

Community Connection

Volume 16, Issue 6

November/December 2019

Lifetime Achievement Reception Honors Distinguished Recipients

pages 2-3



LMHS Honors
Employees for
Military Service
pages 4-6

LMH Implements
EKOS Therapy
pages 6-7

Matthew Bromley, D.O.
Honored as 2019
Physician of the Year
page 8



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

See pages 18-24 for Quality Report Cards in this issue.

Lifetime Achievement Reception Honors Distinguished Recipients

In November, Licking Memorial Hospital (LMH) Development Council hosted the annual Lifetime Achievement Reception to honor individuals and organizations whose service to Licking County reflects Licking Memorial Health Systems' (LMHS) mission to improve the health of the community. The event, which was held at the J. Gilbert Reese Center on the campus of Central Ohio Technical College (COTC) and The Ohio State University (OSU) at Newark, featured the presentation of the prestigious Lifetime Achievement and The Mary Jane McDonald Building a Healthier Community awards, as well as special recognition of the 2019 A Lifetime of Care recipients.

Lifetime Achievement Award – Mike and Barb Cantlin

Mike and Barb Cantlin received the 2019 Lifetime Achievement Award in recognition of their generous support of the Licking County community through their time, talents and resources. The award was first presented in 1989 to Barb's father, John W. Alford, and is the highest honor that LMHS confers each year. Originally from Newark, the Cantlins lived in Michigan for nearly a decade before returning to their hometown 35 years ago. Ever since, they have been benevolent members of the community. They established Licking Memorial Health Foundation's (LMHF) John Alford Fellowship level of giving. Through a generous donation, the Cantlins supported the creation of the John & Mary Alford Pavilion at LMH in memory of Barb's parents, which expanded the Emergency Department and created new operating rooms to accommodate the newest technology and equipment. Recently, the Cantlins, along with Barb's brother, Ron Alford, gifted funds to COTC/OSU-Newark for the John and Mary Alford Center for

Science and Technology, which will add laboratory and classroom space.

Barb received a Bachelor of Science degree in Education from Ashland College. After graduation, she pursued her passion for teaching children by working several years for the Jacksontown School District. She also taught in Canton, Michigan, and at Newark Montessori School upon her return to Licking County. Barb is a past member of TWIGS – which stands for Togetherness, Willingness, Imagination, Giving and Sharing – a fundraising organization for LMH. In addition, she has served as a member of numerous boards, including the YMCA Board of Directors, Salvation Army Advisory Board of Directors, Alford Family Fund, The John and Mary Alford Foundation and the Michael and Barbara Cantlin Fund. She is a member of Monday Talks and P.E.O. (Philanthropic Education Organization) International – an organization committed to helping women pursue higher education.

Foundation Governing Committee, a participant in Newark Vision Plan 2028, and a volunteer for Boy Scouts of America. In addition, Mike has been a member of the OSU-Newark Board, Weathervane Playhouse Board of Directors, Newark Catholic Track Facility Steering Committee, the Blessed Sacrament Elementary School Steering Committee, and a trustee for the Newark Catholic Foundation.

"Mike and Barb Cantlin have built a legacy of service and generosity," LMHS President & CEO Rob Montagnese said. "Their hard work and financial contributions have benefited countless organizations throughout our community. Anyone who is fortunate to know them personally would agree that there are not two finer people, and we are grateful for their continued support of LMHS and Licking County."

A Lifetime of Care

Two physicians were honored with A Lifetime of Care recognition for their longtime service to the Licking County community. G. Franklin Gabe, M.D., a family practice physician who retired in 1998, and Chung Han Koo, M.D., who served as a pathologist in the Laboratory until retiring in 2000, spent their careers caring for area residents and remain members of the Honorary Medical Staff. The award was created in 2018 to recognize physicians who have served on the LMH Active Medical Staff for 35 years or more, or have 50 years or more of service combined between the Active Medical Staff and Honorary Medical Staff. Physicians who have met either criteria since 1940 are featured on a display wall adjacent to the LMH Main Lobby.



Pictured, left to right: West Licking Special Olympics Coordinator Vicki Sussman, LMHS President & CEO Rob Montagnese, Coach Jim Hartley and Special Olympian Adam Hare

The Mary Jane McDonald Building a Healthier Community Award – West Licking Special Olympics

The 15th annual Mary Jane McDonald Building a Healthier Community Award was presented to West Licking Special Olympics in recognition of their dedication to offering individuals with special needs the opportunity to play organized sports, exercise regularly, and develop social and athletic skills. Local Coordinator Vicki Sussman, Coach Jim Hartley, and Special Olympian Adam Hare accepted the award.

West Licking Special Olympics is a non-profit, private chapter of the Special Olympics, accredited through Special Olympics of Ohio. The organization offers individuals with disabilities the opportunity to interact with others, take part in physical activities, and develop a sense of self-respect and respect for others. The volunteers strive to provide a positive physical and emotional atmosphere for all the athletes. Over 120 athletes, from the Southwest Licking, Licking Heights, Lakewood, Granville, Johnstown, Northridge and Newark school districts, participate in basketball, cheerleading, tennis, track, bowling, golf and cycling. Participants never pay a fee for participation or uniforms.

"Through the availability of year-round athletic training and competition, West Licking Special Olympics provides opportunities for children and adults with special needs to improve their physical fitness. Participants not only enjoy a variety of sports, but also share their skills, gifts and friendship with their family members, other Special Olympics athletes, and our community as a whole," Rob said. "It is evident that the volunteers, parents, teachers, coaches and athletes of West Licking Special Olympics share our mission to improve the health of the community, and they are very deserving of this recognition."

Mary Jane McDonald was a member of the LMH Board of Directors from 1981 to 1987, and a member of the LMHS Board of Directors from 1988 to 1999. She was elected as the first female chair of the LMHS Board in 1991 and received the Lifetime Achievement Award in 2001. Mary Jane dedicated her time and talents to enriching the lives of countless Licking County residents through her charitable and selfless acts of volunteerism.

COVER PHOTO CAPTION: LMHS President & CEO Rob Montagnese (back row, far right) welcomed recipients of the Lifetime Achievement Award to the 2019 reception, including (left to right): front row – Clarissa Ann Howard, B.S.N.; Chris Meyer; Robert A. Barnes, Ph.D.; Barb and Mike Cantlin; Glenn F. Abel; Stuart N. Parsons; and Robert H. McGaughy; and back row – C. Daniel DeLawder; Patrick M. Jeffries; Sarah Reese Wallace; David Shull; and Eschol Curl, Jr.



Pictured, left to right: LMHS Vice President Development & Public Relations Veronica Patton, Mike and Barb Cantlin, and LMHS President & CEO Rob Montagnese

Past Recipients of the Lifetime Achievement Award

- 1989 – John W. Alford*
- 1990 – Howard E. LeFevre*
- 1991 – Ernestine W. Spencer*
- 1992 – J. Gilbert Reese*
- 1993 – John H. Weaver*
- 1994 – Norman R. Sleight*
- 1995 – Robert H. Pricer*
- 1996 – Carl L. Petersilge, M.D.*
- 1997 – Clarissa Ann Howard, B.S.N.
- 1998 – Rev. Dr. Charles W. Noble, Sr.
- 1999 – Calvin E. Roebuck*
- 2000 – John J. Kutil*
- 2001 – Mary Jane McDonald*
- 2002 – William T. and Jane C.* McConnell
- 2003 – Raymond Guy Plummer, M.D.*
- 2004 – Robert N. Kent
- 2005 – Robert A. Barnes, Ph.D.
- 2006 – Stuart N. Parsons
- 2007 – Lewis R. Mollica, Ph.D.
- 2008 – Glenn F. Abel
- 2009 – C. Daniel DeLawder
- 2010 – Robert H. McGaughy
- 2011 – John J. O'Neill*
Dell Christine Warner Powell* (posthumously)
- 2012 – Gerald K. McClain
- 2013 – Eschol Curl, Jr.
- 2014 – Patrick M. Jeffries
- 2015 – David Shull
Judith B. Pierce* (posthumously)
- 2016 – Sarah Reese Wallace
- 2017 – William N. Mann
- 2018 – Christopher (Chris) Meyer

* Deceased

Past Recipients of The Mary Jane McDonald Building a Healthier Community Award

- 2005 – TWIGS of Licking Memorial Hospital
- 2006 – Newark Rotary Club
- 2007 – The Salvation Army of Licking County
- 2008 – Hospice of Central Ohio
- 2009 – Granville High School Key Club
- 2010 – Twentieth Century Club
- 2011 – American Red Cross of Licking County
- 2012 – Licking County Coalition of Care
- 2013 – Look Up Dental Clinic
- 2014 – The Thomas J. Evans Foundation
- 2015 – Big Brothers Big Sisters of Licking and Perry Counties
- 2016 – Food Pantry Network of Licking County
- 2017 – Ben Franklin Walking Club
- 2018 – Fostering Further

LMHS Honors Employees for Military Service

In honor of Veterans Day, Licking Memorial Health Systems (LMHS) thanks employees and volunteers who have served or currently are serving in the Armed Forces. LMHS President & CEO Rob Montagnese made a special announcement in the morning and afternoon on November 11 to recognize each individual for their devotion to the country. LMHS values the experience, training and character of those who were part of the military. The following staff members shared their experience and explained how military service assists them in accomplishing the LMHS mission of improving the health of the community.

Tiffany J. Owens, M.D., Licking Memorial Asthma & Allergy (Air Force, 2006-2014)

Dr. Owens was a senior in college when terrorists attacked the United States on September 11, 2001. She was planning to attend medical school, and decided to offer her skills to the United States Air Force to give back to the country. Serving as an Inactive Reservist, she completed her medical degree at Wright State University Boonshoft School of Medicine in Dayton. Upon graduation, Dr. Owens reported for active duty and was stationed at Wright Patterson Air Force Base where she served as a pediatrician.

"I was honored to care for the children of our active duty and retired personnel," Dr. Owens said. "An organization only is as healthy as those in it, and I made sure the troops knew their families were in good hands." She also served as the Director of Student Education and taught life support classes.

To further her education, Dr. Owens went to Joint Base San Antonio in Texas for Fellowship Training in allergy/immunology at the Wilford Hall Ambulatory Surgical Center. Upon completion of her training, Dr. Owens returned to Wright Patterson as the Chief of Allergy and Immunization.

After serving eight years, Dr. Owens separated from the Air Force to focus on her three young children. Having grown

up in Licking County, she returned to the area and accepted a position with LMHS in 2015. "I received the highest quality medical training while serving in the Air Force, and so much more," she said. "Supporting and defending my country gave me a greater purpose, and I learned to put the mission first."

Service members generally create strong bonds, and Dr. Owens was no exception. She remains connected to many of the people with whom she served. Another life lesson that Dr. Owens learned was to work to support and mentor others. Her leaders invested time in her, and she now invests in others by teaching and sharing her experiences.

Nicholas Keisel, Director of Safety (Marines, 2000-2008)

Nick grew up in Linesville, Pennsylvania, a small town near the Ohio border. He wanted to challenge himself and enlisted in the Marines at the age of 17. "I was not ready for college, and there never was any other branch of the military that interested me," said Nick. "The Marines had a reputation of excellence and strength that felt like the place for me." Always pushing himself to be the best, Nick excelled in every aspect of his training and service, earning several awards

including Marine of the Year for the unit and base to which he was assigned.

While training as a military police officer at Fort Leonard Wood, Missouri, recruiters visited the base looking for the sharpest Marines to work on the security team for Marine One, the helicopter that transports the President of the United States. After assessments, board interviews, and psychological and physical evaluations, Nick was one of 18 chosen to join the team. He was sent to Quantico, Virginia, where he provided security for the Helicopter Squadron. Interested in other aspects of law enforcement, Nick returned to Fort Leonard Wood for the Criminal Investigation Division (CID) Apprentice Special Agent Course. After graduating at the top of his class, Nick was sent to Camp Pendleton, California, to serve as a CID agent investigating felony level crimes at the base.

While no longer serving in law enforcement, Nick's primary concern as LMHS Director of Safety is disaster preparedness and the safety of the employees, visitors and patients. "I still rely on my military training every day," Nick said. "I understand disaster plans and have learned to stay calm in the face of challenges and overcome."

Continuing to push himself, Nick does not accept less than his very best in everything and feels he is a better person than he was before he enlisted in the Marines. He enjoys spending time with his two children, 4-year-old Tenley and 9-year-old Kaelen.

Michael Cochran, Environmental Services (Army, 1993-1997)

Born and raised in Zanesville, Mike was a sophomore in high school when he made the decision to join the Army. His brother was serving already, and Mike felt the opportunities available in the military offered a place to begin a career. He did not know what type of career he wanted, but was intrigued by the idea of becoming a mechanic. Just a few months after his high school graduation, on the day before Thanksgiving, Mike left home to attend basic training at Fort Knox, Kentucky. He was trained to repair M1A2 Abrams Tanks at Aberdeen Proving Ground in Aberdeen, Maryland.

From Aberdeen, Mike was sent to Fort Carson, Colorado. "Once I arrived at Fort Carson, it did not matter that I was trained to repair tanks. A mechanic is a mechanic, so I worked on all types of vehicles," Mike said. He was part of a Support Contact Team – a team of 14 soldiers who would travel behind enemy lines to retrieve tanks or other vehicles that mechanically failed or had been damaged and had to be abandoned. As part of the team,

Mike was sent to Kuwait for four months of training. "It was a tense time for our team. The base was under threat, so we were issued live ammunition to carry during guard duty." After his deployment, he returned to Fort Carson. When his enlistment ended, Mike moved to West Virginia with a close friend he met in Basic Training before moving back to Ohio.

Mike began his career with LMHS in 2007 in the Environmental Services Department. He still finds use for his mechanical skills and the lessons he learned while serving in the Army in his day-to-day activities. "I learned to work for a team and care for your team," Mike said. "I believe everyone should serve a few years in the military. It makes you grow up quickly and teaches you to take instruction." His learned organizational skills and discipline also are helpful in guaranteeing every job is done right the first time. Mike's coworkers appreciate his skill and dedication to LMHS, nominating him for the 2019 Health Care Worker of the Year award from the Ohio Hospital Association.

Alissa McConnell, B.S.N., 5-South (Navy, 2007-2011)

Raised by her father in the small township of Brownsville, Alissa decided to join the Navy during her senior year of high school. Unsure of what type of college degree she wanted to pursue, she decided to broaden her horizons and be a part of something that would better herself in the interim. After graduating from Lakewood High School, Alissa left for training as a Culinary Specialist. She was assigned to the USS Carl Vinson CVN-70 – an aircraft carrier.

She spent the first half of her four years of service in Newport News, Virginia, preparing the ship for deployment, overhauling and refueling it. She began in the enlisted mess hall preparing meals for the 5,000 men and women aboard the ship. Alissa then worked on a "tiger team" preparing spaces for operation and living and managing officer's wardrooms. In addition, she volunteered to serve a year tour as security personnel. After the ship completed successful sea trials, it was deployed to sail around Cape Horn, the southernmost point of South America, where Alissa officially became a shellback – a sailor who has crossed the equator. She then was relocated to San Diego, California, where she discovered an appreciation for diversity and adventure. "San Diego was incredibly diverse, and it was a culture shock coming from our small town."

Upon completion of her service, and three months after giving birth to her daughter, Lissy, Alissa returned home to Licking County. While she grew from her experience, she needed to return home to care for her terminally-ill father. Her father had encouraged her to become a nurse after high school, but becoming a mother and his passing convinced her to pursue a nursing career. The opportunity to assist others inspired her to use her military benefits to enroll at Central Ohio Technical College, and she graduated from the nursing program with honors. She earned her Bachelor of Science degree in Nursing from Muskingum University in August, graduating with high honors. Alissa joined LMHS in 2016 and is currently working as a charge nurse on 5-South. "My military experience taught me to be disciplined, accountable for my actions, and to hold myself to a high-standard." Alissa enjoys working for LMHS, is grateful for the ability to care for her neighbors and to make a positive impact in the community.



Thank You, Veterans

Name	Branch	Department
Brandi Aber	Air National Guard	Laboratory
Brian Adams	Marine Corps	Information Systems
Jim Arnett	Air Force	Plant Operations
Michael Barker	Air Force	Volunteer
Dick Bircher	Marine Corps	Transportation
Matthew Born	Air Force	2-West
John Bowyer	Army	Information Systems
Dale Boyd	Navy	Plant Operations
Bob Brooker	Air Force	Volunteer
Bill Butler	Navy	Volunteer
Phillip Cassone	Army	Volunteer
Mike Cochran	Army	Environmental Services
Erick Conn	Army National Guard	Information Systems
Taylor Connors	Marine Corps	Intensive Care Unit
Laurie Cunningham	Army	Pediatrics
Elliot Davidoff, M.D.	U.S. Public Health Service	Center For Sight
Brendan Davis, M.D.	Air Force	Anesthesiology
Joan Dugan	Army National Guard	Coronary Care
Cameron Evans, PA-C	Army National Guard	Emergency
Bill Fielding	Air Force	Volunteer
Kevin Finley, M.D.	Air Force	Urgent Care – Granville
Pete Fleming	Army	Information Systems
Christopher Forbush, D.O.	Army Reserves	Family Practice – Doctors Park #5
Ken Friel	National Guard/Marines	Transportation
Bob Gabe	Air Force	Volunteer
Audrey Garove	Army	Radiology
Shelley Giffens, M.D.	Army National Guard	Pediatrics
Gary Hamilton	Army	Volunteer
Timothy Hanners	Army National Guard	Culinary Services
Michael Harper	Army	Family Practice – Hebron
Malcolm Harris	Air Force	Radiology
Dave Hiatt	Air Force	Volunteer
Matthew Holmes	Marine Corps	Information Systems
Anna Hupp	Army	Surgery/Sterile Processing
Amada John, APRN-CRNA	Navy	Anesthesiology
Tony Keirns	Army	Transportation
Nicholas Keisel	Marine Corps	Human Resources
Alisha Kirkpatrick	Navy Reserves	Laboratory
Mary Klark	Air Force	Case Management
Chris Lallathin	Marine Corps	Pediatrics
Heather Le	Navy	4-North
Owen Lee, M.D.	Army	Radiology
Victoria Lennon	Army	Community Case Management
Donald Lewis, M.D.	Army	Urology
Mathew Mahon	Marine Corps	Police
Kateri Marie	Army	Surgery
David Maxwell	Air Force	Information Systems
Alissa McConnell	Navy	5-South
Jay McKinney	Navy	Emergency
Phil McLellan	Army	Engineering Services
Jeffrey McTerrell	Army	Information Systems
Patience Miller	Air Force	Women's Health
Andrew Molnar	Air National Guard	Laboratory
Darlene Montgomery	Army	Public Relations
Seth Montgomery	Marine Corps	Interventional Cardiology
Brad Mosher	Navy	Plant Operations
Robert Mueller, M.D.	Navy	Orthopedic Surgery
Tamera Neal	Army	Emergency
James O'Bryan	Navy	Environmental Services
Ralph Offensmeier	Army	Volunteer
Tiffany Owens, M.D.	Air Force	Allergy & Asthma
Jessica Pack	Army	Central Billing
Marc Predmore	Air Force	Environmental Services
Curtis Pyle	Marine Corps	Information Systems
Aubrey Reams	Army National Guard	Development
Charles Roberts	Army	Police
Alek Rogne	Navy/Navy Reserves	Surgery
Andrew Seipel, M.D.	Army National Guard	Family Practice – Licking Valley
Debora Shaw	Army	Culinary Services
Mark Shaw	Marine Corps	Environmental Services
Michael Sheets	Army	Intensive Care Unit
Shoel Siddell	Navy	Intensive Care Unit
Wyatt Slonaker	Marine Corps	Information Systems
Darin Smaage	Navy	Information Systems
Doug Smith	Navy	Printing Services
James Smith	Air Force	Acute Inpatient Rehabilitation
Scott Smith	Navy	Environmental Services
Keith Stagers	Marine Corps	Police
Scott Stuart	Army	Purchasing
Steven Sullivan	Navy	Environmental Services
Kimberly Swartz	Army National Guard	Dermatology
Brian Thatcher	Army	Process Improvement
Allan Thomas, PA-C	Army	Emergency
Kathy Tittle	Air Force	Pharmacy
Brenda Tompkins	Air Force/Air National Guard	Volunteer
Steve Warren	Army	Urgent Care – Downtown
Edward Westerheide, M.D.	Navy Reserves	Orthopedic Specialists & Sports Medicine, Inc.
James Whitaker	Air Force	Engineering Services
Charles Wilhelm	Army	Environmental Services
Trent Willard	Army National Guard	Pharmacy
Tom Williams	Army	Plant Operations
Beth Worstall	Army	Respiratory Therapy
Elizabeth Yoder, D.O.	Navy	Psychiatric Services

LMH Implements EKOS Therapy

The Licking Memorial Hospital (LMH) Cardiology Department recently obtained new technology that will help to dissolve pulmonary embolisms. A pulmonary embolism (PE) is a blood clot that forms in the pulmonary artery, which carries deoxygenated blood to the lungs to receive oxygen to be transported back to the heart. This blood clot may have formed earlier due to deep vein thrombosis (DVT) – a condition that causes a clot to form in a vein. The blood clot circulating through the body may cause additional clotting in the pulmonary artery, which prevents blood from receiving oxygen. Symptoms of PE include the following:

- Chest pain, which may worsen with a deep breath
- Sudden shortness of breath or rapid breathing
- Fast heartbeat
- Sudden cough
- Coughing up blood
- Lightheadedness or fainting

Those who experience these symptoms should immediately seek treatment at the LMH Emergency Department (ED). If a PE is diagnosed in the ED, the patient will be transported to the Intensive Care Unit (ICU) where they may be considered as a candidate for EKOS™ Therapy.

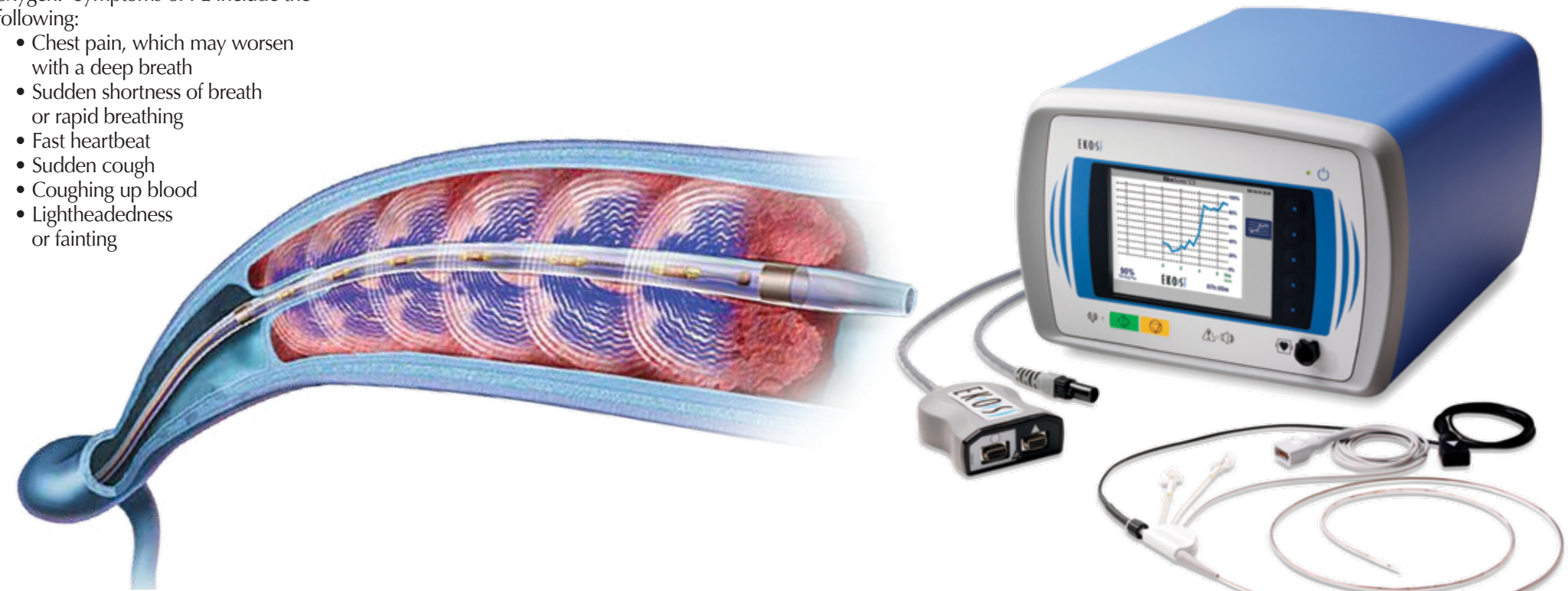
EKOS Therapy is a two-part clot-dissolving process that uses a catheter, which is inserted into the pulmonary artery by a trained physician to administer a clot-dissolving medicine called a thrombolytic. The therapy also employs the use of ultrasound energy to allow the medicine to penetrate the clot. The process allows a lower dose of the

thrombolytic drug to be used, which decreases the risk of bleeding.

A pulmonologist first must determine if the person meets the appropriate criteria for the treatment, and then the procedure is performed by an interventional cardiologist, an interventional radiologist or a vascular surgeon. An intermediate risk-level PE is considered an appropriate candidate for the EKOS treatment. If the patient is unstable and has an extremely high-risk PE, another time-sensitive treatment will be considered. Other treatment options are available for patients with contraindications to thrombolytic therapy.

“EKOS Therapy has been utilized since July with positive patient outcomes,” said Cardiologist Hassan Rajjoub, M.D. “We are excited to have this technology as a treatment option for our patients.”

Dr. Rajjoub, Radiologist Owen Lee, M.D., and Vascular Surgeon Howard Reeves, D.O., all have been trained to use EKOS Therapy and are able to perform these procedures. Patients with a history of DVT or PE who meet the criteria are able to receive the treatment and can be treated more than once if blood clots recur.



New Appointments



Benjamin W. Burkett, M.D., of Orthopedic Specialists & Sports Medicine, joined the LMH Active Medical Staff.



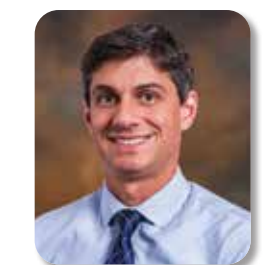
Cynthia A. Kears, D.O., joined Licking Memorial Women's Health.



Rahel G. Mitiku, APRN-CNP, joined Licking Memorial Emergency Medicine.



Derek Nelson, PA-C, joined Licking Memorial Pathology.



Michael I. Sniderman, M.D., joined Licking Memorial Anesthesiology.

Physicians Recognized at Annual Medical Staff Dinner

In October, Licking Memorial Hospital (LMH) held the annual Medical Staff Recognition Dinner at Moundbuilders Country Club to show appreciation for the physicians' commitment to improve the health of the community. The LMH Active Medical Staff is comprised of 171 physicians who represent more than 30 medical specialties. Additionally, 50 physicians are members of the consulting staff.

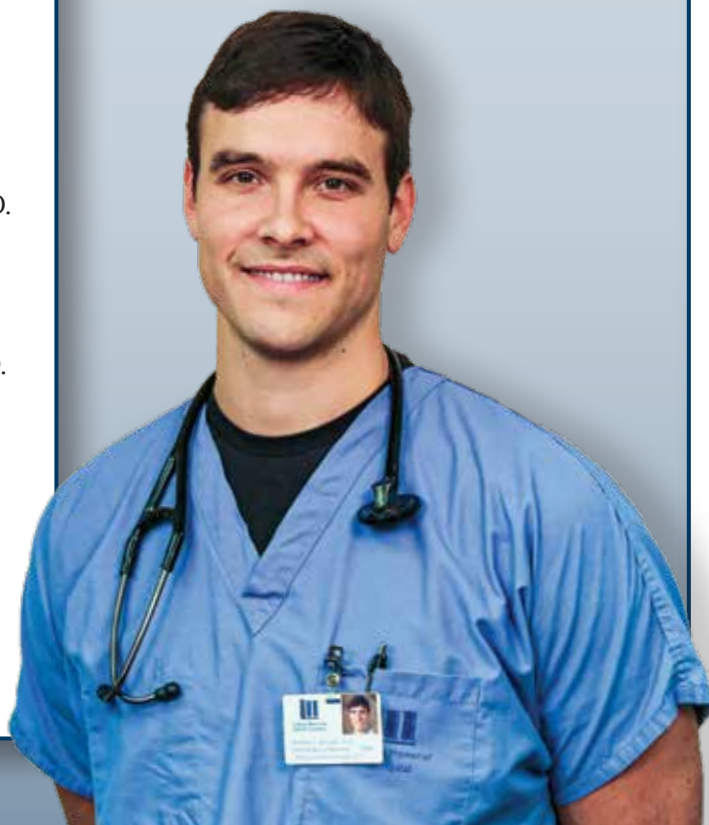
Following a social hour and dinner, LMH Chief of Staff Lori Elwood, M.D., recognized the physicians celebrating five-year service anniversaries. To conclude the evening, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese presented the 2019 Physician of the Year award to Matthew Bromley, D.O., who joined Licking Memorial Emergency Medicine in 2009.

Past Recipients of the LMH Physician of the Year Award

- 1988** – Charles F. Sinsabaugh, M.D.
- 1989** – Craig B. Cairns, M.D.
C. Michael Thorne, M.D.
- 1990** – Mark A. Mitchell, M.D.
- 1991** – Carl L. Petersilge, M.D.
- 1992** – Edward A. Carlin, M.D.
Harold E. Kelch, M.D.
- 1993** – Gerald R. Ehrsam, M.D.
- 1994** – William K. Rawlinson, M.D.
- 1995** – Pattye A. Whisman, M.D.
- 1996** – J. Michael Wills, M.D.
- 1997** – Terry P. Barber, M.D.
- 1998** – Mary Beth Hall, M.D.
- 1999** – Debra A. Heldman, M.D.
- 2000** – Frederick N. Karaffa, M.D.
- 2001** – Elliot Davidoff, M.D.
Bryce I. Morrice, M.D.
Mark L. Reeder, M.D.
- 2002** – Jacqueline J. Jones, M.D.
- 2003** – Owen Lee, M.D.
- 2004** – Larry N. Pasley, M.D.
- 2005** – Joseph E. Fondriest, M.D.
- 2006** – May-Lee M. Robertson, D.O.
- 2007** – Peter T. Nock, D.O.
- 2008** – Eric R. Pacht, M.D.
- 2009** – Ann V. Govier, M.D.
David E. Subler, M.D.
- 2010** – Richard A. Baltisberger, M.D.
David R. Lawrence, D.O.
- 2011** – Talya R. Greathouse, M.D.
- 2012** – Bassam Kret, M.D.
- 2013** – Shakil A. Karim, D.O.
- 2014** – Brent M. Savage, M.D.
- 2015** – Garth A. Bennington, M.D.
- 2016** – Janae M. Davis, M.D.
- 2017** – Audrey K. Bennett, M.D.
- 2018** – Elizabeth A. Yoder, D.O.

Dr. Bromley received his Doctor of Osteopathic Medicine Degree from the University of New England College of Osteopathic Medicine in Biddeford, Maine. He completed an internship and residency in emergency medicine at Doctors Hospital in Columbus. Dr. Bromley is board certified in emergency medicine.

The Physician of the Year recipient is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees included Licking Memorial Hospitalist Gabrielle Farkas, D.O.; D'Anna Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology; and Hassan Rajjoub, M.D., of the Licking Memorial Heart Center.



2019 Physician Service Awards

55 years
Donald G. Jones, M.D.

50 years
G. Franklin Gabe, M.D.
Chung Han Koo, M.D.

40 years
Mary Beth Hall, M.D.
Thomas J. Hall, M.D.
Richard E. Simon, M.D.

35 years
Michael E. Campolo, D.O.
Owen Lee, M.D.

25 years
John L. Adams, M.D.
Joseph E. Fondriest, M.D.
Andrew C. Seipel, M.D.

20 years
David E. Born, M.D.
Khanh V. Dang, M.D.
Donald A. DeShetler Jr., M.D.
Talya R. Greathouse, M.D.
Hsien J. Hsu, M.D.
Joshua C. Nelson, D.O.
Howard L. Reeves, D.O.

15 years
Jeremy R. Campbell, D.O.
Kevin J. Finley, M.D.
Ann V. Govier, M.D.
Phillip G. Savage, D.O.
David E. Subler, M.D.
Hints A. Tewoldemedhin, M.D.

10 years
Abhay J. Anand, M.D.
Matthew C. Bromley, D.O.
Jennifer D. Killion-Overbey, M.D.
William E.C. Knobeloch, M.D.
Latha Urs, M.D.

5 years
Abul S. Ahsan, M.D.
Lisa M. Karres, D.O.
Asegid H. Kebede, M.D.
Marita L. Moore, M.D.
D'Anna N. Mullins, M.D.
Aleksandar Tancevski, M.D.
Raul Weiss, M.D.
Elizabeth A. Yoder, D.O.
Grant L. Yoder, D.O.

Former Board Members Thanked for Service

Community leaders selflessly volunteer their time and talents to serve on the Boards of Directors that govern Licking Memorial Health Systems (LMHS) and Licking Memorial Hospital (LMH). To recognize the many years of service that former Board members dedicated to guiding the organizations' operations and policies, LMHS hosted an annual appreciation dinner in the LMH Café in October.

LMHS President & CEO Rob Montagnese offered a short presentation outlining some of the challenges that healthcare organizations currently are facing to attract and retain a skilled workforce and detailing the creative solutions that LMHS has implemented. He concluded the evening by thanking the former Board members for their efforts to improve the health of the community. "The excellent healthcare we provide in Licking County today is possible because of the example you set for our organization. Your wise financial management created a stable foundation from which we now offer care to our families, friends and neighbors through a variety of services, state-of-the-art technology and outstanding facilities."

LMH has been governed by a Board of Directors since 1898, when the first nine-room Hospital was established on North Third Street in Newark. The LMHS Board of Directors, created in 1984, oversees operations of the Hospital, Licking Memorial Health Professionals private practices and Licking Memorial Health Foundation.

Former Board Members (since 1962)

- | | | |
|---------------------------|--------------------------|----------------------------|
| Mr. Glenn Abel | Mrs. G.A. Hoffman | Mr. Albert J. Nerny* |
| Mr. Donn Alspach | Henry L. Hook, M.D.* | Rev. Dr. Michael Noble, |
| Mr. Royce C. Amos* | Ms. Cheri Hottinger | B.A., M.Div, D.Min. |
| George Andrews, D.D.S.* | John Houser, M.D. | Mr. Thomas Norpell* |
| Mr. Gus Andrews | James Johnson, Jr., M.D. | Mrs. John J. O'Neill* |
| Robert Barnes, Ph.D. | Ms. Shirley A. Johnson* | Mr. Robert O'Neill |
| Mr. Joseph Bernat* | Donald G. Jones, M.D. | Mrs. Ruth Owen |
| Mr. C. Eugene Branstool | Mr. John David Jones* | Mr. Stuart Parsons |
| Mr. Robert I. Bull* | Ms. Ann Munro Kennedy* | R.E. Pickett, M.D.* |
| Mr. John Carlson | Mr. Robert Kent | Ms. Judith Pierce* |
| Mr. Ronald Celnar | Rev. E. Hoyt Kerr, Jr. | Mr. C. Homer Price* |
| Mrs. John Chilcote* | Mr. R.C. Kibler | Mr. Robert Pricer* |
| Mrs. Nancy Chiles-Dix | Mr. H.E. Kraning | Mr. Richard Reed |
| Mr. Jack Crockford | Mr. John Kutil* | Mr. J. Gilbert Reese* |
| Mr. Joseph Dager | Mr. David Lane | Mr. Calvin Roebuck* |
| Mr. C. Daniel DeLawder | Mr. S.H. Lebold | Mr. Roger Roth* |
| Mr. Daniel Dupps | Mr. Howard E. LeFevre* | Mr. Gary Ryan |
| Gerald R. Ehrsam, M.D. | Mr. J. Richard Lemyre | Mr. William Schaffner* |
| Mrs. James Elliott | Mr. W.E. Linne | Mr. Robert Schenk* |
| Ms. Janet Englefield | Mr. Charles Lonsinger* | Mr. Ted Schonberg* |
| Mr. Tim Evans | Mrs. Sara (Sally) Lytle* | Ms. Donna Shipley |
| Ms. Kim Fleming | Mr. William Mann | Mr. Victor Shirley |
| Joseph Fondriest, M.D. | Ms. Bonnie Manning | Mr. P. David Shull |
| Mrs. Karl Foster* | Mrs. John Mantonya* | Mrs. Allen Simison |
| Rev. Joseph A. Garshaw* | Mr. James Matesich | Charles Sinsabaugh, M.D.* |
| Mr. John Gates* | Mrs. Matthew Matesich* | Mr. Norman Sleight* |
| Mr. Walter Gemmill | Rev. Carl E. McAllister* | Mr. William St. Clair |
| Mr. John R. Goodwin | Mr. Richard McClain | Mr. Gregg Stegar |
| Julius Greenstein, Ph.D.* | Mr. William McConnell | Mr. Rod W. Swank* |
| Mr. Robert Griffith* | Ms. Mary Jane McDonald* | Robert F. Sylvester, M.D.* |
| Mrs. Donald Gunnerson* | Mr. Robert McGaughy | Mr. Joseph M. Szollosi |
| Mr. John E. Gutknecht | Rev. Thad McGehee | Ms. Jennifer Ulrevis |
| Mr. Paul F. Hahn* | Mr. L.A. Messimer* | Mr. Richard Vockel* |
| Mr. Larry Harrington* | T. Thomas Mills, M.D.* | Mr. Edwin Ware |
| Mrs. Arthur Hausmann | Lewis Mollica, Ph.D. | Mr. John H. Weaver* |
| Mr. Earl Hawkins | Mr. Roger Morgan | William M. Wells, M.D.* |
| Mr. Douglas Hiatt | Mr. Thomas Mullady | Mr. Gordon Wilken |
| Mr. Bennie Hill* | Mr. Eugene Murphy* | Mr. Wilber W. Wilson* |
| Mr. John Hinderer | Mr. Frank Murphy | Mrs. Nancy Wright* |

* Deceased

Retired Physicians Honored at Luncheon

Members of the Licking Memorial Hospital (LMH) Honorary Medical Staff enjoyed a time of socialization at a special luncheon in September. LMH has hosted the annual event since 2007 as a gesture of enduring gratitude for the many years of service the physicians provided to the community.

The LMH Honorary Medical Staff currently is comprised of 46 physicians who retired after longtime service on the LMH Active Medical Staff and have maintained an outstanding reputation in the community. Physicians who attended this year's event included (standing, left to right): Timothy Gatens, M.D., Zdravko

Nikolovski, M.D., Gerald Ehrsam, M.D., Ann Govier, M.D., Bryce Morrice, M.D., Mark Mitchell, M.D., RR Evans, M.D., John Adams, M.D., Larry Pasley, M.D., Harold Kelch, M.D., Thomas Hall, M.D., Donald Jones, M.D., and John Quimjian, M.D., and (seated) Robert Raker, M.D.



"The excellent care you provided throughout your careers demonstrated your commitment to Licking County residents," Licking Memorial Health Systems President & CEO Rob Montagnese (pictured far left) said. "Each and every day, we benefit from the strong foundation you provided as we strive to improve the health of the community. We cannot thank you enough for all you have done to help make LMH the excellent healthcare facility that it is today."

Behind the Scenes – Tobacco Cessation

Licking Memorial Health Systems (LMHS) encourages healthy lifestyle choices by making all facilities tobacco-free environments, a policy that supports the mission to improve the health of the community. Cigarette smoking has been identified as the greatest cause of preventable deaths in the United States. People who smoke have a higher risk for many health problems, including lung cancer and chronic obstructive pulmonary disease (COPD).

Attempts to give up a tobacco habit require planning and support, which is why Licking Memorial Hospital (LMH) offers the free Quit for Your Health tobacco cessation program with certified tobacco treatment specialists for Licking County residents. The counselors receive extensive training to become certified as a specialist and utilize evidence-based techniques to assist clients in developing a plan that will offer an opportunity to become tobacco-free.

Smoking cigarettes is a dangerous and unhealthy habit that leads to more than 480,000 deaths in the U.S. per year. Cigarettes contain more than 7,000 chemicals including nicotine, arsenic, lead and tar. Chewing tobacco is another dangerous product that

contains nicotine as well as many other carcinogens that can threaten a person's health. Along with cigarettes and chewing tobacco, electronic cigarettes also are known to contain nicotine as well as other substances, such as acetone and lead that are detrimental to the body. While the health risks have been well-documented and publicized, those who use tobacco products find it difficult to quit because of an addiction to nicotine. When nicotine enters the body, it stimulates parts of the brain, creating a pleasant feeling the body soon craves. The physical addiction changes body chemistry, resulting in difficulty concentrating or irritability when a person withdraws from nicotine.

With support from the counselors, following the Quit for Your Health program doubles a smoker's chance of success of quitting completely. During the initial visit, the counselor will initiate an assessment and discuss the options and details of the program. The client is encouraged to complete a planning booklet to develop a quit plan before the next visit. In the subsequent visit, the counselor and client review the plan booklet and finalize a quit plan. Tobacco users are offered nicotine replacement therapy as appropriate. Visits occur every 2 weeks for the next 12 weeks to assist the client in discontinuing nicotine use.

Quit for Your Health

counselors work to form a one-on-one relationship with the patient to offer a support system with encouragement and accountability, and provide assistance in developing effective coping strategies. Such programs have been proven to be the most effective method in the effort to stop smoking. The counselors then provide follow-up opportunities at 30, 90 and 180 days after the person completes the program.

The four counselors available within the Quit for Your Health program have offices at convenient locations, including Moundbuilders Doctors' Park, Building 2, 1272 West Main Street in Newark, the Gerald K. McClain Building in Downtown Newark at 20 West Locust Street, and the Pataskala Health Campus at One Healthy Place in Pataskala. LMH also offers counseling for pregnant women who use nicotine through the Quit For You, Quit For Your Baby Program at Licking Memorial Women's Health – Newark, 15 Messimer Drive.

Participation in the program is free for Licking County residents by self-enrollment or referral by a Licking County physician if a non-resident. Smokers who wish to quit can either ask their primary care physician for more information or simply call (220) 564-QUIT (7848).

Dangers of Vaping

As the popularity of e-cigarettes has increased, the habit of vaping is under greater scrutiny as a respiratory health risk. In particular, the Center for Disease Control and Prevention (CDC) and U.S. Food and Drug Administration (FDA), along with state and local health departments, are investigating an outbreak of severe e-cigarette or vaping product use associated lung injuries (EVALI). As of October, the CDC reports that more than 1,300 EVALI have been reported in 49 states, the District of Columbia and one U.S. territory. While the specific chemical exposures leading to EVALI remains unknown, the sudden increase highlights the fact that vaping is not a safe alternative to smoking.

An electronic cigarette, or e-cigarette, is a nicotine delivery device that has a battery, a heating element and a container for liquid that typically is flavored and contains nicotine. When the liquid is heated and vaporized, users inhale the aerosol in a process that is commonly referred to as vaping. One brand, JUUL, has become so popular that a new verb, JUULing, is widely used.

The aerosol produced by e-cigarettes or similar devices, such as vaporizers or vapor pens, is not simply water vapor. Users breathe potentially harmful substances that, according to the CDC, include nicotine, ultrafine particles that can be inhaled deep into the lungs, chemical flavoring such as diacetyl that has been linked to serious lung disease, volatile organic compounds, cancer-causing chemicals, and heavy metals such as nickel, tin and lead.

Additionally, a 2018 study by the National Academies of Science, Engineering and Medicine (NASEM) concluded that vaping presents serious health risks as the two primary ingredients of the liquid used in e-cigarettes – propylene glycol and vegetable glycerin – are toxic to cells. The researchers found that the vaporizing process produces dangerous chemicals that can cause lung and cardiovascular disease, such as acetaldehyde and formaldehyde. Acrolein, an herbicide primarily used

to kill weeds, also is present in e-cigarettes and may cause acute lung injury, chronic obstructive pulmonary disease, asthma and lung cancer.

E-cigarette liquid is poisonous if it absorbed into the body through contact with eyes or skin, or accidentally or deliberately swallowed. The CDC reports that approximately 50 percent of e-cigarette-related calls to poison control centers nationally are for children younger than 5 years old. The devices themselves are known to be dangerous as well, with serious injuries reported when defective batteries caught fire or exploded.

Children, teenagers and young adults, who are targeted users through marketing and the availability of a variety of flavors, are especially vulnerable to health threats from e-cigarettes. While research continues into the long-term effects of vaping, the NASEM report provided evidence of an increased risk for coughing, wheezing and asthma exacerbations in youth who used e-cigarettes. The CDC warns that any nicotine use is harmful to brain development because it can stunt the ability to learn, affect behavior, worsen conditions such as depression and anxiety, and decrease impulse control which may lead to cigarette or drug use later in life.

Contrary to the belief that vaping can assist in the effort to give up tobacco cigarettes, the FDA has not found any e-cigarette to be safe and effective in helping smokers quit. The best recommendation for smokers who are ready to quit is to partner with certified counselors through a tobacco cessation program, such as the free Quit for Your Health and Quit for You, Quit for Your Baby programs at Licking Memorial Hospital.



LMH Named 2019 CHIME HealthCare's Most Wired Recipient

Licking Memorial Hospital (LMH) recently was recognized as one of CHIME HealthCare's Most Wired Hospitals for 2019. The award honors Hospitals and health systems at the forefront of using healthcare information technologies (IT) to improve the delivery of care have maximized the benefits of foundational technologies and are embracing new technologies that support population management and value-based care. Each year, the survey increases the threshold of its requirements to continually push improvements within healthcare systems.

HealthCare's Most Wired, now in its 21st year, traditionally tracked the adoption of healthcare IT in hospitals and health systems. CHIME acquired the Most Wired program and revised the survey questions and methodology this year to highlight strengths and gaps in the industry. The goal is to identify best practices and promote the strategic use of healthcare IT to elevate the health and care of communities around the world.

"We are pleased to be recognized for a sixth year at the national level for our efforts to improve the health of our community," said Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO. "For a number of years, we have been heavily focused on implementing advanced clinical systems that directly impact the quality of care provided to our patients. Those efforts include adopting technologies to support the instantaneous documentation of patient care, using integrated computer systems with advanced clinical decision support tools, and reducing the likelihood of medication errors through the use of electronic tools such as Computerized Provider Order Entry and Barcoded Medication Verification. Continuing our efforts to integrate top-tier technology is

vital to maintaining optimal patient care and we are fortunate to obtain these technologies because of our community's support."

Each organization that completed a survey received an overall score, including scores for individual levels in eight segments: infrastructure; security; business/disaster recovery; administrative/supply chain; analytics/data management; interoperability/population health; patient engagement; and clinical quality/safety.

"Research has shown that information technology can be a powerful tool in supporting high quality patient care," said LMHS Vice President Information Systems Sallie Arnett, M.S., RHIA, CHCIO. "For many years, we have used technology to assist clinical staff in making informed patient care decisions, improving patient outcomes, and reducing medical errors. With the recent introduction of the LMH Call Light System, staff response times are more timely and communication among staff is quicker and more effective for a patient's needs."

LMH provides digital diagnostic images from Radiology, Cardiovascular Imaging, Mammography, Neuroimaging and Nuclear Imaging to the appropriate care provider regardless of the provider's location, and integrates those images with the electronic medical record (EMR). Voice communication using the unique hands-free Vocera devices, worn by nearly every member of the clinical staff, occurs over the secure wireless network. In addition, Vocera devices allow patients to communicate directly with nurses by activating the nurse call button. LMH also utilizes patient monitoring equipment which sends data directly into the EMR, including bedside blood pressure, pulse

oximetry, temperature, glucose, lab tests and fetal monitoring.

Information security also has been a key focus of the Information Systems Department at LMH in recent years. The Information Security team is focused on the confidentiality, integrity and availability of patient information. "We respect the privacy of our patients' information and do our best to ensure that our information systems remain private, the information contained within the medical record is accurate, and that our systems are operating at peak efficiency for patient care," Sallie added.

The annual survey is designed to measure the level of IT adoption in U.S. hospitals and health systems, and serves as a tool for hospital and health system leadership to map their IT strategic plans. The four focus areas of the survey include: infrastructure and security; business and administrative management, clinical quality and safety (inpatient/outpatient hospital) and clinical integration (ambulatory/physician/patient/community). According to the survey, hospitals are ramping up their efforts to stop hackers and also working to boost their capabilities in telehealth and population health. There also has been an increased emphasis on clinical staff training.



Former Interventional Cardiology Patients Gather at LMH Event

Patients who received life-saving Interventional Cardiology services at Licking Memorial Hospital (LMH) gathered for a special event on the LMH front lawn in October. The patients and their guests reconnected with the staff who provided their care, met fellow community members with shared experiences, and enjoyed a heart-healthy meal.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese welcomed the attendees, noting that the event is a celebration of the many lives saved due to the hard work of the Interventional Cardiology staff members. Rob then introduced Interventional Cardiologist Hassan Rajjoub, M.D., who stressed the importance of lifestyle changes following a heart attack.

"The most important thing you can do to prevent another heart attack is to maintain healthy habits that limit your risk," Dr. Rajjoub said. "As you begin to feel better

in the months following a heart attack, it can be easy to fall back into old behaviors. However, it is vital that you practice what is taught in cardiac rehab, make healthy diet modifications, keep blood pressure, cholesterol and blood sugar levels down, and exercise regularly."

Dan Metheny, who recounted his experience as an Interventional Cardiology patient in June, was the featured speaker at the event. As he mowed his lawn one afternoon, Dan felt pain in his right arm that spread to his chest and jaw. He assumed it was related to the shoulder issues he had recently and believed it would pass with some brief rest. "I tried to lay down on my bed with my feet elevated until the pain passed. I made it about two minutes before the pain was so severe that I knew I needed to call 911," Dan recalled.

Upon arriving at his home, the emergency medical technicians (EMTs) performed an electrocardiogram that confirmed Dan

was having a heart attack. In less than 10 minutes, he was in the LMH Emergency Department (ED) and surrounded by staff members who prepared him for the Cardiac Catheterization Laboratory where Dr. Rajjoub placed a stent to reopen a blocked artery.

"I have nothing but good things to say about the EMTs, Dr. Rajjoub, the Interventional Cardiology staff and the ED staff for the care I received," Dan said. "I felt like I was the most important patient in the Hospital that day and knew I was in good hands the moment I came through the doors. I cannot thank you enough for the work you did to save my life."

Attendees received a T-shirt, LMHS-branded giveaway items, and a scratch-off card to win various gift cards to local businesses. The Interventional Cardiology Reunion is an event that LMH hosts annually in the fall.

Preparing for Baby – A Resource Fair Showcases LMHS Services

The Licking Memorial Hospital (LMH) Development Council hosted the first ever Preparing for Baby – A Resource Fair event in September. The event was designed to showcase the services available through Licking Memorial Health Systems (LMHS), especially the Maternal Child Department, while also offering education on child safety. Expectant mothers, fathers-to-be and grandparents were able to browse the various information displays set up in the LMH First Floor Conference Rooms.

LMHS employees were available to discuss a wide variety of topics including tobacco cessation, nutrition, pediatric healthcare, breastfeeding, infant CPR, and car seat safety. Attendees were offered a number of giveaway items to emphasize

child safety including, a rubber duck bath temperature gauge and a small object choking tester that allows parents to check the size of items that may be a choking hazard. In addition, items for a safe nursery were on display including a crib, changing table, pack and play, stroller, and car seat.

Staff members from the Maternal Child Department provided guided tours of the Labor and Delivery and post-partum areas. Attendees learned about the different tools and birthing techniques offered to create a low-intervention birthing experience. Inside the birthing suites, LMH staff spoke about family-centered care and available technology. The staff members showcased the centralized maternal/fetal monitoring that

allows continuous assessment of both mother and baby, while providing privacy to each patient. Remote monitoring technology allows mothers the freedom to move about during the labor process. The birthing suites are designed with the conveniences of home, including a bathroom with shower, a wall-mounted, flat-screen television and DVD player.

In the post-partum area, the attendees were able to view a bassinet, clothing and other items available for the newborn and mother after birth. LMHS encourages both parents to stay in the room and care for their newborn.

Free Flu Vaccines Prepare Families for Flu Season

In October, Licking Memorial Health Systems (LMHS) offered free influenza vaccines to Licking County infants and children. More than 400 youth, up to the age of 18, attended a one-day “Be Wise ... Immunize” clinic at the Licking Memorial Family Practice – Downtown Newark and, for the first time, at the Licking Memorial Pediatrics – Pataskala location. Staff members from Licking Memorial Pediatrics administered the vaccines after consulting with the children’s parents. The clinic also included refreshments, prizes, drawings and an appearance by Scrubs, the LMHS mascot.

The Centers for Disease Control and Prevention (CDC) reports that an estimated 49 million people suffered from influenza, the highest in eight years. The CDC recommends annual flu vaccines for all children, ages 6 months and older. Children with chronic health conditions are especially vulnerable and should receive a vaccine before the season of increased influenza activity begins in October and runs through May.

Rob Montagnese, LMHS President & CEO, said the successful turnout at the immunization clinic was very encouraging, despite reports showing the decrease in children receiving this

Be Wise... IMMUNIZE

vital vaccine. “The annual increase of participants and the need for event expansion demonstrates that our local families are well-informed about the potential impact of the seasonal flu and want to safeguard their children’s health,” he said. “We are pleased that our community is continually recognizing the importance of their health and the effect it can have on others around them.”

Individuals who have yet to receive the vaccine for the 2019 “flu season” are urged to obtain one. All Licking Memorial Family Practices and Licking Memorial Pediatrics locations have the vaccine available for patients of their practices.

Corporate Breakfast Addresses Importance of Immunizations

More than 70 community leaders gathered in September to learn about the importance of immunizations at the Licking Memorial Hospital (LMH) Development Council’s Corporate Breakfast in the LMH Café. Licking Memorial Infectious Disease physician Rachel DeMita, M.D., discussed vaccine-preventable diseases, Centers for Disease Control and Prevention (CDC) recommended vaccines for children and adults, and the ramifications of failing to vaccinate.

Dr. DeMita highlighted the benefits of immunization as one of the most effective preventive health measures. She shared that the number of cases of most vaccine-preventable illnesses in the United States declined by more than 90 percent after routine childhood immunizations were introduced. Vaccination programs directly benefit the immunized child and indirectly benefit unimmunized persons, including children who are too young for immunization and persons with contraindications to vaccines.

The consequences of failing to vaccinate are numerous. Several of these illnesses are life-threatening and of the infected individuals who survive, many suffer serious complications.

As an example of the positive impact of vaccination, Dr. DeMita shared specific details

regarding influenza. For the 2015-2016 influenza season, the CDC estimates that influenza vaccination prevented approximately 5.1 million influenza illnesses, 2.5 million influenza-associated medical visits, and 71,000 influenza-associated hospitalizations. As a result, 3,000 pneumonia and influenza deaths were prevented.

Vaccines not only are important to the health of an individual, but also the community. Recent concerns among parents and adults have led to a decrease in the use of vaccinations, which puts the community at risk of spreading certain diseases. Licking Memorial Health Systems strongly supports the use of vaccinations to ensure the continued health of our community. Please contact your family physician or pediatrician with any further questions about information and safety of vaccines.

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

Diseases for which vaccination is routinely recommended are:

- Diphtheria
- Haemophilus influenzae type B (Hib)
- Hepatitis A
- Hepatitis B
- Herpes zoster (shingles)
- Human papillomavirus (HPV)
- Influenza
- Measles
- Meningococcal disease
- Mumps
- Pertussis
- Pneumococcal disease
- Polio
- Rotavirus
- Rubella
- Tetanus
- Varicella (chickenpox)

Physician Spotlight

Donald J. Fairbanks, M.D., joined Licking Memorial Health Systems in 2011 and serves as the physician at Licking Memorial Family Practice – North Newark. He attended The Ohio State University and earned a Bachelor of Science in Natural Resources, with a focus on Parks and Recreation, in 1979. In 1995, Dr. Fairbanks received his Medical Degree from the University of Utah School of Medicine. He is a member of the American Academy of Family Physicians.



Ask a Doc – Flu Vaccine with Donald J. Fairbanks, M.D.

Question: It is peak flu season. Is it too late to get the vaccination?

Answer: While seasonal influenza or flu viruses are detected year-round in the United States, cases of the flu are most commonly reported during the fall and winter. The exact timing and duration of flu season can vary, but influenza activity often begins to increase in October, peaks between December and February, and continues to occur as late as May. The flu is associated with approximately 200,000 hospital admissions and as many as 49,000 deaths annually in the United States. The Centers for Disease Control and Prevention recommends receiving a flu vaccine before the peak season as it takes 2 weeks to build an adequate antibody response; however, anytime during the season is beneficial to prevent infection and the spread of the influenza virus.

Every flu season is different due to the constant changes in flu viruses, and a yearly vaccine is required to obtain the needed antibodies to fight the infection. Researchers study the viruses to determine which strains will be most common during the upcoming season and develop a vaccine to target those viruses. Also, the body’s immune response from vaccination declines over time, so the annual vaccine offers optimal protection. While

some who receive the flu vaccine may still become ill, studies confirm vaccination reduces the severity of the illness and intensive care unit admissions. The antibodies in the vaccine require about two weeks to develop and provide protection against influenza virus infection.

Most people consider the flu a mild illness that lasts less than two weeks and does not require medical care. However, there are those who can suffer severe complications that result in hospitalization and sometimes death – including pneumonia, bronchitis, and sinus and ear infections. To prevent the spread of the viruses, those 6 months of age and older should receive a flu vaccine every season. Vaccination is particularly important for people who are at high risk of serious complications including:

- People aged 65 years and older
- People who are immunocompromised such as those with HIV, hepatitis, and cancer
- Pregnant women
- People who live with, or care for, the immunocompromised or elderly
- People who have chronic medical conditions such as, asthma, diabetes, heart disease, and lung disease

There are different types of age-appropriate influenza vaccines. They all are licensed for different ages and groups of people. Options include inactivated influenza vaccine (IIV), recombinant influenza vaccine (RIV), or live attenuated influenza vaccine (LAIV). The LAIV is administered as a nasal spray vaccine that may be given to non-pregnant people ages 2 through 49. Licking Memorial Health Systems does have a small supply of the nasal spray vaccine for those who prefer the method over a tradition needle injection. Be sure to discuss the options for vaccination with your primary care provider.

While the best way to prevent seasonal flu is vaccination, it also is important to practice good health habits such as washing your hands often and covering your cough. The flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may experience vomiting and diarrhea, though this is more common in children than adults. If you have flu symptoms, stay home to prevent spreading the virus to others. If you are in a high risk group and develop flu symptoms, contact your doctor early in your illness.



Quality Reporting to the Community

Patient Story and Benchmarks for Rehabilitative Care

Patient Story – Marcia Downes

Upon returning home, she discussed her options with Dr. Ouweleen and decided to move forward with a total hip replacement. Total joint replacement is a surgical procedure in which certain parts of an arthritic or damaged joint are removed and replaced with a plastic or metal device, or an artificial joint. The artificial joint is designed to move in the same manner as a healthy joint. Joint replacement is a treatment option when pain is severe and interferes with daily activities and/or work.

“I attended the pre-operative training class for knee and hip replacement patients, and it was excellent,” shared Marcia. The two-hour class which is taught by staff members who are directly involved in patient care – a nurse, case manager and physical therapist – helps individuals prepare for surgery and recovery. “It was so interesting to hold the joint in my hands, to see what it was like and what would be functioning as a part of me moving forward,” said Marcia. “I am so glad that LMH offers these classes. The extent of information provided truly helps patients understand the entire process, as well as sets their minds at ease. Knowing what to expect and taking an active role in your care certainly helps to ensure the best outcome,” she concluded.

In June of 2018, Marcia underwent hip replacement surgery. “The entire process was unbelievably smooth,” she stated. “Dr. Ouweleen is terrific! His attitude is upbeat and positive,” Marcia remarked. She spent three days at LMH post-surgery. “It was a huge comfort for me to be able to stay at the Hospital after my surgery,” said Marcia. “My husband was very appreciative as well. The staff was exceptional, and I was well-prepared upon my discharge.” Numerous topics are discussed with patients before they leave the Hospital, such as possible

home hazards and how family members can prepare for a safe return; types of resources available for after care; ways to prevent and recognize infection; and strengthening exercises to perform.

As part of her recovery, Dr. Ouweleen ordered home health care for Marcia three times weekly for a month. “My post-surgery and rehabilitative care was very impressive,” said Marcia. “It was an all-around terrific experience, from the small size of my scar to my recovery time. I cannot imagine why anyone would go outside of the community for care when we are so fortunate to have such exceptional care offered here at Licking Memorial Hospital.”

Marcia returned to work a month after her procedure. She walks every day and continues the exercises recommended by Dr. Ouweleen. A passionate gardener, Marcia loves cooking with her family, often using vegetables and herbs harvested from her own garden or purchased at the local farmer’s market. “I enjoy shopping locally. I feel it is very important to support the community and utilize as many local organizations as possible for the services I need.”

She enjoys traveling abroad and embarks on two trips annually, usually with her friends. Marcia and her husband have three grown children and five grandchildren. She serves as Executive Director of The Works, Ohio Center for History, Art & Technology, and is an active member of the Licking Memorial Hospital Development Council’s Community Relations Committee.

With a history of rheumatoid and osteoarthritis, Marcia Downes anticipated experiencing joint issues during her lifetime. Osteoarthritis is a degenerative joint disease that develops over time due to overuse, injury or repetitive movement. It is commonly referred to as a wear and tear condition. In an affected joint, cartilage wears away, becomes frayed and rough, and the protective space between the bones decreases. Rheumatoid arthritis is an autoimmune disorder in which the body attacks itself, and can affect multiple joints at one time, damaging normal tissue, such as cartilage and ligaments, and softening the bone. The cartilage damage results in painful, swollen joints.

Three years ago, Marcia was suffering from chronic right hip pain and visited Kevin Ouweleen, M.D., of Licking Memorial Orthopedic Surgery. Dr. Ouweleen referred her to the Licking Memorial Hospital (LMH) Pain Management Clinic, a patient-centered practice of progressive pain management procedures performed by an anesthesiologist. Treatments are tailored to each patient and can include a single approach or combination of medications, therapies and injection procedures.

In an effort to ease her struggle with tremendous pain, she underwent several rounds of nerve block injections at the Clinic. During this time, she took a trip to Italy. “Unfortunately, I experienced numerous difficulties walking and hiking during the vacation,” Marcia explained. “My mobility was greatly hindered, and I could barely handle the pain. I knew it was time to take a different course of action and resolve my issue.”

Rehabilitative Care – Inpatient and Home Care – How do we compare?

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

1. Patients who are undergoing rehabilitation are at increased risk for falls due to factors such as the expectation of increased independence, weakness and, possibly, pain medication. Falls can result in injuries and potentially delay a patient’s rehabilitation. All patients in the Acute Inpatient Rehabilitation Unit (ARU) at Licking Memorial Hospital (LMH) receive daily assessments for their level of fall risk and are advised of precautionary measures.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	1	0	0	0

2. Upon admission to the ARU, patients receive a standardized Functional Independence Measure (FIM) assessment, scoring their ability to perform daily skills. The FIM is composed of 18 measures to capture the improvement in an individual’s function. The FIM skills are reassessed before discharge. A few of the key FIM skills are listed below. Higher numbers are more favorable.

	LMH 2016	LMH 2017	LMH 2018	National ⁽²⁾
Average amount of ARU patients’ functional improvement at discharge				
Overall	26.8	24.1	23.7	30.4
Locomotion (walking or using wheelchair)	2.9	2.4	2.5	2.9
Bathing	1.7	1.6	1.2	1.8
Eating	1.0	0.7	0.9	1.1

3. The goal of the ARU is to help patients, who have experienced an illness or injury, improve their functional status and mobility so that they may return home rather than to a nursing care center.

	LMH 2016	LMH 2017	LMH 2018	National ⁽¹⁾
ARU patients discharged directly to home	78%	85%	86.7%	86.3%

4. Inpatients’ level of satisfaction with their healthcare experience is affected by many factors, such as achievement of therapy goals, staff communication skills, nurse response times, and facility cleanliness. To monitor the quality of care, the ARU at offers patients an opportunity to offer feedback through a post-discharge survey. **NOTE: For calendar year 2018, LMH survey methods transitioned from an internal mechanism to the Press Ganey surveys similar to current practices both at the Hospital and with Licking Memorial health care providers. Due to this change, no statistics are available for review. Data shall resume for 2019.**

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Overall patient satisfaction with ARU experience	97%	94%	N/A	98%

5. LMH Home Care provides skilled professional care to patients at home. Services are based on the individual’s needs and include a wide range of support, such as therapy, nursing care, medication instruction, pain management, home management, financial needs assistance, emotional support, as well as others. LMH surveys Home Care patients regarding their level of satisfaction to evaluate how well their needs are being met.

	LMH 2016	LMH 2017	LMH 2018	National ⁽³⁾
Percent of Home Care patients rating LMH a 9 or 10	94.7% 95th percentile	90.1% 68th percentile	93.7% 92nd percentile	50th percentile

Rehabilitative Care – Inpatient and Home Care – How do we compare? (continued on page 20)



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

6. LMH Home Care patients often have some degree of physical deficit which can interfere with their ability to walk and quality of life. The Home Care staff provides physical therapy and other support to help patients improve their walking function. In 2015, LMH began tracking patients’ improvement to evaluate the effectiveness of the program.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Home Care patients with improved walking function	80%	85%	87%	75%

7. Studies have shown that patients are more likely to take their medications properly in the correct dosage and at the correct intervals if they are informed about the importance and purpose of the drugs. LMH Home Care nurses provide medication education to patients and their caregivers. The nurses and therapists also perform medication reconciliation to check for possible adverse interactions or out-of-date drugs.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Home Care patients receiving medication education	98%	100%	98%	100%
Home Care patients receiving medication reconciliation	97%	99%	99%	90%

8. Patients who have physical impairments due to illness, surgery or injury may not recognize fall hazards in their homes. Items such as throw rugs, stairs without railings, extension cords across floors and slippery bathtubs are particularly dangerous to recovering patients. The LMH Home Care staff offers a safety evaluation of the patient’s home, as well as an assessment of the patient’s own physical abilities in the home environment.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Fall risk assessment completed for every Home Care patient	99%	100%	100%	100%

9. Pain is commonly associated with acute injury and illness. LMH Home Care implements pain interventions to facilitate the patient’s healing and recovery. Pain intervention methods may include medication, exercise, behavioral strategies and other modalities.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Pain interventions implemented	100%	100%	100%	100%

Data Footnotes: (1) CASPER Report IRF Facility-Level Quality Measure Report (2) Rehab Metrics Report (3) Press Ganey Associates, “Home Health Care Consumer Assessment of Healthcare Providers and Systems” (HCAHPS) survey results

Health Tips – Caregivers Can Help

After an illness, injury or surgery, many patients require assistance from family members or a caregiver in order to return to their own home. During the patient’s stay on the Acute Inpatient Rehabilitation Unit, caregivers are strongly encouraged to be involved in the patient’s recovery. Staff members work to include family members and caregivers in the planning process. Attending therapy sessions with the patient also is helpful. The caregiver can observe how the therapist encourages the patient to practice new skills. Staff members also can offer advice and strategies for in-home care. Being supportive and allowing the patient the opportunity to perform self-care tasks is vital to gaining back independence.



LMH’s Acute Inpatient Rehabilitation Celebrates Performance Day

An illness, accident or injury can completely change the way a person performs day-to-day activities. The Acute Inpatient Rehabilitation Unit at Licking Memorial Hospital (LMH) offers qualifying patients specialized care including different types of therapy to assist in the process of regaining needed life skills. During the two- to three-week stay, patients undergo skilled therapy for at least three hours, five days per week. Before a patient is released to their own home or another care facility, they are required to participate in Performance Day – a day of celebration and evaluation to showcase the ability to perform daily self-care activities.

The staff members in the Acute Inpatient Rehabilitation Unit are directed by a physician and include specially trained nurses, social workers, dietitians, and physical, occupational, and speech therapists, who focus on living skills to prepare the patients to care for themselves. An individualized treatment plan and program is developed for each patient based on a thorough evaluation by each team member at the time of admission. At that time, the team members offer a detailed score on the patient’s ability to complete tasks such as walking, bathing, interaction with others and getting into a vehicle. Each discipline involved in the patient’s care assists in maximizing function and independence.

Individualized goals are created for each patient based on the initial evaluation and the next step for the patient. The most common goal is to assist the patient to gain independence so that they can be discharged to their own home; however, some may need further care and can be transferred to a care facility. To the patient, the team members

become cheerleaders, coaches and support as well as teachers. Together, the team estimates a date for discharge and will inform the patient when to expect to participate in Performance Day.

Performance Day is scheduled the day prior to the patient’s discharge. A magnet is placed above the patient’s door announcing the special occasion. After weeks of work, the patient is asked to care for their own personal needs for a 24-hour period. Staff members are available for the safety of the patient, but simply observe to ensure the patient is capable of performing day-to-day care. Again, the team evaluates the patient and offers a score on their performance based on therapeutic criteria. For the patient, it is an opportunity to build confidence and comfort in knowing they can perform the skills necessary to return home. At the end of the 24-hour period, both patient and staff witness the results and successes gained from the rehabilitation efforts. The staff members also prepare a departure gift with useful tools and other items for the patient to celebrate the event.

The Acute Inpatient Rehabilitation Unit is located on the LMH Sixth Floor and consists of eight beds. To qualify for services, patients must be able to tolerate at least three hours of therapy five days per week and have the ability to achieve rehabilitation goals in a reasonable time period. Patients may be referred to Acute Inpatient Rehabilitation by their physicians, social workers, family members, insurance representatives, case managers or themselves. Potential candidates are patients who have difficulty with, balance or coordination, swallowing, mobility, or daily activities, such as eating, grooming, dressing, bathing, homemaking, memory or judgment or speech.





Quality Reporting to the Community

Patient Story and Benchmarks for Surgery Care

Patient Story – Mark Mitchell, M.D.

resection, a procedure in which the diseased segments of the intestine are removed and the healthy segments are reconnected. “Dr. Ferrini and I had a great discussion about whether or not bowel resection should be considered. I was very impressed that he did his research about persons on immunosuppressants,” said Dr. Mitchell. “In the end, we decided surgery would be the best option.”

Before the surgery could be performed, Dr. Mitchell had to wait until the diverticulitis had been treated and was no longer a health concern. With a willing donor already prepared for the transplant surgery, Dr. Mitchell wanted to proceed with the bowel resection as soon as possible, and the procedure was scheduled in June.

“Everyone, from registration to the pre-operation staff, was so supportive and friendly from the moment I checked in for surgery,” Dr. Mitchell said. He retired from Licking Memorial Health Systems (LMHS) as an internal medicine physician after 40 years of service to the community and now serves on the Licking Memorial Hospital Board (LMH) of Directors. “Everyone who cared for me treated me with the utmost respect and kindness, and I do not believe they knew I was a physician or a member of the Board,” he said.

When Dr. Mitchell was working for LMHS, he was asked to help a newly hired physician learn how to use the electronic medical records. That was the first time he had met Dr. Ferrini. “I spent the day with him, getting to know him,” said Dr. Mitchell. “I thought highly of him including his experience and knowledge. That is why I chose him to be my surgeon.”

Dr. Mitchell spent five days at LMH. Staff members were quick to respond to

his needs and assist when he was feeling uncomfortable. He was impressed with the quality of care and grateful for the nurses and the point of care technician who performed her duties with a cheerful attitude. “The manager on the floor, Shannon Capitano, also was very gracious. My IV was not functioning properly, and she corrected the problem, which was above and beyond her managerial duties,” Dr. Mitchell said. After his release from LMH, Dr. Mitchell experienced a wound infection, and was quickly scheduled for a follow-up appointment with Dr. Ferrini. The office staff made certain he received rapid attention for the issue which was easily managed and again treated him with kindness.

After six weeks of recovery from the bowel resection surgery, Dr. Mitchell was told he could proceed with the kidney transplant. It had been a year since his primary care physician informed him that he would need the transplant. He donated one of his own kidneys 43 years ago, and the remaining kidney was weakening. When news spread that Dr. Mitchell needed a transplant, eight people came forward offering to go through the testing to donate a kidney and one was found to be a good match. During Dr. Mitchell’s recovery from the bowel resection, the donor developed a medical issue as well; however, another five volunteers came forward. “I actually was grateful for the extra time to recover from the first surgery. It took about eight weeks to fully feel like myself, with energy to do the things I enjoy,” said Dr. Mitchell. “I have found that it is much better to be the physician than it is to be the patient,” he joked.

As he waits for a new date for the kidney transplant surgery, Dr. Mitchell is staying active, walking 2.5 miles in the hills behind his house three times

In May, just days before he was scheduled to receive a kidney transplant, Mark Mitchell, M.D., developed a case of diverticulitis – inflammation or infection of small pouches called diverticula that develop in the walls of the intestines. The transplant had to be postponed, and it was recommended that Dr. Mitchell take action to remove the diverticula to prevent the condition from recurring.

Diverticula usually develop when naturally weak areas in the colon stretch under pressure and cause marble-sized pouches to protrude through the colon wall. It is a common occurrence, especially after the age of 40, and seldom causes problems. However, diverticulitis occurs when one or more of the pouches become inflamed and cause symptoms including severe abdominal pain, fever and nausea.

Dr. Mitchell was diagnosed with uncomplicated diverticulitis which, typically, can be treated with rest, changes in diet and antibiotics. Surgery to treat diverticulitis is suggested for those who experience an abscess or perforation – which Dr. Mitchell did not experience. However, to receive the kidney transplant, he would be required to take an immunosuppressant – a medication that inhibits or prevents activity of the immune system in order to lower the body’s ability to reject the transplanted organ. If diverticulitis reoccurred while Dr. Mitchell was taking the medication, he would be at a much higher risk of emergency surgery, complications or possibly even death. He contacted Victor F. Ferrini, M.D., of Licking Memorial Surgical Services, to discuss treatment options.

To treat complicated diverticulitis, surgeons can perform a primary bowel

Surgery Care – How do we compare?

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

- Moderate sedation allows patients to tolerate procedures while maintaining adequate breathing and the ability to respond to stimulation. Most drugs used in moderate sedation can be reversed fully or partially, if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in moderate sedation.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Use of reversal agent for GI procedures	0.00%	0.00%	0.00%	Less than 0.90%

- The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient’s current medical record, marking the site by the surgeon, and final verification in the operating room. In 2018, 7,986 surgeries were performed at LMH.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Wrong-site surgeries	0	0	0	0

- Patients who have open-incision surgery are at elevated risk to develop an infection at the surgical site. LMH utilizes strict infection-prevention strategies for each surgical patient and ensures that the Hospital’s Central Sterile staff members receive certification in proper reprocessing sterilization policies for surgical equipment.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Central Sterile staff with certification within one year of completed training	100%	100%	100%	100%
Surgical site infections	0.50	0.00	0.30	0.10

- As a quality care indicator, hospitals track 30-day readmission rates for patients who had total hip or total knee replacement surgeries. LMH tracks the rate of patients who had an unplanned readmission back to LMH for any reason (even if the reason was unrelated to the surgery) within 30 days of their Hospital discharge.

	LMH 2016	LMH 2017	LMH 2018	National ⁽¹⁾
30-day readmissions:				
Total hip replacement readmissions	4.65%	5.00%	3.18%	2.38%
Total knee replacement readmissions	2.66%	2.24%	2.84%	2.07%

- Delays in surgical procedures are an inconvenience to patients who may have fasted for hours and often are nervous. The LMH Surgery staff makes every effort to schedule procedures appropriately for the comfort of patients and their families.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Surgeries that started on time	89%	88%	89%	Greater than 90%

- Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots, including the use of blood thinning medications and mechanical compression devices. In some cases, despite using these interventions, these blood clots may still occur.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis	0.40%	0.60%	0.30%	0.50%

Data Footnotes: (1) MIDAS CPMS comparative database (2) Ohio Hospital Association



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

a week and using his elliptical machine as well. He enjoys spending time with his family. He was able to travel to Jackson, Wyoming, to spend time with his daughter soon after the operation this past summer.

LMH's state-of-the-art surgical facilities are located in the John & Mary Alford Pavilion, which opened in 2007. Licking Memorial Surgery Department is a Licking Memorial Hospital (LMH) service, providing care to both inpatients and outpatients of all ages.

Some of the common surgical services provided are:

- Ear, nose and throat
- Obstetrics/Gynecology
- Urology
- Orthopedics
- General
- Vascular
- Ophthalmology
- Podiatry
- Plastic/Reconstructive

Enhanced Recovery After Surgery (ERAS) Program

Licking Memorial Hospital (LMH) recently implemented the Enhanced Recovery After Surgery (ERAS) program, which combines simple evidence-based interventions aimed at improving post-operative recovery for patients undergoing major surgery. The ERAS program focuses on education, nutritional management, lifestyle changes to decrease smoking and alcohol intake, and utilizing alternate pain management strategies to minimize opioid use. The program also is designed to reduce stress responses during and after surgery. A recent U.S. National Library of Medicine study reports that patients who were 50 to 90 percent compliant with the program reduced the risk of complications by at least 20 percent during and after surgery.

ERAS utilizes recommended protocols for surgical procedures to create optimal outcomes for patients. These protocols are enacted when the surgeon or physician determines the need for surgery. The physician provides the patient with crucial pre-operative instructions that include the importance of tobacco and alcohol cessation, exercise, and consuming nutritious foods that will help boost the immune system. Additional protocols are completed during a preadmission testing clinic visit before the surgery date. These protocols help determine the best plan

for the patient. Preadmission testing may include:

- Blood work to evaluate blood-related disorders
- Electrocardiogram (EKG) to measure the electrical activity of the heart
- Stoma nurse evaluation

The patient is encouraged to follow the ERAS program instructions prior to surgery for the best results. As another pre-operative aspect of the ERAS program, the patient is given a high-carbohydrate beverage to drink the night before and two hours before surgery to maintain an appropriate blood sugar level and reduce the risk of nausea and vomiting after surgery.

The surgeon and nursing staff also follow ERAS protocol when preparing and performing surgery. To help decrease the need for opioid medications and decrease post-operative pain, the anesthesia provider may administer a nerve block or low-dose spinal narcotic. The patient is monitored constantly throughout and after surgery to ensure pain levels are managed and vital signs remain stable. Patients who require pain management can receive a prescription for non-opioid pain medications, including Celebrex, Tylenol and Gabapentin. Opioids, such as tramadol

and oxycodone, may be prescribed in extreme cases following an assessment. However, ERAS focuses on pain management without the use of opioids because of the danger of addiction as well as the increase of constipation with opioid consumption.

After surgery, ERAS emphasizes increased ambulation, which is a technique for patients to participate in light activity to help assess progress and aid in recovery. Patients are given IV fluids immediately after surgery and continued for 24 hours to maintain hydration. The focus of the methods used during and after surgery is to increase comfort, reduce stress-levels, and deter use of medications or anesthesia that can cause nausea, constipation, discomfort or disorientation. Ultimately, ERAS program protocols help reduce the length of an inpatient stay, shorten recovery time, and lead to the best overall health outcome for the patient. The program currently is implemented for elective colorectal surgeries and will be utilized for other surgeries in the future.

New Staff Join Shepherd Hill

Two new staff members recently joined Shepherd Hill, the Behavioral Health Department of Licking Memorial Hospital (LMH). The nationally accredited treatment center that focuses on patients with substance use disorders. Shepherd Hill provides care for patients aged 18 and older, including inpatient detoxification services and inpatient psychiatric care for patients needing 24-hour treatment and stabilization. Comprehensive treatment options, including a partial hospitalization program with an overnight component, day and evening intensive outpatient treatment programming, Medication Assisted Treatment, and an aftercare program, are available for patients with alcohol and/or drug dependence.

Heidi Hess, Director of Behavioral Health, joined Licking Memorial Health Systems in July and brings more than 25 years of experience. Heidi has served as the Executive Director for two of the largest behavioral health consulting companies in the United States and was tasked with implementing, improving and

expanding the behavioral health services within a number of U.S. hospitals.

A native of St. Paris, Ohio, Heidi earned her master's degree in social agency counseling from the University of Dayton and holds certifications in Dialectical Behavior Therapy and as a Master Trainer by the Crisis Prevention Institute. She has worked as an adjunct professor for the University of Dayton, and is a Licensed Professional Clinical Counselor.

Stephen M. Pickstone, M.D., earned his medical degree and completed an internal medicine internship at Marshall University School of Medicine in Huntington, West Virginia. He completed a psychiatry residency at The Ohio State University and is board certified in psychiatry.

Recent enhanced programming at Shepherd Hill is aimed at streamlining admissions. A redesigned phone system and designated phone number, (220) 564-HEAL (4325), offers prospective patients 24/7 access to staff for assistance.

To further enhance accessibility and simplify the admissions process further enhance accessibility and simplify the admissions process for chemical dependency patients, same-day admissions and walk-in assessment hours, between 10:00 a.m. to 2:00 p.m. daily, now are available. Mental health assessment currently is available 24/7 in the LMH Emergency Department. Additionally, an evening intensive outpatient program (IOP) for chemical dependency will be offered Monday, Tuesday and Thursday, from 6:00 to 9:00 p.m. The daytime IOP also will be extended to five days a week, from 9:00 a.m. to 12:00 Noon. The addition of new staff allows for an increase in residential services to treat a full capacity of 75 patients for inpatient chemical dependency and psychiatry, along with outpatient chemical dependency services and medication assisted therapy patients.



ESTABLISHED 1985
A Department of Licking Memorial Hospital

Supporter Spotlight – Capital Wholesale Drug Company

The leadership of Capital Wholesale Drug Company takes pride in its history and the fact that the business remains family-owned. As part of its commitment to charitable giving, Capital Wholesale Drug Company has become a Platinum Circle donor to Licking Memorial Hospital (LMH), contributing over \$25,000 since 1993 for the continuation of excellent health care, purchase of new equipment and expansion projects.

George D. Richards, R.Ph., started Capital Wholesale Drug Company on Front Street in Columbus in 1950 in the hopes of simplifying the process of acquiring pharmaceutical products for local physicians and pharmacists. He and his wife, Betty, ran the company, and his son, George K. Richards (GK), and his daughter, Linda, later joined the business and assisted in the growth and expansion

to the current location in Grandview. Betty passed away in 2009 at the age of 86, George D. passed away at the age of 97 in 2016, and Linda has since retired.

Nearly 70 years later, GK along with his daughters, Sarah Richards Lynch and Jessica Richards Hosgood, Pharm.D., serve as the leaders of the company. Despite many changes in the wholesale distribution business, the company continues to serve as an independent distributor. "We strive to set and meet high service standards," said GK. "Our mission is great service, safe products and quick delivery. The company is in good hands with the third generation fully engaged."

Now the President of Capital Wholesale Drug Company, GK wants the company's charitable giving to be used in a wise

and impactful manner. He appreciates the values his company shares with LMH. "Our 30-year history with LMH has proven that our gifts not only benefit the community, but often are sourced in innovative ways. It is a well-known fact that LMH is a cutting-edge institution and listed as one of the best on independent surveys," he said.

GK is grateful his company is part of the community and enjoys partnering with like-minded organizations. "LMH does not set itself apart, but rather integrates itself and its resources into the community and works to be a partner. I can sense the excitement of shared values and visions for the future."



Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The Caduceus Society

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Licking Memorial Honorary and Active Medical Staff who support Licking Memorial Health Systems' (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.

Shawn L. Reed, M.D.

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) honored Shawn Reed, M.D., for his generous support of LMHF as a member of the Caduceus Society. Dr. Reed joined Licking Memorial Internal Medicine in April 2019.

Dr. Reed received his Bachelor of Arts in molecular biology from Princeton University in Princeton, New Jersey. He earned his Doctor of Medicine degree from Case Western Reserve University School of Medicine in Cleveland, and completed an

internship and residency in internal medicine at Vanderbilt University Medical Center in Nashville, Tennessee. He is board certified in internal medicine and has a professional interest in diabetes and hypertension.

Dr. Reed is a native of Newark. His father, Nicholas Reed, M.D., was an obstetrics and gynecology physician who spent his entire career on the LMH Active Medical Staff.



The William Schaffner Society

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

Jessica Clark and Family

Radiology Manager Jessica Clark accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) in honor of her commitment to the William Schaffner Society. An LMHS employee since January 2013, she earned her associate degree in applied science from Central Ohio Technical College and is a Certified Radiology Administrator through the American Healthcare Radiology Administration.

Jessica is involved in community service as a mentor with Big Brothers Big Sisters of Licking & Perry Counties. She and her husband, Tom, reside in Brownsville. They, along with another business partner, have owned and operated Line-X, a truck accessory and bed-liner application business in Newark, for 11 years. Jessica and Tom also owned and operated Crossroads restaurant in Jackson town for 9 years before selling it in October 2018.

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

Donors

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

Benefactor

Stephen M. Pickstone, M.D., and Family

Capital Improvement Fund

TWIGS 6

TWIGS 8

Community Cornerstone Club

Doug and Lynn Anders

Seth Ellington

Mr. James Francis

Bill Hayes, Licking County Prosecutor

Skip & Tammy Hoover

Miss Clarissa Ann Howard

Deborah Kohman

John P. Lazar, M.D.

Al and Sandra Lyons

Jim and Nancy Mitchell

Brian and Sarah Palmer

Marcia J. Phelps

Tom and Joyce Slater

Steven Snow

Bart Weiler

Craig Young

Cradle Roll

In honor of Odehyieba Sikayena Asenso

By: Licking Memorial Health Systems

In honor of Reid Ashton Gardner

By: Licking Memorial Health Systems

In honor of Oliver Green

By: Licking Memorial Health Systems

In honor of Adele Kline

By: Licking Memorial Health Systems

In honor of Jackson David Miller

By: Ron and Sheila Miller

In honor of Eli Thorpe

By: Licking Memorial Health Systems

General

Anonymous

Anonymous

Memorial

In memory of Joan Ford

By: Ms. Janet Ignatius

In memory of Ray "Ram" Wheeler

By: Denny and Carol Wheeler

Paving Our Future

In memory of Nancy Davis

By: Licking Memorial Pediatrics

In memory of Susan Huddy

By: Friends of Susan Huddy

In memory of Jasca S. Kaneff

By: Mary H. Henry

In honor of Nancy Greer LeBlanc

By: Tom LeBlanc

William Schaffner Society

Tracy M. Peek

Tynisha N. Strickland, R.N.

LMHS Recognizes Donors at Annual Receptions

The individuals and organizations who generously support Licking Memorial Health Systems' (LMHS) mission to improve the health of the community through financial contributions to Licking Memorial Health Foundation (LMHF) were honored at a pair of special events in September. Licking Memorial Hospital (LMH) Development Council hosted the Donor Appreciation Reception to show gratitude to the community members and businesses who made donations to LMHF this year.

In welcoming guests to the Donor Appreciation Reception, LMHS President & CEO Rob Montagnese said, "I cannot emphasize how vital community support is to our success. Because of your financial gifts, we are able to offer state-of-the-art technologies and services that are uncommon to many community hospitals. We then also are able to recruit and retain excellent physicians and medical professionals who provide outstanding care to our families, friends and neighbors. Thank you for partnering with LMHS to enable access to high-quality health care in Licking County."

Rob and Vice President Development & Public Relations Veronica Patton recognized donors who reached new giving milestones at increments of \$500. These donors received pieces from the LMH Main Street Collection, a series of replicas depicting LMHS buildings and amenities located throughout Licking County.

Terrill Burnworth, D.O., of Licking Memorial Emergency Medicine, who is a member of the Caduceus Society, unveiled the newest piece of the LMHS Main Street Collection, a replica of Licking Memorial Urgent Care – Granville. Located at 14 Westgate Drive, the facility opened in 2012 and offers diagnosis and treatment of medical conditions that are not severe enough to require a visit to the LMH Emergency Department when a patient's primary care physician is unavailable. Licking Memorial Urgent Care – Granville features spacious waiting areas and patient exam rooms, a procedure room, and digital radiology services. This year's addition represents the \$10,500 level of giving.

LMHS employees who provide support through PRIDE (Providing Resources in Dedicated Employees) were honored during the PRIDE Appreciation Open House. Currently, there are 783 PRIDE members. Since its inception in 1987, PRIDE has raised more than \$3 million to help fund major projects and capital improvements at LMH, including the Emergency Department Lobby, renovation of the LMH Main Lobby, construction of the LMHS information highway and the John & Mary Alford Pavilion fireplace area.

LMHS, a not-for-profit organization, reinvests revenue over expenses back into the Hospital for the ultimate benefit of the community. Gifts may be designated for a specific department, service, facility or piece of equipment. However, unrestricted gifts allow the funds to be directed to the greatest need. All donations are used for capital expansion, renovations and equipment. Contributions are never used to pay for operating expenses or salaries.



Annual Golf Gala Supports LMH

The Licking Memorial Hospital (LMH) Development Council hosted the 2019 LMH Golf Gala at the Denison Golf Club on September 9. The annual golf outing raised funds to assist Licking Memorial Hospital in providing quality health care for our community with state-of-the-art technology and capital expansions.

"Your overwhelming support of the 2019 Golf Gala helps us to meet the growing healthcare needs of Licking County residents," Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese told the 127 golfers in attendance. "Because of your enthusiastic participation in this excellent event, we exceeded the fundraising goal for this year's Golf Gala. I sincerely thank you for your partnership in our mission to improve the health of the community."

The Honorary Chairs of the 2019 Golf Gala were Jill, Andrew and Luke Guanciale. Jill works as a Business Process Analyst for the Boeing Company. Her community involvement includes serving as the Chairwoman for the Works' 2018 HATSOFF! event, participating in the Big Brothers Big Sisters (BBBS) of Licking & Perry Counties Lunch Buddy Program, and volunteering as a member for the LMH Community Cornerstone Campaign Scholarship Review Committee. Andrew is a realtor for the Guanciale Group of Coldwell Banker King Thompson. He is a member of the LMH Development Council and The Works Museum Development Council. He also serves on the BBBS of Licking & Perry Counties Board of Directors, the BBBS Foundation Board of Directors, the Salvation Army of Newark Advisory Board, and the Hospice of Central Ohio Foundation Board. Jill and Andrew are lifelong Newark residents, and now are raising their son in the community.

A total of 33 teams participated in the 18-hole scramble. Following the round, participants enjoyed a steak dinner, as well as an awards ceremony featuring team and individual awards. The team of Jeff Bare, D.O., Andrew Terlecky, D.O., LMHS Vice President Physician Practices Greg Wallis

and Thom Wood, M.D., secured first place. Each team member received a trophy and a round of golf at the Denison Golf Club. The SmartBill, Ltd., team, which included Brian Butcher, Rob Hess, Ryan West and Phil Wince, took second place. Each team member received a round of golf at The Links at Echo Springs. Unfortunately, there was not a winner for the Hole-in-One prize, a two-year lease for a new 2019 Honda Accord EX-L offered by John Hinderer Honda. Prizes were awarded for the following categories:

Closest to the Pin – Tom Cumiskey, of the Park National Bank team, received two rounds of golf with a cart and drinks at Table Rock Golf Club.

Longest Drive (Women) – Amy Shepherd, of the Baker-Hostetler team, received two rounds of golf with a cart at St. Albans Golf Club.

Longest Drive (Men) – Gavin Mawhor, of the State Farm – Tony Adams team, received two rounds of golf with a cart at EagleSticks Golf Club.

Longest Putt – Lauren Grogan, of the Denison University team, received two rounds of golf with a cart at Wyandot Golf Course.

This year's **Club Sponsor (\$7,500)** was Denison University. **Ace Sponsors (\$5,000)** included Frontier Remodeling Co. Inc.; John Hinderer Honda; Matesich Distributing Company; MedBen; Park National Bank; Stedman Floor Co., Inc.; and Surgical Interventions, LLC. **Eagle Sponsors (\$2,500)** included AssuredPartners; Claypool Electric; Columbus Springs Hospitals; Corna Kokosing Construction; Courtesy Ambulance, Inc.; Delta Dental; The Energy Cooperative; Gutridge Plumbing, Inc.; Henderson ~ Van Atta ~ Stickle Funeral & Cremation Service; The Jerry McClain Companies; Dr. Donald G. & Patsy Jones; Kessler Sign Company; Limbach Company, LLC; Mill Tech, LLC; Northpoint Ohio Architecture; PNC Bank; Robertson Construction; Scott Peterson of General Graphics; SmartBill, Ltd.; US Foods; Vocera;

and Waste Away Systems. The **Divot Sponsor (\$1,500)** was Ultimate Software, the **Driver Sponsor (\$1,500)** was Coughlin Chevrolet in Pastaskala, the **Fairway Sponsor (\$1,500)** was the Laurels of Heath, the **Games Sponsor (\$1,500)** was OhioHealth, the **Links Sponsor (\$1,500)** was Greenfield/Lewis Investment Counsel, and the **Pro Sponsor (\$1,500)** was Griffin's Floral & Wine Shop. **Birdie Sponsors (\$1,000)** included Anomatic Corporation; Brett Lowe Mechanical, Inc.; Bricker & Eckler, LLP; Craig Cairns, M.D.; Central Ohio Technical College & The Ohio State University at Newark; Claro Healthcare; Jill, Andrew and Luke Guanciale; Heckman's Lawn Service; Hospice of Central Ohio; Interim Healthcare of Newark; NBC4; Pressworks; Reese Pyle Meyer PLL; 89.3 The River; Rotary Club of Newark, Ohio; Staples Business Advantage; Sunny 95; TAD Sports; TrueCore Foundation; United Collection Bureau; and WHIZ Media Group.

The LMH Development Council was established in 1987 to increase charitable giving to the Hospital, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on three Development Council committees: Annual Support, Community Relations, and Education and Membership.



CLUB SPONSOR (\$7,500)

Denison University

ACE SPONSORS (\$5,000)

Frontier Remodeling Co. Inc.
John Hinderer Honda
Matesich Distributing Co.
MedBen
Park National Bank
Stedman Floor Company, Inc.
Surgical Interventions, LLC

EAGLE SPONSORS (\$2,500)

AssuredPartners
Claypool Electric, Inc.
Columbus Springs Hospitals
Corna Kokosing Construction
Courtesy Ambulance, Inc.
Delta Dental
The Energy Cooperative
Gutridge Plumbing, Inc.
Henderson ~ Van Atta ~ Stickle Funeral & Cremation Service
The Jerry McClain Companies
Dr. Donald G. & Patsy Jones
Kessler Sign Company
Limbach Company, LLC
Mill Tech, LLC
Northpoint Ohio Architecture
PNC Bank
Robertson Construction
Scott Peterson of General Graphics
SmartBill, Ltd.
US Foods
Vocera Communications
Waste Away Systems

DIVOT SPONSOR (\$1,500)

Ultimate Software

DRIVER SPONSOR (\$1,500)

Coughlin Chevrolet in Pataskala

FAIRWAY SPONSOR (\$1,500)

The Laurels of Heath

GAMES SPONSOR (\$1,500)

Ohio Health

LINKS SPONSOR (\$1,500)

Greenfield/Lewis Investment Counsel

PRO SPONSOR (\$1,500)

Griffin's Floral & Wine Shop

BIRDIE SPONSORS (\$1,000)

Anomatic Corporation
Brett Lowe Mechanical, Inc.
Bricker & Eckler, LLP
Craig Cairns, M.D.
Central Ohio Technical College & The Ohio State University at Newark
Claro Healthcare
Jill, Andrew and Luke Guanciale
Heckman's Lawn Service
Hospice of Central Ohio
Interim Healthcare of Newark
NBC4
Pressworks
Reese Pyle Meyer PLL
89.3 The River
Rotary Club of Newark, Ohio
Staples Business Advantage
Sunny 95
TAD Sports
TrueCore Foundation
United Collection Bureau
WHIZ Media Group

HOLE SPONSORS (\$500)

Allied Business Services
APS Medical Billing
Baker-Hostetler
Barnes Advertising Corp
Blue Ribbon Meats
Canteen/Franklin Services
Capital Wholesale Drug Company

2019 Golf Gala Sponsors

Coca Cola
Cross Country Locums
Dinsmore and Shohl, LLP
Edward Jones – Jeff, Kevin and Mitch Cox
Englefield Oil Company (Duchess)
First Federal Savings
Jean & Joseph Fondriest
Forward Advantage
Friends of Tom Swank
Thomas J. and Mary Beth Hall
Clarissa Ann Howard – In honor of Chris Meyer, 2018 Lifetime Achievement Recipient
Indian Mound Mall
The Inn at Chapel Grove
Klarly Medical Products
Kool 101.7 and Buckeye Country 107.7
Kreager Company
Diane LeMay, M.D.
Lucky Cat Bakery
Jim and Amy Matesich
Mattingly Landscape Services
Merrill Lynch – Seth Conley
Mortellaro McDonalds
Mountjoy Chilton Medley
Ann and Tom Mullady
Nyhart
Pagan's Downtown Car Care
Veronica and Mark Patton
Rotary Club of Newark-Heath Ohio
Sanfillipo Produce Company
Shai Commercial Real Estate, Ltd.
SleepCare, Incorporated
TechR2
Weiler Financial Services

CART SPONSORS (\$250)

Acorn Distributors
Advanced Spine Rehab and Athletics
Aesthetic Touch Painting
Affordable Air
Delores Ahlborn
All Pro Overhead Door
Allied Business Services
Al's Meat Market
Arboris, LLC
Arlington Care Center
Associated Insurance Agencies, Inc.
Big League Sports – Mary Jane and Larry Carrier
Bill Cost, Jr., Newark City Council
Bill's Bush Hog Mowing
Ed Bohren / Tom Cumiskey / Pat Jeffries / David Shull
Branham Sign Company, Inc.
Buckeye Lake Region Chamber of Commerce
Buckeye Lake Winery
Budget Blinds of Mid Ohio
The Burt Family
Center Sanctum
Centratech Services, Incorporated
Chef Shack
Cherry Valley Hotel
Cintas
CME Federal Credit Union
Coconis Furniture
Columbus Capital
The Community Bank
Comprehensive Reimbursement, Inc.
Concordance Healthcare Solutions
Contender Performance Products, Inc.
DataTalk Telecom, Inc.
Don & Sue's Pizza
Marcia and Jon Downes
Eagles Talent Speakers Bureau
Echo 24, Inc.
Edward Jones – Tabby Hahn
Edward Jones – Doug Stutz
Stacy R. Engle Insurance Agency
Filter Technology
Fun Day Events
Geer Gas Wince Welding
Globe Window Cleaning, Inc.
Granville Investment Group

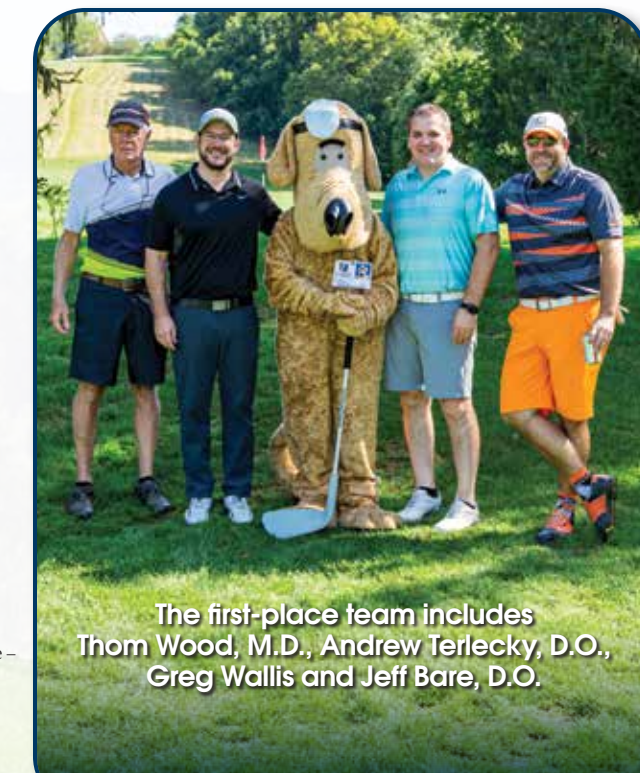
Carol and Patrick Guanciale
Hanover Pizza
Heartland Communications
Heartlight Pharmacy Services
Helmick's Exterminating
HER Realtors – Karen Burger
Home Instead Senior Care
Hoovler Financial & Insurance Services
Imlay's Uniforms
Joules Angstrom
Justice Home Remodeling
Colleen Justice
Faith Justice
Jim Justice
Kendal at Granville
Lepi Enterprises, Inc.
Licking 387 Memorial and Educational Charity Fund, Inc.
Lombardi Water Management
McCullough's Tree Service
Robert and Patricia McCaughy
Chris Meyer
Mid State Systems
Middleton Senior Living
Alison and Matt Miller
Moe's Original Bar B Que
Moo Moo Car Wash
Morrow & Erhard Co., LPA
Mow-Tivated Mowers
Jerry S. and June Nethers
Newark Care and Rehabilitation
Newark/Heath Power Washing
North Valley Bank
Northwestern Mutual – Jeff James
Orlando Baking Company
Diane Paetz, Development Council
Pappy's Grill
Pataskala Area Chamber of Commerce
Precision Construction
Premier Home Health
Pro Turf
Productive Consultant Company
Pugh's Designer Jewelers
Queen Enterprises, Inc. (Subway)
Recharge It, Inc.
Red Oak Pub
Red Vette Printing
Redskin Transport, LLC
Reinhard and Daughter
Roosters
Ross' Granville Market
Rotary Club of Pataskala
Jane Simmons
Southgate Corporation
Spectrum Reach
Standard Textile
State Cleaning Solutions
State Farm – The Tony Adams Family Agency
D. Mark Stewart, DDS
Stone Works Partners, LLC
thysenkruupp
United Way of Licking County
VO2 Fitness

OTHER SPONSORS

Advance Auto Parts
Alexandria Dental
America's Pizza Company, LLC (Pizza Hut)
ASAP Carpet Cleaning, Inc.
B-Wear Sportswear
Baker-Hostetler
Barclay Photography & The Frame Up
Jeff Bare, D.O.
Bellezza Salon & Day Spa
Bob Evans Restaurant
Bryn Du Mansion
Buffalo Wild Wings
Buxton Inn
C & J Crafts
Century 21 Frank Frye Real Estate – Phil Frye

Claxon Custom Printing & Promotions – Casey Claxon
Clay's Café & Catering
Comfrey Corner of Heath
CompHealth
Cornell Clothing
Courtyard by Marriott
Creative Catering
Deke's Auto Tech, Inc.
Denison Golf Club
Dinsmore & Shohl, LLP
Dizurts Custom Cakes and More
DoubleTree by Hilton
Dunkin's Diamonds
Avan Dunn
EagleSticks Golf Club
Echo 24, Inc.
Elm's Pizza Parlor
The Energy Cooperative
Fackler Country Gardens
Family Video
Brad Feightner, Jr.
Finders Keepers Village
First Federal Savings
Terry Frame
Gallery of Dreams
Good Guys Garage
Goumas Candyland
Granville Christian Academy
Granville Golf and Inn
Granville Inn
Granville Lumber Company
Griffin's Floral & Wine Shop
Andrew Guanciale
Gummer Wholesale
H.I.S. Wellness Center
Handleman Law Office
Hillcrest Golf Course
Hilton Columbus at Easton
Hope Timber Garden Center
Hopewell Federal Credit Union
Cheri Hottinger
The Inn at Chapel Grove
JaFra Cosmetics
Joe & Mimi's Pizzeria
Bob Kent
Bill Kuhlwein
Kyber Run Golf Course
Licking 387 Memorial and Educational Charity Fund, Inc.
Licking County Family YMCA
The Links at Echo Springs
LongHorn Steakhouse

Market Street Soda Works
MedBen
Merrill Lynch – Seth Conley
Sheila and Ron Miller
Leslie Milner
Moo Moo Express Car Wash
NCM Media Networks
New Day Spa
Newell Brands
Norwex – Lauren Nickells
Ohio Lottery Commission,
Columbus Region
Orme Hardware
Papa Boo's
Stuart Parsons
Pizza Cottage
Press Ganey – James Renner
Raccoon Lane Tire & Auto Center
Raccoon International Golf Club
Raising Cane's Chicken Fingers
James Renner
River Road Coffeehouse
Roberts Centre – Holiday Inn & Roberts Conference Centre
Rolls by the Pound
Sanfillipo Produce Company
Scott Peterson of General Graphics
SeneGence – Amanda Siddle
Shade on 30th Street
Joe Siddle
Spa on the Avenue
St. Albans Golf Club
State Farm – The Tony Adams Family Agency
Sunny 95
Table Rock Golf Club
Target
Andrew Terlecky, D.O.
Texas Roadhouse
Thirty-One Gifts – Chris Light
Tre Bri Boutique
TrueCore Federal Credit Union
Village Coffee Company
Village Flower Basket
The Virtues Golf Club
Chuck Walker
Greg Wallis
Wasserstrom Company
Weatherlane Playhouse
Whitetail Ridge Golf Course
Wilson's Garden Center
The Works
Wyandot Golf Club



The first-place team includes Thom Wood, M.D., Andrew Terlecky, D.O., Greg Wallis and Jeff Bare, D.O.

LMHS Partners with C-TEC for Active•Senior Gourmet Gardener Event

Nearly 30 local residents, ages 60 and older, gathered at Career and Technology Education Centers of Licking County (C-TEC) on October 15 for the Active•Senior Gourmet Gardener event, sponsored by Licking Memorial Health Systems (LMHS) and C-TEC. The free event featured activities that taught the basics of gardening and cooking healthy meals. Participants received event recipes, watched a cooking demonstration and enjoyed a meal afterward.

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

Attendees began in the auditorium where Shannon Barnette, LMHS Culinary Services Gardener, gave a presentation on gardening. She discussed the basics of feeding, watering and caring for plants.

After the presentation, participants watched a demonstration from Chef Brian

Merritt, LMHS Director of Culinary Services. The demonstration featured the process for making a hearty vegetable soup with an herb pesto, which included healthy ingredients such as carrots, squash, miso, tomatoes and more. Chef Merritt answered questions regarding buying healthy foods and offered information about the LMH garden. Last year, the garden, which is located on Dickerson Street adjacent to Licking Memorial Hospital (LMH), yielded 1,200 pounds of produce.

Following the demonstration, Active•Seniors traveled to C-TEC's Bistro restaurant to enjoy a meal prepared by Chef Merritt and Sous Chef Colin Gleek. The menu featured the hearty vegetable soup with herb pesto and a pumpkin chocolate brownie for dessert.

LMHS will continue to host Active•Senior events throughout each year. Upcoming events include Active•Senior Bingo in February in the LMH Café, the Active•Senior Dance in April at the Bryn Du Fieldhouse and the Active•Senior Game Show in May.



The Active•Senior program, designed to promote healthy lifestyles for adults ages 60 and older, focuses on the following goals:

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

Participants in the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental and Social. The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2019/2020 goal program continues through April 30, 2020. To date, more than 600 individuals have registered for the growing program. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



Active•Fit Period 3 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 3. Participants in the Youth Wellness Program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements.

Nintendo Switch & fitness software

Lacey Carlow, Etna Elementary
Josiah Klick, Licking Valley Elementary
Madi Maass, Etna Elementary

Bicycle

Hayden Aves, Etna Elementary
Angie Mosby, Etna Elementary
Nathan Young, Watkins Middle School

Athletic Shoes

James Davis, Etna Elementary
Paige Whitmer, Etna Elementary

iPod Touch & fitness software

Lily Carlson, Etna Elementary
Griffin Clouse, Etna Elementary
Makenna Howard, Northridge Primary

\$100 Dick's Sporting Goods Gift Card

Montgomery Adkins, Northridge Intermediate
Zoey Bland, Treca Digital
Dylan Boyd, Licking Valley Intermediate
Ashton Foutch, Etna Elementary
Madison Marcum, Etna Elementary
Kylie Miller, Legend Elementary
Sam Painter, Blessed Sacrament
Isaac Richey, Northridge Primary
Gabriella Smith, Pataskala Elementary
Marin Tomplait, Etna Elementary

\$50 Dick's Sporting Goods Gift Card

Aiden Boone, Lakewood Middle
Brandon Bush, Etna Elementary
Cayden Gress, Etna Elementary
Emily Howard, Northridge Primary
Jack Lynd, Etna Elementary
Emma Pennington, Etna Elementary
Caleigh Pineda, Garfield Elementary
Prashun Regmi, Etna Elementary
Natascha Shepherd, Etna Elementary
David Wright, Etna Elementary

The Active•Fit program has registered more than 6,000 participants who select health-related goals and track their progress at www.ActiveFit.org. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2019-2020 continues through December 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.



Walk With A Doc

The September Walk with a Doc event featured David Koontz, D.O., of Licking Memorial Internal Medicine (top). Dr. Koontz discussed Licking Memorial Rehabilitation Services while walking along The Ohio State University at Newark bike path. Maureen Yablonski, M.D., of Licking Memorial Gynecology, had a discussion about menopause with participants during a brisk stroll on the Wildwood Park bike path at the October Walk with a Doc event (bottom).

The monthly program gives participants an opportunity to ask general health questions related to the physician's specialty during a 40-minute walk at various locations in Licking County. The Walk with a Doc series will continue throughout the year with various health topics presented by physicians of Licking Memorial Health Systems. More details about Walk with a Doc events can be found on the back page of [Community Connection](#).



Development Spotlight – Andre Sarap

Andre Sarap was invited to join the Licking Memorial Hospital (LMH) Development Council Development Committee in October by Cheri Hottinger, Vice Chair of the Education and Membership Committee. As a restaurateur, Andre enjoys interacting with area residents and felt that the invitation was an excellent opportunity to learn more about LMH to share with the Licking County community.

Andre was familiar with LMH through medical care her family received and her father's involvement on the LMH Board of Directors. During her time on the Development Council, she has been impressed with the administration, staff and volunteers at LMH. "I feel the continued growth of the Hospital, staff and facilities speaks loudly to the

importance of their mission to improving the health of the community," Andre says. She enjoys the opportunity to connect with community members and promote information regarding the excellent care available at LMH.

Born and raised in Utica, Andre attended Newark Catholic High School. She received a bachelor's degree in business from Mount Vernon Nazarene University and worked for her family business at Velvet Ice Cream's Ye Olde Mill for 20 years. Currently, she helps manage Red Oak Pub and Elliot's Wood Fired Kitchen & Tap in Newark with her husband, Michael. The couple lives in Granville with their four children. Andre enjoys spending her time with family, watching her children's sporting events, cooking and attending concerts.



Local Clergy Gather to Discuss Suicide Prevention

Licking Memorial Pastoral Care Services invited area clergy, who regularly visit patients at Licking Memorial Hospital (LMH), to the annual Pastoral Care Breakfast in October. The event offers a forum for the spiritual leaders to discuss ways that LMH can facilitate the visits with patients along with an educational program to address needs in the community. Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese welcomed the attendees, expressing gratitude for the support and guidance offered to LMHS staff and patients. Chaplain Jeff Smith, Director of Pastoral Care, offered the invocation and introduced the keynote speaker, Mental Health America of Licking County Executive Director Penny Sitler, who discussed signs of suicide.

"No one is safe from the risk of suicide. It does not discriminate," Penny told the group. "Teachers, coaches, physicians and members of the clergy, who spend time with people who might be vulnerable to depression and suicidal

thoughts, can save a life by offering hope through positive action."

She first outlined the following clues that may suggest someone is considering suicide:

Verbal Clues

- "I wish I were dead."
- "I am just going to end it all."
- "I just cannot go on."
- "I will not be around much longer."

Behavioral Clues

- Acquiring a gun or stockpiling pills
- Depression, moodiness, hopelessness
- Putting personal affairs in order
- Giving away prized possessions

Situational Clues

- Loss of a job or expelled from school
- Unwanted move
- Loss of any major relationship
- Diagnosis of a serious or terminal illness
- Anticipated loss of financial security

Penny suggested using the QPR method – question, persuade and refer – as

positive action to assist someone who may be contemplating suicide. Question the person directly if they are feeling suicidal and if they have a plan in place. Listen carefully, do not rush to judgement and try to offer hope in any form to persuade them to stay alive. Finally, refer the person to an agency or counselor, and assist them in making an appointment or arranging transportation, if necessary. Local resources are available including Mental Health America. The local crisis hotline is 211.

The LMH Pastoral Care Department was developed to meet the spiritual needs of patients, families and LMHS staff. Pastoral Care provides spiritual and emotional support as it relates to medical decision-making, patient rights and medical ethics. Upon request, Pastoral Care staff will notify a patient's minister, priest, rabbi, or other clergy of the patient's hospitalization.

In Memoriam – Employees and Retirees

Despite having more than 2,000 employees, the Licking Memorial Health Systems' (LMHS) staff is a closely connected team who depend upon each other to fulfill the mission to improve the health of the community. Therefore, the loss of an employee always affects the organization in a profound way. As a tribute to their dedication, LMHS honors employees who passed away during their service to the organization each year, and retirees who passed away during the last year.

LMHS is greatly appreciative of the time and talent that each of these individuals dedicated to the organization's mission. Please join LMHS in offering continued condolences to their family and friends.

Employees

Mabel Evans of Health Information passed away on January 5, 2019, after 13 years of service

Tiffany Barker of Patient Accounts passed away on April 18, 2019, after 9 years of service

Pamela Gordon of Environmental Services passed away on August 12, 2019, after 11 years of service

Retirees

Patricia Allen retired from Behavioral Health in 2016 after 18 years

Eileen Bare retired from Sterile Processing in 1993 after 25 years

Joseph Bending retired from Fiscal Services in 2000 after 25 years

Debbie Bonner retired from Maternal Child in 2011 after 40 years

Beth Campbell retired from the Laboratory in 2003 after 24 years

Nancy Davis retired from the Licking Memorial Pediatrics in 2018 after 35 years

Norma Harris retired from the Coronary Care Unit in 1993 after 25 years

Norman "Doug" Hughes retired from Data Processing in 1992 after 7 years

Leona Jones retired from Culinary Services in 2019 after 13 years

Clara Keller retired from Home Care Services in 2009 after 17 years

Michele Kruger retired from the Laboratory in 2009 after 32 years

Katherine Lowery retired from Licking Memorial Internal Medicine in 2013 after 11 years

Linda Megale retired from 5-South in 2018 after 20 years

T. Thomas Mills retired from Licking Memorial Internal Medicine in 1998 after 35 years

Dianna Priest retired from Linen Services in 2007 after 39 years

Ronda Stegman retired from Process Improvement in 2015 after 12 years

Francis Weethee retired from Labor and Delivery in 1999 after 14 years

Volunteer Spotlight – Susan Shaffer

Susan Shaffer joined Licking Memorial Hospital (LMH) as a volunteer in the fall of 2017 and serves the Hematology/Oncology Department by transporting blood samples to the Laboratory. Susan became

interested in volunteering at LMH when she visited a friend in the Hospital. She asked about the opportunity and decided to apply. Because she enjoys socializing, she saw the opportunity to connect with other volunteers, patients and medical staff at LMH. "During my experience in Oncology, the clinical staff always have been very kind and appreciative of me and the other volunteers," Susan said. "I feel rewarded because of their humility and gratitude."

Susan also joined the LMH Volunteer Department because of a significant memory of LMH after a major storm had taken place in 2013. "A summer storm had knocked out the electricity in most of Licking County. Because of this, refrigerated foods had to be disposed. I was looking for a place to eat, but restaurants also did not

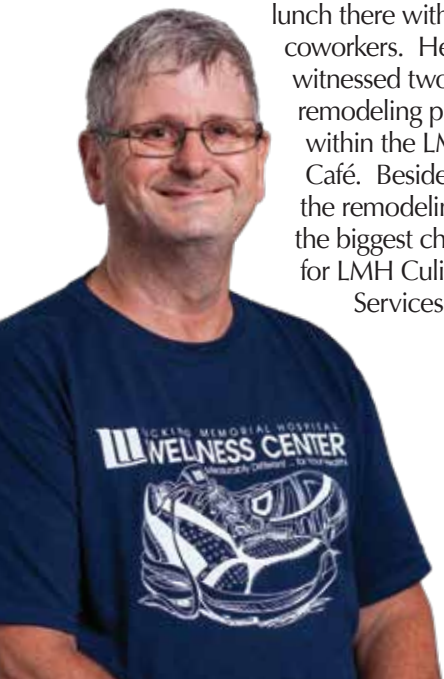
have electricity," Susan recalls. "My neighbor suggested to go to the Hospital. I traveled to the Hospital and found the LMH Café crowded with people. Numerous employees were there working outside of their normal hours to help provide food for many people who did not have electricity in their homes. It demonstrated the camaraderie among LMH staff and their willingness to provide for the community in a difficult time."

Susan grew up near Columbus, in Whitehall, and attended The Ohio State University. She worked for 38 years at the Liebert Corporation before retiring in 2016. Susan enjoys traveling, reading, meeting with friends and bowling in her spare time. She also is a member of the Newark Maennerchor, Lifelong Learning Institute, and Honor Flight.

Retiree Spotlight – Keith Ford

Keith Ford served Licking Memorial Health Systems (LMHS) for 45 years as part of the Culinary Services team. A lifelong resident of Licking County, Keith began his career at Licking Memorial Hospital (LMH) while he was still in high school. After school, he would walk to LMH where his shift included removing patient trays off a small freight elevator.

Keith witnessed many changes at LMH during his years of service to the organization. In the early years of his career, LMH offered a snack bar where the Human Resources office now is located on the LMH Ground Floor. Keith enjoyed eating his lunch there with his coworkers. He witnessed two remodeling projects within the LMH Café. Besides the remodeling, the biggest change for LMH Culinary Services



was the implementation of CBORD – the computer system that allows patients to choose what and when they want to eat. The software package provides information on how the Culinary Services staff can best support the nutritional needs of the patient and allows more flexibility in the menu. “I can say the best change for the Hospital has been the quality of the food,” said Keith. “The staff works very hard to provide delicious entrees for everyone who dines at the Café or receives a meal in their room.”

While serving patients or helping in the Café, Keith enjoyed making people happy. Whenever he had the opportunity, he would offer compliments and comments to those staying, visiting or working at LMH. “I cannot go a day without trying to make someone smile. It was the way I was brought up. You help people in any way you can, and I felt like I helped by offering a kind word,” Keith said. Coworkers often commented on his contagious smile and positive attitude.

Keith’s most memorable moment at LMH happened during the Blizzard of 1978. He did not live far from the Hospital at the time, but the snow had drifted very high and roads were blocked. Keith was needed to assist feeding the patients, so the National Guard picked him up and took him to work. During the ride, the driver had to plow through an especially

large snowdrift. The severity of the storm kept many from traveling. For Keith, the best memories he has of working at LMH are the people. “I made a lot of friends while working, playing softball, participating in the corporate challenge and serving at the Christmas party for children in need,” he said.

Since his retirement, Keith continues to serve others. He works to help his neighbors by mowing grass or offering them whatever assistance they might need. In addition to caring for others, Keith keeps busy caring for his own seven acres. He also enjoys supporting Licking County high schools by attending basketball and baseball games to cheer for the students. While not working or visiting the high schools, Keith and his wife, Joyce – also an LMHS retiree – have enjoyed traveling. The two visited Colorado, Canada and the Grand Canyon. “Sometimes we do not make plans, we just go. It is very nice to be able to take off when we want,” Keith said. He also enjoys spending time with his family. His son, Matthew, a Denison graduate, and his wife, Jessie, have two sons, Jasper and Jack. The boys often request that Keith take them for walks in the woods to search for buried treasure. Keith’s other son, David, graduated from The Ohio State University and is looking for a new house with his significant other, Kellie.

LMHS Donates Beef to Salvation Army

In August, Licking Memorial Health Systems (LMHS) purchased the Hartford Fair Grand Champion Market Steer, which was owned by Cole Foor, a member of Boots N Buckles 4-H Club. LMHS President & CEO Rob Montagnese (right) recently presented 436 pounds of ground beef from the steer to Lieutenant Kaitlyn Haddix (left) of the Salvation Army of Licking County. The beef will be used in the Salvation Army soup kitchens and food pantries to benefit community members in need.



HAPPY HOLIDAYS!

Celebrate the Holidays with Healthy Recipes

It can be difficult to maintain a healthy diet during the holiday season with large meals, festive cookies and desserts, and candies. Chef Brian Merritt, Licking Memorial Health Systems Director of Culinary Services, has created these healthy recipes for a family meal that complement the holiday season. We hope that you and your family enjoy these recipes in good health!

Dough (for both recipes)

Ingredients:

- 1 1/4 cups all-purpose flour
- 1/4 tsp fine sea salt
- 10 Tbsp unsalted butter, cold and cut into cubes
- 4 Tbsp ice water, as needed

Directions:

In a food processor, pulse together the flour and salt. Add butter and pulse until the mixture forms pea-size pieces. Slowly add ice water, 1 Tbsp at a time, and pulse until the dough just comes together. It should be moist, but not wet.

Turn dough out onto a lightly floured surface and gather into a ball. Flatten into a disk with the heel of your hand. Cover tightly with plastic wrap and refrigerate for at least 1 hour and up to 2 days.

Concord Grape Pie (Serves 8)

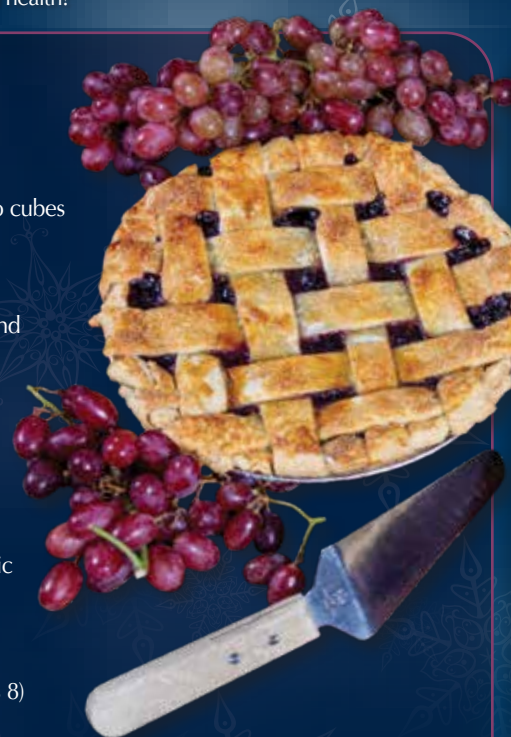
Ingredients:

Filling

- 8 cups (1134g) Concord grapes
- 1 cup (198g) granulated sugar
- 1/4 cup (28g) cornstarch
- 1/4 tsp salt
- 1/2 tsp vanilla extract

Directions:

1. Divide the dough into two pieces: 2/3 of the dough and 1/3 of the dough.
2. Roll out the larger piece and line a 9-inch deep-dish pie pan. Place the lined pan in the refrigerator.
3. Roll out the second piece and cut 1 1/2-inch strips to make a wide lattice. Weave the lattice on a parchment circle, put it on a plate, and chill.
4. Squeeze the grapes into a large bowl, separating the flesh from the skin. Reserve the skins in a separate bowl.
5. Place the pulp in a 2-quart saucepan and bring to a simmer over medium heat. Simmer about 10 minutes until the grapes have broken into juice. Mash with a potato masher to expedite the process.
6. Remove the seeds by straining the grape flesh mixture into the bowl with the skins, pressing firmly to extract all of the juice. Cool the grape mixture completely.



Crust and Topping

- Dough (from the recipe above)
- 1 large egg, beaten with 1 Tbsp water
- Turbinado or raw sugar, for sprinkling

7. Whisk the sugar, cornstarch and salt together in a small bowl. Stir into the grape mixture once cool, then stir in the vanilla.
8. Pour the filling into the lined pie pan. Place the lattice over the top, folding the lattice pieces under the edge of the bottom crust. Crimp the edges, then chill the pie for 10 to 15 minutes.
9. Preheat the oven to 425 degrees F.
10. Brush the top and edges of the crust with the beaten egg and water, and generously sprinkle with turbinado (or raw) sugar.
11. Bake the pie for 40 to 45 minutes until the crust is golden brown and the filling bubbles up through the edges. Check the pie after 30 minutes and reduce the temperature to 375 degrees F if the crust is browning too quickly.
12. Remove the pie from the oven and cool it completely before slicing.

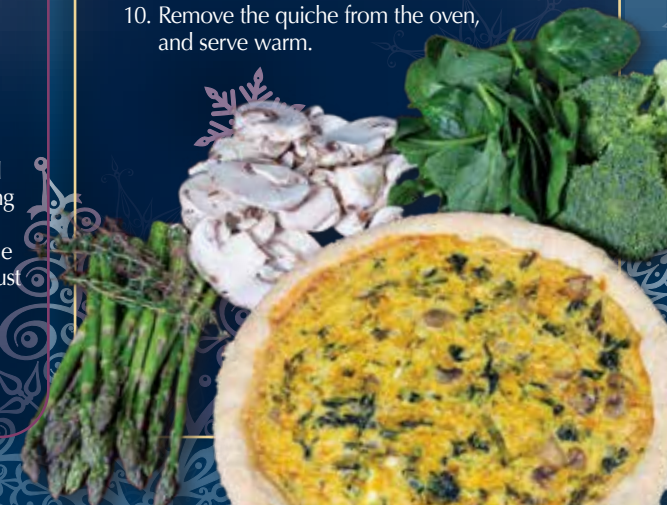
Vegetable Quiche (Serves 8)

Ingredients:

- Dough (from the recipe to the left)
- 2 Tbsp (28g) unsalted butter
- 1 cup (156g) chopped onion, about 1 medium onion
- 8 ounces white mushrooms, sliced
- 3 large cloves garlic, peeled and finely chopped
- 1 cup baby spinach
- 2 cups broccoli, steamed for 7 to 8 minutes
- 10-12 asparagus stalks, cut into 3 inch long pieces and steamed for 3 minutes
- 1 1/4 tsp salt, divided
- 1/4 tsp ground black pepper
- 8 large eggs
- 1/2 cup (113g) milk
- 1 cup (113g) shredded sharp cheddar cheese

Directions:

1. Heat the butter over medium heat in a large pan until foaming.
2. Add the onions and cook for 5 minutes.
3. Add the mushrooms and cook about 10 minutes until the mushrooms start to lose their juices.
4. Mix in the garlic, 1/2 tsp of the salt, and the pepper. Stir to combine; remove from the heat.
5. Preheat the oven to 375 degrees F.
6. Combine the eggs, milk, and remaining 3/4 teaspoon of salt.
7. Transfer the dough to a floured surface, and roll it 1/4 inch thick. Line a 9-inch pie pan with the dough, crimping the edges.
8. Line the bottom of the crust with the cheese, top with the mushrooms, and pour in the egg mixture.
9. Bake the quiche for 35 to 40 minutes until the edge of the crust is brown and the filling appears set.
10. Remove the quiche from the oven, and serve warm.





Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
U.S. Postage

PAID

Columbus, Ohio
Permit No. 8757

Community Events

Walk with a Doc

Saturday, December 7, 9:00 a.m.
Evans Foundation Bike Path
157 East Jersey Street in Johnstown

Donald Fairbanks, M.D., of Licking Memorial Family Practice – North Newark, will discuss understanding addiction.

Saturday, January 25, 9:00 a.m.
Licking County Family YMCA – Western Branch indoor track,
355 West Broad Street, Pataskala

Joseph E. Fondriest M.D., of Licking Memorial Radiology, will discuss early diagnosis of breast cancer.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided.

First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-3388 or visit www.LMHealth.org.

Community Blood Pressure Screenings

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

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

A provider will answer questions about chemical dependency and treatment options. Call (220) 564-4878 for more information.

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

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

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

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2019 Licking Memorial Health Systems. All rights reserved.