



Community Connection

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



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July/August 2014

Measurably Different ... for Your Health!

LMHS Donates Equipment to Upgrade EKG Transmission System

According to guidelines set by the American Heart Association and the American College of Cardiology, the risk of death from cardiac arrest can be reduced by 40 percent if a blocked coronary artery is re-opened within 90 minutes of arriving at a hospital (known as door-to-balloon time). Licking Memorial Hospital (LMH) has consistently performed better than that standard in large part because first responders throughout Licking County are equipped with 12-lead electrocardiogram (EKG) monitors to record and transmit patient data to the LMH Emergency Department (ED) prior to arrival. In 2007, Licking Memorial Health Systems (LMHS) made a generous \$300,000 donation to create the unified EKG relay system and recently invested more than \$600,000 to upgrade the aging equipment. LMHS purchased new LIFEPAK® EKG monitors for 31 emergency medical squads (EMS) in the county that were in need of an upgrade. The technology, when coupled with LIFENET® Receiving Stations in the LMH ED and catheterization lab, helps to significantly reduce a patient's time to receive life-saving treatment at the Hospital.



Licking County EMA/911 reports the average EMS response time is approximately 7.5 minutes within the county. When emergency medical technicians (EMTs) reach a patient exhibiting the symptoms of a heart attack, they immediately begin the triage and treatment process and perform an EKG at the scene. En route to LMH, a patient's EKG results and other vital data are transmitted to the ED. If the relayed

LMHS Donates Equipment to Upgrade EKG Transmission System (continued on page 2)

My.LMHealth.org Offers Secure Online Access to Medical Record Information



As part of its mission to improve the health of the community, Licking Memorial Hospital (LMH) now offers an online Patient Portal which allows patients to manage their health information securely and conveniently. My.LMHealth.org is available 24 hours per day, seven days per week from any device with a web browser – such as a computer, smartphone or tablet.

My.LMHealth.org Offers Secure Online Access to Medical Record Information (continued on page 3)

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

See pages 14-20 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Preventive Dental

Date: Thursday, July 24
Time: 6:00 p.m.

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Hearing Loss

Date: Tuesday, July 29
Time: 6:00 p.m.

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Sleep Apnea

Date: Thursday, July 31
Time: 6:00 p.m.

(continued on page 3)

Rotator Cuff Repair

Date: Thursday, August 14
Time: 6:00 p.m.

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Lung Cancer

Date: Tuesday, August 19
Time: 6:00 p.m.

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Osteoarthritis

Date: Thursday, August 21
Time: 6:00 p.m.

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data are indicative of a heart attack, the catheterization lab team is activated, a plan of care is established and treatment can begin within minutes of the patient's arrival. Additionally, EMTs have access to life-saving equipment should full cardiac arrest occur on the way to the Hospital.

“The catch phrase of cardiology is ‘time is muscle’ because thousands of irreplaceable heart muscle cells die every minute that a heart attack goes untreated. Therefore, any time savings can impact whether a patient will survive and what their quality of life will be after recovery,” Interventional Cardiologist Hassan Rajjoub, M.D., said. “Patients who arrive by EMS with heart attack symptoms receive expedited treatment because the preliminary diagnosis has been completed in transit, resulting in better outcomes than if they had arrived at the Hospital via private transportation.”

Between January 2012 and April 2014, Licking County EMTs performed an EKG on 82 patients who were eventually diagnosed with an ST-elevation myocardial infarction (STEMI), which involves a sudden blockage of one of the arteries that supply blood to the heart. Transmitting the data en route to the Hospital helped save crucial minutes to restore blood flow to the heart muscle upon arrival.

“Anyone experiencing the symptoms of a heart attack should call 911, because the best prospects for a full recovery are for paramedics to begin treatment and notify the Hospital in advance,” Dr. Rajjoub said. “Due to the cooperation between LMH and the first responders throughout the county, our team can be ready to open the artery when a patient arrives via ambulance.”

With the ability of every EMS in Licking County to record and relay EKG data, LMH’s median door-to-EKG time in 2013 was zero minutes for patients who arrived via ambulance, indicating the majority had the EKG performed before they arrived at the Emergency Department. That mark also factored into an average door-to-balloon time of 56.5 minutes at LMH last year, which is well below the national recommendation to perform an angioplasty.

Common Symptoms of a Heart Attack

Heart attacks are life-and-death emergencies, and every second counts in receiving treatment. The signs and symptoms commonly associated with a heart attack include:

- Pressure or tightness in the chest
- Pain or tingling in the arms
- Pain in the back, neck, jaw or stomach
- Nausea or vomiting
- Light-headedness
- Excessive sweating
- Weakness or fatigue
- Shortness of breath

Not all of these signs occur in every heart attack. If chest discomfort is present for more than five minutes – especially with one or more of the other signs – call 911 for assistance.

New Hours in Effect at Urgent Care - Pataskala

Licking Memorial Urgent Care – Pataskala recently changed hours of operation to accommodate patients who need medical care during morning hours on weekdays. Urgent Care – Pataskala, located at One Healthy Place, off Route 16, will now be open from 9:00 a.m. to 6:00 p.m., Monday through Saturday, and 12:00 Noon to 6:00 p.m., on Sunday.

A second Urgent Care location also is available for extended evening hours on weekdays. Licking Memorial Urgent Care – Granville, located at 14 Westgate Drive, on the corner of State Route 16 and Cherry Valley Road, is available from 9:00 a.m. to 8:00 p.m., Monday through Friday, and 9:00 a.m. to 5:00 p.m., Saturday and Sunday.



Community Education – Preventive Dental (continued from front page)



Geoff Bauman, D.M.D., M.S.

Date: Thursday, July 24
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Geoff Bauman, D.M.D., M.S.

Tooth loss is common, especially as people age. In the United States, roughly 19 percent of those over the age of 65 have lost almost half their teeth and an additional 24 percent have no natural teeth at all. Tooth loss is often the consequence of tooth decay and gum disease, conditions which are largely preventable or controllable.

Join Periodontist Geoff Bauman, D.M.D., M.S., to learn how to prevent tooth loss and retain your teeth for a lifetime on **Thursday, July 24**, at 6:00 p.m. in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

Without the need to call or visit the Hospital, patients can access important information from their medical record, including:

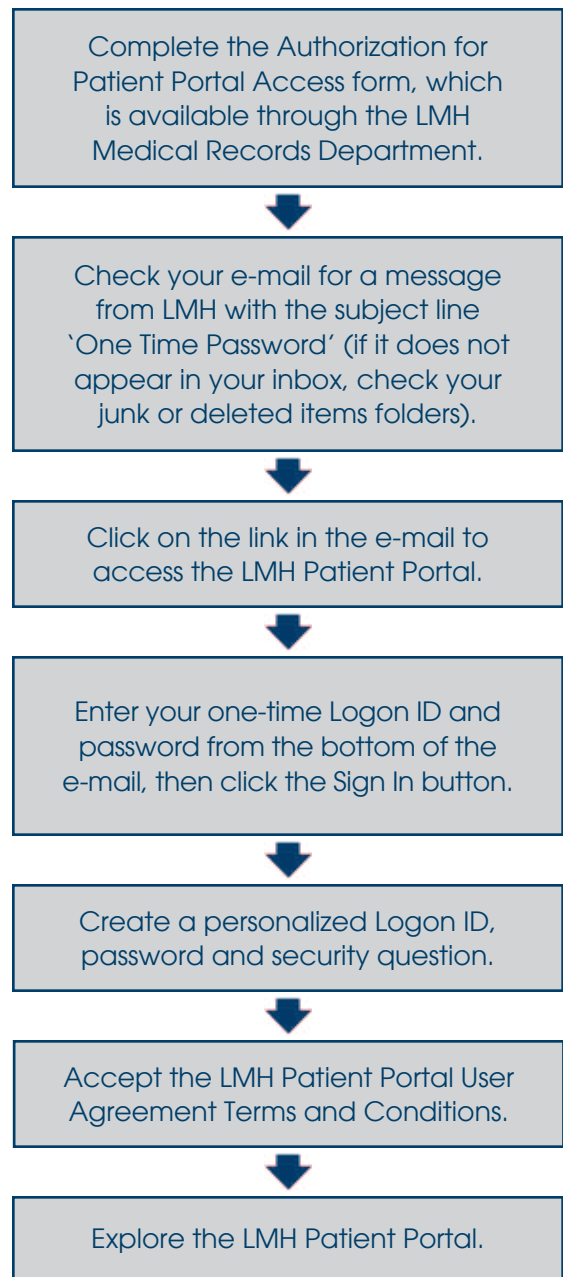
- A summary of patient health information from the last 15 days of recorded inpatient stays
- Medical conditions documented from the most recent inpatient stay
- A listing of all historical visits to LMH
- Allergy information
- Medications – with instructions – prescribed during the most recent inpatient stay on record
- Inpatient and outpatient Laboratory results from the past three years
- Department reports from Radiology, Cardiology and many more
- Educational instructions
- Profile information, including address, next of kin and emergency contacts

All of the information in the Patient Portal comes from a patient's LMH Electronic Health Record, allowing it to be accurate and up-to-date. Each account is secured using specific security measures to prevent unauthorized persons from accessing medical record information that is not their own.

Patient Portal accounts are uniquely created by connecting to a patient's e-mail address. LMH uses personal e-mail addresses only to create an account and send notifications of new activity. To enroll, patients and proxies must provide valid photo identification and complete an Authorization for Patient Portal Access form during an inpatient stay or outpatient visit. At the time of enrollment, a patient may also assign proxy access to their information. As proxies, guardians of minors under 18 years of age, caregivers, and trusted family members have the ability to access a consenting patient's medical record via the Patient Portal. Only individuals with proxy access – which does not include primary care physicians or other healthcare providers – may view the patient's record.

Please contact the LMH Medical Records Department at (740) 348-4132 with any questions about enrollment or to obtain the Authorization for Patient Portal form. The LMH Medical Records Department is located on the first floor of the Hospital and available to the public Monday through Friday from 7:00 a.m. to 5:30 p.m.

My.LMHealth.org Enrollment Is Easy



Community Education – Sleep Apnea (continued from front page)



Eric R. Pacht, M.D.

Date: Thursday, July 31
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Eric R. Pacht, M.D.

Sleep apnea is a condition in which breathing starts and stops repeatedly during sleep. These “pauses” in breathing disrupt the sleep cycle and result in excessive daytime sleepiness. Yet most people do not know that they have sleep apnea because it occurs during sleep. A potentially serious disorder, sleep apnea increases the risk for many other health conditions, including heart disease, high blood pressure, obesity and diabetes.

Join Licking Memorial Pulmonologist Eric R. Pacht, M.D., to learn more about this common disorder in an education program for the community on **Thursday, July 31**, at 6:00 p.m., in the LMH First Floor Conference Rooms. To register for the free program, or for more information, please call (740) 348-2527.



Picnic Celebrates Community's Cancer Survivors

In recognition of National Cancer Survivors' Day, Licking Memorial Hospital (LMH) hosted a Cancer Survivors' Picnic on June 8. Cancer survivors were invited to attend, along with their family and friends, to enjoy a free picnic and program at the Hospital that included presentations from LMHS President & CEO Rob Montagnese and Licking Memorial Hematology/Oncology physicians Aruna C. Gowda, M.D., and Jacqueline J. Jones, M.D., as well as door prizes. The event culminated with a commemorative group photo of the cancer survivors, each with a purple balloon to represent all cancers.

Rob presented guests with encouraging news about cancer care. "Major advances in cancer prevention, early detection, and treatment have resulted in longer survival," he stated. "In fact, there has been a 20 percent decline in the cancer death rate and more than 1 million cancer deaths have been averted due to these advances."

Approximately 200 community members attended LMH's fourth annual Cancer Survivors' Picnic. Dr. Jones emphasized the importance of celebrating life. "This is your day, enjoy and celebrate because life is worth living – every day," she said. "Cancer survivors are everywhere. They are your parents, grandparents, teachers, children – everyone is impacted by cancer in one way or another."

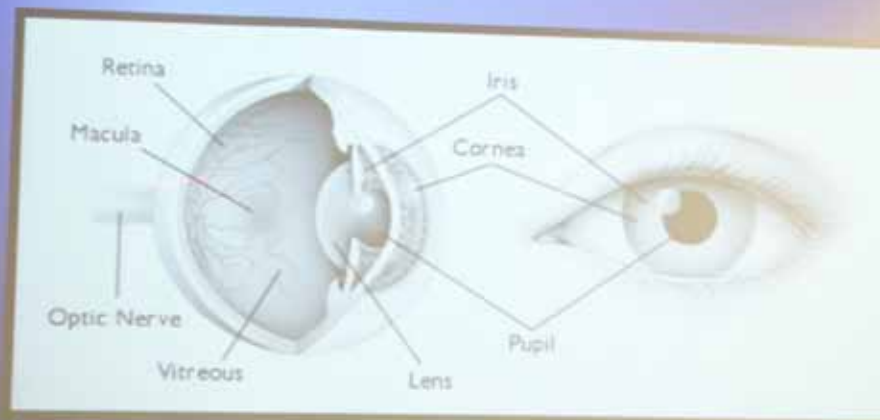
LMH underwent a \$3.5 million Radiology Initiative in 2013 that benefitted many patients, including those with cancer diagnoses. The project included equipment upgrades and replacements, along with facility remodeling in the Radiation Department. Ultrasound images, offered in both the Radiology Department and Vascular Lab, are now depicted in a 3-dimensional format,

and provide a "GPS" component to guide instruments during biopsies. Many women are now able to avoid surgical breast biopsies as LMH's Women's Health Center has added stereotactic biopsy equipment that allows the testing to be completed in an outpatient setting. In 2014, the Health Systems plans to purchase more Radiology equipment, including two CT (computed tomography) machines, one MRI (magnetic resonance imaging) machine, as well as an upgraded software system to further advance technology for patients.

Additionally, Rob described the new CBORD Food Service Suite and Aladdin Temp-Rite Meal Delivery System, new for 2014. The half-million dollar project uses the latest technology to provide an additional layer of safety for dietary restrictions, as well as assisting in providing personalized meal selections to patients. "Using CBORD software, staff will take the patient's food order at the bedside using a wireless handheld device," said Rob. "Because CBORD interfaces with the patients' electronic medical records, the system is aware of any dietary or clinical restrictions regarding their nutrition, and also allows the patients to broaden their menu or meal times and stay within their prescribed guidelines."

Rob also noted that the Aladdin Temp-Rite Meal Delivery System is already in use and receiving favorable reviews from patients. "The patients are very pleased with the temperature of their food, and since the heating element works to maintain food temperature and quality for up to one hour, patients have the freedom to eat when they choose," said Rob. Upgrades, enhancements and new equipment benefit the health of the community and are made possible through generous financial support and donor gifts.

Anatomy of the Eye



Vision-Saving Advancements Described at Corporate Breakfast

Within just the past decade, many new and improved treatments have emerged for ophthalmic conditions that can lead to blindness. At a recent Corporate Breakfast hosted by the Licking Memorial Hospital (LMH) Development Council, Ophthalmologist James E. Silone Jr., D.O., gave an overview of advancements that are saving vision locally.

Dr. Silone cited that approximately one-half of all adults between the ages of 52 and 64 years will develop a cataract, which is a cloudiness of the lens. Cataracts can be caused by aging, trauma, medications or disease. “In the past, when cataract surgeries were performed, which required a hospital stay, the goal was to prevent total blindness, and patients needed thick ‘cataract’ glasses for the rest of their lives,” Dr. Silone said. “Phaco-emulsification technology, which is now performed at LMH – Tamarack, breaks up the cataract, allowing us to implant a high-tech intraocular lens. The procedure does not require a hospital stay, and the goal is to restore normal vision completely. In many cases, patients find that their need for glasses is reduced after a short recovery period.”

In 2013, more than 47,000 corneal transplants were performed in the United States to treat vision loss caused by conditions such as scarring, disease, corneal swelling, corneal curvature abnormalities, or lack of corneal integrity. The addition of state-of-the-art ophthalmologic procedures at the LMH – Tamarack facility has allowed corneal transplants and newer DSAEK procedures to be performed locally, rather than requiring patients to travel to Columbus.

High-definition optical coherence tomography (OCT) is now available at the Center for Sight. OCT is a non-invasive diagnostic tool that uses light waves to create a cross-section

map of the retina in the back of the eye. “This technology picks up details that we could not see before,” Dr. Silone stated. “Among many other uses, it allows us to evaluate glaucoma and track its progression.”

The leading cause of blindness in adults over the age of 60, macular degeneration, occurs in the center of the retina. “Wet” macular degeneration is characterized by the growth of abnormal blood vessels under the retina. “Dry” macular degeneration, which is more common, is characterized by yellow deposits on the retina. Both forms of macular degeneration cause loss of central vision. No treatment is available to stop or reverse the effects of dry macular degeneration, but the condition is usually slow-growing, and a careful regimen of antioxidants, vitamins and minerals may slow the progression even more.

New therapies are available at the Center for Sight to treat wet macular degeneration, including medication injections. “These treatments all preserve vision by destroying the abnormal blood vessels or causing them to regress,” Dr. Silone said. “This is an exciting time for ophthalmologists because we now have advanced tools to save and restore vision for many more patients.”

Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about new technology and services within Licking Memorial Health Systems. The Development Council was established in 1987 to increase charitable giving to LMH and to promote positive community relations. More than 75 distinguished members of the community volunteer their time to serve on the Development Council.

2014 "For Your Health" 5K Run and Fun Walk

The seventh annual "For Your Health" 5K Run and Fun Walk will take place on Saturday, August 2, at The Dawes Arboretum, 7770 Jacksontown Road SE in Newark. The Licking Memorial Hospital (LMH) Development Council is presenting the community event in collaboration with The Dawes Arboretum, the Licking County Family YMCA and Park National Bank. Dan and Diane DeLawder of Newark will be the Honorary Chairs.



Dan and Diane DeLawder are the Honorary Chairs for the 2014 "For Your Health" 5K Run and Fun Walk.

Dan serves as Chairman of The Park National Bank and Park National Corporation. He also volunteers and serves the community with organizations including Ohio University, Newark Campus Development Fund, The Salvation Army, The Works, the Food Pantry Network and Newark Development Partners Community Improvement Corporation. Dan earned his Bachelor of Science degree in education, graduating cum laude from Ohio University in Athens.

Diane is the Executive Director of A Call to College, a college access program serving Newark City Schools. She is on the board of the Midland Theatre and the advisory board of The Ohio State University Newark Campus. She holds a Bachelor of Arts degree in education from The Ohio State University and taught in the Licking Valley and Lancaster City School Districts in Central Ohio.

Diane and Dan are both alumni of Heath High School, reside in Newark, and are the proud parents of two adult children, Sara and Matt. The couple has three grandchildren, Josie, Tessa and Jack.

As Honorary Chairs for the 5K Run and Fun Walk, the DeLawders are strong advocates for health and wellness. Both utilize rigorous exercise routines, including Heidi Saunders' boot camp and have participated in numerous fitness events, including multiple half marathons and 5K running events over the past several years.

In past years, the "For Your Health" 5K Run and Fun Walk has benefitted from the support of other community leaders who served as Honorary Chairs. They include:

2013 – Marcy and Garth Bennington, M.D.

2012 – Marcia and Jonathan Downes

2011 – Cara and Jim Riddell

2010 – The Fondriest Family: Joseph Fondriest, M.D., his wife, Jean, and their children: Joe, Sara, Jacob and Steven

2009 – Karen Smith-Silone, D.O., and James Silone Jr., D.O.

2008 – Christine and Kevin Plaughter

The "For Your Health" 5K Run and Fun Walk course weaves through the scenic grounds of The Dawes Arboretum, taking participants through the Deep Woods and past other notable areas, such as the Azalea Glen, the Cypress Swamp, the Japanese Garden, Buckeye 17 and Outlook Tower. Participants may choose to run or walk the 3.1-mile course, or complete the Fun Walk course, which is 1 mile long. Premier Races will provide race management services.

Awards will be given to the overall top three male and female finishers in the 5K Run. In addition, the top male and female finishers in each age division will receive awards. Chip Timing Service will be used to determine the finishing times.

Both walkers and runners must register to participate. Registration for runners is \$15 in advance, if received by 5:00 p.m. on July 25, or \$20 the day of the race. Runners may register online at www.premierraces.com, or by mailing a completed entry form and check to the address listed on the form. Registration for walkers is free. Online registration is not available for walkers. Registration may be completed by mailing a completed entry form to the address listed on the form. The registration form is the same for runners and walkers, and is available at www.LMHealth.org, or by contacting the LMH Development Office at (740) 348-4102.

A shirt will be provided to each registrant. Participants who register by July 26 may pick up their packets on Friday, August 1, between 3:00 p.m. and 7:00 p.m., in the LMH First Floor Conference Rooms. Packets also may be picked up at The Dawes Arboretum on the day of the race.

Registration begins at 7:30 a.m. on race day. The 5K Run begins at 8:30 a.m., and the 1-mile Fun Walk will promptly follow at 8:40 a.m.

Community Education – Hearing Loss *(continued from front page)*



Cheryl Barker, Au.D., CCC-A

Date: Tuesday, July 29
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Cheryl Barker, Au.D., CCC-A

Hearing loss is a common condition that affects both children and adults. Approximately 38 million Americans experience some degree of hearing loss. This condition is often hereditary, but chronic exposure to loud noises, certain medications and disease also are common contributing factors. Some hearing loss can be corrected through medications or surgery, and other types can be improved by utilizing amplification or hearing devices. However, in all cases, early diagnosis and treatment can increase quality of life and improve long-term results.

Audiologist Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology, will discuss the fundamentals of hearing during an educational session for the community on **Tuesday, July 29**, at 6:00 p.m., in the LMH First Floor Conference Rooms. Please call (740) 348-2527 to register for this free event.



Camp Feelin' Fine Provides Asthma Education and Summer Fun

To help local children care for their asthma, Licking Memorial Hospital (LMH) sponsors Camp Feelin' Fine, an annual day camp comprised of educational games and activities. Approximately 40 children attended this year's Camp Feelin' Fine on June 6, at Infirmary Mound Park, south of Granville. The youth participants spent the day participating in games, trivia and crafts to encourage them to learn more about asthma, manage their symptoms and interact with others who also have the illness.

Licking Memorial Pediatrician Richard A. Baltisberger, M.D., members of the Licking Memorial Respiratory Therapy Department and other Hospital staff taught participants ways to avoid common "triggers" of an asthma attack, such as pollen,

strenuous exercise, dust and pet dander. The Respiratory Therapy Department at LMH is staffed with state-licensed respiratory care professionals, who work under the direction of a physician and assist with the diagnosis, treatment and management of patients with pulmonary disorders.

Asthma is a condition that inflames and obstructs the airways in the lungs. Acute attacks, in which airflow is severely restricted, can be life-threatening if left untreated. Symptoms of an asthma attack can include: coughing, irregular or labored breathing, wheezing, frequent clearing of the throat, and chest tightness. If a child who has not previously been diagnosed with asthma exhibits these symptoms, consult a pediatrician or family physician for a complete evaluation.

LMHS Receives Top Contributor Honors for the Fifth Year in Operation Feed Campaign

The 2014 Licking Memorial Health Systems (LMHS) Operation Feed campaign raised \$26,516.70 to benefit the Food Pantry Network of Licking County. The total contribution earned LMHS the honor of being the top overall campaign contributor in Licking County for the fifth consecutive year. The Food Pantry's Operation Feed Campaign provides LMHS and other area employers, churches and schools with the opportunity to help community members in the Licking County area. LMHS employees have been participating in the campaign for more than 20 years.

To raise funds for the cause, LMHS hosted the seventh annual FEEDbay, an online employee auction that was posted on the LMHS Employee Portal for a two-week period. Employees donated more than 670 new and gently used items for the auction. All proceeds were added to LMHS' total campaign donation. In addition to FEEDbay, employees were able to contribute money to the campaign directly or through an automatic paycheck donation.



Mike Cochran, Shay Marmie, Melissa Stein and Steve Schlicher (left to right) accept LMHS' award for top contributor to the Operation Feed Campaign.



Active•Fit Events Offer Summer Fun for Local Youth

Since its inception in 2012, the Active•Fit Youth Wellness Program has offered an increasing amount and variety of events to local youth, ages 6 to 12, with the goal of educating children about the benefits of exercise, healthy eating and proper rest. Recently, local youth were invited to attend the Inflatable Fun and Movie Night event as well as the Mini Triathlon event, held on May 31, and June 14, respectively.

The Pataskala Health Campus hosted the Active•Fit Inflatable Fun and Family Movie Night event for the third year in a row to kick off the summer Active•Fit events. Over 600 people participated in the inflatable games and a showing of the Disney/PIXAR film, *Finding Nemo*. Children enjoyed two hours of inflatable fun and the outdoor film showing at dusk. All attendees were offered complimentary healthy snacks and beverages, as well. Active•Fit Period 2 winners were honored before the movie began, and prizes including bikes, shoes and Xbox 360s were given to the winners.

“This is the third year that we have held our summer Movie Night event at the Pataskala Health Campus, and we always receive a tremendous response from the community,” Licking

Memorial Health Systems President & CEO Rob Montagnese said. “We are especially excited to make community members aware of our Pataskala Health Campus because of several new services now being offered at this location, including dermatology and podiatry.”



The Active•Fit Mini Triathlon, co-sponsored by the City of Pataskala, took place for the first time this year at the Pataskala Municipal Park. Over 60 participants ran, swam and biked their way through the mini course. Healthy snacks and drinks were provided for participants as they completed the event.

Each period of the Active•Fit Program features exciting events and opportunities for children to get active and learn about their health. Upcoming Active•Fit events include a Bowling event at Park Lanes in Heath on July 16, a Field Day at Alford-Reese Park (NASA Fields) in Newark on July 22 and a 1K run as part of the annual LMHS “For Your Health” 5K Run and Fun Walk at

The Dawes Arboretum in Newark on August 2. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.



Active Fit Period 2 Winners

1. **Xbox 360 with Kinect & Fitness Software**
Jordyn York, Granville Elementary
2. **Xbox 360 with Kinect & Fitness Software**
Baylie Fillingner, Carson Elementary
3. **Bicycle**
Christian Tucker, Cherry Valley Elementary
4. **Bicycle**
Cristen Garman, Carson Elementary
5. **Nike Shoes with iPod & iTunes Gift Card**
Austin Rush, St. Francis DeSales
6. **Nike Shoes with iPod & Nike/iPod Connect**
Sydney Dickson, Wilson Middle School
7. **iPod Nano with iTunes Gift Card**
Kristina Gee, Licking Valley Intermediate
8. **\$150 Dick's Sporting Goods Gift Card**
Alex Rush, St. Francis DeSales
9. **\$100 Dick's Sporting Goods Gift Card**
Peyton Robey, John Clem Elementary
10. **\$100 Dick's Sporting Goods Gift Card**
Erica McMahan, Hillview Elementary
11. **\$100 Dick's Sporting Goods Gift Card**
Caden Marinacci, Stevenson Elementary
12. **\$100 Dick's Sporting Goods Gift Card**
Keyara Rausch, Pataskala Elementary
13. **\$100 Dick's Sporting Goods Gift Card**
Avery Defoor, St. Matthew School
14. **\$100 Dick's Sporting Goods Gift Card**
Megan Herriott, Legend Elementary
15. **\$50 Dick's Sporting Goods Gift Card**
Hadley Vance, Welsh Hills
16. **\$50 Dick's Sporting Goods Gift Card**
Will Stought, Pataskala Elementary
17. **\$50 Dick's Sporting Goods Gift Card**
Keelin McCafferty, Welsh Hills
18. **\$50 Dick's Sporting Goods Gift Card**
Kayla Fox, home-schooled
19. **\$50 Dick's Sporting Goods Gift Card**
Taylen Runyons, Legend Elementary
20. **\$50 Dick's Sporting Goods Gift Card**
Thomas Defoor, St. Matthew School

Licking Memorial Health Systems and John W. Alford Center for Service Learning at Denison University invite you to enjoy a free outdoor screening of the family comedy, *Little Giants*.

Date: Saturday, September 20

Time: Arrive at 7:00 p.m.
The movie will begin at dusk.

Location: The Denison University
Fine Arts Quad Grounds,
off Broadway Street, in Granville

- Active•Fit Activity will be held prior to the movie
- Free health screenings will be available
- Free popcorn and beverages will be provided
- Please bring lawn chairs or blankets
- Children must be accompanied by an adult
- Alcoholic beverages, tobacco products and pets are not allowed



Active•Fit
YOUTH WELLNESS EVENT
Participation at this event will count toward your Active•Fit program goals.
Visit www.ActiveFit.org for details.



LMHS Family Movie Night

In partnership with the Denison Community Association 9/11 Day of Service

LMHS Employees Recognized During Hospital & Healthcare Week

In an annual observance of National Hospital & Healthcare Week, Licking Memorial Health Systems (LMHS) paid tribute to the 1,700-plus employees who contribute to the Health Systems' award-winning care. The five-day celebration at LMHS in May included an employee health fair, outdoor cookout, Employee Service Recognition Dinner and awards ceremony.

"Exceptional quality of care has been our standard for so many years that it is easy to take it for granted," stated Rob Montagnese, LMHS President & CEO, "however, you will not find that same quality at some other healthcare facilities. There are reasons that Licking Memorial Hospital has received Truven Health Analytics' 100 Top Hospitals Award a total of 12 times – because we have a highly qualified staff, and our dedicated employees are deeply committed to the care we provide for the community. I could not be more grateful and proud. When LMHS wins awards, it is not a matter of winning a competition, it is an affirmation of our employees' well-orchestrated teamwork."



Steve Snow was honored at the annual LMHS Employee Recognition Dinner for his 45 years of service. Pictured are (left to right): LMH Board Chairman Craig Baldwin, Steve Snow, LMHS Board Vice Chairman Patrick Jeffries, and LMHS President & CEO Rob Montagnese.

LMHS Employee Service Recognition Dinner

LMHS employees who are observing anniversaries in 5-year increments in 2014 were invited to the annual LMHS Employee Service Recognition Dinner at Longaberger Golf Club. The 204 honored employees represented nearly 3,000 combined years of service.

LMHS' longest-employed staff member in 2014 is Steve Snow, a Surgery Department point-of-care-technician who was recognized for 45 years of service. Steve joined Licking Memorial Hospital (LMH) in 1969 as a porter and also worked as a stockroom clerk. Rob presented a framed proclamation and special gifts to Steve as a tribute to his lifetime dedication to LMH's patient care.

Seven employees were honored for providing 40 years of service: Kathy Craig in Pharmacy, Doree Good in Maternal Child, Susan Huddy in Intensive Care, Maryann Hurt in Community Case Management, Mary Johnson in Health Professionals Administration, Teresa Knicely in Community

Case Management, and Rhonda Shaw in Oncology. Each received a framed proclamation and gift to mark their special employment anniversary.

President's Award

During the Employee Service Recognition Dinner, Rob presented the President's Award to Brian Merritt, Director of Food Service. The President's Award is reserved for individuals or groups that have demonstrated a high level of commitment to LMHS and the community, and is not given every year.



LMHS President & CEO Rob Montagnese presented the President's Award to Brian Merritt (left) at the annual Employee Recognition Dinner.

Rob said, "Brian oversees all aspects of the Food Service

Department to provide restaurant-quality cuisine to patients, visitors and staff on a daily basis. In addition, he oversees approximately 300 special lunches and dozens of dinners each year. Thousands of community members have dined on Brian's culinary creations, ranging from the 'gourmet dinner for two' that is specially prepared for new parents on the maternity floor at the Hospital to the Licking County Chamber of Commerce's Groundhog Breakfast. Brian's reinvention of 'hospital food' has had a big impact on the community's perception of the Health Systems' renewed commitment to quality."

Brian and his wife, Dawn, reside in Newark with their two children, Sophia and Sam. Brian graduated from Granville High School and Johnson and Wales Culinary School in Charleston, South Carolina. He also earned a bachelor's degree in hospitality management at The Ohio State University.

Manager of the Year

Rob also presented the Manager of the Year Award during the Employee Service Recognition Dinner. The 2014 honoree is Angela Wallace, R.N., LMH Director of Surgical Services. "Angela was instrumental in preparing for our Outpatient Surgery expansion at the LMH – Tamarack location in 2013," Rob said. "She spent countless hours of planning to ensure that our levels of patient care, customer service and patient safety would meet LMH's high standards. As a Director, one of her many gifts is her ability to mentor and develop staff, doing whatever she can to help them grow as professionals."

Originally from London, England, Angela received her bachelor's degree in nursing from the North Middlesex University in London. She also is a certified ambulatory peri-anesthesia nurse, as well as a certified post-anesthesia nurse.

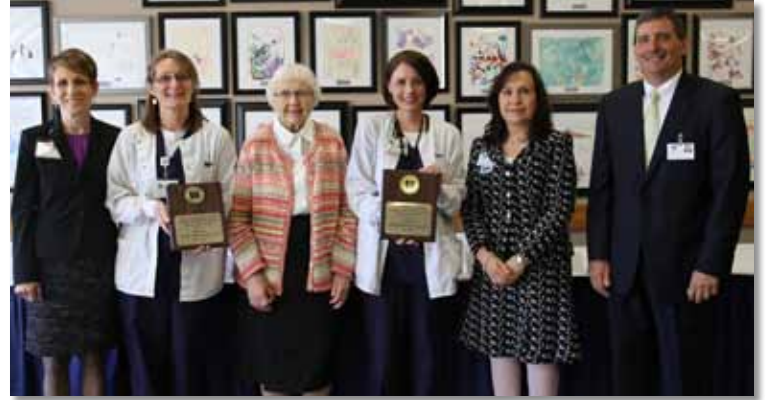


During the annual Employee Recognition Dinner, LMHS President & CEO Rob Montagnese named Angela Wallace (left) Manager of the Year.

Angela lives with her husband, Michael, in Alexandria. They have two daughters, Lindsay and Shelly. Angela joined LMH in 2008 as a staff nurse in the surgical recovery room and became Patient Care Manager of the Outpatient Surgery Department two years later. In January, she was promoted to her current position.

She and her husband, Patrick, have two children, Cody and Bernice.

Jennifer received her Bachelor of Science in nursing and Master of Science in nursing degrees from The Ohio State University in Columbus, and recently completed her certification as a nurse practitioner. She joined the LMH Emergency Department as a staff nurse in 2008. Jennifer is active with the Centenary United Methodist Church youth group. She and her husband live in Granville with their three sons.



Jackie Chesterton and Jennifer White were named recipients of the 2014 Clarissa Ann Howard Nursing Award for Clinical Excellence. Pictured are (left to right): Vice President Physician Practices Christine McGee, Jackie Chesterton, Clarissa Ann Howard, Jennifer White, Vice President Patient Services Debbie Young, and LMHS President & CEO Rob Montagnese.

Clarissa Ann Howard Nursing Award for Clinical Excellence

The Clarissa Ann Howard Nursing Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for their expertise, professionalism and clinical excellence while providing patient care. The 2014 award recipients are Jackie Chesterton, R.N., of Licking Memorial Family Practice – Licking Valley, and Jennifer White, C.N.P., of the LMH Emergency Department.

Jackie received her nursing degree at the Mid-East School of Nursing in Zanesville. She first began working with Andrew C. Seipel, M.D., at his family practice in Newark in 1995, and moved with the practice, first to Granville, and then to its current location in Hanover. She also has worked in Licking Memorial Gastroenterology. Jackie has participated in the kindergarten screenings at Licking Valley Elementary School for many years.

MVP Awards

As part of Hospital & Healthcare Week, LMHS recognized 34 MVP Award recipients who were selected for their consistent demonstration of LMHS' values: compassion, accountability, respect and excellence. The 2014 MVPs are featured on pages 26 through 31.



Saturday, August 2, 2014
Registration - 7:30 a.m.
Race - 8:30 a.m.

The Dawes Arboretum
 7770 Jacksontown Road, Newark, Ohio 43055

Registration for the 5K is \$15 in advance, if received by 5:00 p.m. on July 25, or \$20 on the day of the race. 5K registration may be completed online at www.premierraces.com. There is no cost for the Fun Walk; however, Walk participants must register by filling out a printed registration form. Forms are available on the Premier Races site, www.LMHealth.org, or at the LMH Development Office.

Please contact the LMH Development Office at (740) 348-4102 for additional information.

Sponsored by:



Licking Memorial Hospital
 Development Council



“For Your Health” 5K Run and Fun Walk



2014 Relay for Life of Licking County

Participants wearing “Finish the Fight” t-shirts walked in the 2014 Relay for Life of Licking County at the Evans Athletic Complex in Newark on May 31 and June 1. The annual event raises funds to benefit the American Cancer Society and cancer research.

Aruna C. Gowda, M.D., of Licking Memorial Hematology/Oncology, was the keynote speaker. She outlined the new Oncology Patient Navigation services at Licking Memorial Hospital (LMH) that are available, free of charge, to cancer patients, along with their family members and caregivers. The services include assistance with educational materials, acquiring

home health equipment and locating financial resources. Dr. Gowda also described new cancer treatments that may soon advance cancer care. “Many new treatments are on the horizon,” she said. “I expect to see more targeted therapies that disrupt cancer cells. Nanotechnology will likely improve early detection of tumors and help deliver drugs to cancer cells, and robotic surgery is expected to become more common.”

The 2014 Relay for Life of Licking County included 540 participants. Licking Memorial Health Systems is proud to serve as a corporate sponsor of the event. For more information about LMH Oncology Patient Navigation, please call (740) 348-1890.



Licking Memorial Hospital Hosts Infant Health Fair

In May, Licking Memorial Hospital (LMH) hosted a Breastfeeding and Infant Care Health Fair to provide new and expectant mothers an opportunity to explore local resources for maternal and infant health. Subject-matter experts were available to discuss breastfeeding, immunizations and car seat installation, among other topics. This event was co-sponsored by LMH, as well as the Licking County Health Department and the Ohio Lactation Consultant Association. In addition to Licking Memorial Women’s Health, LMH Maternity Services and Licking Memorial Pediatrics, representatives from local health-related organizations also were present to educate new mothers.

Kacy Burchfield (left) introduces her baby to Linda Yu, D.O., (right) of Licking Memorial Women’s Health at the Breastfeeding and Infant Care Health Fair in May.

Physician Spotlight – Alene Yeater, M.D.



Alene K. Yeater, M.D.

Alene K. Yeater, M.D., joined Licking Memorial Women’s Health in 2013. She received her Doctor of Medicine degree at the University of Toledo College of Medicine in Toledo, Ohio. She completed a residency in obstetrics and gynecology at University Hospitals/Case Western Reserve University in Cleveland.

Dr. Yeater provides care for women of all ages, and is accepting new patients at the Newark office of Licking Memorial Women’s Health, located at 15 Messimer Drive. Appointments can be made by calling (740) 348-4694.

Ask a Doc – Breast Milk Supply with Alene Yeater, M.D.

Question: I plan to breastfeed when my baby is born this fall. However, I am concerned that I may not produce enough breast milk. Is there anything that I can do to ensure a plentiful supply?

Answer: Congratulations on your upcoming arrival! I also commend you for wanting to provide the best possible nutrition for your baby’s health. Human breast milk contains the ideal combination of vitamins, protein, fat and antibodies for your baby’s growth and development.

First, let me reassure you that in the majority of cases, the mother’s body has an amazing capacity to produce enough milk to meet her baby’s demands – even if she has twins! Breast size has very little effect on a mother’s ability to produce enough milk for her baby, although small-breasted women may find that they need to breastfeed more often since their capacity to store milk between feedings is reduced. Basically, the more your baby breastfeeds, the more milk will be produced to meet the demand.

It is common for new mothers to question the sufficiency of their breast milk supply because, unlike formula in a bottle, you cannot see the amount of breast milk being consumed. The Hospital staff and your pediatrician will closely monitor your newborn baby’s growth and development. As long as your baby is healthy and within the normal range of development, you can be sure that your body is producing a plentiful supply of breast milk. To help meet the nutritional goals needed for breastfeeding, you should consume an extra 450 to 500 calories each day and continue taking your prenatal multivitamin supplement. Drinking plenty of fluids also is important for adequate hydration.

Using a method called “Kangaroo Mother Care” (allowing the mother and baby to bond skin-to-skin immediately after delivery) and initiating breastfeeding within the first hour of life are important first steps toward promoting adequate breast milk production. It also is important to understand that frequent effective breastfeeding, at least 8 to 12 times every 24 hours, is the best way to achieve a sufficient milk supply.

It is rare that a mother’s body is incapable of producing enough milk for her baby. If your pediatrician determines that your baby is not receiving enough nutrition, the problem is more likely caused by other factors, such as:

- Insufficient maternal nutrition
- Insufficient maternal hydration

- Infrequency of breast stimulation with nursing or pumping
- Mother’s use of tobacco products
- Mother’s alcohol consumption
- Mother’s rapid weight loss
- Mother’s use of hormonal birth control (pills, patches or injections)
- Mother’s use of certain medications (such as cold medicines that contain pseudoephedrine)
- Jaundice in the newborn baby (or other condition that suppresses appetite)
- Baby’s use of a pacifier (which fulfills the baby’s desire to suck)

If you encounter any problems with breastfeeding, I urge you to speak to your physician or midwife or contact the Outpatient Lactation Clinic at Licking Memorial Hospital (LMH). Do not give up because of difficulties – the benefits of breast milk for you and your baby are so important! Babies who receive breast milk exclusively (meaning no formula, juice or water supplements) for the first six months of life have a lower risk of allergies and asthma, and they experience fewer ear infections, respiratory illnesses and cases of diarrhea. Breastfeeding also decreases the risk of sudden infant death syndrome (SIDS). Additionally, benefits for mothers who breastfeed include faster return of the uterus to its normal size with less postpartum bleeding, assistance with postpartum weight loss, lower rates of breast cancer and ovarian cancer than women who do not breastfeed, and a reduced risk of heart disease and rheumatoid arthritis. Breastfeeding also saves time and money!

The U.S. Department of Health and Human Services reports that 75 percent of new mothers start out breastfeeding, but only 13 percent are still breastfeeding exclusively by their baby’s sixth month. Unfortunately, many mothers quit breastfeeding when they encounter a problem, not realizing that help is available.

The Outpatient Lactation Clinic is located on LMH’s second floor. New mothers who have questions about breastfeeding are welcome to call the Clinic at (740) 348-4334 to speak to an International Board Certified Lactation Consultant. You are not required to be a Licking Memorial Health Systems patient to call the Clinic with questions about breastfeeding.



Quality Reporting to the Community

Patient Story and Benchmarks for Stroke Care



Patient Story – Deacon Steve DeMers

Theresa DeMers called out into the darkness, “Are you alright?” There was no response, and she repeated the question two times, waiting for her husband’s reply.

Steve DeMers had already arisen from bed a couple of times in the early morning hours of October 2, 2013 – that was not very unusual. However, when he awoke again at 5:30 a.m., he felt that something was wrong – he just could not tell exactly what the problem was. He stood up and walked to the bathroom. Steve said, “I had trouble walking because my balance was so bad, and my right arm was limp. I made it back to the bed and sat down.” He could hear Theresa, but could not summon the words to answer her. “All I could do was groan,” he said. Theresa looked closely at Steve and said, “Oh, honey, I think you are having a stroke.”

Theresa called 911, and the emergency medical technicians (EMTs) arrived within minutes. “At the Hospital, Steve was quickly taken to a patient room in the Emergency Department. Terrill D. Burnworth, D.O., ordered an MRI (magnetic resonance imaging) which confirmed that Steve was having a stroke. “Our pastor met us in the Emergency Department to give Steve the Sacrament of the Anointing of the Sick,” Theresa said. “We knew that Steve had the potential for a stroke because of his heart issues. We had studied the signs and symptoms, and they were very easily recognizable when it happened. He could not talk, his balance was unsteady, his right arm was weak, and one side of his mouth drooped.”

Steve has been treated for heart issues since childhood. He had an atrial septal defect, an opening between the heart’s upper chambers that did not close properly after birth. At the age of 10, Steve weighed just 60 pounds and was much smaller than other boys in his class. He underwent open-heart surgery to close the opening, which was considered an innovative procedure in 1959. The surgery was mostly successful, but Steve continued to have a heart murmur that indicated there was some heart valve leakage. Still, Steve’s overall health improved, and he quickly caught up to his classmates in size by the time that he was in high school.

“My doctors continued to monitor me closely, and in 2004, my cardiologist in Columbus advised me to have an ablation procedure to treat atrial fibrillation. (Ablation corrects the heart rhythm by destroying small amounts of abnormal tissue.) Shortly after the procedure, I had a TIA (transient ischemic attack – often



Steve DeMers

called a ‘mini stroke’), and then I had another TIA one week later,” Steven said.

Steve recovered well from the TIAs with minor speech and balance impairment. His physicians advised him that the mini strokes increased his risk for another stroke in the future.

In 2011, Steve suffered a minor heart attack and had a stent implanted in his lower artery at LMH. He completed LMH’s 12-week cardiac rehabilitation program and returned to his work in dual roles as Business Manager at *Catholic Times* in Columbus, and Deacon at St. Francis de Sales Church in Newark.

“When the stroke occurred last fall, I was not frightened,” Steve recalled. “Everyone at LMH took good care of me – I knew that I was more than just a number to them.” Steve was admitted to the Intensive Care Unit (ICU) at LMH for several days. The stroke had occurred in the speech and language center of his brain’s frontal lobe. With this stroke, his speech, reading and balance impairments were much more pronounced than from his TIAs.

Fortunately, the Acute Inpatient Rehab Unit (ARU) opened in early 2013, so when Steve recovered enough to be dismissed from the ICU on the second floor, he was admitted to the ARU on the sixth floor. “The Rehab unit gave me a jump start in all areas,” Steve said. “We focused on a combination of physical and speech therapies. When I first arrived, my right hand was limp. By the time I left one week later, I was able to eat with my right hand. For several hours every day, the staff coached me with activities to improve dexterity and strength. They also helped me walk in the hallways and up steps to improve my balance. I had short periods of rest, and then I was up and active again. The staff was really upbeat, and it rubbed off on the patients. Those who were able would gather in the social room. One patient played the harmonica for us, and it turned out to be a wonderful experience. We were even encouraged to wear regular street clothes which made it feel more like a comfortable home setting.”

Steve retired from *Catholic Times* due to significant difficulty with speech and reading, but is pleased that his impairments are improving. “I found that I can read much better if I read aloud. The text makes more sense if I can actually hear the words,” he explained. Steve continues to perform many of his duties at St. Francis de Sales Catholic Church, and hopes to be able to resume his full Deacon responsibilities soon.

Stroke Care – How do we compare?

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

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

1 Patients who suffer a stroke may be at risk for repeat strokes in the future. It is important that while patients are hospitalized, they receive education about reducing their risk and responding to another stroke in the future. This indicator shows the percentage of patients who had this education noted in their records as being completed.

	LMH 2011	LMH 2012	LMH 2013	National (1)
Stroke education	95%	96%	98%	85%

2 Beginning rehabilitation as soon as it can be done safely can help improve recovery for stroke patients. Rehabilitation may include physical therapy, occupational therapy and/or speech therapy.

	LMH 2011	LMH 2012	LMH 2013	National (1)
Patients evaluated for rehabilitation services	97%	99%	100%	97%

3 Ideal management of a patient who has suffered a stroke includes starting the patient on a blood-thinning medication (such as aspirin) while in the hospital. These medications also should be continued after the patient is sent home from the hospital. These medications can help prevent another stroke; however, in some cases, they may pose a higher risk for patients and should not be used. Stroke patients also are at higher risk for developing blood clots, also known as venous thromboembolism (VTE). To help prevent this from happening, stroke patients also should receive protective medications, known as prophylaxis, to reduce the potential of blood clot formation.

	LMH 2011	LMH 2012	LMH 2013	National (1)
Eligible patients receiving blood-thinning medication	98%	99%	98%	97%
Patients with blood-thinning medication at discharge	99%	100%	100%	99%
Patients with VTE prophylaxis by second day	99%	98%	97%	92%

4 Patients with atrial fibrillation are at elevated risk for suffering strokes. Due to an inefficient heartbeat, blood clots can form in the heart and then travel to the brain, leading to stroke. These patients should receive long-term blood-thinning medication to help prevent clots from forming. LMH tracks the percentage of patients with atrial fibrillation who were discharged on a blood-thinner, as appropriate.

Another significant risk factor for stroke is high cholesterol. Stroke patients with high cholesterol should receive cholesterol-lowering medications (called statins) to take after discharge to help lower the risk for more strokes. LMH tracks the percentage of stroke patients with high cholesterol who were receiving statins at discharge.

	LMH 2011	LMH 2012	LMH 2013	National (1)
Atrial fibrillation patients on anticoagulation therapy	100%	100%	100%	95%
Patients with statin medication	97%	100%	97%	93%

5 Licking Memorial Health Professionals (LMHP) office-based physicians use evidence-based measures in order to provide excellent, quality care to patients. The American Stroke Association and American Heart Association recommend the use of blood-thinning medication in order to prevent clots from forming and to improve blood flow. It is also recommended to have an annual LDL cholesterol test.

	LMHP 2011	LMHP 2012	LMHP 2013	National(2)	Goal
LMHP coronary artery disease patients seen, and are receiving blood-thinning medication	93%	93%	93%	greater than 80%	greater than 90%
LMHP coronary artery disease patients seen who have had an annual LDL test	92%	93%	92%	greater than 80%	greater than 90%

Data Footnotes: (1) Comparative data from www.hospitalcompare.hhs.gov. (2) American Heart Association/American Stroke Association/National Committee for Quality Assurance Heart/Stroke Recognition Program.

Many Medical Conditions Increase Risk of Stroke



Mourad Abdelmessih,
M.D.

Stroke is the fourth leading cause of death in Ohio, striking individuals of all ages. A stroke (or “brain attack”) occurs when blood flow to the brain has been disrupted due to a blood clot or blood vessel rupture, and brain cells begin to die from the lack of oxygen. Most patients who survive a stroke experience some amount of disability, depending on the part of the brain that was affected and the duration

and severity of oxygen deprivation to the brain cells. Fortunately, individuals can lower their risk of stroke by making their overall health a priority throughout their lives.

“Some significant risk factors for stroke are lifestyle-related,” stated Mourad Abdelmessih, M.D., of Mid-Ohio Neurology. “Tobacco smoking, being overweight, consuming a high-fat diet and being sedentary are major contributors to stroke, and they also are among the most easily modifiable. Some risk factors, such as advancing age and a family history of stroke, cannot be changed, but I tell my patients that they can greatly improve their chances of living stroke-free if they quit smoking, lose excess weight, choose healthy foods and increase their physical activity.”

In addition, an individual’s overall health affects the likelihood of a stroke occurring. Many health conditions, especially those that are untreated or poorly managed, have been linked to an increased risk of stroke. These conditions include:

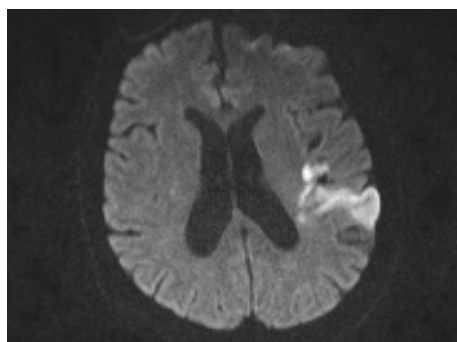
- Irregular heart rhythm (atrial fibrillation)
- High blood pressure
- Diabetes
- Heart attack
- Heart failure
- Peripheral artery disease
- Carotid stenosis
- Arterial embolism and venous thromboembolism
- Heavy alcohol consumption
- Illicit drug use
- Retinal occlusion
- Chronic systemic inflammation
- Hemophilia
- Sickle cell anemia
- Migraines

Studies are being conducted to determine whether obstructive sleep apnea, traumatic brain injury, concussion, oral contraceptives, depression and extreme stress also increase the risk for stroke.

Dr. Abdelmessih said, “Strokes seldom happen in a completely healthy patient. Usually, the patient also has other medical conditions that make it more likely for a stroke to occur because they affect the body’s circulation or blood-clotting function.

Patients need to be vigilant about managing their chronic conditions, so that they can enjoy better health in later years. I have treated many patients who are struggling with severe disabilities after a stroke – a stroke that probably would not have happened if they had followed their physician’s medical advice and taken their medications as prescribed in their younger years.”

An irregular heart rhythm, high blood pressure, diabetes and a history of any previous strokes are the strongest risk factors for stroke. An irregular heart rhythm causes the upper chambers of the heart to beat erratically, and the inefficient pumping action allows some blood to remain pooled in the heart. The pooled blood can easily begin clotting, and the resulting clots can travel through the bloodstream to the brain, causing a stroke.



The white area on this magnetic resonance imaging (MRI) reveals a stroke that was caused by a blocked blood vessel in the patient’s left parietal lobe of the brain. (Radiologists view MRIs in reverse.)

Many adults in the U.S. are unaware that they have high blood pressure, also known as hypertension. Although hypertension often has no noticeable symptoms, individuals with uncontrolled high blood pressure have up to six times the risk of having a stroke. Hypertension leads to hardening of the arteries and blockage of small arteries throughout the body, including the brain. It also causes small arteries to weaken and possibly burst.

Diabetes is a major risk factor for stroke because of the damage that blood vessels sustain from high blood sugar levels. Over time, excess sugar in the blood weakens the blood vessels, and also promotes the build-up of fatty deposits that restrict blood flow. In addition, individuals who have a high blood sugar level when a stroke occurs suffer more extensive and severe damage than those who have a stroke when their blood sugar level is well controlled.

“Patients’ risk of stroke often can be greatly reduced through careful management of any chronic health conditions they have,” Dr. Abdelmessih emphasized. “It is important for them to understand that following their physicians’ advice now and making lifestyle changes – even though they may feel fine – are critical steps for their future well-being.”

Dr. Abdelmessih added, “Exercise and physical activity are so important in reducing stroke risk. The recommendation is for 40 minutes of brisk walking or other exercise that increases the heart rate by 150 percent, three times a week. Just working around the house or the farm is not sufficient. Patients who have other medical conditions should consult with their physician for a personalized activity plan.”

Patients who may be experiencing a stroke should be taken immediately to the closest emergency department (ED) by

Active•Fit

YOUTH WELLNESS EVENTS



Join Licking Memorial Health Systems for some great events this summer! All events are free and open to youth, ages 6 to 12. Participation at the events will count toward the Active•Fit Program goals.

Active•Fit Bowling

Date: Wednesday, July 16

Time: 3:00 – 5:00 p.m.

Location: Park Lanes
Bowling Center
701 Hopewell Drive
Heath, OH 43056

This event includes free bowling during a two hour period. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided.

Active•Fit Field Day

Date: Tuesday, July 22

Time: 3:00 – 5:00 p.m.

Location: Alford-Reese Park
(NASA Fields)
600 Baker Boulevard
Newark, OH 43055

This event will include activities such as soccer, flag football, kickball and freeze tag. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided.

Active•Fit 1K

Date: Saturday, August 2

Time: 8:00 a.m.

Location: The Dawes Arboretum
7770 Jacksonstown Road
Newark, OH 43055

The Active•Fit 1K will take place at The Dawes Arboretum prior to the LMHS “For Your Health” 5K Run and Fun Walk. Participants must arrive no later than 7:45 a.m. to prepare for the 8:00 a.m. race start time. Youth must be accompanied by an adult. All participants will receive an Active•Fit t-shirt and a water bottle. Healthy snacks and beverages will be provided. Registration is required and must be completed by July 23.

**To register for an event, please call
LMHS Public Relations at (740) 348-1572.**

Many Medical Conditions Increase Risk of Stroke (continued from page 16)

calling 911. The symptoms of stroke include:

- Sudden numbness or weakness in the face, arm or body
- Sudden confusion, trouble speaking or understanding
- Sudden loss of vision on one side
- Sudden difficulty walking, dizziness, loss of balance
- Severe, sudden headache with no known cause (more likely with hemorrhagic stroke)

If an individual experiences symptoms of a stroke, call 911 or go immediately to the nearest emergency hospital. Thrombolytic “clot-busting” drugs can improve the outcome from a stroke if they are given as soon as possible before further damage to the brain tissue occurs. After three hours from the onset of a stroke, the thrombolytics become less effective, and at times, may be more dangerous.

New Appointments



Cheryl D. Athey, C.N.P.,
joined Licking Memorial
Anesthesiology.



Asegid H. Kebede, M.D.,
joined Licking Memorial
Pulmonology and Sleep Medicine.



Patient Story – Buck Slack

When West Licking emergency medical technicians (EMTs) arrived at Buck Slack's house, they found him lying in pain at the base of a staircase, requesting to be taken to the Emergency Department at Licking Memorial Hospital (LMH). Buck had arisen from bed early in the morning and started down the stairs of his Pataskala home. He lost his balance as he took the first couple of steps and tumbled down the remaining flight of stairs. Buck quickly took stock of his situation after he landed on the floor and saw that he was lying on top of his right leg, with his foot bent in an unnatural angle to the side.

His wife, Sara, was working an evening shift and Buck knew that she would be home soon, so his first intention was to wait for her to arrive and ask her to take him to the Hospital. However, the pain was too intense, and after a few minutes, he used his cell phone to call 911 for help. The 911 dispatcher assured Buck that help would arrive quickly, and she asked him if the EMTs would be able to enter the house. Buck realized that the front door was locked, but told the dispatcher that he was confident he could safely unlock it. The dispatcher remained on the phone with Buck while he crawled to the front door and turned the dead bolt. Next, he did something that still bemuses him – he crawled back to the bottom of the stairs and waited for the EMTs to arrive. "I do not know why I did that," Buck said with a laugh. "I guess I thought that it would make it easier for the EMTs to come in with a stretcher."

The EMTs arrived in just seven minutes, and checked Buck for additional injuries. They stabilized his right leg and loaded him into the ambulance. Based on past experiences, Buck already knew where he wanted to be treated and asked to be taken to LMH. (In non-life-threatening incidents, patients may request that the emergency medical squad takes them to a specific hospital in their vicinity.)

"I have been to emergency rooms at other hospitals with my five children and my mother," Buck explained. "Their care was good, but the wait was so long. I realize that they need to see the most critically ill patients first, but I felt as though their facilities were so large that they did not really care about my inconvenience. I also have noticed that the Columbus doctors may spend a few minutes with me, but then my case is passed to a student. Every time that I have been to LMH, everyone has been so attentive and positive, and the doctors spend much more time with me. I feel like I am getting more attention and better care at LMH."



Buck Slack

After a brief assessment with the Emergency Department triage nurse at LMH, Buck was taken to a patient exam room. Within minutes, Joel W. Anders, D.O., was by Buck's side. "He introduced himself, pointed at my leg and said, 'That is broken!' It was that obvious," Buck recalled.

X-ray images revealed that Buck had suffered a fibula fracture with disruption of the mortise – meaning that the smaller of the two calf bones was broken, and that the bones were dislocated from the ankle socket. Dr. Anders set the bone

to make Buck more comfortable and applied a temporary cast. Buck was admitted to LMH and underwent surgery the next morning to have metal screws implanted. He wore a specialized boot and used a rented scooter for six weeks while his leg healed. He then underwent a second surgery to have the stabilizing screws removed.

Buck first became familiar with LMH in 1979 when he was employed as an information systems technician at a phone company and was assigned to install a new telephone system in the Hospital. He returned in 1985 to install a system-wide upgrade. In the early 2000s, Buck came to LMH as a patient for some laboratory testing and was impressed by the changes that had taken place.

He said, "During both phone system projects, I was at LMH every day for an extended period and had become very familiar with the facility. It was obvious that over the years, the staff had been working very hard to make improvements, and the Hospital had made a great effort to bring in the best doctors. The whole staff was more personable and confident and made me feel as though they honestly cared about me. I decided that LMH was going to be my hospital of choice."

LMH's Emergency Department is open 24-hours a day, seven days a week to treat emergent or life-threatening illnesses and injuries. Less severe injuries may be treated at LMH's two Urgent Care facilities during their normal operating hours. LMH Urgent Care – Pataskala is open 9:00 a.m. to 6:00 p.m., Monday through Saturday, and 12:00 Noon to 6:00 p.m. on Sunday. Licking Memorial Urgent Care – Granville is open 9:00 a.m. to 8:00 p.m., Monday through Friday, and 9:00 a.m. to 5:00 p.m. on Saturday and Sunday. Both Urgent Care facilities are closed on holidays.

Emergency Care – How do we compare?

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

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

1 During 2013, there were 58,554 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2011	LMH 2012	LMH 2013	National
Median length of stay in the ED for all patients	2 hr. 21 min.	2 hr. 38 min.	2 hr. 39 min.	4 hr. 43 min. ⁽¹⁾
Median length of stay in the ED for patients not admitted to the Hospital	2 hr. 11 min.	2 hr. 29 min.	2 hr. 31 min.	2 hr. 19 min. ⁽²⁾
Median length of stay in the ED for patients admitted to the Hospital	3 hr. 30 min.	3 hr. 43 min.	3 hr. 43 min.	4 hr. 35 min. ⁽²⁾
Median length of time from arrival until seen by a physician	39 min.	45 min.	45 min.	26 min. ⁽²⁾
Median length of time from the ED physician's decision to admit a patient until the patient arrives at the Hospital's patient room	1 hr. 6 min.	1 hr. 6 min.	1 hr. 8 min.	1 hr. 38 min. ⁽²⁾
Percentage of patients who are in the ED for more than 6 hours	2.4%	3.7%	3.4%	7.4% ⁽¹⁾

2 LMH operates two urgent care facilities: Licking Memorial Urgent Care – Pataskala (which opened in 2009) and Licking Memorial Urgent Care – Granville (which opened in 2012). Patients are encouraged to visit Urgent Care rather than the ED when they have illnesses and injuries that are not life threatening, but need immediate attention, such as ear infections, minor fractures and minor animal bites. Urgent Care visits usually require less time and lower costs than visits to the ED. During 2013, there were 14,295 visits to Licking Memorial Urgent Care in Granville, and 7,127 visits to Licking Memorial Urgent Care in Pataskala.

	LMH 2011	LMH 2012	LMH 2013	Goal
Urgent Care (Granville) time to see physician	NA	NA	18 min.	less than 30 min.
Urgent Care (Pataskala) time to see physician	24 min.	23 min.	14 min.	less than 30 min
Urgent Care (Granville) average length of stay	NA	NA	47 min.	less than 2 hr.
Urgent Care (Pataskala) average length of stay	1 hr. 1 min.	59 min.	53 min.	less than 2 hr.

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

	LMH 2011	LMH 2012	LMH 2013	National
Average time to opened artery	51 min.	56 min.	54 min.	61 min. ⁽¹⁾
Percentage of patients with arteries opened within 90 minutes	100%	96%	98%	95% ⁽²⁾
Median time from arrival to completion of EKG	2.5 min.	3.0 min.	2.0 min.	7.3 min. ⁽³⁾

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

	LMH 2011	LMH 2012	LMH 2013	Goal
ED patients who return to the ED within 24 hours of discharge	1.4%	1.3%	1.3%	less than 2%

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

	LMH 2011	LMH 2012	LMH 2013	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.70%	0.70%	.80%	less than 1%

6 A study published in the New England Journal of Medicine⁽⁴⁾ reported that patients are safer and less likely to experience serious complications when they are treated in hospitals with more registered nurses on staff. LMH aggressively recruits registered nurses with wide ranges of expertise/experience to ensure that the Hospital remains fully staffed and can effectively care for patients.

	LMH 2011	LMH 2012	LMH 2013	Goal
R.N. vacancy rate in the ED	0%	0%	0%	less than 5%

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

	LMH 2011	LMH 2012	LMH 2013	Goal
ED patients who left before treatment was complete	4.1%	5.1%	4.4%	less than 3%

8 Understanding a patient’s pain level is important to LMH, and patients who arrive in the ED will be asked to describe their level of pain when first seen by a doctor or nurse. This helps to ensure quick identification of patients experiencing pain which allows for faster pain control.

	LMH 2011	LMH 2012	LMH 2013	Goal
Assessment of pain completed	97%	99%	98.57%	greater than 95%

Data Footnotes: (1) Comparative data from the Midas Comparative Database. (2) Centers for Medicare/Medicaid Services, HospitalCompare Website results as of June 20, 2014. (3) Midas and CPMS Comparative Database, 2011-2012. (4) “Nurse-Staffing Levels and the Quality of Care in Hospitals;” New England Journal of Medicine, May 2002.

Community Education – Rotator Cuff Repair *(continued from front page)*



Edward Westerheide, M.D.

Date: Thursday, August 14
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Edward L. Westerheide, M.D.

Rotator cuff tears are a very common cause of debilitating shoulder pain. The rotator cuff is a group of muscles and their tendons that support the shoulder and allow it to move or rotate. The rotator cuff tendons are frequently torn either by traumatic injuries or through attrition due to the aging process. These injuries weaken the shoulder, causing even basic activities, such as combing hair or getting dressed, to become painful and difficult. When injuries fail to heal, surgical repair becomes the best option for eliminating pain and restoring shoulder function. Advanced arthroscopic surgical techniques continue to improve the effectiveness and viability of this type of surgery.

Join Edward L. Westerheide, M.D., of Orthopaedic Specialists & Sports Medicine Inc., to learn about the latest surgical options for rotator cuff tears during an educational session for the community on **Thursday, August 14**, at 6:00 p.m., in the LMH First Floor Conference Rooms. Registration is required. To register, please call (740) 348-2527.

Community Education – Lung Cancer *(continued from front page)*



Jacqueline J. Jones, M.D.

Date: Tuesday, August 19
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Jacqueline J. Jones, M.D.

Lung cancer is one of the most common forms of cancer and the leading cause of cancer-related death. According to the National Cancer Institute, over 226,000 new cases were identified and over 160,000 deaths occurred in 2012 from lung cancer in the United States. Early detection and treatment are essential to survival.

Join Licking Memorial Oncologist Jacqueline J. Jones, M.D., for the latest information on lung cancer on **Tuesday, August 19**, at 6:00 p.m., in the LMH First Floor Conference Rooms. A Licking Memorial Tobacco Cessation counselor also will be present at this event. This program is free; however, registration is required. To register, please call (740) 348-2527.

Development Spotlight – Sharon Wills



Sharon Wills

Sharon Wills recently joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee. She serves as Chairman of the LMH TWIGS Executive Board and is a member of the TWIGS 13 Committee. As Chairman, she attends committee meetings and provides quarterly reports on TWIGS activities.

A member of LMH TWIGS since 1969, Sharon has spent over 40 years giving back to the community through the Hospital. Attending Development Council meetings offers her additional information about new Hospital updates, which she finds particularly interesting. “LMH is a great Hospital,” said Sharon. “In particular, it is important to me to ensure that the community understands that we have a very advanced Maternity area.”

A Newark High School alumna, Sharon attended Kent State University in Kent, Ohio. She worked as an assistant dance instructor at Patty’s School of Dance, in Newark, for 10 years. She also served as an administrative assistant for her husband’s accounting firm, David B. Wills and Associates, for over 30 years before she retired, and currently works there part-time, as needed. Sharon prides herself on her commitment to the Licking County community where she serves as a volunteer for Hospice of Central Ohio, as well as a deacon at the First Presbyterian Church in Newark, where she has been a member for over 50 years.

Sharon and her husband, David, currently reside in Newark and have two adult children. In her spare time, she enjoys reading, spending time in Florida, antiques and sewing.

Donation Benefits LMH

Park National Bank and Shred-it recently invited the community to a drop-off shredding and recycling event at its downtown Newark location in May. Community members were offered an opportunity to bring their sensitive documents and records to be shredded at no cost.

Community Shred Day has become an annual event with important benefits. “In health care, we understand the importance of protecting confidential information, and know that it is essential to dispose of private documents properly,” said Rob Montagnese, President & CEO of Licking Memorial Health Systems. “We are grateful to Park National and Shred-it for making it convenient for our community to discard personal documents securely.”

Although there was no fee for the shredding services, donations were accepted on behalf of Licking Memorial Hospital. Nearly 400 people utilized the offered services, and a total of \$1,450 was collected, which will be used toward technological advances at Licking Memorial Hospital.

Pictured are (left to right): Park National Bank Chairman Dan DeLawder, Shred-it President Steve Elsass, and LMHS President & CEO Rob Montagnese.



Community Education – Osteoarthritis *(continued from front page)*



Hufza Hanif, M.D.

Date: Thursday, August 21
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Hufza Hanif, M.D.

Osteoarthritis is the most common form of arthritis, especially among the elderly. Also known as degenerative joint disease, osteoarthritis occurs when the protective cushion on joint surfaces wears away. When this occurs, bones rub together causing pain and disability.

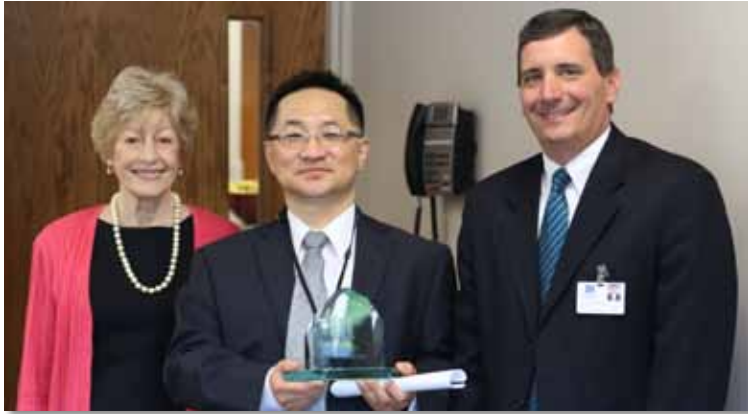
Join Licking Memorial Rheumatologist Hufza Hanif, M.D., to learn the latest developments in the management of osteoarthritis. The program will take place on **Thursday, August 21**, at 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. The event is free; however, registration is required. Please call (740) 348-2527 to register or for more information.

Donors Recognized for Contributions to the Licking Memorial Health Foundation

New donors were recently recognized for their generous contributions to Licking Memorial Health Foundation (LMHF). These contributions ensure that Licking Memorial Hospital (LMH) can continue to provide excellent, quality healthcare for the community with state-of-the-art technology and facilities.

The Caduceus Society

Sarah and KW Tim Park, M.D., M.B.A.



LMHS President & CEO Rob Montagnese (right) and LMHS Board of Directors Chairman Judith Pierce (left) recognized KW Tim Park, M.D., M.B.A., and his wife, Sarah (not pictured), for their commitment to The Caduceus Society.

Sarah and KW Tim Park, M.D., M.B.A., were honored for their commitment to The Caduceus Society. Dr. Park is the Medical Director of Anesthesiology for Licking Memorial Hospital (LMH). He joined LMH in September 2013, and provides clinical and administrative oversight to the Anesthesiology Department.

A native of Seoul, South Korea, Dr. Park received his Master of Business Administration from the University of Massachusetts in Amherst, Massachusetts, and his Medical Doctorate degree from the University of California, San Diego, in La Jolla, California. He graduated summa cum laude from Yale University in New Haven, Connecticut, where he received his Bachelor of Science and Master of Science. During his academic experience, he was elected as a member of Beta Gamma Sigma at the University of Massachusetts and Phi Beta Kappa at Yale University. Dr. Park also is a veteran of the United States Navy Reserve, and ranked as a Lieutenant and Squadron Medical Officer for Destroyer Squadron 9.

Professionally, Dr. Park is a member of the American Society of Anesthesiologists (ASA), the International Anesthesiology Research Society (IARS) and the American College of Physician Executives (ACPE). He earned the Award of Academic Achievement in Medical Management by the ACPE in 2004 and recognition in America's Top Physicians by Consumer Research Council in 2003 and 2004.

A native of Daegu, South Korea, Sarah received her Bachelor of Arts from Ewha Women's University in Seoul, South Korea. She and Dr. Park live in New Albany and have three grown

children – Ellice, Nathanael and Joshua. They are active members of the Korean Church of Columbus where Sarah serves as a Deaconess, Dr. Park serves as a Deacon and Bible study leader, and both sing in the choir. They are also trustees for the World Christian Nursing Foundation. For leisure, Dr. Park enjoys playing ping pong, studying the Bible and singing, and Sarah enjoys painting and studying the Bible.

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 the 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.

The Platinum Circle

Capital Wholesale Drug Company



LMHS President & CEO Rob Montagnese (right) and Vice President Development and Public Relations Veronica Link (left) presented a glass recognition piece to Capital Wholesale Drug Company President G.K. Richards, Vice President Sarah Richards Lynch and Chairman of the Board George Richards in appreciation of the company's membership in The Platinum Circle.

Capital Wholesale Drug Company was recognized for its commitment to The Platinum Circle, a distinguished list of business and corporate donors that have pledged \$25,000 or more to LMH. Located in Grandview Heights, Ohio, the company is a full-line pharmaceutical wholesaler that services retail pharmacies and hospitals in all 50 states.

Capital Wholesale Drug Company has been a family-operated business since it was founded in 1950 by George Richards Sr., R.Ph. At age 95, George Sr. serves as the Chairman and continues to work Monday through Friday. His son, G.K., joined the company in 1975 and has served as President since 1990. With the hiring of G.K.'s daughter, Sarah Richards Lynch, in 2006, Capital Wholesale Drug employs three generations of the Richards family.

George Sr. maintains a busy weekend schedule as well, spending most Saturdays and Sundays helping to manage his daughter Linda's farm near Logan, Ohio. In his free time, he enjoys mowing, and traveling with his family and friends. G.K. and

Donors

Undesignated contributions to Licking Memorial Health Foundation in 2014 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in March and April 2014.

CADUCEUS SOCIETY

Ann V. Govier, M.D.

CAPITAL IMPROVEMENT FUND

Goodwill Industries
TWIGS 6
TWIGS 24

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Stacy Thompson
Gary R. and Victoria Walters
Tom Swank, WHTH/WNKO
Jim and Ashley Winters
Robert and Sharon Wolfe
Rod and Pat Yost
Craig Young

DOCTORS' DAY

In honor of Richard Baltisberger, M.D.
by: Ashley, Robby and Brady Montagnese

In honor of Craig Cairns, M.D.
by: LMHS Senior Management

In honor of Deborah Coates, D.O.
by: Clarissa Ann Howard

In honor of Elliot Davidoff, M.D.
by: Robert and Patricia McGaughy

In honor of Janae Davis, M.D.
by: Lauren Montagnese
Sheila M. Wayland

In honor of Lawrence Dils, M.D.
by: Gloria Hoover

In honor of Gerald Ehrsam, M.D.
by: Anonymous
Walt Gemmill
Bill and Barb Mann
Rob and Lauren Montagnese

In honor of Ann Govier, M.D.
by: Robert and Patricia McGaughy
Sheila M. Wayland

In honor of Kevin Graham, M.D.
by: John and Elaine Gard
Gloria Hoover

In honor of Earl Haley, M.D.
by: Jo Kaser

In honor of Debra Heldman, M.D.
by: Angie and Walt Greenfield

In honor of Daria Hopkins, M.D.
by: Sheila M. Wayland

In honor of David Jackson, M.D.
by: Carolyn D. Wells

In honor of Jacqueline Jones, M.D.
by: Angie and Walt Greenfield
Kim Swartz

In honor of Shakil Karim, D.O.
by: Cynthia L. Lovell

In honor of David Koontz, D.O.
by: Julie K. Barrett

In honor of Owen Lee, M.D.
by: John and Elaine Gard

In honor of Diane LeMay, M.D.
by: Rob Montagnese

In honor of Licking Memorial Hospitalists
by: Wanda, Jack and Laura Allberry

In honor of Mark Mitchell, M.D.
by: Angie and Walt Greenfield
Robert and Patricia McGaughy
James and Christine McGee

In honor of Ralph Napolitano Jr., D.P.M.
by: Sheila M. Wayland

In honor of Peter Nock, D.O.
by: Robert and Patricia McGaughy
Rob Montagnese

In honor of Kenneth Parker, M.D.
by: Rob Montagnese

In honor of Hassan Rajjoub, M.D.
by: Ken and Laura Chapin
Ron Miller

In honor of Howard Reeves, D.O.
by: Angie and Walt Greenfield
Robert and Patricia McGaughy
Sheila M. Wayland

In honor of May-Lee Robertson, D.O.
by: Rob Montagnese

In honor of M. Jane Scott, M.D.
by: Ron Miller

In honor of Andrew Seipel, M.D.
by: Ron Miller
Rob Montagnese
Jack Wilson

In honor of I-Tsyr Shaw, M.D.
by: Ron Miller

In honor of Richard Simon, M.D.
by: Carolyn D. Wells

In honor of Colleen Smith, M.D.
by: Charles West

In honor of Suellywn Stewart, M.D.
by: Mary J. Wehner

In honor of David Subler, M.D.
by: Clarissa Ann Howard
Sheila M. Wayland

FOUNDATIONS

Bank of America Charitable Foundation

GENERAL

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Susan Heckman
Licking County Foundation
Ms. Amber Oliver
Ms. Erin Parrill
Nancy Shonebarger
Spring Hills Baptist Church
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GOLDEN CORPORATE HONOR ROLL

First Federal Savings

GRANTS

Licking County Foundation

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In memory of Roger Clark
by: Michael and Janis Harvey

In memory of Frederick N. Karaffa, M.D.
by: Harold and Carol Kelch

In memory of Jay Dalgarn
by: Central Ohio Technical College
Veronica Link
Robert and Patricia McGaughy
Pataskala Area Chamber of Commerce

In memory of Jackie Underwood, M.D.
by: Kathleen Pitchford

Donors Recognized for Contributions to the Licking Memorial Health Foundation (continued from page 22)

his wife, Debbie, are avid horseback riders and members of the Rocky Fork Headley Hunt. The couple has two daughters, Sarah and Jessica. Sarah, like her father and grandfather, is a graduate of The Ohio State University. She lives in Columbus with her husband, Benjamin, and their son, Caleb George.

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMHF will be utilized to provide state-of-the-art technology at LMH. The contributions are not used for salaries or general operating expenses.

Volunteer Spotlight – Phil Cassone



Phil Cassone

Phil Cassone's favorite aspect of delivering mail throughout Licking Memorial Hospital (LMH) every Friday morning is the time he spends visiting with people at each stop along the way. Since he joined the Volunteer Services Department in 2012, Phil has come to know by name many of the Hospital employees on his route.

Originally from Westchester County, New York – about a half hour outside of New York City near the Connecticut border – Phil moved to Licking County in 1975. He worked with food brokers as a regional director for 10 states until he retired in 2005. To keep himself busy, Phil worked two smaller delivery jobs for a few years before fully retiring. His friend, Toby Butler – an employee in the LMH Environmental Services Department – encouraged him to volunteer at the Hospital to occupy some of his free time. In the two years since, Phil has contributed more than 300 hours of service. In addition to his weekly mail route, he enjoys assisting at special events, such as the “For Your Health” 5K Run and Fun Walk, and acting as a patient for the Hospital's yearly disaster preparedness drill.

“Phil is always smiling when he arrives at LMH. He has such a kindness about him that people gravitate toward him, whether for directions within the Hospital or simply to get a cheerful greeting,” said Director of TWIGS, Volunteers & Events Carol Barnes. “Phil enjoys every new task he is assigned and is extremely positive about anything he is asked to do. He is a very helpful volunteer, and we are grateful for his dedicated service to LMH.”

Phil is a veteran of the U.S. Army and served in Vietnam as a supply clerk with the 4th Infantry Division. He also spent time in Washington and California, as well as overseas in Japan, the Philippines and Wake Island during his military service. His regional director position led him all over the Eastern United States with Vermont the lone state east of the Mississippi River that he has not visited. Having developed a love of travel over the years, Phil would like to someday vacation in Hawaii and pay his respects at the Pearl Harbor Memorial.

Phil resides in Newark and has three grown sons who each live within an hour's drive. They regularly get together to play golf, and he is still waiting to make his first hole-in-one. Phil also is an avid bowler and hopes to record a perfect 300 game.

TWIGS Recognition Dinner

Members of the four active TWIGS groups who raise monetary funding for Licking Memorial Hospital (LMH) were recently invited to attend a recognition dinner in their honor. Each year during the event, the total TWIGS donation amount is announced to attendees. The official amount raised for 2013 was \$140,621. Along with the 2013 donation, the LMH TWIGS organization has raised almost \$5 million throughout its 64-year history in Licking County.



LMHS President & CEO Rob Montagnese thanked the TWIGS Recognition Dinner attendees for their commitment to the Hospital.

“We appreciate the dedication of the TWIGS organization,” LMHS President & CEO Rob Montagnese said. “You support the Hospital through a myriad of projects and initiatives, and every sale, raffle and event helps the Hospital stay competitive and independent in a tough economic environment.”

LMH Board Chairman Craig Baldwin said the dedication of each TWIGS member is truly impressive. “I know a few of the attendees tonight, and I know you've dedicated years of service to the Hospital,” Craig said. “What the TWIGS organization does for the Hospital is vital in its success.”

Rob concluded the ceremony by extending the Hospital's gratitude for the TWIGS members' service to the community. “We recognize that you have spent thousands of tireless

hours, giving of your time and talents to benefit the Hospital and our community,” Rob said. “On behalf of the Hospital, I wish to express our deep appreciation for your hard work and dedication to our mission of improving the health of the community.”

TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. The four TWIGS chapters at LMH are comprised of community members who conduct fundraising activities that

include operations of the TWIGS Gift Shop at LMH, the TWIGS 8 Granville Thrift Shop, and special merchandise sales to benefit LMH. In addition to the Hematology/Oncology Renovation Project, other benefitting projects at LMH have included a cardiac monitoring system for the Intensive and Critical Care Units, Critical Care Unit equipment, Emergency Department equipment and renovation, Obstetrics renovation, Radiology equipment and the infrastructure for the Picture Archival and Communication System.

The 2014-2015 TWIGS Executive Board Members are: Chairman Sharon Wills, Vice Chairman Doris Spriggs, Treasurer Krista Price-Brooks, and Secretary Sally Elfreich. For information about becoming a TWIGS member to support LMH, please call (740) 348-4079.

Retiree Spotlight – Sue Altman



Sue Altman

In 1972, when Sue Altman, R.T.R., RDMS, started her employment at Licking Memorial Hospital (LMH) in the Radiology Department, X-rays taken in surgery were hand-developed and took six minutes to run through an automatic processor. By the time she retired from the same department in 2013, the X-ray film images were digital and could be viewed instantly. In retrospect of

nearly 40 years at LMH, Sue recalled that although technology changes, some things remain the same – such as friendships and striving to improve the health of the community.

Sue began her career in Radiology at LMH as a student in 1972, until she graduated with an associate degree in applied sciences from The Ohio State University at Newark in 1974. She then worked as an X-ray Technician until 1985, when she received ultrasound certification and spent the majority of her career as an Ultrasonographer. During the last eight years of her career, Sue served as a RIS – PACS Coordinator (Radiology Information System – Picture Archiving Communication System).

Some of Sue's greatest memories at LMH revolve around the events she helped coordinate while serving on the Personnel Relations Advisory Committee (PRAC). With fellow Hospital employees, she planned PRAC community events such as the

Needy Kids Christmas Party – an event at which LMH staff provided a meal, gifts, and everyday items to underprivileged children in the community. She also enjoyed organizing the employee BINGO parties that were held in the LMH Café.

She also is fond of the memories that include her Radiology co-workers. Sue said, “We considered ourselves a work family. We supported each other and were well acquainted with each other's family and children.” Sue realized from first-hand experience the true nature of her work family. She is a two-time breast cancer survivor, in 1993 and 1995, and said that her co-workers really supported her. They brought her meals, watched her two daughters and understood the pain she was going through – both mentally and physically. Sue remembers that her ‘work family’ made a big difference in her recovery. It's no surprise that she is still friends with her former co-workers and enjoys meals and connecting with them often.

Since her retirement in early 2013, Sue has kept very busy. Her husband, Larry, and their beloved 84-pound Boxer, Winston, travel to their second home in Florida during the winter season. They enjoy riding their trike motorcycle with friends and spending time with family – especially their two daughters' families and 5-year-old granddaughter. Larry and Sue look forward to preparing their Hanover home for sale and spending more time traveling in their fifth wheel trailer.

Volunteers Honored at Annual Recognition Dinner

Licking Memorial Health Systems (LMHS) recently hosted the annual Volunteer Recognition Dinner to pay tribute and show gratitude to more than 100 individuals who regularly devote their time to serve at the Hospital. Licking Memorial Hospital (LMH) Volunteers assist at special events, distribute mail, greet patients and provide many additional services throughout the Hospital and Health Systems.

LMHS President & CEO Rob Montagnese also highlighted the Health Systems' accomplishments throughout the past year and how the Volunteers' contributions and time added to its success. “It is my privilege to recognize the service and dedication that our Volunteers provide to our patients and staff,” Rob said. “It is their commitment that allows us to succeed in fulfilling our mission to improve the health of this community. Each Volunteer should serve with the knowledge that they are a key part of this organization.”

Nominees for the 2014 Donald Day Volunteer of the Year Award included Bob Brooker, Phil Cassone, Joyce Clemings, Carolyn Cline, Eddie Cline, Bob Gabe, Gary Hamilton, Joanne Hanson, Harry Harper, Maxine Keith, Tom LeBlanc, Mary Lucas, Vivian Sharpless, Richard Stewart and Sue Weiland. Each year, award



Eddie and Carolyn Cline were awarded the Volunteer of the Year Award by LMHS President & CEO Rob Montagnese.

nominees are selected for their excellent work ethic and Volunteer contributions.

Eddie and Carolyn Cline were honored as this year's award winners. Carolyn has been an LMH Volunteer since 1974 and also earned her 40-year service award at the event. To date, she has devoted 6,328 hours to the Hospital. “Carolyn was nominated by multiple departments for her smiles, her love of volunteering, and her dedication to LMH,” said Carol Barnes, Director of Volunteers,

TWIGS & Events. “The staff enjoys seeing Carolyn – whether delivering flowers, specimens to the Lab or assisting with mail service.”

Her husband, Eddie, began volunteering in 2005 and has given more than 2,614 hours of service. “He is very respected by LMH staff for his prompt, accurate deliveries, and ensuring that tasks are correctly done,” said Carol. “Both are wonderful, caring people, and we are fortunate to have them in our Volunteer program.”

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4044 or visit www.LMHealth.org.



Licking Memorial Health Systems' 2014 MVPs

Licking Memorial Health Systems' 2014 MVPs were chosen for their consistent demonstration of the LMHS CARE values: compassion, accountability, respect and excellence.

Mike Andrews



Position Title: Public Relations Specialist

Personal Background: Mike joined LMHS in 2013 as a Public Relations Specialist. As a 1998 graduate of Fairless High School in Navarre, Ohio, Mike attended Ashland University, receiving his Bachelor of Science in Sports Communication and

Electronic Media Production in 2002. He and his wife, Leah, have one daughter, Lanah, and reside in Mount Vernon, Ohio. In his spare time, Mike participates in MTVArts, a community theatre group, as well as Bible studies at church. He also enjoys jogging, golf, reading, cooking, home improvement, watching movies, the Cleveland Indians and The Ohio State Buckeyes, and sharing life with his family and friends.

Ann Birkmeyer, R.N.



Position Title: Registered Nurse, Cardiology

Personal Background: Ann joined LMH in 2001 and serves as a nurse in the Cardiology Department. Additionally, she is a level V career ladder participant and works in the Cardiovascular Lab. Originally from Russia, Ohio, she attended Russia High School

and graduated from Bowling Green State University, where she received her Bachelor of Science in Nursing. Ann was previously nominated twice for LMH's Clarissa Ann Howard Nursing Award for Clinical Excellence. She and her husband, Mike, have three grown children, Paul, Brian, and Jenna, and one grandchild, Nina. The couple currently lives in Granville and attends St. Edwards Church. In her spare time, Ann enjoys Skyping with her granddaughter, trying new recipes, exercising, and playing games with family and friends.

Dale Boyd

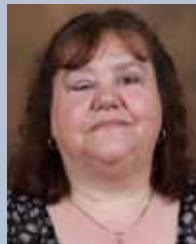


Position Title: Engineer Assistant, Plant Operations

Personal Background: Dale joined LMH in 2005 and serves as an Engineer Assistant in Plant Operations. Originally from Presque Isle, Maine, he graduated in 1985 from Presque Isle High School, and

received his associate degree in mechanical engineering through the United States Navy. He served in the Navy for 20 years as an E-6 HT1 First Class Petty Officer, a welder, a pipefitter, a shipfitter fabricator, a sheet-metal worker and plumber. He is a life member of the VFW Post 1060 and the American Legion, both in Newark. Dale lives in Newark and has a daughter, Kasie, and grandson, Landen. He is an active member of the First Church of God in Mount Vernon. Dale is also a supporter of all cancer research, including participating in volunteer work at the Relay for Life. In his spare time, he enjoys hunting, fishing, taking road trips and vacationing with his daughter and grandson in Northern Maine.

Paula Calhoun



Position Title: Lead Linen Assistant, Environmental Services

Personal Background: Paula joined LMH in 2010 and currently serves as Lead Linen Assistant in Environmental Services. Originally from Marietta, Ohio, she is a 1978 graduate of Frontier High School in New

Matamoras, Ohio. She and her husband, John, live in Heath and have one grown son, Christopher. In her spare time, Paula enjoys planting flowers, crafting, vacationing, spending time with family, friends and her husband of 36 years, visiting her mother, and playing cards with her mother-in-law.

Joyce Chenault



Position Title: Physician Center Clerk, Shepherd Hill

Personal Background: Joyce joined LMH in 1979 and serves as a Physician Center Clerk at Shepherd Hill. A lifelong resident of Licking County, she graduated in 1973 from Sheridan High School. She

has two grown daughters and five grandchildren and currently resides in Hebron. In her spare time, she enjoys being outside, working in her yard, spending time with grandkids and attending their ball games.

Laura Conley



Position Title: Point-of-Care Technician, 4-South

Personal Background: Laura joined LMH in 2006 and serves as a Point-of-Care Technician in 4-South for Medical/Surgical Pediatrics. A lifelong resident of Licking County, she graduated from Newark High

School in 1999, and is currently attending Central Ohio Technical College. Laura is a member of the National Student Nurses Association, as well as Phi Theta Kappa Honor Society. She lives in Newark with her husband, Richard, and enjoys relaxing, spending time outdoors, target shooting and watching her niece play softball.

Luke Cordonnier



Position Title: Lead Nuclear Medicine Technologist, Radiology

Personal Background: Luke joined LMH in 2012 as a Nuclear Medicine Technologist. Born in Russia, Ohio, he graduated from Russia Local High School, and attended Edison Community College.

He received an associate degree in nuclear medicine from University of Findlay. Luke is a member of the Blessed Sacrament Catholic Church and the Knights of Columbus. He currently resides in Heath and enjoys playing basketball, fishing, hunting and cycling.

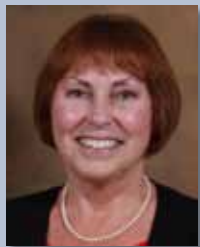
Elaine Denman



Position Title: Clinical Nursing Supervisor, Intensive Care Unit

Personal Background: Elaine joined LMH in 1989 and currently serves as Clinical Nursing Supervisor in the Intensive Care Unit. A lifelong resident of Licking County, she graduated from Licking Valley High School, and attended Ohio University – Zanesville. She is certified in advanced cardiovascular life support and basic life support, and is a member of the Nurse Practice Council. In 2003, she received the LMHS Cares Award. Elaine and her husband, Ernie, reside in Newark. They have two daughters, Tiffany (Peter) in Washington, D.C., and Tricia (Brian) in Gahanna. In her spare time, she and Ernie enjoy riding their Goldwing, spending time with their children, working on her mother's farm and a new hobby – kayaking.

Cathy Ford



Position Title: Administrative Secretary, Licking Memorial Health Professionals

Personal Background: Cathy joined LMHS in 2011 and serves as Administrative Secretary for Licking Memorial Health Professionals. A lifelong resident of Licking County, she graduated from Heath High

School and currently resides in Newark. She and her husband have two grown sons and two daughters-in-law. In her spare time, Cathy is active in the Twentieth Century Club and Trinity Episcopal Church, where she is involved in outreach. She also enjoys working and spending time outdoors.

Tabitha Gartner, R.N., C.E.N.



Position Title: Clinical Coordinator, Emergency Department

Personal Background: Tabitha joined LMH in 2007 and serves as Clinical Coordinator for the Emergency Department. Originally from Ocean Springs, Mississippi, she graduated from John Glenn High School

in 1997. She attended Mid-East Career and Technology Center and graduated in 2002 as a licensed practical nurse. She received her associate degree in nursing in 2009 from Ohio University – Zanesville. Tabitha is a member of the Emergency Nurses Association and the American Association of Critical Care Nurses, and recently obtained certification as a board-certified emergency nurse (C.E.N.). She also has instructor certifications to teach advanced cardiovascular life support, basic life support, pediatric advanced life support and advanced stroke life support. She was nominated for LMH's Clarissa Ann Howard Nursing Award for Clinical Excellence in 2013. Tabitha currently resides in Nashport, Ohio, with her husband, Sean, and two sons, Jackson and Vincent. In her spare time, she enjoys travelling, spending time outdoors, reading, family bike rides and swimming.

Margie Hartsock



Position Title: Medical Technologist/
Chemistry Supervisor, Laboratory

Personal Background: Margie joined LMH in 1990 and serves as a Medical Technologist/Chemistry Supervisor in the Laboratory. From Coshocton, she attended River View High School and received her associate degree in Medical Laboratory Technology from Muskingum Technical College. She is registered with the American Society of Clinical Pathologists and the American Medical Technologists. In her spare time, Margie enjoys reading, gardening and travelling – she has visited 43 states and hopes to visit them all.

Julie Hopkins



Position Title: Physician Center Clerk,
Heart Center

Personal Background: Julie joined LMHS in 2007 and serves as a physician center clerk in the Heart Center. Originally from Newark, she attended Newark Catholic High School. Julie and her husband, Dana, currently live in Heath and have four children, Amber, Drew, Danielle and Derek, and four grandchildren, Riley, Raegen, Rusty and Christian. Julie is a member of the Ladies Auxiliary VFW, Post 1060. In her spare time, Julie enjoys spending time with family and friends, going to her grandchildren's sporting events and vacationing.

Serena Howard



Position Title: Respiratory Therapist,
Respiratory Department

Personal Background: Serena joined LMHS in 2013 and serves as a Respiratory Therapist in the Respiratory Department. Originally from Norwalk, she attended New London High School and graduated from Bowling Green State University. Serena currently lives in Coshocton and is a member of the American Association for Respiratory Care. In her free time, she enjoys spending time with her friends and family and is currently learning how to play the guitar.

Cathy Kellner



Position Title: Cook, Food Services

Personal Background: Cathy joined LMHS in 2001 and serves as a cook in the Food Services Department. Originally from Lincoln, Illinois, she attended Millersport High School. Cathy and her husband, Ted, were high school sweethearts, and have been married for 32 years. They have two grown children, Johnathan and Elizabeth, and two grandchildren, SkyLynn and Aedyn. The couple currently lives in Thornville and attends the Maple Grove United Brethren Church. Cathy serves as Maple Grove's board secretary, Sunday school instructor, co-leader for Children's Church and is the head of Maple Grove Women's Missions. In her spare time, Cathy enjoys reading, practicing her counted cross-stitch and spending time with her grandchildren.

Doug Kinney, B.S.N., R.N.



Position Title: Registered Nurse, Post
Anesthesia Care Unit – Outpatient Surgery

Personal Background: Doug joined LMHS in 2009 and serves as a registered nurse in the Post Anesthesia Care Unit. Originally from Newark, he attended Newark High School and graduated from Ohio University with a Bachelor of Science in nursing. Doug and his wife, Stacey, currently live in Nashport, Ohio, and have three sons, Tyler, Dalton and Talan. Doug loves the patients interaction his job allows, and his goal is for all patient to feel comfortable with their care. In his spare time, Doug enjoys vacationing with family and friends, hunting, riding his Harley Davidson with his wife, and watching his children play sports.

Laura Kocher



Position Title: Administrative Assistant,
Development Department

Personal Background: Laura joined LMHS in 2012 and serves as an administrative assistant in the Development Department. Originally from Madison, Ohio, she is a member of the International Administrative Professionals and the American Society of Administrative Professionals. Laura and her husband, Kim, have three adult children, Stacey, Chase and Bethany, and three grandchildren, Ryan, Kylee and Mila. The couple currently lives in Newark, where Laura has been an officer of the Reddington Village Condominium Association, member of the Lakewood Band Boosters and the coordinator of the Spring Hills Baptist Church Women's Council. In her free time, Laura enjoys riding bikes, swimming, and spending time with her family.

Peggy Lombardo



Position Title: Administrative Secretary, Shepherd Hill

Personal Background: Peggy joined LMHS in 1995 and serves as an administrative secretary at Shepherd Hill. Originally from Newark, she attended Newark High School. Peggy and her

husband, Greg, have two adult children, Jody and Mindy and four grandchildren, Riley, Kitty, Jack and Jonathan. The couple currently lives in Newark, and attends St. Edwards Catholic Church. In her free time, Peggy enjoys spending time with her grandchildren, gardening, painting and reading.

Pat Lyons



Position Title: Patient Account Representative, Urgent Care – Granville

Personal Background: Pat joined LMHS in 2008 and serves as a patient account representative at the Granville Urgent Care. A lifelong resident of Newark, she attended Newark High School. Pat has

two children, Ashlee and Tyson, a son-in-law, Tristan, and one grandson, Garrett, who is four years old. In her free time, she enjoys cooking, baking and hanging out with her grandson, friends and family.

Sue Maier



Position Title: Registered Nurse, Cardiovascular/Interventional Cardiology Lab

Personal Background: Sue joined LMHS in 1980 and serves as a registered nurse in the Cardiovascular/Interventional Radiology Lab. Originally from Newark, she attended Heath High School and graduated from Central

Ohio Technical College. She also is certified in Critical Care through the American Association of Critical Care Nurses. Sue was a past nominee for the Clarissa Ann Howard Nursing Award for Clinical Excellence and has received a 20-year award from CCRN Certification Corporation for maintaining her certification for 20 years. Sue and her husband, Jeff, have two adult children, Mallory and Jordan, a son-in-law, Scott, and one grandson, Carter. The couple currently lives in Heath, and attends the Christ Lutheran Church. In her free time, Sue enjoys cooking and spending time with family, especially her new grandson!

Michelle Majoy

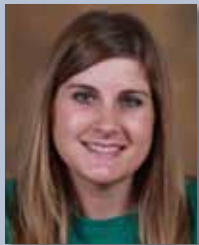


Position Title: Registered Oncology Research Nurse, Hematology/Oncology

Personal Background: Michelle joined LMHS in 2008 and serves as an Oncology Research Nurse in the Hematology/Oncology Department. Originally from Frazeytsburg, Ohio, she

attended Tri Valley High School and earned her LPN and associate degree from Central Ohio Technical College. She currently is pursuing her Bachelor of Science in Nursing from Ohio University. Michelle is a certified clinical research professional with certifications in advanced cardiovascular life support and advanced stroke life support. Michelle and her husband, Brian, currently live in Frazeytsburg and have three children, Deven, Aubrey and Addisyn. In her free time, Michelle enjoys running, exercising and spending time with her family and friends.

Courtney McConaha



Position Title: Patient Account Representative, Patient Accounting

Personal Background: Courtney joined LMHS in 2012 and serves as a Medicare Biller in Patient Accounting. Originally from Thornville, Ohio, she graduated from Sheridan High School.

Courtney and her husband, Kevin, currently live in Glenford and have two children, Karsyn and Cade. In her free time, Courtney enjoys traveling, watching Ohio State and Cleveland Browns football, camping and spending time with her sons.

Tim Melick



Position Title: Environmental Services Assistant, Environmental Services

Personal Background: Tim joined LMHS in 2012 and serves as an Environmental Service Assistant in the Environmental Services Department. He is also cross trained to be a relief courier

for the Transportation Department. Originally from Newark, he graduated from Licking Valley High School. Tim and his wife, Cathy, have two adult children, Jeremy and Caitlynn, and one grandson, Noah. The couple currently lives in Newark, where Tim is a member of the Citizen's Academy through the Licking County Sheriff's Office. In his free time, Tim enjoys 3D archery, building models, attending car shows and being outdoors.

Nicole Miller



Position Title: Scrub Technician, Labor & Delivery, Post Partum and Nursery

Personal Background: Nicole joined LMHS in 2000 and serves as a scrub technician in the Labor & Delivery, Post Partum, and Nursery areas. Nicole is a lifelong resident of Thornville where she graduated from Sheridan High School. Nicole and her husband, Jason, have two children, Brooklyn and Boston. Nicole worked seven years in the Surgery Department before transferring to Labor and Delivery. She also is a certified car seat technician. In her free time, Nicole enjoys spending time with family and friends, vacationing at the beach and attending her kids' sporting events.

Amber Nethers



Position Title: Medical Assistant, Heart Center

Personal Background: Amber joined LMHS in 2005 and serves as a medical assistant in the Heart Center. Amber is a lifelong Licking County resident and graduated from Licking Valley High School. Amber and her husband, David, live in Newark with their daughter, Brynlee, cousin, Lauren and step-daughter, Shaylee. They also have two boxer bulldogs named Rocco and Daisy. In her free time, Amber enjoys being outdoors, shopping, watching her girls play t-ball and spending time with family.

Eric Pacht, M.D.



Position Title: Pulmonologist

Personal Background: Eric Pacht, M.D., is the Medical Director of the Intensive Care Unit (ICU) and the Sleep Laboratory of Licking Memorial Hospital (LMH). Dr. Pacht practices at Licking Memorial Pulmonology, Critical Care, and Sleep Medicine and also serves as the Medical Director of the Respiratory Therapy Department. He is Chief of the Medical Staff, Vice Chief of the Department of Medicine, and a member of the Executive Committee. Dr. Pacht received his Medical Degree from the University of Wisconsin in Madison, Wisconsin. Dr. Pacht is board certified in critical care medicine, pulmonary medicine, sleep medicine, and internal medicine. He joined Licking Memorial in March 2001, and in 2008, was selected by his peers as the LMH Physician of the Year.

Megan Reagan



Position Title: Speech Language Pathologist, Speech Therapy

Personal Background: Megan joined LMHS in 2006 and serves as a Speech Language Pathologist in the Speech Therapy Department. Originally from Youngstown, she attended McDonald High School in Youngstown before attending Ohio University to earn a bachelor's degree in hearing and speech sciences. Megan also obtained a Master's of Speech Therapy Pathology in 2002 from the University of Toledo. Megan and her husband, Patrick, currently live in Newark and have two daughters, Avery and Amelia. Megan is active in the PTA and also is a member of the American Speech Language and Hearing Association. In her spare time, Megan enjoys Zumba, crafting and cheering for her girls at their various sporting events.

Richard Riggleman



Position Title: Point-of-Care Technician, Emergency Department

Personal Background: Richard joined LMHS in 2007 and serves as a POCT in the Emergency Department. He assists with EKGs, blood draws, transporting patients, and assisting nurses. He currently lives in Newark and graduated from Newark High School. Richard has a 4-year-old daughter, Kyndle, and enjoys spending time with family, riding his motorcycle and watching sports.

Nawar Saieg, M.D.



Position Title: Hospitalist

Personal Background: Dr. Saieg joined LMHS in 2010 and serves as a Hospitalist. Born in Syria, he received his Doctor of Medicine degree at Tishreen University, School of Medicine while in Syria. Later, he served an internal medicine residency at Northeastern Ohio University's College of Medicine program in Youngstown. Dr. Saieg and his wife, Muna, currently live in Columbus and have two children, Alan and Jana. He is a member of the American College of Physicians and American Medical Association. Dr. Saieg has a special professional interest in case report publishing and was awarded "Best Intern" during his internal medicine residency in 2005. During his free time, he enjoys traveling and spending time with his family.

Richard Simon, D.O.



Position Title: Family Practice Physician

Personal Background: Dr. Simon joined LMHS in 1997 and serves as a physician for Licking Memorial Family Practice. Born in Cleveland, he graduated from Valley Forge High School before attending The Ohio State University.

Dr. Simon received his Medical Degree at The Ohio State University and completed a residency at Mt. Carmel Hospital prior to joining LMHS as a board-certified family practice physician. Dr. Simon currently lives in Granville with his wife, Sandra, and has four children, Daniel, Andrew, David and Mark. He is a member of Spring Hills Baptist Church and enjoys gardening in his free time.

William Stallworth, M.D.



Position Title: Urologist

Personal Background: William Stallworth, M.D., joined Licking Memorial Urology in August 2007. Dr. Stallworth received his Bachelor of Science degree in Biology from Aurora University in Aurora, Illinois. He received his Medical

Degree at the University of Illinois College of Medicine in Chicago, Illinois, and completed a Surgery internship at Cook County Hospital in Chicago. He also completed a residency in Urology at the University of Chicago Medical Center. Dr. Stallworth is board certified in Urology.

Bonnie Westmoreland



Position Title: Pharmacist, Pharmacy Department

Personal Background: Bonnie joined LMHS in 1991 and serves as a Pharmacist in the Pharmacy Department. Born in Pampa, Texas, Bonnie graduated from Taqcosa High School before earning her

Bachelor of Science degree in Pharmacy at the University of Houston. Bonnie and her husband, Michael, have been married for 33 years and have three children, Barry, Patrick and Carolyn. Bonnie is a past board member of Pathways and enjoys spending time with family and friends, reading, karate and traveling.

Lynda White



Position Title: Project Manager, Information Services

Personal Background: Lynda joined LMHS in 1988 and serves as a Project Manager in the Information Systems Department. As a lifelong Licking County resident, Lynda graduated from Lakewood

High School before obtaining a bachelors degree in business administration from The Ohio State University. Lynda and her husband, Joe, currently reside in Newark. In her free time, Lynda enjoys reading, scuba diving, working out at the YMCA and spending time with family.

Donna Wilson, R.N.



Position Title: Registered Nurse, Gastroenterology

Personal Background: Donna joined LMHS in 2000 and works at Licking Memorial Gastroenterology as a Registered Nurse for Dr. Mujtaba. She is a lifelong resident of Licking County who graduated

from Newark High School prior to earning an associate degree from COTC. Donna previously worked on 4-North at LMH, Licking Memorial Home Care and Licking Memorial Family Practice. In her free time, Donna enjoys outdoors activities, reading and spending time with family and friends.

Peggy Zahndt



Position Title: Material Processor

Personal Background: Peggy joined LMHS in 2001 and serves as a Material Processor for the Purchasing Department. Peggy currently lives in Granville and was a graduate of Newark High School.

Peggy and her husband, Dwight, have been married for 32 years and have two sons, Andrew and Jeremy. Peggy is a member of the Advantage Club and is a Red Cross blood donor. In her free time, Peggy likes spending time with close friends, working on crossword puzzles, exercising and reading.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this issue of **Community Connection**.

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org.

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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Community Events

For more information about any LMHS event, please call (740) 348-1572, or visit www.LMHealth.org

Summer Active•Fit Youth Wellness Events

Please see page 17 for details about these free events.

Active•Fit Bowling – Wednesday, July 16, 3:00 to 5:00 p.m.

Active•Fit Field Day – Tuesday, July 22, 3:00 to 5:00 p.m.

Active•Fit 1K – Saturday, August 2, 8:00 a.m.

LMHS Family Movie Night Event

Saturday, September 20, 7:00 p.m.

The Denison University Fine Arts Quad Grounds,
off Broadway Street in Granville

The community is invited to a free outdoor showing of the family comedy, “Little Giants.” Please see page 9 for details.

Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC

150 Price Road, Newark

1:00 to 3:00 p.m. No charge.

Second Thursday of each month: blood glucose screenings

Fourth Thursday of each month: blood pressure screenings

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

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, Newark

A physician will answer questions about chemical dependency and treatment options. Call (740) 348-4877 for more information.

Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road

Tuesday classes

Wednesday classes

9:00 to 11:00 a.m.

1:00 to 3:00 p.m., or 7:00 to 9:00 p.m.

Registration and physician referral are required. To register, please call (740) 348-4722. For information on course fees, call (740) 348-4915. Fees vary depending on insurance coverage.

First Impressions – Maternal Child Classes

Childbirth Education Classes

Newborn Basics Class

Stork Tour

Breastfeeding Class

Infant and Child CPR

Sibling Preparation Class

For more information or to register, call (740) 348-4346 or e-mail: firstimpressions@LMHealth.org.