

Community Connection

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

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LMHS Earns Healthcare Workplace Recognition

Licking Memorial Health Systems (LMHS) has been named in Becker's Hospital Review's "150 Top Places to Work in Healthcare," and one of the nation's Best Companies to work for in Health Care and Biopharma by Fortune and Great Place to Work®. Both lists recognize hospitals, health systems, healthcare companies and biopharmaceutical companies that promote diversity within the workforce, employee engagement and professional growth, while also fulfilling their mission statements, creating outstanding cultures and offering competitive benefits to their employees.

The *Becker's Hospital Review* list features organizations that offer benefits

and opportunities for employees to build successful careers, encourage professional development and promote leadership from within. Many companies on the list offer unique wellness and personal benefits to assist employees strike a positive work/life balance as well as employee recognition programs to highlight their accomplishments.

Great Place to Work, a consulting and research firm, evaluated more than 50 elements of team members' experience on the job including employee pride in the organization's community impact, belief that their work makes a difference, and a feeling their work has special meaning. The top companies get the

highest marks for work/life balance, and employee job satisfaction. LMHS was recognized for offering programs to encourage employees to live a balanced lifestyle, including on-site wellness facilities, gym membership subsidies and dietitian consults. LMHS also offers professional development opportunities and tuition assistance for employees to gain further certification or enhance their effectiveness.

LMHS President & CEO Rob Montagnese said, "As an organization, we are pleased that our efforts to create a supportive environment are making a difference for our employees, as demonstrated by the results of these awards. Our employees continue to

excel at meeting the high standards set for them, and ultimately, LMHS patients benefit by receiving care from healthcare professionals who are dedicated and content with the workplace environment." LMHS includes Licking Memorial Hospital, Licking Memorial Health Professionals – an employer-based group of more than 100 providers – and Licking Memorial Health Foundation.

Becker's Hospital Review accepted nominations for this list and developed an editorial review process to include organizations that have gone above and beyond to make their hospitals, health systems and companies top places to work. Becker's Hospital Review is a monthly publication offering up-to-date business and legal news and analysis relating to hospitals and health systems.

Great Place to Work based its ranking on a data-driven methodology applied to anonymous Trust Index™ survey responses from more than 95,000 employees at Great Place to Work-Certified organizations in Health Care and Biopharma.



FORTUNE

LMH Receives Top Rating in National Survey for Patient Safety

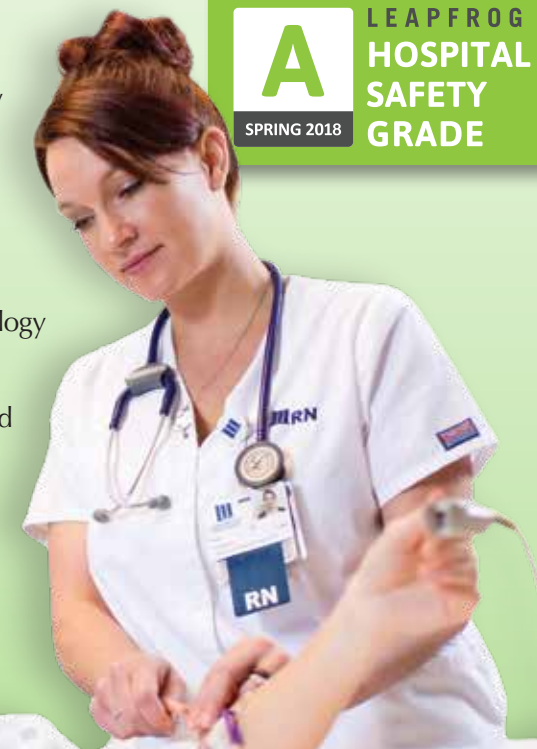
Licking Memorial Hospital (LMH) has earned a fourth consecutive "A" rating by The Leapfrog Group, an independent national nonprofit group that compares hospitals' safety performance. Hospitals in the U.S. are graded by a Hospital Safety Score of A, B, C, D or F, based on 30 evidence-based measures of publicly available hospital safety data, such as: infection prevention activities, serious patient falls, and the percentage of patients who developed blood clots. Approximately 2,500 general hospitals are issued a Leapfrog Hospital Safety Grade twice per year. Scores are calculated by top patient safety experts, peer-reviewed, fully transparent and free to the public. As one of 45 Ohio hospitals to receive an "A," earning this grade shows LMH has exhibited excellence in the national database of patient safety measures and ranks among the safest hospitals in the United States.

of proactive measures in place, LMH has achieved an excellent patient safety record, and it is gratifying that The Leapfrog Group has taken notice."

About The Leapfrog Group

Founded in 2000 by large employers and other organizations, the Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections. For more information about the Hospital Safety Grade, please log on to www.HospitalSafetyGrade.org.

Licking Memorial Health Systems President & CEO Rob Montagnese attributes the consistent high rating to a long-term team effort. "Our physicians, senior management, Board Members and staff are committed to implementing new ways to protect our patients," he said. "Patient safety is an accumulative achievement that is built over time – an excellent program cannot be established overnight. For example, we continually invest in new technology that enables our staff to provide safer, less invasive and quicker procedures, and our cleaning and safety procedures are carefully evaluated regularly. By making patient safety a top priority and having these kinds



National Initiative Encourages Individuals to Discuss Advance Care Planning

On April 16, Licking Memorial Health Systems (LMHS) joined the observance of National Healthcare Decisions Day (NHDD) to inspire and empower people to discuss advance care planning (ACP). Making future healthcare decisions is one part of the advance care planning process, but it includes much more than deciding what care is or is not desired. ACP begins with expressing preferences, clarifying values, and selecting an agent to express healthcare decisions if incapacitated. Making wishes known to loved ones, friends and healthcare providers removes uncertainty in the event of a healthcare or medical crisis. NHDD is an initiative to encourage individuals to express their wishes regarding health care, and for providers and facilities to respect those wishes. A collaborative effort, numerous national, state and community organizations are committed to ensuring that all adults with decision-making capacity in the United States have the information and resources to communicate and document their future healthcare decisions.

NHDD is an annual initiative of The Conversation Project in all 50 states to provide clear, concise and consistent information on healthcare decision-making to the public, providers and facilities through the widespread distribution of simple, free and uniform tools (not just forms) to guide the process.

To ensure personal wishes about current and future health care are followed and respected, individuals are encouraged to reflect on and discuss the type of care they would want if seriously ill, the fears they have about becoming seriously ill, and the beliefs that guide their decisions. Such planning can be completed at any time or age. The plan can 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 (OHA) and Ohio hospitals are committed to providing the education and resources needed to assist individuals to take control and put these wishes in writing, including the Ohio Advance Directives booklet, Choices: Living Well at the End of Life, which includes the most recent advance directives 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 also are 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.

Annual LMHS Sports Screening Program Underway

For the 13th consecutive year, Licking Memorial Health Systems (LMHS) is offering the free Sports Screening Program to local youth. Licking County student-athletes entering grades 7 through 12, and students from C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible to attend.

As part of the LMHS Sports Screening Program, electrocardiograms (EKGs) and echocardiograms are provided at no cost to students entering grades 7, 9 and 11. The painless EKG displays the heart's electrical impulses and the echocardiogram screens the functioning of the heart's valves and muscles. These screening tests can identify heart conditions that place the athlete at risk for a sudden cardiac death even when there are no symptoms. A student who does not clear the EKG or echocardiogram will be referred to their primary care physician for further evaluation prior to clearance to participate in strenuous activities.

Since the EKG testing began in 2008, 10 Licking County students have been discovered to have a potentially fatal heart condition known as Wolff-Parkinson-White Syndrome and were referred to a cardiologist for treatment. Several other serious cardiac abnormalities also have been detected and treated in students who were previously unaware of their conditions. In 2017, heart screenings were administered to 268 middle and high school students, and 17 students were referred to their primary care physicians for follow-up with possible cardiac abnormalities.

Another key component of the LMHS Sports Screening Program is the ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion test, which also

is available to student-athletes entering grades 7, 9 and 11 who participate in a contact sport and do not have testing available at their school. ImPACT is a computerized evaluation system that assesses the brain's cognitive functions, such as memory, attention span and reaction times, to establish a cognitive baseline. If a concussion is suspected following an acute head injury, an athlete should be examined by a primary care or emergency room physician. The ImPACT test is re-administered within 24 to 72 hours after the injury and the new, post-injury results are compared to the baseline computer test. The difference in the two scores, along with serial examinations, help physicians determine the amount of time that the athlete will need in order to make a safe, full recovery.

LMHS also offers free pre-participation physical examinations to student-athletes in grades 7 through 12, which the Ohio High School Athletic Association (OHSAA) requires annually of all student-athletes. The pre-participation screening will be completed by LMHS medical personnel. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the primary care physician'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 encourage youth throughout Licking County to participate in sports and other physically challenging activities while ensuring they do so safely," LMHS President & CEO Rob Montagnese said. "Offering the heart screenings at no cost in conjunction with the state-required pre-participation screenings has proven

to be an invaluable tool in protecting young lives. The addition of baseline concussion screening in 2011 only furthered our commitment to the safety of student-athletes in the Licking County community. We are extremely proud of how successful our free Sports Screening Program has been for more than a decade, and look forward to providing this excellent service to area youth again this year."

Screening dates are available beginning in May and participation is limited to the first 80 registrants each night of the program. Registration is required in advance and may be completed online at www.LMHealth.org/SportsScreenings. 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 pre-participation evaluation form, which can be the 6-page paper form or a PrivIT Profile from the OHSAA website (www.ohsaa.org), or an equivalent school form. A parent/custodial guardian must be present at the LMHS Sports Screening Program and have all necessary completed forms available at check-in to ensure their student can participate on their scheduled night.

It is important to note that the 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 you may have about the LMHS Sports Screening Program.



Putting Community First

As Chairs of the Major Gifts Committee for Licking Memorial Health Foundation (LMHF) – the non-profit corporation that supports Licking Memorial Hospital (LMH) through fundraising activities – Jim and Amy Matesich encourage others to prioritize charitable giving and put the community first. LMH is able to maintain high standards for technological advancements and capital improvements through the generosity of community leaders and their support of LMHS' mission to improve the health of the community.

Jim was raised in Muskingum County while Amy was raised in Licking County. Amy was born at the Newark

City Hospital on Everett Avenue, at the same facility and 31 years to the day her father, Rod Callander, had been born. Amy graduated from Newark High School before earning a Bachelor of Science in Communication from Ohio University in Athens. After earning her degree, she worked in food service, distribution, sales and management at various companies. Amy began her own company, providing real estate acquisition services to the wireless telecommunication industry in 1992. She has since retired, and currently owns and helps manage commercial rental properties. Amy has dedicated much of her time to organizations that support the community, including the Board of The Midland Theatre, Newark Rotary, Ladies' Golf League of Moundbuilders Country Club, Rural Roots Garden Club, Licking County Humane Society, and Big Brothers Big Sisters.

Jim graduated from Bishop Rosecrans High School in Zanesville, then earned a Bachelor of Arts in Business Administration from The Ohio State University, and Master of Business Administration degree from Ohio University. He went to work in 1977 for the company his grandfather and uncle established, Matesich Distributing Co., and was named President and Chief Executive Officer in 2006. Jim also has served and continues to serve on numerous Boards in the community including LMHF, Hospice of Central Ohio, and the United Way of Licking County. In October 2017, Jim was named Chairman of the National Beer Wholesalers Association Board of Directors. He also is Chair of the Foundation for Hospice of Central Ohio. "As Chairs of the

Major Gifts Committee, we can have an impact on the Hospital's future growth. My family always has received excellent care at LMH. I am proud to have such a high-quality hospital in my community," said Jim, whose three daughters were born at LMH.



Jim and Amy set an example by making a Founder Level gift to LMHF of \$100,000. The contribution provided for a beautiful saltwater aquarium located in the LMH Oncology Department waiting area on the fifth floor. During a reception on May 6, 2012, the Rod Callander Memorial Aquarium was dedicated in memory of Amy's father, who received cancer treatments at LMH. "The Hospital always has been there for my family providing the highest level of care in the comfort of our community," Amy said. "I wanted to give back to the Hospital, and Jim and I are proud to have honored my father's memory by offering peace and comfort for others being treated for cancer." The inscribed plaque on the aquarium explains that Rod's love for sailing and the sea inspired the idea for the saltwater tank.

"The Rod Callander Memorial Aquarium is a wonderful addition to the Oncology waiting area. The patients, visitors and staff appreciate the soothing environment that the aquarium creates, and we are very grateful to Amy and Jim for enabling us to provide this wonderful amenity," said Rob Montagnese, LMHS President & CEO. The custom-made, L-shaped, 450-gallon saltwater aquarium was installed in floor-to-ceiling Pennsylvania maple cabinetry as part of renovations made to the Oncology Department.

In 2016, Amy and Jim once again had the opportunity to celebrate the aquarium and the gift of giving. The couple unveiled the 19th piece of the LMHS Main Street Collection – the Rod Callander Memorial Aquarium – at the annual Donor Appreciation Reception. The Main Street Collection is a series of hand-painted replicas of LMHS buildings and amenities located throughout Licking County. Donors who reach new giving milestones at increments of \$500 receive a corresponding piece from the collection. The aquarium represents the \$9,000 level of giving.

In addition to their Founder Level donation, Amy and Jim support many other fundraising events and activities to benefit LMHS, including the annual Golf Gala. The couple sponsors one of the 18 holes at the Denison Golf Club at Granville and honor their grandchildren – Jacob, Ally, Brooke, A.J., Cameron, Benjamin and Aiden – by featuring their pictures on the sign placed near the tee of the sponsored hole. Jim's company, Matesich Distributing, has been a long-time Ace sponsor of the Gala, and Amy and Jim often participate on a team at the event. The couple served as the Honorary Chairs of the Golf Gala in 2015. "My hope is that continued support and charitable giving serves to make a difference by keeping this small community Hospital on the cutting edge of technology and medical advances," Jim said.

The Major Gifts Committee was established to further promote charitable giving. The contributions are utilized to purchase new medical equipment and technology and enhance the healthcare facilities in support of the LMHS mission to improve the health of the community. LMHF provides a wide range of contribution opportunities for individuals and organizations to support LMHS. All contributions to LMHF are coordinated through the LMH Development Department. If you are interested in making a donation, or have any questions, please call (220) 564-4102 for more information.

LMH Golf Gala Tees Off in June

The Licking Memorial Hospital (LMH) Development Council will sponsor the 2018 LMH Golf Gala on June 18 at the Denison Golf Club at Granville. This year's Honorary Chairs are Ann and Tom Mullady.

Ann recently retired as a Legal Secretary and Office Manager at the Law Office of Alan P. Gustafson in Utica. Originally from Northwestern Ohio, she was born in Toledo and graduated from Genoa Area High School. Ann is a member of St. Paul's Lutheran Church.

Tom is a native of Flushing, New York, but he and Ann have called Licking County home for 33 years. Since retiring from the Owens Corning Newark plant, he has remained active in the community as a member of the LMH Board of Directors, LMH Development Council Community Relations Committee, United Way of Licking County, Newark Rotary, Licking County Board of Health, Newark Township Zoning Committee and the Newark City School District Strategic Planning Committee. Tom graduated from Manhattan College with a Bachelor of Science degree in chemical engineering. He also is a veteran of the U.S. Marine Corps.

Ann and Tom reside in Newark with their two Bernese Mountain Dogs. Together, they have three grown children – Erika, Sean and Megan.

The LMH Development Council is proud to acknowledge and thank the sponsors of the 2018 Golf Gala. The **Club Sponsor (\$7,500)** is Denison University. **Ace Sponsors (\$5,000)** include John Hinderer Honda; Dr. Donald G. & Patsy Jones; Matesich Distributing Company;

MedBen; Park National Bank; and Stedman Floor Co., Inc. **Eagle Sponsors (\$2,500)** include All Weather Systems; AssuredPartners; Claypool Electric; Columbus Springs Hospitals; Courtesy Ambulance, Inc.; The Energy Cooperative; Guttridge Plumbing, Inc.; Interim Healthcare of Newark; The Jerry McClain Companies; Kessler Sign Company; Limbach Company, LLC; Northpoint Ohio; Robertson Construction; Scott Peterson of General Graphics; Shumaker Construction, Ltd.; SmartBill, Ltd.; US Foods; and Waste Away Systems. The **Links Sponsor (\$1,500)** is Greenfield/Lewis Investment Counsel, the **Pro Sponsor (\$1,500)** is Arlington/Heath/Tuscany Gardens, and the **Driver Sponsor (\$1,500)** is Coughlin Chevrolet of Pataskala.

Additional sponsorship levels are available. Minimum donation amounts for sponsors are: Birdie (\$1,000), Hole (\$500) and Cart (\$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.

Proceeds from the 2018 LMH Golf Gala will benefit a new state-of-the-art nurse call light system at LMH that ensures a rapid alert process notifying physicians and staff of a patient's condition and needs. A touch screen station in all patient rooms connected to LMH's electronic medical record will allow the staff to quickly access important information about the patient's care. Physicians and nurses can use the system to send alerts to other staff members when help is needed. The system also will be used in conjunction with a colored lighting system mounted above the door in the hallway to designate patients who might need extra assistance for safety reasons, such as a fall risk or concern about infection.



2018 Boards of Directors Announced

Licking Memorial Hospital (LMH) is pleased to announce the recent addition of one community leader to its Board of Directors – Scott Hayes. In addition to the new member, the LMH Board of Directors elected the following officers for 2018-2019: Joyce Malainy, Ed.D., Chair; David Doney, Vice Chair; Laurel Kennedy, Ph.D., Secretary; and Deborah Kohman, Treasurer.



Scott Hayes is a life-long resident of Licking County. He is a pastor for the Licking County Jail Ministries. Scott graduated from Newark High School. He completed United States Air Force Technical School and also attended the Vineyard Leadership Institute. Scott served his country in the United States Air Force from 1986-1990 and is the founder and former CEO of Look Up Ministries and the Look Up Center

in Newark. He is a former Newark Rotarian and also a former Board Member of Licking County Prayer Partners and The Main Place. Recognized for his community involvement, Scott has received the Sunny 95/Fifth-Third National Bank Hometown Hero Award, the American Red Cross Community Hometown Hero Award, and the Behavioral Healthcare Partners John Kovach Community Award. He resides in Newark with his wife, Bernice. The couple has two grown children, Johni, 25 and Nicholas, 21.

The LMHS Board of Directors elected Linda Dalgarn as Chair, Patrick Guanciale as Vice Chair, and Michael Cantlin as Secretary/Treasurer for 2018 following the annual elections.

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

LMH has a separate Board of Directors, made up of 13 community leaders, who guide the daily operations and policies of the Hospital. Members of both Boards are dedicated individuals who volunteer their time to ensure the best health care and services are available for the community.

2018 LMHS Board of Directors

Linda K. Dalgarn, Chair
 Patrick D. Guanciale, Vice Chair
 Michael D. Cantlin, Secretary/Treasurer
 Hon. Craig R. Baldwin
 Eschol Curl, Jr.
 Patrick M. Jeffries
 Joyce L. Malainy, Ed.D.
 Michael J. Massaro
 Nancy G. Neely
 Robert A. Montagnese, Ex Officio

2018 LMH Board of Directors

Joyce L. Malainy, Ed.D., Chair
 David E. Doney, Vice Chair
 Laurel B. Kennedy, Ph.D., Secretary
 Deborah A. Kohman, Treasurer
 James R. Cooper, Esq.
 Scott Hayes
 David L. Hile
 Mark A. Mitchell, M.D.
 Brian J. Mortellaro
 Jacqueline H. Parrill, Ed.D.
 Sharad Thakkar, Ph.D.
 Paul M. Thompson
 Bart M. Weiler
 Robert A. Montagnese, Ex Officio

Behind the Scenes – Otolaryngology (ENT)

Otolaryngology represents a diverse area of medicine. According to the American Academy of Otolaryngology-Head and Neck Surgery, Otolaryngology is the oldest medical specialty in the U.S. An otolaryngologist is a physician trained in the medical and surgical management and treatment of patients with diseases and disorders of the ear, nose, throat, and related structures of the head and neck.

Licking Memorial Health Systems (LMHS) has two otolaryngologists – Kenneth C. Parker, M.D., and Bradley R. Lawson, M.D. – who are trained in both medicine and surgery. Each physician is board certified, and has completed at least five additional years of specialty training in diseases of the ear, nose and throat after medical school. As general otolaryngologists, Dr. Lawson and Dr. Parker diagnose and surgically manage a wide range of diseases of the ears, nose, sinuses, larynx, and oral cavity/throat. In addition to these basic areas, they also manage basic fractures involving the facial bones, resection of skin cancers, and endocrine surgery of the head and neck involving the thyroid and parathyroid glands. Patients are sometimes surprised to find that these services include treatment of both children and adults. Both Dr. Lawson and Dr. Parker have trained at children's hospitals and provide general ENT surgery for children. This includes placement of myringotomy tubes ("ear tubes") as well as tonsillectomy, adenoidectomy, and resection of soft tumors of the head and neck.

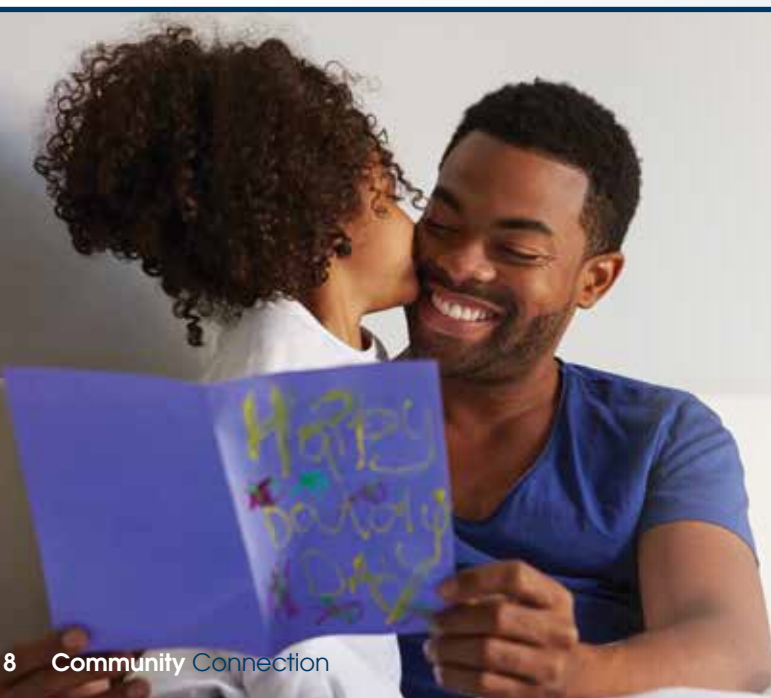
With the arrival of spring, sinus issues currently are a large portion of their practice. Sinus issues, including chronic sinusitis, are one of the most common health complaints in the United States. Care of the nasal cavity and sinuses is a primary part of an otolaryngology practice. With chronic sinusitis issues prevalent in the area, the two otolaryngologists work to help patients obtain relief from those issues. Dr. Parker and Dr. Lawson talk with patients about the best treatment options for chronic sinusitis or other sinus disorders, including saline

rinses, nasal steroids, or antihistamines. "If standard care fails to rid a patient of symptoms such as facial pain or pressure from sinusitis, we will decide whether that patient may need surgery," Dr. Lawson explained. Nasal obstruction can be caused by a number of issues including narrow nasal passages due to a deviated septum or oversized turbinates – structures on the side wall of the inside of the nose. The passages can be opened using a number of techniques including, balloon sinuplasty, septoplasty or turbinate hypertrophy surgery. In balloon sinuplasty, there is no cutting or removal of bone and tissue. The otolaryngologist uses a small, flexible, balloon catheter to open up the blocked sinus passageways. If the septum or turbinates are the issue, the physician may need to remove tissue and cartilage. Both Dr. Parker and Dr. Lawson work to ensure the best possible outcome by choosing the best surgical option for the patient.

Surgeries involving the thyroid or parathyroid glands (endocrine surgery) also make up a significant portion of their practice. These glands often are removed due to enlargement, tumors which may be cancerous, or for improper function. As a part of their evaluation, both surgeons utilize state of the art gene expression testing and employ the current American Thyroid Association guidelines to help reduce the number of patients who require

surgery. If surgery is required, intra-operative nerve monitoring is available to help lower the risk. "We offer help to guide the patients to make informed decisions about their care. We try to explain why a procedure or treatment is needed and exactly what is going to be done. We feel it is important for the patient to participate in the medical decision process," Dr. Parker said. He and Dr. Lawson consult and receive referrals from family physicians, surgeons, allergists, and oncologists to offer LMHS patients the most appropriate treatments. "LMHS enjoys a very collegial environment and sense of community. The staff readily exchange ideas and resources to ensure the highest level of care possible for our patients," said Dr. Lawson.

Dr. Lawson and Dr. Parker spend time at the Hospital in the Surgical Department performing various procedures. Otherwise, the two otolaryngologists, along with two nurses, attend to patients at their office located at 36 McMillen Drive in Newark.



HAPPY FATHER'S DAY

from Licking Memorial Health Systems.

Active•Fit Partnership Event Promotes Exercise and Healthy Living

Local youth recently engaged in healthy activities through the Licking Memorial Health Systems' (LMHS) Active•Fit program. In April, the Health & Fitness Fest allowed children to participate in a variety of physical activities which counted toward the Active•Fit program goals.

Approximately 400 youth, parents and guardians attended the event which was sponsored by the Licking County Family YMCA, Denison University, Career and Technology Education Centers of Licking County (C-TEC), and LMHS. Children of all ages were able to participate in various activities located throughout the YMCA, such as bubble soccer, a basketball free throw competition, gymnastics, an inflatable obstacle course, a Zumba class, a half-mile run and more. The children also visited health-related stations for blood pressure screenings, functional movement assessments, and information about healthy meal choices.

LMHS employees, Denison students – including the University basketball team – and C-TEC students volunteered at the event to lead the children through the activities. The Denison Basketball team sponsored the free throw competition. Each participant was given a Health & Fitness FitTix activity form to take with them to the stations they visited and collect achievement star decals

upon completion of each health-related activity. At the end of the event, completed FitTix were collected in a drawing for prizes, including Dick's Sporting Goods gift cards, sports equipment and a family pool pass to the YMCA.

LMHS plans to collaborate with the City of Pataskala, Park Lanes and the Newark Area Soccer Association for a mini-triathlon, a bowling event and a field day, respectively. See page 11 for additional event details. All Active•Fit events are open to youth ages 6 to 12, and registration may be completed by contacting LMHS Public Relations at (220) 564-1560.



You are invited to TWO GREAT EVENTS

LMHS invites you to enjoy the Active•Fit Youth Wellness Event and Family Movie Night

Bring the entire family to a FREE fun youth wellness event, and stay for Family Movie Night. The Health Systems will present the Disney/PIXAR animated film, **The Incredibles**, in an outdoor screening. **See the original before the sequel arrives in theaters this summer!**

Date: Friday, May 18

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.
- Please bring lawn chairs or blankets for the movie.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products and pets are prohibited.

For more information, call (220) 564-1560.

Note: This event is weather permitting. Rain date is Friday, May 25.

Active•Fit YOUTH WELLNESS EVENTS

UPCOMING EVENTS

Active•Fit Mini-triathlon

Saturday, June 9
(rain date: Saturday, June 16)
Registration: 8:00 a.m.
Event begins: 9:00 a.m.
Municipal Park, near Creek Road in Pataskala

Active•Fit Bowling

Wednesday, July 25
3:00 to 5:00 p.m.
Park Lanes Bowling Center,
701 Hopewell Drive in Heath

Active•Fit Field Day

Tuesday, August 9
3:00 to 5:00 p.m.
Alford-Reese Park (NASA Fields),
600 Baker Boulevard in Newark

All events are free to the community, and pre-registration is required. Unless otherwise noted, Active•Fit activities are reserved for youth, ages 6 to 12 years. Outdoor activities are subject to the weather.

For more information or to register, call (220) 564-1560.



Disney • Pixar
THE INCREDIBLES

LMHS Hosts Active•Senior Event

Nearly 90 local residents, ages 60 and older, gathered at the Bryn Du Fieldhouse in Granville on April 12, for the **Active•Senior** Dance, sponsored by Licking Memorial Health Systems (LMHS). The free event featured dance instruction, dance contests, prizes, hors d'oeuvres and beverages.

Rob Montagnese, LMHS President & CEO, welcomed the guests and thanked them for taking part in the event. "The **Active•Senior** program is an important part of our mission to improve the health of the community," Rob explained. "We are excited to see so many individuals here tonight, and we appreciate your support in helping to make this program a success."

Dance instructor Cynthia Anderson and her daughter, Taylor Dawes, provided guidance for two dance styles – rumba and tango – throughout the evening. Prizes – which included gift cards to Dick's Sporting Goods, New Day Spa, Hobby Lobby, Tumbleweed Restaurant, Darden Restaurants, St. Alban's Golf Course and Wilson's Garden Center – were awarded to the best couples for each of the featured dances. Over the course of the event, attendees heard various announcements regarding upcoming events and benefits of the **Active•Senior** program, and those who registered for the program during the event received a free **Active•Senior** pedometer.

The Health Systems will continue to host **Active•Senior** events throughout

each year. The next event, the **Active•Senior** Celebration, will be held on Thursday, June 14, at the Bryn Du Mansion. The invitation-only event will include a barbecue dinner, live music, festive games and an auction for **Active•Senior** participants who have earned points through the goal program. The **Active•Senior** program, designed to promote healthy lifestyles for adults ages 60 and older, focuses on the following goals:

- Encourage adults to stay physically fit and maintain a healthy diet.
- Motivate adults to challenge themselves intellectually and stay connected with friends and family.
- Help adults maintain a lifelong commitment to personal health and wellness.

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

However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2018/2019 goal program began on May 1, and will continue through April 30, 2019. For more information or to register for the **Active•Senior** program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



2018 Cancer Survivors Picnic

Date: Sunday, June 3
Time: 1:00 – 3:00 p.m.
Location: LMH Front Lawn

Licking Memorial Hospital (LMH) will host a Cancer Survivors Picnic in recognition of the 31st Annual National Cancer Survivors Day. We hope that you will join us to celebrate and acknowledge all survivors and their families.

The program will begin at 1:30 p.m., and an aerial photo of all survivors will be taken at approximately 2:15 p.m. In case of inclement weather, the picnic will be moved indoors to the LMH Café. Please call (220) 564-4102 by Tuesday, May 29, to register for this free event.



Community Education – Defeating Cancer

Date: Thursday, June 28

Location: LMH First Floor Conference Rooms

Time: 5:30 p.m.

Speakers: Aruna Gowda, M.D., Hematology/Oncology; Thomas J. Hagele, M.D., M.B.A., Dermatology; Mohammed K.A. Mazumder, M.D., Gastroenterology; and Susan Fantini, M.S., MT(ASCP), C.L.S., Genetics Navigator

Cancer is a diagnosis that no one ever wants to receive as it can be frightening and may often raise more questions than answers regarding treatment and prognosis. Difficult and potentially deadly, cancer causes more deaths in Licking County than any other disease.

In response, Licking Memorial Hospital (LMH) is pleased to offer a comprehensive event for community members interested in learning more about cancer. In one unique evening, experts will address the most prevalent forms of cancer within the Licking County community. Beginning at 5:30 p.m., informational tables will provide important updates on cancer risks, screening recommendations and resources. Speakers will include Oncologist Aruna Gowda, M.D., Gastroenterologist Mohammed Mazumder, M.D., Dermatologist Thomas Hagele, M.D., M.B.A., and Genetics Navigator Susan Fantini, M.S., M.T. These specialists will speak at 6:00 p.m., on the topics of lung, colon and skin cancers, as well as new advances in genetic testing that can be used to customize cancer treatment to the individual patient. Complimentary skin cancer and lung cancer screening assessments will be available immediately following the panel discussion.



Aruna Gowda, M.D.



Thomas Hagele, M.D., M.B.A.



Mohammed Mazumder, M.D.



Susan Fantini, M.S., MT(ASCP), C.L.S.

The best defense against cancer is prevention and early detection. Join us on Thursday, June 28, at 5:30 p.m., in the LMH First Floor Conference Rooms for the Defeating Cancer program. A boxed meal will be provided for all participants. The event is free; however, space is limited to the first 50 registrants. To register, call (220) 564-2527 or register online at www.LMHealth.org.

A Tribute to Mothers

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



March 2017
Olivia, born on March 31, poses with her mom, Brooke Shepard.



April 2017
Aubrey recently celebrated her first birthday with her mom, Lindsay Simon, on April 28.



May 2017
Renelynn, born on May 21, enjoys being held by her mom, Tayler Moran.



June 2017
Rena Kahler enjoys holding her smiling baby girl, Liberty, who was born on June 1.



July 2017
Luella, born on July 1, is all smiles with her mom, Mazie Powell.



August 2017
Judith Green keeps busy with her daughter, Tanley, who joined the family on August 16.



September 2017
Brittany Ward holds tight to her son, Michael, who joined the family on September 26.



October 2017
Ashley Green shows off her daughter, Emma, who was born on October 17.



November 2017
Jennifer VanBuren welcomed her son, Lanson, to the family on November 2.



December 2017
Danielle Richesson celebrated the holidays with her daughter, Tynlee, who arrived on December 17.



January 2018
Kat Fields welcomed her son, Jaxon, into the world on January 9.



February 2018
Ann Flowers snuggles her son, Josiah, who was born on February 23.

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

There were 1,010 babies born at Licking Memorial Hospital in 2017.

2018

"FOR YOUR HEALTH"



RUN/WALK

& 1-MILE FUN WALK



Saturday, July 28, 2018

Registration: 7:30 a.m. • Start Time: 8:30 a.m.

The Dawes Arboretum, 7770 Jacksontown Road, Newark, Ohio

Purpose of the Race

Licking Memorial Health Systems exists to improve the health of the community. The objective of the "For Your Health" 5K Run/Walk and 1-mile Fun Walk is to offer a community event that encourages a healthy lifestyle. The Dawes Arboretum is the perfect setting for a 5K Run/Walk and a 1-mile Fun Walk.

Events

5K Run or Walk with Timing Chip

Registration is \$15 in advance, if received by 5:00 p.m. on July 20, or \$20 thereafter.

5K Walk without Timing Chip

There is no cost for participation, but registration is required.

1-mile Fun Walk

There is no cost for participation, but registration is required.

Course Info: In 2018, the 5K will run in the traditional direction, and self-seeded starting corrals based on estimated finish times will be available.

Packet Pickup:

Registrations received by July 20 at 5:00 p.m. are eligible for packet pickup on Friday, July 27, from 3:00 p.m. to 6:00 p.m., at Licking Memorial Hospital in the First Floor Conference Rooms. All others may pick up packets at the event.

Awards:

Awards will be presented to the Top 3 Males and Females Overall, and Top 3 Males and Females in each age division. All participants who cross the finish line will receive a participation medal. Chip Timing Service will be used for race results.

Questions: Please contact the LMH Development Office at (220) 564-4102.

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

Sponsored by:



Physician Spotlight

Garth A. Bennington, M.D., joined Licking Memorial Family Practice in 2005. He is a lifelong resident of Licking County and graduated from Newark High School before receiving his Bachelor of Science degree at Ohio University in Athens and his Doctor of Medicine degree from The Ohio State University College of Medicine and Public Health. He completed a family practice internship and residency at Grant Medical Center in Columbus, and is board certified in family medicine.

Dr. Bennington serves the Licking Memorial Hospital Medical Staff Executive Committee as Department Chief of Family Practice. He was named the Licking Memorial Physician of the Year in 2015.



Ask a Doc – Booster Shot Before College with Garth A. Bennington, M.D.

Question: Should my teenager get a booster shot for Mumps before going to college?

Answer: Young children typically receive two doses of the measles, mumps, rubella (MMR) vaccine – the first is administered at ages 12 through 15 months, while the second is given at ages 4 through 6 years. The two-dose combination is considered effective in preventing mumps, a contagious disease caused by a virus spread through saliva and mucus. However, a substantial increase in the number of mumps outbreaks and outbreak-associated cases prompted the Advisory Committee on Immunization Practices and the Centers for Disease Control (CDC) to review and study available evidence and consider adding a recommendation for a third dose for people at increased risk for acquiring mumps because of an outbreak.

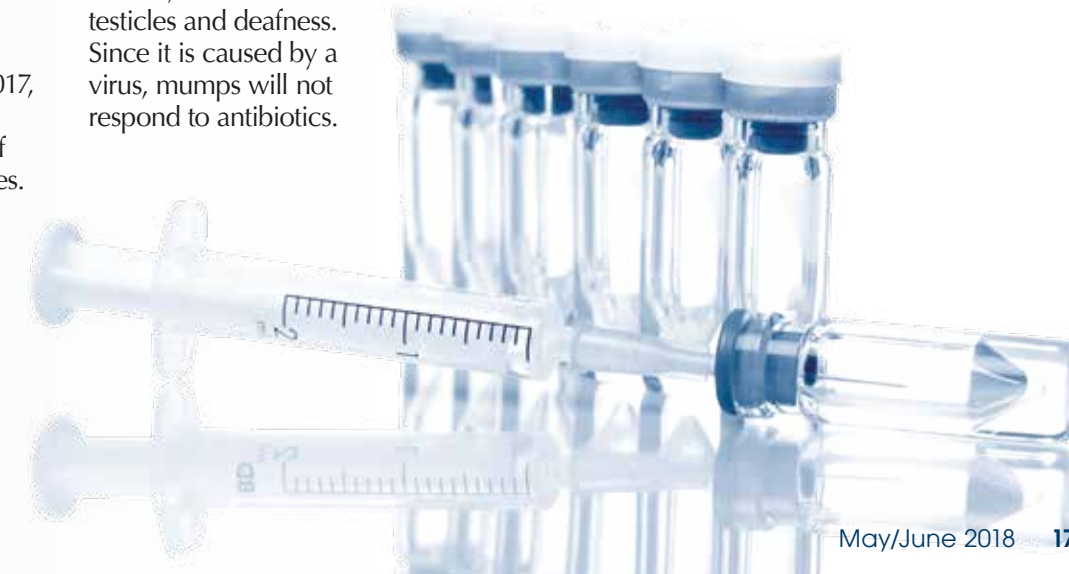
Researchers found the majority of the reported outbreaks were in settings where people have close, prolonged contact, such as universities and close-knit communities where saliva is shared by coughing, sneezing or kissing, and the sharing of utensils, lipstick or cigarettes. In 2016 and 2017, reports of mumps cases were at the highest level in a decade with half of the outbreaks occurring at universities. An outbreak is defined as three or more cases in one place. Of the reported cases in the last two years, 70 percent of those diagnosed with mumps had received the MMR vaccine.

Continued research found the resurgence of the mumps may be due to waning protection from the mumps portion of the MMR vaccine. An MMR vaccine does provide broad protection against all different strains of the mumps virus; however, that protection begins to wane in some people about 19 years after the vaccination. The timing of the loss of protection can leave young adults at risk for contracting the virus that causes mumps.

Mumps typically begins with a fever, headache, muscle aches, tiredness and loss of appetite lasting a few days. Most people will then see salivary glands swell, causing puffy cheeks and a swollen jaw. The incubation period for mumps ranges from 12 to 25 days with symptoms lasting as many as 10 days. Mumps can occasionally cause complications, especially in adults including inflammation of the brain, ovaries, breast tissue or testicles and deafness. Since it is caused by a virus, mumps will not respond to antibiotics.

Bed rest and over-the-counter pain relievers will help manage some of the discomfort. Most people with mumps recover completely in a few weeks.

In light of the research, the CDC recommends that persons previously vaccinated with two doses of mumps-virus containing vaccine who are identified by public health authorities as being part of a group or population at increased risk for acquiring mumps because of an outbreak should receive a third vaccination. In other words, routine vaccination should not include a third vaccine and should only be reserved for this select high risk population. Fortunately, no serious side effects were reported among those who had received a third dose during a mumps outbreak. For questions about the MMR vaccine, discuss the matter with a primary care physician.



Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care

Patient Story – Jayne & John Blaisdell



After receiving a chronic obstructive pulmonary disease (COPD) diagnosis four years ago, John Blaisdell stopped smoking and attended the Pulmonary Rehabilitation program at Licking Memorial Hospital. His family physician of 13 years, Colleen Smith, M.D., of Licking Memorial Family Practice – Pataskala, referred him to the program, as well as Eric Pacht, M.D., of Licking Memorial Pulmonology.

Patients with chronic respiratory illnesses attend the rehabilitation program twice per week for exercise and education. Breathing training in addition to stress and relaxation techniques for pulmonary patients also are offered. Pulmonary Rehabilitation provides an opportunity for camaraderie and friendship among participants while helping them to lead active, productive lives.

Members of the LMH Respiratory Therapy Department, who are respiratory care professionals licensed by the State of Ohio, oversee pulmonary rehabilitation and create individualized goals and treatment plans for every patient. Each session typically lasts at least one hour and gradually increases in length, featuring an exercise regimen designed to keep the heart and lungs in optimal condition. Participants gradually progress through the closely-monitored exercises to increase endurance and strength while learning to minimize and control shortness of breath. Offered year-round, the 16-session course also provides key information that helps participants successfully live with chronic lung diseases.

John successfully completed the program and began seeing Emilia Anigbo, M.D., of Licking Memorial Pulmonology, upon Dr. Pacht's retirement. Dr. Anigbo continues to manage his COPD in order to improve his quality of life. "I loved the program and how it changed my life. Dr. Anigbo really turned me around and I am very grateful for her," John explained.

John's wife, Jayne also smoked for numerous years and was beginning to have respiratory

difficulties. About two years ago, while suffering from a recurring case of bronchitis, she was transported by the emergency squad due to extremely labored breathing. Jayne was admitted to the Hospital and received breathing and additional treatments during her three-day stay. Tobacco Cessation Counselor and Respiratory Therapist Stephanie Coyle and Registered Nurse Liz Nye met with Jayne and discussed the COPD Home Visit program that would be available after discharge. They also encouraged her to participate in the Quit for Your Health Tobacco Cessation Program. John reiterated to Jayne his positive experiences with the Pulmonary Rehabilitation program, also in the hope that she would stop smoking.

Jayne was still smoking when she began to receive care from Dr. Anigbo, but she was trying to quit. "She is a very good physician. She listens and explains things so that we can understand, sometimes multiple times, if necessary," said Jayne. "This is very helpful as we are supporting each other in this journey." John and Jayne use oxygen constantly and have nebulizers and medication to help them control their COPD. Each has experienced exacerbations, or flare-ups, of symptoms and Dr. Anigbo and her office staff have been quick to assist with adjustments in medication and treatment.

Both Jayne and John benefitted from the COPD Home Visit program. As part of the program, Stephanie and Liz made weekly visits to their home to help them develop better management of their symptoms and reduce the need for hospital re-admissions. They offered one-on-one education to understand symptoms and medications, as well as dietary recommendations and breathing and relaxation techniques. "The home visit is a good opportunity to monitor details that affect the patient's well-being," explained Liz. "Together, we review the patient's prescriptions, ensure that there is an adequate supply, and that the medications are being taken correctly.

Sometimes, patients need help in making an appointment or understanding their insurance coverage," she continued. Staff assist individuals in becoming an active advocate in their own health care, often connecting them with additional resources such as Meals on Wheels, the Licking County Aging Program, transportation assistance and palliative care. "Overall, we identify what is needed for our patients to be successful in managing their COPD at home," Liz summarized. "Then we cheer them on when they find that success."

Jayne began the Quit for Your Health Tobacco Cessation Program in the summer of 2017 and graduated this past winter. "The one-on-one time in the home is a key component of the Quit for Your Health program," Stephanie said. "Support and education is offered without judgment and the program is tailored to each individual. We help them determine who their support system is and what may be preventing them from recovery. We provide options and try to make it fun." Quit for Your Health uses nicotine replacement therapy and relapse prevention strategies to help individuals prepare to stop using tobacco and keep patients tobacco-free. "The patches, lozenges and gum they gave me were very helpful," said Jayne. Stephanie designed a visual plan to help Jayne stay on track with her doses and patches and also offered ideas to help curb cravings.

"Stephanie and Liz are like friends. They are so kind, understanding and supportive," Jayne commented. "They are the ones who really helped her quit," John noted. "I know it was not easy, and I am very proud of Jayne for quitting."

The Licking Memorial Hospital Quit for Your Health Tobacco Cessation Program is a free resource. Visit LMHealth.org for more information or call (220) 564 (QUIT) 7848. A physician's order is required to attend the LMH Pulmonary Rehabilitation program. For more information about Pulmonary Rehabilitation services at LMH, please call (220) 564-4189.

Respiratory Care – How do we compare?

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

1. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease and diabetes. An estimated 25 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. Altogether, 389 patients received referrals to LMHS' tobacco cessation programs in 2017.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	61%*	54%	40%	greater than 25%
*Note: Due to program restructuring, no Quit for Your Health patients were seen in October and November 2014; therefore, no six-month follow-up information was collected in April and May 2015. This figure reflects 10 months' partial-year data for the months that the program was fully operational.				

2. Chronic obstructive pulmonary disease (COPD) is a serious 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, but with careful management, patients can enjoy longer and healthier lives. To monitor the quality of COPD patients' care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who died (for any reason, including reasons not related to COPD) within 30 days of a hospital admission.

	LMH 2015	LMH 2016	LMH 2017	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	7.1%	7.9%	8.2%	8.0%

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 number of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2015	LMH 2016	LMH 2017	National ⁽⁵⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.1

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 2015	LMH 2016	LMH 2017	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	98.2%	99.8%	99.9%	greater than 90%
Daily test to reduce sedation	99.6%	99.5%	99.6%	greater than 90%
Stomach ulcer prevention	98.7%	99.3%	99.1%	greater than 90%
Blood clot prevention	99.0%	100%	100%	greater than 90%

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

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

5. Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications, such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2015	LMHP Pulmonology 2016	LMHP Pulmonology 2017	National ⁽⁴⁾
Asthma patients assessed for appropriate inhaled corticosteroid	92%	95%	100%	88%

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 2015	LMHP 2016	LMHP 2017	National ⁽¹⁾
Physician office patients over 65 years receiving the pneumonia vaccine	84%	81%	80%	75%
	LMHP 2014-2015	LMHP 2015-2016	LMHP 2016-2017	National ⁽¹⁾
Physician office patients over 65 years receiving the influenza vaccine	82%	80%	80%	72%

7. 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 2015	LMHS 2016	LMHS 2017	LMH Goal	National ⁽³⁾
LMHS employees receiving the influenza vaccine	94%	94%	94%	greater than 90%	88%

Data Footnotes:

- (1) 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, [2016].
- (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) National Committee for Quality Assurance, “The State of Health Care Quality 2014.”
- (5) National Healthcare Safety Network Report, Data Summary for 2012, Devices-associated Module (Medical-Surgical ICU <15 beds)

Health Tips – Controlling Asthma Triggers

Asthma is an inflammation and obstruction of the bronchial tubes – the passages that allow air to enter and leave the lungs. During an asthma attack, the muscles that surround the bronchial tubes constrict, narrowing the air passages and make it extremely difficult to breathe. An asthma attack can be triggered by exposure to an allergen. In order to control asthma, it is necessary to identify the allergens that trigger such attacks.

Common allergens include:

- Pollen from trees, grass or weeds
- Dust mites
- Animal dander

Other common triggers are irritants in the air, such as smoke or chemical fumes, or strong odors, such as perfume. Recognizing and avoiding the substances that trigger asthma symptoms is an important step in controlling acute attacks.

Detecting Lung Diseases

The lungs are vital organs, part of a complex respiratory system that oxygenates blood to transport oxygen to all parts of the body. The lungs expand and relax thousands of times each day to bring in air and expel the waste product, carbon dioxide. These spongy, air-filled organs are vulnerable to disease and to some of the most common medical conditions in the world. For this reason, Licking Memorial Health Systems (LMHS) offers the most up-to-date technologies and testing to detect and diagnose lung diseases, such as pneumonia, chronic obstructive pulmonary disease (COPD) and lung cancer. With the use of minimally invasive methods, such as pulmonary function tests and endobronchial ultrasound (EBUS), the staff at LMHS can develop the best treatment plan for patients diagnosed with a lung ailment.

Early detection of lung diseases, including cancer, is vital for successful treatment. The warning signs for an infection or other illness in the lungs include:

- Chronic cough
- Shortness of breath
- Chronic mucus production
- Wheezing
- Chest pain
- Coughing up blood

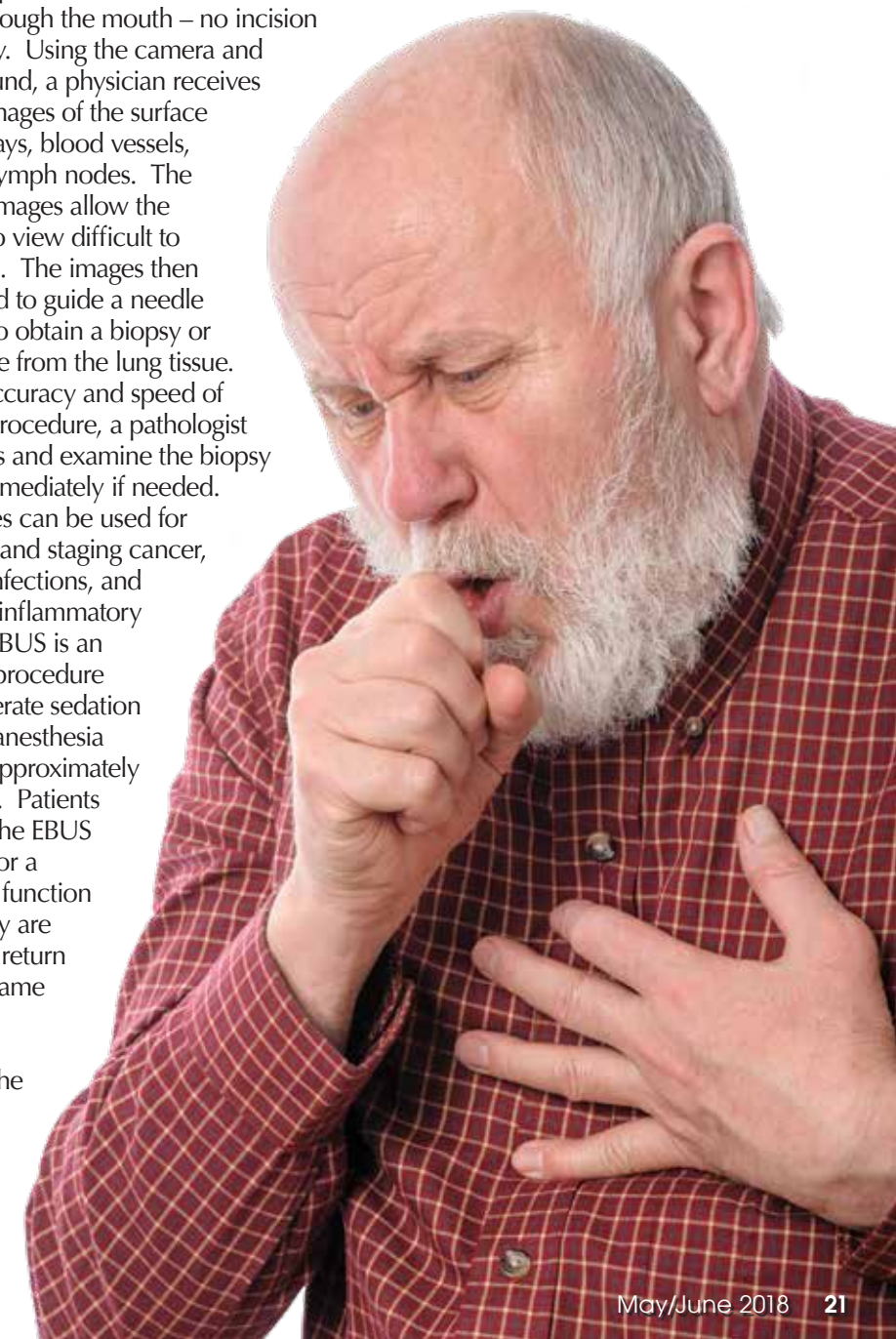
It is important to pay attention to even mild symptoms which could be the first signs of lung disease. If a patient is exhibiting symptoms of lung problems, a pulmonary function test can be used to determine how well the lungs are working. The tests also may be ordered if a person regularly is exposed to certain substances in the environment or workplace. There are several types of function tests available that offer different ways to measure lung function. Depending on the area of concern, a physician may want to measure lung size, air flow, lung volume, or the lungs ability to transfer oxygen to the blood. One of the most common pulmonary function tests is spirometry, which measures air flow. During the test, a patient is asked to breathe into a tube attached to a spirometer that records the rate of air taken in and out of the lungs over a period of time. The process

generally takes approximately 15 minutes to complete. With the results of the test, the pulmonologist can diagnose different types of chronic lung disease and develop a treatment plan. The physician may continue performing function tests to monitor the course of chronic lung disease, such as COPD.

Another important tool for diagnosing lung disease is the EBUS. If a nodule or other irregularity is found on a patient’s chest X-ray or computed tomography (CT) scan, the EBUS procedure can be used to view the areas of the lungs and nearby lymph nodes using a scope equipped with a video camera and ultrasound probe. The device can be inserted through the mouth – no incision is necessary. Using the camera and the ultrasound, a physician receives real-time images of the surface of the airways, blood vessels, lungs and lymph nodes. The improved images allow the physician to view difficult to reach areas. The images then can be used to guide a needle to the site to obtain a biopsy or fluid sample from the lung tissue. With the accuracy and speed of the EBUS procedure, a pathologist can process and examine the biopsy samples immediately if needed. The samples can be used for diagnosing and staging cancer, detecting infections, and identifying inflammatory diseases. EBUS is an outpatient procedure using moderate sedation or general anesthesia and takes approximately 45 minutes. Patients who have the EBUS procedure or a pulmonary function test typically are released to return home the same day as the procedure. Receiving the

results from the testing may take up to five days, but generally is completed as quickly as possible.

Once all the information is gathered, the physician can make a diagnosis and then begin the treatment plan. Treatments may include medications, oxygen therapy, pulmonary rehabilitation, lifestyle changes, and alternative therapies. LMH does offer pulmonary rehabilitation for lung disease patients. Again, early detection and continued monitoring are vital to successful treatments, which is why it is recommended to talk to a physician about even the mildest breathing issues.





Quality Reporting to the Community

Patient Story and Benchmarks for Behavioral Health Care

Patient Story – Michelle*

Michelle was diagnosed with acute depression as a young adult. Not only did the condition run in her family, she also suffered many years of abuse as a child.

“I had been taking Prozac® for over 20 years, but several years ago, I noticed that it was not working in the same manner,” Michelle explained. “There was still an edge that I just could not relieve. I needed to explore new options, but I was nervous about trying additional medications and was concerned that they would not help.”

A few years ago, Michelle began receiving care from Elizabeth Yoder, D.O., of Licking Memorial Outpatient Psychiatric Services. “I had seen a few physicians over the years, but Dr. Yoder was the first one who really listened to what I did and did not need in a medication. She is very thorough. I was completely impressed with her,” Michelle shared. “She is a psychiatrist and psychologist all in one. Dr. Yoder asks questions and truly cares about her patients.”

Dr. Yoder worked with her to identify new medications to try. After two different, three-month trials, they still had not found a solution. “It was then I realized my depression was more extreme than I originally understood,” Michelle said. Dr. Yoder recommended repetitive transcranial magnetic stimulation (TMS). “I was anxious and unfamiliar with that type of therapy, but eager to feel better. Dr. Yoder provided me with a lot of helpful information, and I completed lengthy research before I made the decision to move forward with TMS.”

Repetitive transcranial magnetic stimulation is a non-invasive procedure

that does not require any anesthesia or sedation, as the patient remains awake and alert during the treatment. TMS is used for the treatment of major depressive disorder in adult patients who have failed to achieve satisfactory improvement from prior antidepressant medication.

TMS therapy generates a highly concentrated, magnetic field, which turns on and off very rapidly. A small electromagnetic coil is applied to the head above the targeted area of the brain, called the prefrontal cortex. This part of the brain is involved with mood regulation. TMS magnetic fields do not affect the whole brain, but only reach about two to three centimeters into the brain directly beneath the treatment coil. As TMS magnetic fields move into the brain, they produce very small electrical currents. This magnetic field is the same type and strength as that produced by a magnetic resonance imaging (MRI) machine. The electrical currents activate neurons within the brain which are thought to release neurotransmitters, such as serotonin, norepinephrine and dopamine, to treat depression. While antidepressant medications provide these neurotransmitters artificially, they are provided directly through TMS.

Each of Michelle’s treatments lasted about an hour with the entire treatment course consisting of five treatments per week over a six-week period. Patients are seated during each session and typically feel a tapping sensation under the treatment coil. Individuals are required to wear earplugs during treatment for their comfort and hearing protection, as TMS produces a loud clicking sound with each pulse, much like an MRI machine. “This was a very mild procedure,” Michelle commented. “I would compare the discomfort level

to that of being flicked by a rubber band. It is remarkable that a simple physical stimulation can alter the chemistry of the brain.”

Michelle checked in weekly with Dr. Yoder during her therapy. Since successfully completing the treatment course in November 2017, she has been on a step-down schedule, starting with follow-up appointments every two weeks, then monthly and now every six months. “I did not experience any side effects from the treatment, and I feel terrific. Dr. Yoder’s entire staff has been wonderful. It was very easy to get to know them because they are all very kind. Amanda, who administered my treatments, was amazing. We spent a great deal of time together during each procedure, and she was very patient and comforting.”

Michelle was one of the first patients in the area to benefit from this type of treatment. “My experiences with Licking Memorial Health Systems have been positive. It was a convenient location for me to receive treatment, and I am very pleased with the outcome of my therapy. It has made a dramatic difference in my life.”

Licking Memorial Outpatient Psychiatric Services is open Monday thru Thursday, 7:30 a.m. to 5:00 p.m., and Fridays, from 8:00 a.m. to 4:30 p.m. For more information about alternative treatments, call (220) 564-4873.

*Michelle is not the patient’s real name.

Behavioral Health Care – How do we compare?

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

- 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 2015	LMH 2016	LMH 2017	Goal
Psychiatric readmissions within 31 days	2.6%	0.0%	0.26%	less than 5.6%

- Outcome studies are conducted to monitor and measure the treatment success of addictive disease. Our data show 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 2015	LMH 2016	LMH 2017	Goal
Patients remaining abstinent	95%	91%	88%	greater than 85%
Improvement in quality of relationships	98%	92%	87%	greater than 85%
Improvement in overall physical and mental health	99%	92%	87%	greater than 85%
Improvement in overall quality of life	97%	95%	87%	greater than 85%

- Withdrawal management – the safe, 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 appropriate medications for each patient’s situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2015	LMH 2016	LMH 2017	Goal
Average length of stay – alcohol treatment	2.8 days	2.9 days	2.8 days	less than 3 days
Average length of stay – opiate treatment	2.7 days	2.6 days	2.9 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	4.3 days	3.2 days	3.1 days	less than 5 days

- 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 2015	LMH 2016	LMH 2017	Goal
Diagnosis/disease education provided for patients and/or family	99%	99%	100%	greater than 97%
Medication education provided for patients and/or family	99.55%	99.28%	99.69%	greater than 97%

- 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 during the period of inpatient treatment.

	LMH 2015	LMH 2016	LMH 2017	Goal
Social work/family meeting during patient stay	84%	86%	91%	greater than 95%

- 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 2015	LMHP 2016	LMHP 2017	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	90%	96%	91%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	94%	100%	94%	greater than 90%



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

Medication-Assisted Treatment Effective for Substance Abuse Disorders

Substance-use disorders, including the most severe form – addiction, are understood to be chronic illnesses subject to relapse, and influenced by genetic, developmental, behavioral, social and environmental factors. As a person continues to misuse mood-altering substances, such as opiates, changes in the brain increase, which compromise brain function and drive the transition from controlled, occasional substance use to chronic misuse. To break the cycle, a number of effective medications have been developed and approved by the

Federal Drug Administration (FDA) to treat opioid-use disorders. There is well-supported evidence that medication-assisted treatment (MAT), along with behavioral intervention, is a highly effective method

to reduce illicit drug use and overdose death while also improving retention in treatment.

Addictive substances, including opiates such as heroin and prescription-strength pain relievers, create a euphoric or intensely pleasurable feeling during use. These feelings motivate people to use the substance again despite the risks for significant harm. Continuous use can lead to cravings for the substance and a negative emotional state after withdrawal from the substance. Brain changes endure long after an individual stops using the substance, creating a risk for relapse. The medications created for treatment can be used to manage or lessen withdrawal symptoms, reduce cravings and maintain

recovery. MAT programs provide a safe and controlled level of medication to overcome the use of an abused opioid.

To overcome the powerful feelings of withdrawal, a licensed physician from a certified opioid treatment program can prescribe methodone. The medication works by changing how the brain and nervous system respond to pain. It lessens the painful symptoms of opiate withdrawal and blocks the euphoric effects of opiate drugs such as heroin, morphine and codeine, as well as semi-synthetic opioids such as oxycodone and hydrocodone. Methodone replaces the opioids in the system, but the patient feels normal. Long-term maintenance treatment with methodone has been shown to be more effective than short-term withdrawal management. While treatment with methodone leads to better outcomes compared to behavioral treatments alone, methodone does have the potential to be misused and cause overdose. The patient should take the prescribed dose under observation until craving and opioid misuse are significantly reduced.

Another medication used to help a patient in treatment is Suboxone®. Suboxone is the combination of two different drugs – buprenorphine and naloxone. As a partial opioid agonist – a chemical that activates receptors in the brain – buprenorphine delivers diminished opioid doses to a patient who is addicted to a stronger opioid, but does not produce a sense of euphoria. Naloxone is an antagonist, meaning it blocks opioids by attaching to the opioid receptors without activating such. Antagonists cause no opioid effects. Naloxone also is sometimes used by injection or nasal inhalation to reverse a heroin overdose. Combined,

buprenorphine and naloxone minimize the opioid withdrawal symptoms, producing similar effects to opioids to a weaker degree, reduces opioid cravings and offers a lower potential for misuse than methodone. Treatment with Suboxone is continued until the physician and patient believe it is no longer needed, and then slowly reduced.

For patients who wish to discontinue use of opioids, a physician can prescribe naltrexone. Naltrexone is an opioid antagonist – binding with the opioid receptors in the brain and blocking their activation. The medication produces no opioid-like effects and has no potential for abuse. Naltrexone also interrupts the effects of any opioids, so if a person relapses and uses the problem drug, naltrexone prevents the feeling of euphoria. This interruption may trigger withdrawal symptoms in a person dependent on opioids. It is recommended that the medication be administered only after a complete detoxification from opioids. An extended-release injectable version of naltrexone called Vivitrol® can be administered on a monthly basis. There also is no withdrawal from the medication once the patient is ready to stop using it.

The number of overdose deaths from prescription and illicit opioids has doubled in recent years, but studies have repeatedly demonstrated the efficacy of Medication-Assisted Treatment at reducing overdose deaths. These medications can be used to help a patient function comfortably without the use of opiates while balance is gradually restored to the brain circuits that have been altered by prolonged substance use. The staff at Shepherd Hill work to match the intensity of treatment with the severity of illness to ensure individualized care. For more information on MAT, contact a Shepherd Hill staff member by using the Contact Us form on www.shepherdhill.net or call (800) 223-6410.

Health Tips – Ask the Doc

In order to help the community better understand the chronic, progressive nature of the disease of addiction, Shepherd Hill offers Ask the Doc sessions twice a month. The sessions are held the second and fourth Saturday of each month at 9:00 a.m. in the Shepherd Hill Auditorium.

Patients, families and others may ask questions of a physician knowledgeable in the field of addictive disease. The goal is to help those attending increase their knowledge and understanding of the chronic, progressive nature of addiction.

Sessions are free and open to the public. Registration is not required. For more information, call (220) 564-4878.



Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The William Schaffner Society

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

In Memory of Donald and Marilyn Atkinson – James Atkinson and Julie Guinta

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) welcomed Julie Guinta (middle left) and James Atkinson (middle right) into the William Schaffner Society with glass recognition pieces commemorating their pledge in memory of their parents, Donald and Marilyn Atkinson.

A lifelong Newark resident, Julie graduated from Newark High School and received her associate degree in secretarial science from Central Ohio Technical College. She joined LMHS in 1995 and currently serves as a clinical analyst in the Information Systems Department.

Julie and her husband, Jim, have an adult son, Tony. They are members of St. Francis de Sales where Julie serves the church as a lector, an extraordinary minister of Holy Communion, and a member of the liturgy committee.

James resides in Columbus where he is the owner and Managing Director of Columbus Capital, a financial advisory practice tailored to the needs of closely held corporations and family-owned businesses. He received his master's degree from the College for Financial Planning in 2013, and is a certified financial planner, an accredited investment fiduciary and a master of planning advanced studies. His professional memberships include the Financial Planning Association of Ohio and the Institute of Investment Management Consulting. James also is involved with the LMH Development Council, Newark Lions Club, Charity Newsies and St. Patrick's Church Pastoral Council.

James and his wife, Beth, have two grown children – Adrienne and James, who is a former U.S. Army sergeant. The couple joined the William Schaffner Society in 2014 with a pledge of their own.



The Caduceus Society

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

Bassam & Najwa Kret

LMHS President & CEO Rob Montagnese (left) presented Bassam (right) and Najwa (not pictured) Kret with a glass recognition piece in honor of their commitment to the Caduceus Society. The couple lives in New Albany with their two teenage daughters.

Bassam Kret, M.D., joined Licking Memorial Hospitalists in 2002. He received his Medical Degree from Damascus University Medical School in Damascus, Syria, and completed a residency in internal medicine at St. Joseph Mercy Oakland Hospital in Pontiac, Michigan. Dr. Kret serves as Department Chief of Medicine at LMH and is a member of the American Medical Association and American College of Physicians.

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 recently received.

Capital Improvement

Goodwill Industries
TWIGS 24
TWIGS 8

In honor of Janae Davis, M.D.
By: K. Denise Ivers
Sheila Miller
Lauren Montagnese
Veronica Patton

In honor of Eric Layne, M.D.
By: Craig Cairns, M.D.

In honor of Donald Lewis, M.D.
By: Ann and Tom Mullady

General

Anonymous
Anonymous
Daniel L. Hunt

Community Cornerstone Club

Anonymous
Jeff and Jane Cox
Andy and Cheryl Crawford
Dan Guanciale
Randy and Kim Lust
Sandy and Don Mandich
Bill and Barbara Mann
Martha J. Morrison
Dustin and Cindy Neely
John Row
Gary and Penny Sittler
Mr. Joseph M. Stenson

In honor of James DeSapri, D.O.
By: Craig Cairns, M.D.
C. Franklin Gibson

In honor of Megan Miller, D.O.
By: Patricia A. Seitz

In honor of Bryce Morrice, M.D.
By: Craig Cairns, M.D.

In honor of Robert Mueller, M.D.
By: Sheila and Ron Miller
Tom and Ann Mullady

Grants

The Bank of America Charitable
Foundation
Licking County Foundation

Memorial

In memory of J.K. Anand
By: LMH Medical Staff

In memory of Sharman Meyer
By: Mary Albright
Diane and Dan DeLawder
Bill and Carolyn Hayes
Clarissa Ann Howard
Christopher Meyer
Lauren and Rob Montagnese
Veronica Patton
John and Sarah Wallace
Cindy and Thaddeus Webster

In memory of Michael P. Ratterman, M.D.
By: Sandra and Bernard Baymiller

Bob Bishop
Alex and Bobbie Falquet
Ralph P. Ginocchio
Robert and Elizabeth Goldman
LMH Medical Staff
Christopher Lu
Chris and Jim Patin
Larry and Penny Sargent
Susan and Stephen Schlicher
Marc and Susan Shulman
Kathryn Thomson
Glenn and Frederica White
Wilson, Shannon & Snow, Inc.

Cradle Roll

In honor of Nora Hills
By: Licking Memorial Hospital
In honor of Elijah Emerson Roberts
By: Licking Memorial Hospital
In honor of Olivia Arthur
By: Licking Memorial Hospital
In honor of Elaina Carpenter
By: Licking Memorial Hospital

In honor of Donald Fairbanks, M.D.
By: Mike Massaro
Sheila and Ron Miller
Dave and Tickie Shull

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

In honor of Hassan Rajjoub, M.D.
By: Craig Cairns, M.D.
Sheila and Ron Miller
Rob and Lauren Montagnese
Tom and Ann Mullady

In honor of Ann Govier, M.D.
By: Robert and Patricia McGaughy
Sheila and Ron Miller

In honor of Kevin Graham, M.D.
By: Doug and Debbie Kullman
Steve Schlicher
Phil and Marcia White

In honor of Howard Reeves, D.O.
By: Robert and Patricia McGaughy
Sheila and Ron Miller
Mark and Veronica Patton

Doctors' Day

In honor of Richard Baltisberger, M.D.
By: Ashley, Robby and Brady
Montagnese
In honor of Garth Bennington, M.D.
By: Betty Aldridge
Maxine Binckley
Kate and Tom Cumiskey
Aaron Link
Rose Marie Maddern
Mark and Veronica Patton
Skip Salome
Cindy Webster
Wayne and Judy Wright
Jennifer Utrevis
Debbie Young

In honor of Talya Greathouse, M.D.
By: Elizabeth George
Rob and Lauren Montagnese
Cindy Webster
Dolores Williams

In honor of Phillip Savage, D.O.
By: Rob and Lauren Montagnese

In honor of Andrew Seipel, M.D.
By: Bill and Joan Kuhlwein
Sheila and Ron Miller
Rob and Lauren Montagnese
Darwin and Susan Watson
Cindy Webster

In honor of Thomas Hagele, M.D.
By: Sheila and Ron Miller
Mark and Veronica Patton

In honor of Matthew Harris, D.O.
By: Ann and Tom Mullady

In honor of Colleen Smith, M.D.
By: Judy Schmidt

In honor of Debra Heldman, M.D.
By: Jack and Bev Crockford

In honor of William Stallworth, M.D.
By: Rob and Lauren Montagnese

In honor of Andrew Highberger, M.D.
By: Craig Cairns, M.D.

In honor of David Subler, M.D.
By: Sheila and Ron Miller

In honor of Craig Cairns, M.D.
By: LMHS Senior Management
Tom and Ann Mullady
Mark and Veronica Patton
Cindy Webster

In honor of Nina Hourmouzis, M.D.
By: Robert and Patricia McGaughy
Tom and Ann Mullady
John and Anne Peterson
Holly Slaughter

In honor of Pavan Venkata, M.D.
By: Craig Cairns, M.D.

In honor of Even Wang, M.D.
By: Craig Cairns, M.D.

In honor of Michael Campolo, D.O.
By: John and Sue Blaha

In honor of Jacqueline Jones, M.D.
By: Janis and Mike Harvey
Janet Marquis

In honor of Richard N. Whitney, M.D.
By: Craig Cairns, M.D.

In honor of Catherine Chiodo, D.P.M.
By: John and Sue Blaha

In honor of Elizabeth A. Yoder, D.O.
By: Craig Cairns, M.D.

In honor of Elliot Davidoff, M.D.
By: John and Sue Blaha
Robert and Patricia McGaughy

In honor of David Koontz, M.D.
By: Julie Barrett

In honor of Grant L. Yoder, D.O.
By: Craig Cairns, M.D.

Paving Our Future

Clarissa Ann Howard
Mr. Vance Nethers
John H. and Sarah R. Wallace

Platinum Circle

Willard E. Smucker Foundation

Girl Scout Donation

In recognition of the Girl Scouts' 106th anniversary, Troop 2747 based in the North Fork School District recently donated a basket of baby items to be given to the first girl born at Licking Memorial Hospital on March 12 – the date the organization was founded in 1912. Members of the troop are in first and second grades at Newton and Utica Elementary schools and participate at the Daisy or Brownie level.



Honoring Your Parents

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

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

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

Your generous gift, which is tax-deductible to the extent allowed by law, will help LMH maintain the high standards of medical treatment and care essential to the well-being of our community. For more information, contact the Development Department at **(220) 564-4102** or view the brochures at www.LMHealth.org.



LMHS Youth Summer Camps



Camp Feelin' Fine, June 1, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Camp Feelin' Fine is a free one-day camp that gives children with asthma, ages 7 to 12, the opportunity to take part in an outstanding educational and recreational program. Please call the Licking Memorial Hospital Respiratory Therapy Department at (220) 564-4190 by Friday, May 25, to register for the camp. Space is limited and is on a first-come, first-served basis.



Camp A1c, July 20, 9:00 a.m. – 3:00 p.m., Bryn Du Mansion Carriage House and Lawn

Youth, ages 7 to 12, who have diabetes are invited to join this one-day camp for camaraderie, fun activities and educational presentations. This event also is an excellent opportunity for parents to network and discuss diabetes issues. Camp A1c is free; however, space is limited and registration is required. To register, please call (220) 564-4915.



Camp Courage, August 3, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Youth, ages 7 to 12, who have had an encounter with cancer, whether personally or through a family member, are welcome to attend this camp, designed to reduce stress and anxiety due to the uncertainties of the disease. The event schedule will include activities, crafts, presentations and more! Camp Courage is free; however, space is limited and registration is required. To register, please call (220) 564-1890.



Nina Hourmouzis, M.D.

Community Education – Adventures in Plant-Based Eating

Date: Thursday, June 21

Time: 6:00 p.m.

Location: LMH First Floor Conference Rooms

Speaker: Nina Hourmouzis, M.D.

The advice your mother gave you to eat your vegetables may be more important for your health than ever imagined. A growing body of evidence supports the life-changing benefits of a plant-based diet, which is far from bland and tasteless. Delicious plant-based meals – whole fruits, vegetables and grains that are seasoned with a few thoughtful herbs – are not only a tasty and healthy dining option, but could make an unbelievable difference in your overall health.

Join Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, on Thursday, June 21, at 6:00 p.m. in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark, for an exploratory journey into the world of plant-based eating. Participants will learn about the positive impact plant-based foods can have on your health and quality of life. A plant-based meal and recipes will be provided. The program is free; however, space is limited and registration is required. To register, please visit www.LMHealth.org or call (220) 564-2527.

Walk with a Doc

Local residents participated in informative discussions on health-related issues at a pair of recent Walk with a Doc events. The monthly program gives participants the opportunity to ask general questions concerning a featured topic during a casual 40-minute walk at locations throughout Licking County.

In March, Frances Horenstein, M.D. (top), of Licking Memorial Hospital Gastroenterology, provided information about the benefits of a high-fiber diet during a chilly walk at scenic Blackhand Gorge. Laurie J. Schaeffer, D.O. (bottom), of Licking Memorial Dermatology – Pataskala, discussed sunscreen and skin cancer during a brisk walk at the Watkins Memorial High School track in April.

The Walk with a Doc program will continue throughout the upcoming months. May's program features Kurt Palazzo, M.D., of Licking Memorial Family Practice – Downtown Newark, discussing metabolic syndrome. In June, Thomas Hagele, M.D., of Licking Memorial Dermatology, will address skin cancer and Mohs surgery. More details regarding the events are available on the back page of **Community Connection**.



Retiree Spotlight

Norman LeMaster spent a gratifying and memorable eight years preparing patient rooms in the Emergency Department (ED) as a member of Licking Memorial Hospital's Environmental Services Department. He felt a sense of pride in ensuring each room was spotless. From the time Norman accepted the position in 2007, it was more than a job to him; it was an opportunity to lend a helping hand and offer comfort and kindness to people facing medical emergencies.

As he performed his duties, Norman often encountered patients or family members who were



anxious and in need of someone to talk to for reassurance. He would stop for a few minutes to offer his support, or seek out needed items for patients. "I would do what I could to make people feel comfortable. I enjoyed meeting people and being there for them. I know what it feels like to be in one of those rooms facing an emergency," said Norman, who previously suffered a heart attack that required surgery.

During his employment at LMH, Norman was impressed to witness the innovative technologies and techniques implemented at the Hospital. He is proud of the organization for striving to offer the community the best care available with the most up-to-date treatments and equipment. "The Hospital always is finding new ways to help and treat patients and make it better and easier to get care,"

Norman said. To him, the most important asset the Hospital offers is its employees. With the nature of the job, staff members have to work together closely and typically form strong bonds like a family. That atmosphere of camaraderie conveys the feeling of compassion and

cares to the patients. Many of the people with whom Norman worked continue to support him and his family.

Norman was born and raised in Muskingum County. He worked for a farmer for many years, and then began a career with Longaberger where he met Ginger. The couple soon married, and he moved to Newark where Ginger lived. Since his retirement, he has spent many hours painting. His former co-workers enjoy his artwork and have made requests to purchase his paintings. "They kept me so busy this fall, and I was able to earn enough money to buy my wife a very nice Christmas present," Norman boasted. After a number of different surgeries, Norman says he is feeling strong, and wishes he could return to his position and be with his friends.

While he would prefer to work, Norman has been doing his best to remain active in his retirement. In addition to his painting, he has spent time doing repair work around the house and for his neighbors. He also has been helping care for some of his grandchildren. Norman has four children, three step-children, 22 grandchildren and nine great-grandchildren spread throughout central Ohio from Zanesville to Powell.

Commemorate a New Baby with the LMH Cradle Roll Program

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

Three levels of giving are available:

Cradle Roll Bronze (\$25 to \$149)

Cradle Roll Silver (\$150 to \$249) – Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).

Cradle Roll Gold (\$250 or more) – Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).

A gift of any amount will receive:

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

Handcrafted step-up stool (Shown with natural cherry finish)



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



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



Cheryl Barker, Au.D., CCC-A

Community Education – Living Well with Hearing Loss

Date: Tuesday, June 26

Time: 6:00 p.m.

Location: LMH First Floor Conference Rooms

Speaker: Cheryl Barker, Au.D., CCC-A

Roughly 48 million Americans suffer from some degree of hearing loss, with or without tinnitus. For many of these people, hearing loss remains the unsolved mystery that often results in a poor quality of life. Yet, there is hope for real solutions in current treatment strategies designed to address each person's unique needs. On Tuesday, June 26, at 6:00 p.m. in the LMH First Floor Conference Rooms, Cheryl Barker, Au.D., CCC-A, of

Clear Choice Audiology, will host a discussion on living well with the challenge of hearing loss and tinnitus. A focused presentation on the impact of hearing loss on wellness will be followed by a question and answer period specific to participant concerns and next steps for those struggling with hearing loss. A boxed meal will be provided for all participants. The program is free; however, registration is required. To register, please visit our website at www.LMHealth.org or call (220) 564-2527.

Volunteer Spotlight

Pam Sturm has been making a difference at Licking Memorial Hospital (LMH) through her volunteer service since 2013. She volunteers her time at the LMH Volunteer Department Office by directing phone calls and reminding patients of their

appointments. "My experience working in the Volunteer Office has been very rewarding," Pam says. "I'm happy that I am able to be there, and the volunteers are fantastic."

Pam grew up in Licking County and attended Heath City Schools for five years before transferring to Newark City Schools. After high school, she received an associate degree in office administration with a medical option, providing her a background in healthcare. Before she began her volunteer service, she was employed in a number of home health care organizations including LMH Home Health Care.

Because of her healthcare background and past connection to LMH, Pam started volunteering at the Hospital after retirement to give her time to others for a beneficial cause. Currently, she serves as

the Corresponding Secretary for the LMH Volunteer Executive Board.

When considering her volunteer experience, Pam reflects, "Meeting the people is wonderful. When I was in the home health care field, I had a woman tell me, 'I think you found your calling.' I wanted to continue within the healthcare field because it is what I love, and LMH provides a great experience for volunteers."

Pam is always eager for each day she volunteers at LMH; however, she enjoys being with her family at every opportunity. Her favorite activities include spending time with her daughter, Tracy Reed, and going shopping with her sister, Patty Parker.

2018 LMH TWIGS Officers

The TWIGS of Licking Memorial Hospital (LMH) executive board members recently began the second year of their two-year term. The officers are Steve Schlicher – Chairman and Corresponding Secretary (middle right), Nancy Barber – Vice Chairman and Recording Secretary (right), Darlene Baker – Treasurer (left), and Kate Hannum – Assistant Treasurer (middle left).

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.

TWIGS 6 was organized to open the Granville Thrift Shop in 1950. After relocating several times, the Thrift Shop presently operates at 1865 Tamarack Road in Newark. The current Chair for TWIGS 6 is Terri Charles.

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 first floor of the Hospital and open daily, except holidays. The current TWIGS 8 Chair is Diane Martin.

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. Sharon Wills serves at the current Chair of TWIGS 13.

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 \$5.3 million to the Hospital for use in capital purchases. For information about becoming a TWIGS member, contact the LMH Development Department at (220) 564-4108.



2018 LMH Volunteer Executive Board

The Licking Memorial Hospital (LMH) Volunteer Department appointed new Executive Board officers for 2018. The officers are (left to right): Lori Brown – Recording Secretary, Pam Sturm – Corresponding Secretary, Phil Cassone – President, and Sue Hopper – Vice President.

The LMH Volunteer Department includes approximately 90 members who conduct a variety of tasks, ranging from greeting visitors at the reception desk to delivering mail to Hospital departments. To learn about volunteer opportunities at LMH, call the Volunteer office at (220) 564-4044, or visit www.LMHealth.org and click the "Become a Volunteer" link in the About LMHS section.



90th Birthday Celebration for LMH Volunteers



Licking Memorial Health Systems (LMHS) recently celebrated milestone birthdays for two long-time volunteers. Carol Yost (photo on left) turned 90 years old on March 27, 2018, and Helen Norris (photo on right) turned 90 years old on April 7, 2018. They were both surprised with a cake and sparkling punch to celebrate the occasion. LMHS President & CEO Rob Montagnese visited both Carol and Helen in Volunteer Services to bring flowers and share appreciation for their service to the Health Systems.



Document Shredding Event Will Benefit Technological Advances at LMH

Park National Bank (PNB) and Shred-it are hosting the 11th annual Community Shred Day in Newark on Saturday, May 12, from 8:30 to 11:30 a.m. The shredding services are free to the community, but donations will be accepted to benefit technological advances at Licking Memorial Hospital.

Participants are invited to bring paper items to PNB's downtown Newark Main Office parking lot, located at the corner of Church and Third streets, for on-site shredding. Special drive-thru lanes for the Community Shred Day will be designated off Church Street. Truck-mounted equipment from Shred-it will crosscut the documents and materials into pieces no larger than 5/8 inch in size and transport the confetti-like shreds for recycling.

Materials that can be accepted for shredding include paper items, such as receipts, tax forms and medical records. Staples and paper clips do not need to be removed; however, papers must be removed from notebooks and

binders. CDs, floppy disks and VHS cassettes also will be accepted for shredding offsite. No more than three standard-size boxes will be accepted per household, and items from businesses or organizations will not be accepted.

PNB associates will be available at the drive-thru lanes to unload vehicles and place the items directly into the Shred-it trucks. Paper bags and cardboard boxes used for transporting the recyclables also will be accepted. Participants are welcome to park to the side and watch their documents being shredded.

Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations Veronica Patton encourages the local community to take advantage of shredding private documents. "At LMHS, we understand the importance of ensuring patient privacy and protecting personal documents," said Veronica. "This event is an excellent opportunity to discard personal documents in a safe manner. We appreciate PNB and Shred-it for

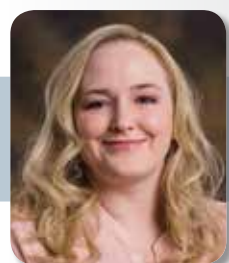
providing this service to the Licking County community."

Shred-it is a security-based company centered in Canada, with 140 branches around the world. The local Shred-it operation is headquartered in Gahanna, and is an independent, locally-owned franchise of the Shred-it Corporation. Shred-it associates are FBI background-checked and fingerprinted.

The Park National Bank is the leading financial institution in Licking County and a top community bank in Central Ohio. Founded in 1908, it provides deposit, loan, and trust and investment services for families and businesses. Park consistently earns high marks and awards for its service, community leadership, and financial performance. Park operates 16 full-service offices in Licking and Franklin counties. The Park National Bank is a part of Park National Corporation (NYSE Amex: PRK), also headquartered in Newark, Ohio. For more information about Community Shred Day, call (740) 349-3724.



New Appointments



Sonja N. Marino, APRN-CNP, joined Licking Memorial Pediatrics - Pataskala.



Brooke A. Boron, APRN-CNP, of Hospice of Central Ohio, joined the LMH Medical Staff.

"Building a Healthier Community" Award

Sponsored by the LMH Development Council

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

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

Nomination Form

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

Address: _____

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

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

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

Additional comments:

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

Your name

Address

Phone number

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



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

Walk with a Doc

Saturday, May 12, 9:00 a.m.
Ohio State University – Newark Campus, beginning at the northeast side parking lot Kurt Palazzo, M.D., of Licking Memorial Family Practice – Downtown Newark, will discuss metabolic syndrome.

Saturday, June 23, 9:00 a.m.
Dawes Arboretum, Lake Connector Trail Thomas Hagele, M.D., of Licking Memorial Dermatology, will discuss skin cancer and Mohs surgery.

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

Community Shred Day

Saturday, May 12, 8:30 to 11:30 a.m.
Park National Bank, corner of Church and Third Streets, Newark

The community is invited to bring documents with sensitive information for on-site shredding. The drive-thru service is free, but donations will be accepted to benefit technological advances at LMH. Please see page 35 for more details.

LMHS Family Movie Night & Active•Fit Event

Friday, May 18
One Healthy Place in Pataskala

An Active•Fit Youth Wellness Event will take place from 6:00 to 8:00 p.m., with an outdoor showing of Disney/PIXAR's *The Incredibles* to follow. Please see page 11 for more details about these free events.

Cancer Survivors Picnic

Sunday, June 3, 1:00 to 3:00 p.m.
LMH front lawn, 1320 West Main Street, Newark

Licking Memorial Hospital will host a Cancer Survivors Picnic in celebration and acknowledgement of all survivors and their families. There is no cost to participate in the event. Please see page 13 for more details.

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

Saturday, July 28
Registration opens 7:30 a.m.
5K Run/Walk begins 8:30 a.m., 1-mile Fun Walk begins shortly thereafter. Registration fee required for runners and walkers with timing chips. Please see page 16 for more details.

LMHS Youth Summer Camps

Please see page 29 for details about these free events:

Camp Feelin' Fine – Friday, June 1, 9:00 a.m. to 3:00 p.m.
Camp A1c – Friday, July 20, 9:00 a.m. to 3:00 p.m.
Camp Courage – Friday, August 3, 9:00 a.m. to 3:00 p.m.

Summer Active•Fit Youth Wellness Events

Please see page 11 for details about these free events:

Active•Fit Mini-triathlon – Saturday, June 9, 9:00 a.m. (Rain date: Saturday, June 16, 9:00 a.m.)
Active•Fit Bowling – Wednesday, July 25, 3:00 to 5:00 p.m.
Active•Fit Field Day – Thursday, August 9, 3:00 to 5:00 p.m.

First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-2527 or visit www.LMHealth.org.

Community Blood Pressure Screenings

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

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

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

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

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

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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