non-profit organization that promotes the health and wellness benefits of animal-assisted therapy, activities, and education. From 2015 to 2019, Kim and her Pet Partners therapy dog, Basha, visited Shepherd Hill to provide an opportunity for patients to interact with her dog. During the COVID-19 pandemic, she was unable to visit Shepherd Hill but she was able to facilitate visits for LMH staff.

"It was an extremely meaningful experience for me and Basha because of the impact I felt upon meeting patients and seeing their faces when being with Basha at Shepherd Hill," said Kim. "After Basha passed away, I facilitated visits between Pet Partners and LMH staff, and I could see the effect that the animals had on employees. It was a relief for them to forget about the stress and tribulations they had experienced during the pandemic. I decided to stay as a volunteer and help wherever and whenever I was

needed, and I am so glad that I stayed. Although bringing Basha with me was a great stress reliever for patients, offering help to employees at LMH in other ways has had an incredibly positive effect on me."

Kim enjoys helping employees through her volunteer duties, such as wrapping and boxing items for events and other needs, escorting the LMHS mascot, Scrubs, at events, and more. She says that the employees make her feel appreciated and needed, and cannot recall the amount of times that an employee expressed gratitude to her and fellow volunteers for their return from the pandemic.

"I am a very active person and volunteer at other places, but LMHS truly makes you feel that you make a difference. You are able to meet the most outstanding people here as a volunteer, and I hope to devote more time here in the future," Kim said. She continues to work with Pet Partners and her new therapy dog, Annie, and helps organize events between Pet Partners therapy animals and LMHS staff.

Kim was born and raised in Norristown, Pennsylvania. She attended California Polytechnic State University in California where she received a Bachelor of Science Degree in Animal Science. Kim and her husband both worked for Boeing, and in 2009, they were transferred to the facility located in Heath. She loved Licking County due to its rural setting while also being close to Columbus, and she decided to make her home here. She retired from Boeing in 2015 and now dedicates her time not only to LMHS, but also to volunteering with Together We Grow Community Gardens – a gardening program for adults with developmental disabilities, Newark Garden Club, Robbins Hunter Museum, Alive Vineyard Church, and the Licking Park District.



The Mary Jane McDonald Building a Healthier Community Award

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for ongoing work and/or a specific project that has improved the health of the community. The award will be presented at the 2023 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

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

Nomination Form

Nominee's name: *(individual or group)* _____

Address: _____

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

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

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

Additional comments:

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

Your name _____ Address _____ Phone number _____

All nominations must be received in the Licking Memorial Hospital Development Office, 1320 West Main Street, Newark, Ohio 43055 by June 16, 2023, at 5:00 p.m.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

Active•Fit Youth Wellness Program Events

Family Movie Night
Friday, June 2, 6:00 p.m.
Pataskala Health Campus
One Healthy Place, Pataskala

Active•Fit & Active•Senior Bowling
Wednesday, June 7, 3:00 - 5:00 p.m.
Park Lanes Bowling Center
701 Hopewell Drive, Heath

Active•Fit Mini-triathlon
Saturday, July 8, 9:00 a.m.
Pataskala Municipal Park
South Township Road, Pataskala

Active•Senior Wellness Program Events

Active•Senior Yoga
Mondays, June 5 - August 7, 9:00 a.m.
Fridays, June 9 - August 11, 9:00 a.m.
Second Presbyterian Church
42 East Church Street, Newark

Active•Senior Brunch Walk
Tuesday, July 25, 9:00 a.m.
Rotary Park
925 Sharon Valley Road, Newark

LMHS Summer Camps

Camp Feelin' Fine
Friday, June 16, 9:00 a.m.
Infirmary Mound Park
4351 Lancaster Road, Granville

Camp A1c
Friday, July 21, 9:00 a.m.
Infirmary Mound Park
4351 Lancaster Road, Granville

Walk with a Doc

Saturday, June 3, 9:00 a.m.
Infirmary Mound Park
4351 Lancaster Road, Granville

Community Education

Living Well with Hearing Loss
Thursday, June 29, 6:00 p.m.
LMH First Floor Conference Rooms
Seating is limited to the first 40 participants.

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

Saturday, July 22
Registration opens at 7:00 a.m.
The Dawes Arboretum
7770 Jacksontown Road, Newark

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

First Impressions — Maternal Child Classes

- Boot Camp for 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.

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 W. 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, call (220) 564-4915. Fees vary depending on insurance coverage.

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.

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

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

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