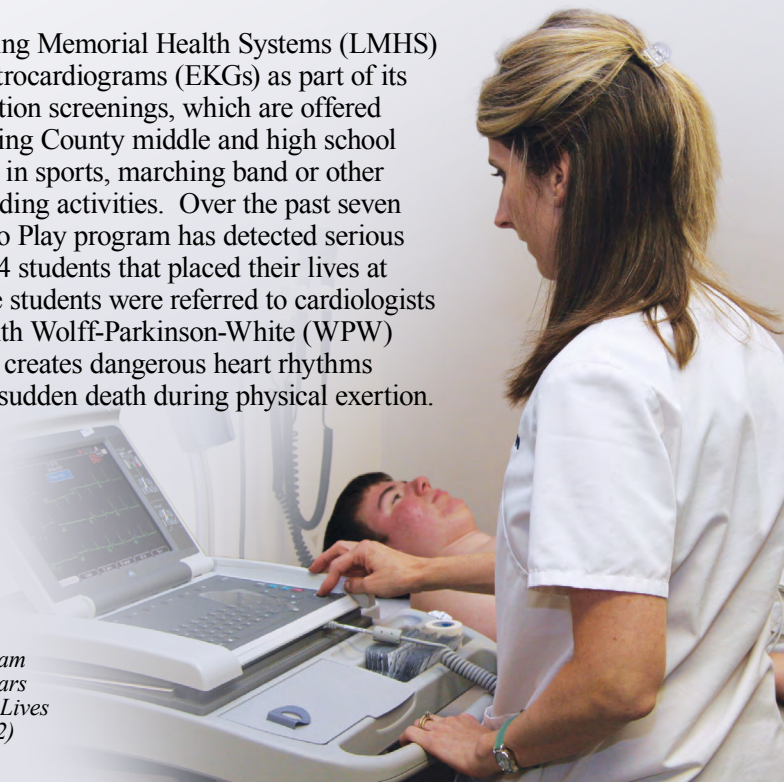




Measurably Different ... for Your Health!

## Heart to Play Program Celebrates Seven Years of Protecting Young Lives

Since 2008, Licking Memorial Health Systems (LMHS) has included electrocardiograms (EKGs) as part of its free pre-participation screenings, which are offered each year to Licking County middle and high school students involved in sports, marching band or other physically demanding activities. Over the past seven years, the Heart to Play program has detected serious heart defects in 24 students that placed their lives at risk. Ten of those students were referred to cardiologists and diagnosed with Wolff-Parkinson-White (WPW) syndrome, which creates dangerous heart rhythms that can result in sudden death during physical exertion.



*Heart to Play Program Celebrates Seven Years of Protecting Young Lives (continued on page 2)*

## ArmorSource Makes Founder Level Donation



Lawrence "Larry" Dickson

ArmorSource, a leading manufacturer of ballistic helmets, has made a generous Founder Level contribution to Licking Memorial Health Foundation. The donation was dedicated in memory of one of the company's co-founders, Lawrence "Larry" Dickson, who passed away unexpectedly in 2012 at the age of 57.

Don Blake and Larry were friends who worked together at Owens Corning until they were laid off in 1984. They decided to redirect their careers by forming their own business, making vehicle and plate armor. They named their business Composix and operated out of Don's home garage. Eventually, Larry and Don went into partnership with Rabintex, deciding later to sell Composix and retain ownership of Rabintex, which evolved into ArmorSource LLC.

*ArmorSource Makes Founder Level Donation (continued on page 4)*

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

*See pages 12-19 for Quality Report Cards in this issue.*

### COMMUNITY EDUCATION

#### Total Knee Replacement

- Date:** Thursday, March 26
- Location:** LMH First Floor Conference Rooms
- Time:** 6:00 p.m.
- Speaker:** Edward Westerheide, M.D.

*(continued on page 4)*

#### Dining with Diabetes

- Date:** Thursday, April 9  
Thursday, April 16  
Thursday, April 23
- Location:** LMH First Floor Conference Rooms
- Time:** 5:30 p.m.
- Speakers:** Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S.

*(continued on page 15)*



Each year, the stories featured in *Community Connection* of those facing a WPW diagnosis demonstrated the positive impact the Heart to Play program has made in protecting area youth. Most importantly, their testimonies showed that early treatment of the condition enabled them to resume their normal lives – including physical activities. In the years since their diagnoses and treatments, several of the students have reached notable athletic achievements and are pursuing new endeavors thanks, in part, to the Heart to Play program.

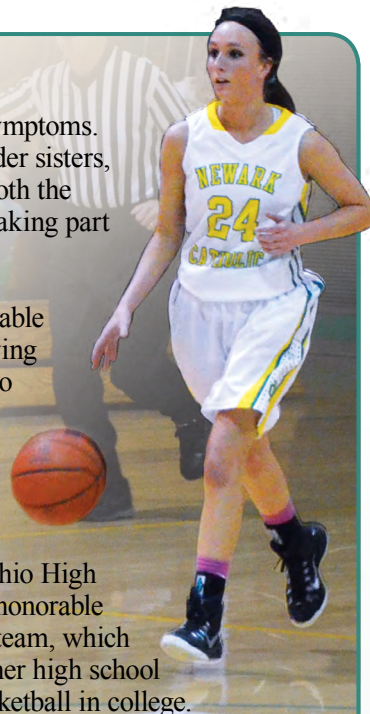
### Kelly Clapper

For Kelly Clapper, her WPW diagnosis in 2010 came as a complete shock because she did not have any symptoms. Sports had always been a big part of her life and family, and she hoped to follow in the footsteps of her older sisters, Amy and Sarah, who were both standout athletes in high school. Kelly was preparing to be a starter on both the volleyball and basketball teams at St. Francis DeSales School when she received the stunning news after taking part in the Heart to Play program.

“At first the diagnosis was overwhelming, and I was a little bit nervous wondering if I would be okay and able to play sports,” Kelly recalled. Her fears proved to be unfounded, though, as she recovered quickly following a procedure to correct the condition and returned to the volleyball court a mere two weeks later. “It was so great to get back into my normal routine,” she said, “and I felt better knowing that I had nothing to worry about.”

Kelly, who has continued to play two sports since her diagnosis and treatment, recently wrapped up a successful athletic career at Newark Catholic High School. As a senior, she was the starting setter for the volleyball team, which posted an impressive 25-2 record and advanced to the semifinal round of the Ohio High School Athletic Association Division IV tournament. Kelly was named a Licking County League (LCL) honorable mention for her contributions. She also was the starting point guard for the Green Wave girls’ basketball team, which completed the regular season with a 20-2 record and claimed a fourth-straight LCL championship. With her high school graduation quickly approaching, Kelly’s playing days are not yet over as she plans to continue playing basketball in college.

“The Heart to Play program made me realize how beneficial pre-participation screenings are,” Kelly said. “As far as I knew, there was nothing wrong with me, but it ended up being so important that I got everything checked out. Other students need to take advantage of the program, and understand that it will help them.”



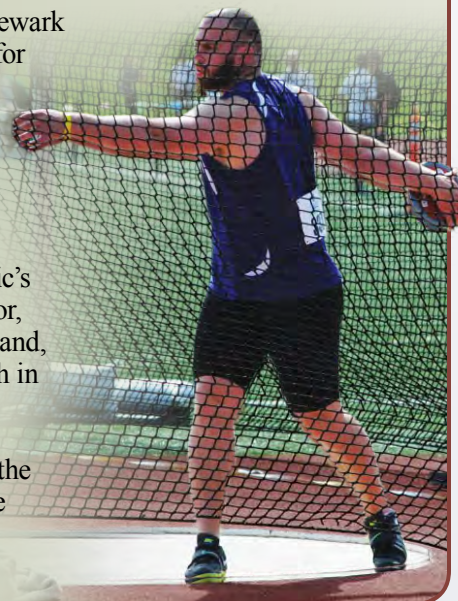
### Clay Harris

It has been nearly seven years since Clay Harris attended the Heart to Play screenings at Licking Memorial Health Systems and received news that his EKG indicated a need for further evaluation. Follow-up tests confirmed that he had WPW, which was later corrected in an outpatient procedure in Columbus. Clay, a junior at Newark Catholic High School at the time, returned to the gridiron in time to play fullback and linebacker for the Green Wave that season.

“If anyone had tried to tell me that I had a heart problem, I wouldn’t have believed them. I didn’t have any symptoms,” Clay remembered. “The experience was a little nerve-racking at first, but once I had the problem fixed, it wasn’t on my mind at all.”

Following the corrective surgery, Clay completed his junior and senior seasons on Newark Catholic’s football and track and field teams. He won the Division III state title in the discus throw as a junior, and has continued his throwing career with the track and field team at Ashland University in Ashland, Ohio. Now a fifth-year senior for the Eagles, Clay achieved All-America status by finishing eighth in the weight throw at the 2014 NCAA Division II Indoor Track & Field Championships.

“I am very thankful the Heart to Play program exists in Licking County,” Clay said. “Without it, the first symptoms of my condition could have been very problematic – and possibly fatal. Even if the program finds only one case, it is valuable because it could save someone’s life.”



### Harrison Herreman

Preparing for his freshman year at Granville High School, Harrison Herreman was eager for the opportunity to play football and hopefully earn a spot on the junior varsity team. Those plans were temporarily put on hold after his EKG screening through the Heart to Play program revealed a previously undiagnosed heart problem. A cardiologist later confirmed Harrison had WPW syndrome, and he opted for corrective surgery to increase his chances of getting back on the field quickly.

“I was never stellar at sports, but I really enjoyed playing them,” Harrison said. “I was really happy that a heart condition didn’t stop me. After the procedure, I was able to continue playing all of the sports that I played back then – football, lacrosse and pickup games of basketball.”

Five years have passed since his diagnosis and treatment, and the benefits extended well beyond the athletic fields. In early 2014, Harrison set a goal to become more physically fit and lost 60 pounds over five months through a combination of diet and exercise. With his days in organized sports behind him, Harrison is currently enrolled at New York University and hopes to pursue a career as a standup comedian or as a writer of movies, television shows and comic books.

“I currently don’t do very much in the way of physical activities, other than literally running late to things,” he quipped. “The most heart-pumping activities I enjoy now are performing standup, sketch or improvisational comedy and I never would have had the chance to do any of those if not for the Heart to Play program. I truly believe it saved my life and I can’t thank Licking Memorial enough for this wonderful program.”



### Lauren Riggleman

As an apparently healthy 13-year-old, the thought of having a potentially fatal heart condition never crossed Lauren Riggleman’s mind. She assumed that completing a pre-participation sports physical before playing for the seventh grade volleyball and basketball teams at St. Francis de Sales School would just be a formality to fulfill the state requirement. At the suggestion of a family friend, Lauren also opted to receive an EKG screening through the Heart to Play program. That decision proved to be wise when the results revealed she had WPW – a diagnosis later confirmed by a cardiologist through a second EKG.

“It was very difficult to know something was wrong with my heart, and to realize something terrible could have happened at any time,” Lauren said. “I was very scared when I learned that I would have to have surgery, but I was also very happy it was detected early and could be fixed.”

The defect was successfully repaired through an ablation procedure, and Lauren was able to return to the hardwood. Two years later, she remains active in sports as a freshman at Newark Catholic High School and performed in the school’s production of “Fiddler on the Roof” at the Midland Theater in January. Lauren was a middle blocker on the undefeated and LCL Champion ninth grade volleyball team and a post player for the junior varsity basketball squad. This spring, she will compete in throwing events for the track and field team, and she hopes to bring a state championship to Newark Catholic in any of the three sports before she graduates.

“I am extremely thankful for the Heart to Play program because it definitely saves lives,” Lauren said. “There were no signs of my condition – I was completely asymptomatic. I would have never known there was anything wrong with me, but now I can play sports without any concerns. Every student should get an EKG so that they can know everything is fine.”



LMHS will conduct its annual pre-participation screenings, including EKG testing, baseline concussion screenings and pre-participation physical examinations, in May and June. Athletic directors at Licking County schools will be able to provide school-specific details closer to the start of the screenings. Please e-mail [sportsphysicals@LMHealth.org](mailto:sportsphysicals@LMHealth.org) for more information or with any questions about the pre-participation screenings or the Heart to Play program.





ArmorSource, a military supply manufacturer in Hebron, recently made a generous Founder Level contribution to Licking Memorial Health Systems in memory of their co-founder, Lawrence J. Dickson. Pictured are (left to right): Co-founder Don Blake, Jennifer Chanthavong, Bob Dickson, ArmorSource President & CEO Yoav Kapah, Terry Dickson, Jim Dickson, Ashley Dickson and LMHS President & CEO Rob Montagnese.

ArmorSource is an official supplier of personal protective headgear to the U.S. Department of Defense. Its research and development processes, design department, manufacturing operations, and ballistic testing lab are all headquartered in a 120,000-square-foot facility that is located in Hebron. In addition to helmets, its product line includes retention systems, harnesses, suspension systems and accessories that are specifically designed for military and law enforcement personnel. ArmorSource has approximately 65 direct employees and 30 temporary employees, and distributes products around the globe.

Larry was well regarded by the ArmorSource family as a visionary, a brilliant businessman, and a dear friend. He graduated from the General Motors Institute and earned a Master's of Business Administration degree from Carnegie Mellon University. He is survived by his wife, Terry, who continues to serve on the ArmorSource Board of Directors. Larry and Terry had four children, Jim, Jennifer, Ashley and Michael.

Don remains an owner of the company and currently serves as Executive Vice President. "Larry and I were very blessed to be working in a field that we were passionate about," he said. "We worked long days as our business started – there were many nights that Larry slept on my couch. The early days of our business certainly were challenging, but we believed

that we could make a difference in protecting American soldiers' lives."

Yoav Kapah joined ArmorSource in 2005, becoming President and Chief Technology Officer in 2008, and then transitioning to Chief Executive Officer and President after Larry's death. Yoav earned a Bachelor of Science degree in practical engineering/electronics from the Technion Institute of Technology in Israel, as well as other certifications. He has an extensive 25-year background of lead production and technical engineering in ballistic materials. Yoav holds five patented ballistics solutions in the body armor and helmet categories, and several additional patents are pending.

"This contribution is made on behalf of our employees and management team," Yoav explained. "They wanted a meaningful way to memorialize Larry, and we knew that Licking Memorial Health Systems (LMHS) would use the donation in the best way to serve the most members of the community. I personally received care at the Health Systems, and it was outstanding. This contribution is a natural extension of the work we do since LMHS and ArmorSource both strive to save lives."

At a reception to honor the donors and the memory of Larry Dickson, LMHS President & CEO Rob Montagnese acknowledged the many favorable comments he has heard about Larry and applauded ArmorSource's decision to pay tribute to its co-founder with a contribution. "Financial gifts such as yours truly make a difference in helping Licking Memorial Hospital and Licking Memorial Health Systems provide excellent care to our patients. We also are proud that you have chosen us for the honor of ensuring that Larry's dream of protecting lives continues to thrive in our community."

ArmorSource's gift is recognized on Licking Memorial Hospital's Donor Wall which is located in the Main Lobby. The donated funds will be used to support advanced technology and programs at the Hospital.

Licking Memorial Health Foundation is an LMHS subsidiary that serves to promote charitable gifts that benefit healthcare services for the community. For more information about making a contribution, please call (740) 348-4102, or visit [www.LMHealth.org](http://www.LMHealth.org) and click on "About LMHS."

## New Nutritional Guidelines to Benefit Consumers

On November 25, 2014, the U.S. Food and Drug Administration (FDA) finalized two rules requiring calorie labeling at franchise restaurants and vending machines. The new regulations now will require retail food establishments and vending machines with 20 or more locations to provide calorie information on menus and menu boards. In addition, complete nutritional information must be provided in writing upon request, including total fat, calories from fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, fiber, sugars and protein.

Licking Memorial Health Systems (LMHS) Dietitian Annmarie Thacker expressed that the new rules will be a great nutritional tool for many Americans. "People are eating out more and more," Annmarie said, "including a lot of fast food restaurants because of busy lifestyles. It is vital that we know what we're putting in our bodies, and I think readily available calorie information will give more people the opportunity to at least be conscious of what they are consuming."

These new rules stemmed from a provision in the Affordable Care Act, and the FDA has been working to finalize and enforce the regulations since the Affordable Care Act passed in 2010. The finalized rules impact all entities that provide ready-to-eat meals for purchase. Establishments will have one year to comply with the new guidelines. Vending companies will have two years to ensure compliance.

Annmarie said she believes the major advantage will be the easy access to information. "People just don't take the time to look up nutritional information in advance," Annmarie said. "When we see patients at the Hospital, they are already struggling with health problems that require them to know exactly what they are eating. Before that, most patients never looked up nutritional information before choosing a restaurant for dinner. Having the calorie count visible during the ordering process should give more people the ability to make healthier choices."

Although exempt from the new regulations, the Licking Memorial Hospital (LMH) Café displays nutritional information on its menu boards, as well as on labels for "grab and go" items, with additional nutritional information available upon request. LMHS Director of Food Service Brian Merritt said nutrition is a key consideration in the LMH menu. "We frequently have requests for nutritional information," he said. "And especially as a hospital, we take the nutrition of our food very seriously. At LMH, we try to cover all the bases and offer a broad spectrum, including a lighter fare and classic comfort food."

Brian said he supports the new regulation. "I think making this a requirement is a good thing," he said. "The new directive will compel restaurants to be more transparent about what recipes and products they use. Also, there may have been a time when nutritional information was difficult for food service operators to get, but now it's readily available with software and the Internet. This rule doesn't come as a surprise to me – people have become much more concerned about the overall quality of their food, and this includes the nutritional content."

Annmarie was quick to indicate that having access to additional information is not a guarantee that people will make healthier choices. "In order for the calorie information to enhance healthy eating effectively, consumers have to use it. A lot of people don't know how many calories they should be consuming each day, and the calorie number won't have a meaningful effect on the food they choose. There are a lot of free online tools that calculate your calorie consumption based on your activity level, weight and goals. People will still need to take a little extra time to put this new information to use."

To help consumers understand the relevance of the new calorie information to their total daily diet, the FDA regulations will require the following statement to be included on menus and menu boards: 2,000 calories a day is used for general nutrition advice, but calorie needs vary. For more information concerning the new rules, please visit the FDA website at [www.FDA.org](http://www.FDA.org).



## Community Education – Total Knee Replacement (continued from front page)



Edward Westerheide, M.D.

Joint disease can be both painful and disabling and may result in a decrease of physical mobility. Conservative treatment measures, such as medication, change in activity and the use of mobility aids are helpful, but often prove inadequate as joint disease progresses.

Replacing diseased knee joints through a surgical procedure, known as total knee replacement, offers the best method for reclaiming an active life. The number of total knee replacements performed in the U.S. increases every year and ongoing improvements in surgical techniques continue to increase the effectiveness of this surgery.

Edward Westerheide, M.D., of Orthopaedic Specialists and Sports Medicine, will discuss the latest surgical options available during an educational session on **Thursday, March 26, at 6:00 p.m.**, in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required and may be completed by calling (740) 348-2527.



# A Red Dress Event

Each year, cardiovascular diseases cause 1 in 3 women's deaths, and on average, one woman dies every minute in the U.S. from heart-related conditions according to the American Heart Association. Licking Memorial Health Systems (LMHS) recently hosted its annual The Heart Truth – a Red Dress Event to recognize the American Heart Association's Go Red for Women campaign to educate women on their risks for heart disease and heart attacks.

“The red dress is the nationally recognized symbol to increase awareness for heart health for women,” stated Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). “The Health Systems is proud to present the Red Dress Event each year to teach prevention of heart disease and the symptoms of heart attack that are specific to women. More than 300 guests attended this year, which shows us that the community is eager for information to reduce the incidence of heart disease.”

High blood pressure, high LDL cholesterol, and tobacco smoking are key risk factors for developing heart disease. Several other medical conditions and lifestyle choices can also increase the risk for heart disease, including diabetes, being overweight and obesity, poor diet, physical inactivity, excessive alcohol use, and stress. This year's Red Dress Event focused on reducing stress for better heart health.



Chef Brian Merritt, LMHS Director of Food Service, gave an aromatherapy demonstration using natural ingredients. Pleasant scents help to relieve stress which has been linked to heart disease.

Chef Brian Merritt, LMHS Director of Food Service, demonstrated the creation of natural aromatic items to establish pleasant moods in the home. “A very simple form of aromatherapy is to press dried cloves into an orange to make pomander balls that produce a festive mood,” he said. “Just be careful to exercise moderation so that the scent isn't overpowering.” Brian showed another simple way to create a calming mood in the home by cooking a rosemary, vanilla and lemon stove-top potpourri. He recommended that vinegar and lemon juice are excellent natural alternatives to many household cleaners and leave a fresh, clean scent which helps to alleviate stress.



Jeff Smith, LMHS Director of Pastoral Services, was the keynote speaker at The Heart Truth – A Red Dress Event. He explained the adverse effect that stress has on heart health and offered suggestions to cope with stressful situations.

Jeff Smith, LMHS Director of Pastoral Services, explained that since ancient Roman times, it has been known that emotional stress affects the heart. Modern research indicates that stressful life-changing events, depression, anxiety, hostility and type A behaviors are all linked to an increased incidence of coronary events. “Stress causes the coronary vessels to constrict and increases the blood platelets' ‘stickiness’ at the same time, which promotes the formation of blood clots,” he said. “Stress also can increase the amino acid and protein levels in the blood, which are strong predictors of coronary heart disease.”

Jeff acknowledged, “Everyone has stress, but when stress is impacting an individual's life in a negative way, it is time to take action.” He offered the following stress-reducing tips:

- Getting plenty of sleep is essential.
- Physical activity is a potent de-stressor.
- Becoming involved in the community helps to redirect negative energy.
- It is okay to say “no” to requests that are inconvenient or undesirable.
- Deep breathing helps to reduce stress.



LMH Massage Therapist Arianne Moore (left) treated guests to stress-reducing hand massages.

The Red Dress Event guests were treated to healthy hors d'oeuvres, blood pressure checks, hand massages and shoulder/back massages. Each guest also received a Red Dress lapel pin to wear on National Wear Red Day, which was February 6.



## Know the signs and symptoms of a heart attack

Heart attacks are life-and-death emergencies, and every second counts in receiving treatment. If you or someone else has any of the following signs and symptoms of a heart attack, call 911 immediately.

### Warning signs and symptoms of a heart attack

- Most heart attacks start slowly, with mild pain or discomfort.
- Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body can also indicate a heart attack. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. These symptoms are more common for women.
- Shortness of breath may occur with or without chest discomfort.
- A cold sweat may develop.
- Fatigue is a common symptom of heart attack for women.
- Other symptoms may include nausea or light-headedness.

Not all these signs occur in every heart attack. If chest discomfort is present (especially with one or more of the other signs), wait no more than five minutes before calling 911 for help.





# Active•Fit

## YOUTH WELLNESS EVENTS



Licking Memorial Health Systems' Active•Fit program recently provided local youth with two fun and healthy events, the AMIGO Mini-Golf event and the Junior Chef program. Nearly 130 youth participated in the two events combined, which took place in January and March, respectively.

The AMIGO Mini-Golf event drew a crowd of 60 mini golfers and their families, where the children played an indoor 18-hole mini-golf course at Heritage Hall Senior Center in

Newark. After finishing their round of golf, all attendees received a free healthy lunch to complete the event.

On March 14, 70 Junior Chefs joined culinary students at the Career and Technical Education Centers (C-TEC) to make their own healthy lunches. Youth gained hands-on experience in the kitchen as they paired up with student chefs to make five different dishes themselves. After visiting each of the chef stations, Junior Chefs and their accompanying adults shared the lunch they prepared.

### UPCOMING EVENTS

**Active•Fit Triathlon**  
Saturday, June 13  
Registration: 8:00 a.m.  
Event begins: 9:00 a.m.  
Municipal Park,  
near Creek Road  
in Pataskala

**Active•Fit Bowling**  
Wednesday, July 15  
3:00 to 5:00 p.m.  
Park Lanes Bowling Center,  
located at  
701 Hopewell Drive  
in Heath

**Active•Fit Field Day**  
Tuesday, July 28  
3:00 to 5:00 p.m.  
Alford-Reese Park  
(NASA Fields)  
600 Baker Boulevard in  
Newark

**Active•Fit 1K**  
Saturday, August 1  
Registration: 7:30 a.m.  
Event begins: 8:00 a.m.  
The Dawes Arboretum  
7770 Jacksontown Road  
in Newark



## Active•Fit Period 1 Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2014-2015 began January 1 and continues through April 30. For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit [www.ActiveFit.org](http://www.ActiveFit.org).

- Xbox Kinect & Xbox Game**  
Jaden Varner, Licking Valley Elementary
- Xbox Kinect & Xbox Game**  
Madison Donaldson, Hillview Elementary
- Bicycle**  
Isabelle Morris, Licking Heights West Elementary
- Bicycle**  
Colton Crawmer, Lakewood Middle School
- Nike Shoes & iPod Nano with Fitness Software**  
A.J. Jones, Licking Heights West Elementary
- Nike Shoes & iPod Nano with Fitness Software**  
Mouhamed Sect, Licking Heights West Elementary
- iPod Nano with Fitness Software**  
Sophia Patena, Granville Elementary
- iPod Nano with Fitness Software**  
Klaire Brown, Hillview Elementary
- \$100 Dick's Sporting Goods Gift Card**  
Olivia Brown, Hillview Elementary
- \$100 Dick's Sporting Goods Gift Card**  
Austin Rush, St. Paul School
- \$100 Dick's Sporting Goods Gift Card**  
Erica McMahan, Hillview Elementary
- \$100 Dick's Sporting Goods Gift Card**  
Brynley Platt, Wilson Middle School
- \$100 Dick's Sporting Goods Gift Card**  
Megan Mazik, Granville Intermediate
- \$100 Dick's Sporting Goods Gift Card**  
Madison Boyd, Licking Valley Middle School
- \$50 Dick's Sporting Goods Gift Card**  
Isaiah Rush, St. Paul School
- \$50 Dick's Sporting Goods Gift Card**  
Christian Tucker, Cherry Valley Elementary
- \$50 Dick's Sporting Goods Gift Card**  
Alex Rush, St. Paul School
- \$50 Dick's Sporting Goods Gift Card**  
Hailey Smith, Northridge Primary
- \$50 Dick's Sporting Goods Gift Card**  
Peyton Robey, John Clem Elementary
- \$50 Dick's Sporting Goods Gift Card**  
Cristen Garman, Carson Elementary

## Health & Fitness Fest

Sponsored by:  
Licking County Family YMCA, Denison University and Licking Memorial Health Systems

- Health screenings • Wii Just Dance
- Zumba • Yoga • Track sprints
- Gymnastics • Healthy snacks
- Obstacle course • Inflatables
- Face painting & balloons

Take the Health & Fitness Fest challenge! Complete a total of eight activities and health screenings at the event to be entered in a drawing for great fitness prizes.

Saturday, April 11  
12:00 Noon – 3:00 p.m.

Licking County Family YMCA Mitchell Center  
470 West Church Street, Newark



Participation at this event will count toward your Active•Fit program goals.

Visit [www.ActiveFit.org](http://www.ActiveFit.org) for details.

The Health & Fitness Fest is FREE and open to all youth in the community.

For additional information, please contact Licking Memorial Public Relations at (740) 348-1572.



# Community Members Honor LMHS Physicians for National Doctors' Day

National Doctors' Day provides an opportunity each year to honor physicians throughout the U.S. who guide and treat patients to impact their health positively. During the month of March, Licking Memorial Health Systems (LMHS) celebrates the Medical Staff and their dedicated service. Patients from the community also have the opportunity to recognize physicians by providing a donation to Licking Memorial Health Foundation (LMHF) in their physician's name.

Charles West, a patient of Colleen Smith, M.D., of Licking Memorial Family Practice – Pataskala, chose to show appreciation for the care he received by donating to the Health Foundation in her honor. He has recognized Dr. Smith for the past five years with a donation to the Foundation. "I have always felt from day one that we received great care," he said. "All my anxiety goes away when she walks into the room. She makes me feel completely at ease."

Charles and his wife, Martha, first met Dr. Smith when Martha was diagnosed with Alzheimer's disease, and they moved from Florida to Ohio to be closer to family. They both became patients at the Pataskala Family Practice and appreciated the wonderful care they received from Dr. Smith. It especially was important to the couple to find care that was close to home, and the Pataskala location was just minutes from their residence.

Sadly, Martha passed away in June 2010, but Charles continues to visit Dr. Smith regularly. In fact, during a recent check-up, Dr. Smith discovered a heart issue that Charles did not realize he was experiencing. "I don't know what would have happened if

she had not found that," said Charles. With guidance from Dr. Smith, he currently is undergoing further testing at LMH to diagnose and treat the condition.

Like Charles, many other community members have shown appreciation with a special donation to the Health Foundation made in honor of their physicians. "To me, it is just the right thing to do," said Charles, explaining his five years of honoring Dr. Smith. "Physicians need to be recognized – these are the doctors who take care of us. It makes me feel good to pass that along."

The LMH Medical Staff includes approximately 160 physicians and 47 consulting physicians who provide their expertise and care to the community. Contributions to LMHF continue to benefit physicians, guests and the entire Health Systems with technological advances for the Hospital. Throughout the year, those who wish to make a donation to LMHF in honor of their physician may contact the LMH Development Office at (740) 348-4102.



## National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will be utilized for facility improvements at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (740) 348-4102. To make a donation online, visit [www.LMHealth.org](http://www.LMHealth.org) and click on the Doctors' Day Recognition link.

## Physician Spotlight – Kenneth C. Parker, M.D.



Kenneth C. Parker, M.D.

Kenneth Parker, M.D., joined Licking Memorial Otolaryngology in July 2006. Dr. Parker received his Medical Degree from University of Cincinnati College of Medicine in Cincinnati. He completed a general surgery internship and a residency in otolaryngology – head and neck surgery at University of Louisville College of Medicine in Louisville, Kentucky. He received a Master of Science degree with an emphasis in molecular genetics from Bowling Green State University in Bowling Green, Ohio, and a Bachelor of Science degree in zoology from Miami University in Oxford, Ohio. Dr. Parker is a member of the American Medical Association and the Academy of Otolaryngology – Head and Neck Surgery, and currently serves as President of the Licking County Medical Society. He is board certified in otolaryngology.

Dr. Parker is accepting new patients at Licking Memorial Otolaryngology, located at 88 McMillen Drive in Newark. Appointments can be made with Dr. Parker by calling (740) 348-4270.

### Earbud Use and Hearing Loss by Kenneth C. Parker, M.D.

As a physician, I see many patients who suffer from noise-induced hearing loss. In the past, I would commonly see this in older patients who have experienced hearing loss from an exposure at work. According to The National Institute for Occupational Safety and Health, occupational hearing loss is one of the most common work-related illnesses in the U.S., with approximately 22 million workers exposed to hazardous noise levels at their jobs.

What few people realize, however, is that the simple activities we perform every day also can damage our hearing. Increasingly, I see younger patients with noise-induced hearing loss from exposures at home rather than the workplace. Estimates vary, but approximately 5 million children and adolescents, aged 6-19 years, currently suffer from permanent damage to their hearing from excessive exposure to noise. Some estimates cite that it could be as many as 1 in 5 adolescents. This is a 30 percent increase over the previous decade, and the main reason is believed to be the use of headphones. Phones manufactured in the U.S. can reach levels of 115 decibels (dB), while those manufactured in Europe are regulated to no more than 100 dB. An important fact to know is that at 110 dB, permanent damage can occur with regular exposure of more than 1 minute.

Many patients ask me why "earbud" headphones are so damaging. There are several reasons. One is the proximity of the earbud to the ear drum. It effectively raises the volume by approximately 10 dB louder than the same noise would be if it was heard outside the ear canal. Another is that the human ear engages an "acoustic reflex," using small muscles in the ear to help dampen sound when it is too loud. Over time, children listening to earbuds tend to turn the music up to overcome this, which can cause additional damage. An additional reason is the overall time that people listen to music with earbuds is also damaging. Even moderately loud noise does damage over longer periods of time.

There also is a mistaken impression that earbuds can be used to "protect" your hearing from outside noise. I often have patients tell me that they are using the earbuds as a type of earplug when they mow the lawn. Unfortunately, most standard earbuds are not capable of blocking out all outside noise, and the user just ends up turning the music even louder. I always recommend the use of "over-the-ear" earmuffs to protect hearing when using power tools and machines.

So, what can be done to use earbuds safely and help prevent this damage? Generally speaking, most experts recommend a 60/60 rule of thumb. This involves not using earbuds at levels over 60 percent and for no longer than 60 minutes per day. While MP3-style players vary, by staying at less than 60 percent of the volume, the risk is lower that you are exceeding the 90-dB threshold. And listening for less than 60 minutes at a time allows the ears to "rest" and lowers the risk of damage from longer exposures. You also can consider buying better, noise-cancelling earbuds. These help reduce the effect of background noise, and allow users to listen to lower volumes. Using over-the-ear headphones instead of earbuds has also been shown to lower the volume that people feel comfortable listening to by reducing the effect of outside noise. For younger children, I tell them that they should be able to hear people around them talking, otherwise their earbuds are too loud. Parents should closely monitor their children's use of earbuds, especially the length of time they are used. I also recommend that they consider using a volume control application available for some MP3 players and smartphones. These can be very helpful to prevent the listener from slowly increasing the volume as they become accustomed to it.

Noise-induced hearing loss is an irreversible and lifelong problem. Since there is no way to reverse nerve damage once it has occurred, prevention is the only way to preserve your hearing.

#### Common noise exposures

Decibels	Sound Source
150	Firecracker
120	Ambulance siren
110	Chain saw, rock concert
105	Personal stereo system at maximum level (MP3/smartphone 100-115)
100	Wood shop, snowmobile
95	Motorcycle, leaf blower
90	Power mower
85	Heavy city traffic
60	Normal conversation
40	Refrigerator humming
30	Whispered voice
0	Threshold of normal hearing







# Cancer Care – How do we compare?

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

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

## Patient Story – Bill Stewart

Bill Stewart’s experience is a testament to the importance of regular colorectal cancer screenings for adults who are over the age of 50 or have a family history of the disease. In Bill’s case, early detection and treatment preserved his active lifestyle and may have saved his life.



David E. Subler, M.D., performs screening colonoscopies at Licking Memorial Hospital.

Bill knew the American Cancer Society recommends that colorectal cancer screening begins at age 50 for most adults, and even sooner for individuals with a family history of colorectal cancer. “My mother died in 1960 from colon cancer,” Bill said, “and there have been other cases of family members with cancer. My doctor told me for years that I needed a colonoscopy, but I kept putting it off, partly because of my busy schedule as an account executive at Wells Fargo Insurance.”

At that time, Bill was living in Huntington, West Virginia. Finally, at the age of 67, he ran out of excuses to give to his physician. “My doctor said that he had made a colonoscopy appointment for me, and I would have to break the appointment if I did not want to go,” Bill remembered. The ultimatum worked, and Bill had his first colonoscopy shortly afterward.

During the colonoscopy, it was discovered that Bill had seven polyps. They were removed during the procedure and, fortunately, were benign. However, their presence indicated that Bill had a likelihood of additional polyp development and would require much more frequent monitoring.

Bill and his wife, Mary, retired to Newark in 2012, and he began seeing David E. Subler, M.D., of Licking Memorial Gastroenterology. During Bill’s annual colonoscopy screening in May 2013, Dr. Subler discovered 13 new polyps that needed to be removed. He successfully trimmed the 12 smaller growths that appeared to be benign, but the 13th polyp was much larger and presented more difficulties. Bill’s colon began to spasm during the procedure, forcing Dr. Subler to continue the polyp removal during another colonoscopy.

When Bill returned in October 2013, Dr. Subler was able to remove part of the large polyp, but the remaining portion could not be trimmed through the scope. Dr. Subler was concerned that it appeared to be malignant, so he recommended Bill have open surgery to excise the unremoved portion. Bill wanted to postpone the surgery for three months, but Dr. Subler firmly advised that it should take place as soon as possible.

Bill had several options for hospitals to perform the surgery. Two of his daughters – who are a veterinarian and hospital administration major – compared performance data from Central Ohio hospitals, and found that Licking Memorial Hospital (LMH) scored very favorably. “When I look at hospitals, I pay attention to the MRSA (methicillin-resistant Staphylococcus aureus) reports,” Bill explained. “LMH’s rates were very good in comparison to Columbus hospitals.”

In early November 2013, Bill had surgery performed at LMH by General Surgeon Larry N. Pasley, M.D., to remove the remaining polyp. “We performed a partial right colectomy on the cecum, which is the upper portion of the large intestine,” Dr. Pasley explained. “Fortunately, the cancer was determined to be stage 1, meaning that it had not spread beyond the polyp, so we were able to resect the intestine without requiring a colostomy. If the cancer had been detected later at a more advanced stage, it is likely that more surgery would have been required.”

“Within two days, Dr. Pasley called me with good news,” Bill said. “The pathology report confirmed that the cancer had not spread, and I did not need any further treatment, such as chemotherapy or radiation.” (The American Cancer Society reports that the 5-year survival rate for patients who are treated for stage 1 colon cancer is better than 90 percent.)

Bill spent three nights at LMH after the surgery. He said, “I salute the Hospital. The care was great – I am a supporter.”

Bill recovered well from the surgery and soon returned to his normal activities, including his senior bowling team. After several months, Mary read a story in the Newark Advocate about genetic testing for certain cancers. It included information about Lynch syndrome, which is a genetic condition that is estimated to cause 3 to 5 percent of all colorectal cancers. The description sounded similar to Bill’s medical history, and Mary suggested that he seek genetic testing.

Bill consulted with Kenita Robinson-Keck, R.N., B.S.N., at LMH’s Oncology Department. She determined that his medical history met the qualifications for free genetic testing under the Ohio Colorectal Cancer Prevention Initiative. Kenita then submitted Bill’s blood and saliva samples for analysis.

Patient Story – Bill Stewart (continued to page 14)

**1** Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2011	LMH 2012	LMH 2013	Goal
Percentage of cancers correctly identified by the mammogram	96.5%	97.1%	96.5%	78% <sup>(1)</sup>
Percentage of patients without cancer correctly identified by the mammogram	99.7%	99.7%	99.7%	90% <sup>(2)</sup>

**2** So as not to miss cancers, mammography can suggest malignancy when in fact no cancer is present. When mammograms are suggestive of cancer, radiologists may recommend biopsies, of which many subsequently prove negative for cancer. Because of this, another parameter we measure is the percentage of cases for which biopsy is recommended that are positive for cancer.

	LMH 2011	LMH 2012	LMH 2013	Goal
Percentage of cases with radiologist recommended biopsy that actually had cancer	35.1%	37.0%	34%	24 to 40% <sup>(3)</sup>

**3** Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative – meaning no cancer was detected – for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2011	LMH 2012	LMH 2013	Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	3.0	3.0	3.0	2 to 10 <sup>(4)</sup>

**4** Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2011	LMH 2012	LMH 2013	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

**5** When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It then is the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff may also contact the primary care physician to ensure the health of the patient.

	LMH 2011	LMH 2012	LMH 2013	Goal
Cancer Registry patients with annual follow-up	90%	93%	94%	greater than 90%

Cancer Care – How do we compare? (continued on page 14)



**6** Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus National Cancer Institute Community Oncology Research Program.

	LMH 2011	LMH 2012	LMH 2013	Goal
Newly diagnosed and/or treated patients in clinical trials	5.1%	11.3%	9.0%	greater than 2%

**7** In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

LMHP patients who received screening tests for:	LMHP 2011	LMHP 2012	LMHP 2013	National Average <sup>(4)</sup>
Breast cancer	84%	84%	84%	64%
Cervical cancer	83%	83%	83%	73%
Colorectal cancer	64%	64%	65%	58%

**Data footnotes:** (1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005. (2) Bassett LW, Hendrick RE, Bassford TI, et al. Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994. (3) D’Orsi CJ, Bassett LW, Berg WA, et al. BI-RADS: Mammography, 4th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas, Reston, VA, American College of Radiology, 2003. (4) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality 2012,” Healthcare Effectiveness Data and Information Set, “Measures of Care.”

*Patient Story – Bill Stewart (continued from page 12)*

Bill said, “Kenita told me that the genetic testing results would take several months. After six months, she called me at home on a Sunday evening. She had stopped by her office and seen an e-mail with my results. She called me right away because she knew that I was concerned. The test results were negative – I did not have Lynch syndrome. That was nice to hear. For the sake of my four children and seven grandchildren, I was relieved not to have that genetic condition.”

Bill had another annual colonoscopy midway through 2014, and Dr. Subler removed an additional six small polyps. Bill regards his multiple polyp growths with a wry sense of humor, calling himself a “polyp farmer.” However, he is completely serious about the importance of colonoscopy screenings to detect any possible cancerous growths. He knows that early detection and treatment were essential to his well-being, and frequently encourages family members and friends to get regular colonoscopies. Even more importantly – Bill is vigilant about following his own lifesaving advice.

## Health Tips – Should You Consider Genetic Testing for Cancer Risk?

Genetic testing can detect the presence of a familial predisposition to develop certain types of cancer, and with this information, an at-risk individual can take preventive action to lower the cancer risk.

Genetic testing may be appropriate for those who have the following characteristics:

- A personal or family history that includes multiple cases of similar malignancies
- A cancer diagnosis at an unusually young age
- Multiple diagnoses of cancer that are unrelated to each other
- Development of cancer in both of a pair of organs, such as bilateral breasts or ovaries
- Several close blood relatives with same type of cancer
- An unusual cancer diagnosis, such as breast cancer in a man
- The presence of a birth defect that is known to be associated with genetically inherited cancers
- Being a member of a racial/ethnic group that is known to be associated with genetically inherited cancers

Approximately 5 to 10 percent of cancers are estimated to be genetically linked. The majority of malignancies are believed to be caused by “acquired” factors, such as sedentary lifestyle, tobacco use, high-fat diet, ultraviolet light and viruses.

# Genetic Testing Reveals Cancer Trends in Families

Some families seem to be affected by a specific type of cancer. For example, multiple generations may have developed lung cancer, or a daughter, sister and mother all may have experienced breast cancer. In most cases, these patterns of cancer can be attributed to lifestyle factors. However, medical researchers estimate that approximately 5 to 10 percent of all cancers result from inherited genetic mutations.

Every cell in the body contains thousands of genes that control the cells’ functions – including growth. If genes mutate, they may allow certain cells to grow uncontrollably and become cancerous. Mutations are most commonly acquired throughout life when external factors, such as tobacco smoking, a high-fat diet or ultraviolet sunlight, damage genes. Less commonly, mutations can be present at birth because they are inherited from the parents.

Individuals who have a strong family history of specific types of cancer may be advised by their physician to have genetic testing to determine if they are affected by inherited genetic mutations. The Hematology/Oncology staff at Licking Memorial Hospital can assist in collecting the test samples (most commonly blood and saliva) and sending them to a specialized laboratory. For some analyses, such as for certain types of colon or breast cancer, grants may be available to defray the cost of genetic testing.

The genetic testing laboratory analyzes tissue samples by identifying repeated irregularities in the cells’ structure. In some cases, the individual may not be experiencing any symptoms, but is at increased risk of developing cancer. That knowledge could influence steps to lower the risk, such as making healthy lifestyle changes, taking preventive medication, having preventive surgery (such as mastectomy to prevent breast cancer), and initiating screening tests earlier than the normal recommended age.

“We recommend genetic counseling for patients who receive genetic testing to help them understand the test results,” Aruna C. Gowda, M.D., of Licking Memorial Hematology/Oncology explained. “A positive test result means

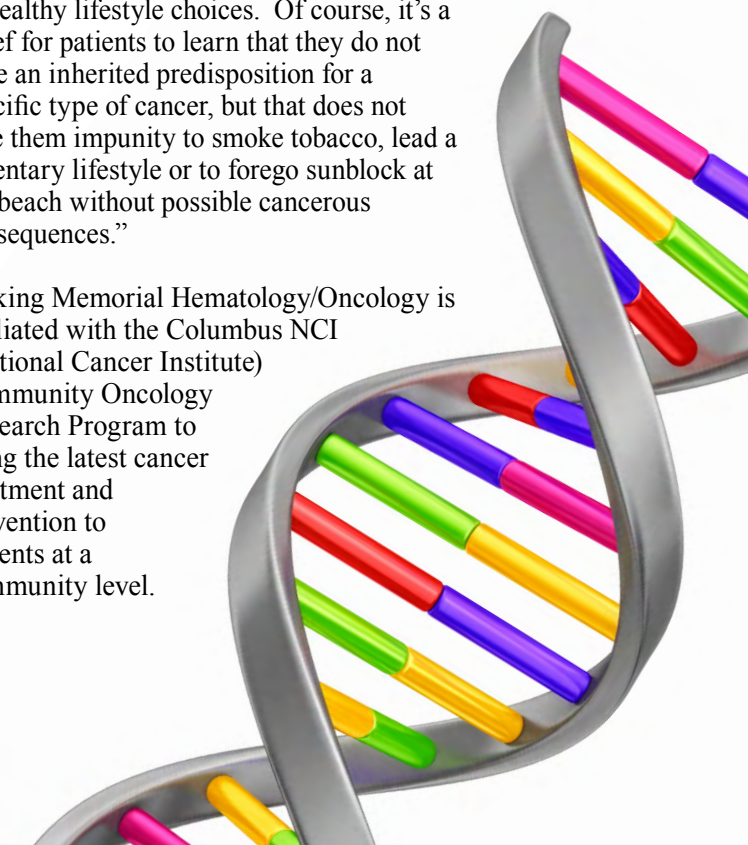


Aruna C. Gowda, M.D.

that the patient is at high risk for developing a certain type of cancer. By identifying high-risk patients, we can implement surveillance strategies and hopefully prevent malignancies from happening. For patients who have already had a cancer diagnosis, genetic testing may help family members understand cancer trends and make adjustments in their cancer-prevention strategies.”

In contrast, a negative genetic test result does not indicate that the individual is safe from developing a specific type of cancer. Dr. Gowda said, “Although the medical community doesn’t yet know precisely how most cancers begin, it’s generally accepted that many malignancies are influenced by unhealthy lifestyle choices. Of course, it’s a relief for patients to learn that they do not have an inherited predisposition for a specific type of cancer, but that does not give them impunity to smoke tobacco, lead a sedentary lifestyle or to forego sunblock at the beach without possible cancerous consequences.”

Licking Memorial Hematology/Oncology is affiliated with the Columbus NCI (National Cancer Institute) Community Oncology Research Program to bring the latest cancer treatment and prevention to patients at a community level.



## Community Education – Dining with Diabetes (continued from front page)



Annmarie Thacker, M.S., R.D., L.D., C.D.E.



Shari L. Gallup, M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program for individuals with diabetes and their families that offers healthy alternatives to food preparation. The program, led by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., will include healthy meal demonstrations, taste-testing, and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension Office and the Licking County Senior Levy. Advanced registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost, which is due at the time of registration, is \$10 for senior citizens (age 60 and over) and \$20 for all other participants. Space is limited – please register by Friday, April 3.





# Maternity Care – How do we compare?

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## Patient Story – Maggie Leighton

In March 2014, Maggie and Eric Leighton of Pataskala learned the news they had been eagerly awaiting. They were going to have a baby!

“I took a home pregnancy test, and the results were confirmed when I visited Erica Brown, C.N.M., a nurse midwife at Licking Memorial Women’s Health – Pataskala.” Maggie said. “It was an exciting time, but also a little scary since it was our first baby.”

The first several months went smoothly for Maggie. “I did not even have any morning sickness,” she reported. However, her pregnancy status changed dramatically at her 20-week ultrasound. That was when the Leightons discovered they were going to have a son, and that his placental cord contained just two vessels instead of three.

Normally, the placental cord forms with one vein that delivers nutrients to the fetus, and two arteries that carry waste products away from the unborn baby to the placenta. With a “two-vessel cord,” such as in Maggie’s case, the placental cord is missing one of the arteries that transport the fetus’ waste, and the single artery that is present compensates by carrying all the output. It is a rare condition that affects just more than 1 percent of pregnancies. Most pregnancies that involve a two-vessel cord result in healthy babies, but there is an increased risk for heart, kidney, skeletal or intestinal abnormalities.

“Of course, it was pretty upsetting to learn all the potential problems that can be associated with the two-vessel cord condition, and Eric was even more nervous than I was,” Maggie said. “We were referred to a perinatologist in Columbus, who performed two ultrasounds over a couple of months and was able to reassure us that our baby was developing normally – the anatomy was perfect. There was still a risk that he could stop growing or be born small, but the ultrasounds helped to calm us.”

“The two-vessel cord is pretty uncommon, and we don’t know why it occurs,” Erica said. “Fortunately, the ultrasounds ruled out major organ abnormalities for the baby. We then increased the rate of Maggie’s office visits so that we could monitor the baby’s development more closely.”



Maggie and Eric Leighton with their son, Graham, at 2 ½ months.

At each of the following prenatal visits, Erica measured Maggie’s abdomen and checked the unborn baby’s heart beat with a Dopler fetal monitor. Maggie and Eric began to prepare for their 40-week due date of November 7. They shopped for nursery furniture and attended prenatal classes at Licking Memorial Hospital (LMH).

In late September, the Leightons attended a Childbirth Education class that taught, among other things, how to tell the difference between false labor and real labor. Maggie said, “The next night I woke up at 1:30 a.m. with contractions. I went downstairs and walked around. At first, the contractions were two to four minutes apart, but they began occurring more quickly. So I woke Eric and called the Hospital. The midwife on call, Michelle Pease, C.N.M., advised us to come in for an evaluation.”

At LMH, Michelle determined that Maggie was in real labor and beginning to dilate. Erica arrived to perform the delivery, and because the baby was premature, Obstetrician/Gynecologist Linda Yu, M.D., and Pediatrician Richard A. Baltisberger, M.D., also assisted.

Baby Graham was born at 11:15 a.m., on September 29 weighing just 4 lbs., 6 oz. He was a little less than six weeks ahead of his due date. Maggie and Eric were able to hold Graham briefly before he was taken to LMH’s Special Care Nursery for close observation and heightened care.

“It was difficult to be separated from Graham,” Maggie remembered, “but I understood that he needed to be monitored. At first, he did not need supplemental oxygen, but then he developed sleep apnea. He continued to receive oxygen off and on throughout the first couple of weeks.”

During the time that Graham was in the Special Care Nursery, Maggie and Eric remained nearby. Maggie said, “We were welcome to be with Graham 24/7. We were even permitted to stay in the mother-baby suite as overnight guests for as long as Graham was still in the Hospital. That was a real blessing for us because my days were a blur – filled with pumping breast milk, feedings and changing diapers. Eric works at LMH, and staying at the Hospital made it possible for him to be with Graham and me any time that he was not working.”

**1** According to the American Academy of Pediatrics, low birth-weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. Many factors contribute to low birth weight, including multiple births, pre-term births, lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. In 2014, there were 1,136 babies delivered at Licking Memorial Hospital (LMH) – 64 with low birth weight.

	LMH 2012	LMH 2013	LMH 2014	National <sup>(4)</sup>
Low birth-weight infants	5.0%	5.7%	4.4%	8.0%

**2** Smoking during pregnancy is the most important modifiable risk factor associated with adverse pregnancy outcomes.<sup>(2)</sup> It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.<sup>(3)</sup> Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women’s Health providers have increased their efforts to assess patients’ active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH’s free “Quit for You, Quit for Your Baby” tobacco cessation program.

	LMH 2012	LMH 2013	LMH 2014	National <sup>(4)</sup>
Patients who reported smoking during pregnancy	24%	21%	19%	12%

**3** Group B streptococci (GBS) has been the leading bacterial infection associated with illness and death among newborns in the United States since its emergence in the 1970s. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2012	LMH 2013	LMH 2014	National <sup>(4)</sup>
Mothers with GBS receiving antibiotic before delivery	97%	97%	96%	100%
Number of newborns testing positive with GBS	0	0	0	0

**4** Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2012	LMH 2013	LMH 2014	National <sup>(4)</sup>
Maternity patients who had a C-section	22%	24%	23%	33%
First-time C-sections	10%	13%	11%	22%

**5** Elective deliveries are scheduled in advance, and are induced or performed by C-section, rather than occurring naturally. Studies have shown that elective deliveries performed before 39 weeks’ gestation have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH has chosen to follow the American Congress of Obstetrics and Gynecology’s stricter guidelines, and will perform elective deliveries only after 41 weeks’ gestation for patients who meet the appropriate guidelines.

	LMH 2012	LMH 2013	LMH 2014	National <sup>(4)</sup>
Elective deliveries performed before 39 weeks	2%	0%	0%	5%

Maternity Care – How do we compare? (continued on page 18)



**6** Breastfeeding provides many benefits to infants and their mothers. The LMH maternity care staff offers encouragement and support to breastfeeding mothers. Breastfeeding rates are monitored at LMH to evaluate the effectiveness of the support provided.

	LMH 2012	LMH 2013	LMH 2014	National
Newborns receiving breast milk during Hospital stay	64%	67%	64%	82%

**7** Exclusive breast milk feeding refers to the nutrition offered to a newborn while in the hospital following delivery. The World Health Organization and many other healthcare providers/agencies recommend feeding newborns only breast milk for the first 6 months of life. Evidence indicates that providing exclusively breast milk during the hospitalization period following birth is critical to the success of meeting this goal. LMH recognizes, however, that this is a personal decision for each mother and is not mandatory.

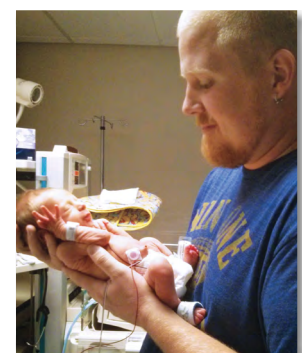
	LMH 2012	LMH 2013	LMH 2014	National <sup>(7)</sup>
Of newborns who received breast milk during their Hospital stay, percentage of mothers who breastfed exclusively <sup>(6)</sup>	57%	80%	78%	53%

**8** Gestational diabetes (GDM) is one of the most common clinical issues facing obstetricians and their patients. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the United States, and all pregnant patients should be screened between 24 and 28 weeks' gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2012	LMHP 2013	LMHP 2014	Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	95%	greater than 90%

**Data Footnotes:** (1) Preliminary data for 2013. National Vital Statistics Reports, 63(2). Hyattsville, MD: National Center for Health Statistics. Available at [http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63\\_02.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_02.pdf). (2) Heffner, L.J, Sherman, C.B, Speizer, F.E, Weiss, S.T. Clinical and Environmental Predictors of Preterm Labor. *Obstetrics and Gynecology* 1993; 81:750. (3) Tong, V.T, Diétz, P.M, et al. Trends in Smoking Before, During and After Pregnancy – Pregnancy Risks Assessment Monitoring System (PRAMS), United States, 40 sites, 2000-2010. (4) National Vital Statistics Reports, Volume 62, Number 9, December 30, 2013. Available at [www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62\\_09.pdf#table21](http://www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62_09.pdf#table21). National Vital Statistics Reports, Volume 63, Number 1, January 23, 2014. Available at [www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63\\_01.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_01.pdf). (5) HospitalCompare.hhs.gov Comparative Database. (6) Breastfeeding Report Card, United States / 2013, National Center for Chronic Disease Prevention and Health Promotion. Available at [www.cdc.gov/breastfeedingpdf/2013BreastfeedingReportCard.pdf](http://www.cdc.gov/breastfeedingpdf/2013BreastfeedingReportCard.pdf). (7) MIDAS+ CPMS Comparative Database.

*Patient Story – Maggie Leighton (continued from page 16)*



Weighing just 4 pounds, 6 ounces, newborn Graham fit in the palms of father Eric Leighton's hands.

Debbie Young, Vice President Patient Services, explained that LMH goes the extra mile to accommodate new parents who have an infant in the Special Care Nursery. “As long as we have a room available, we offer accommodations to parents while their babies are in the Special Care Nursery. It’s so stressful for parents when they can’t take their newborns home, and we are happy to be able to ease their burden by eliminating their travel time to be with their babies.”

Although he was otherwise healthy, Graham continued to have episodes of sleep apnea. He was required to be free of any sleep apnea continuously for a week before he could be discharged. Finally, when he was 23 days old, Graham was cleared for discharge. “Up until that point, he was on monitors that ensured he was breathing adequately,” Maggie

said. “It was a little unnerving to take Graham home without the security of the monitors, but at the same time, we trusted that the doctors knew he was ready.”

Maggie added, “Before we left LMH, the staff repeatedly educated us on the ABCs of safe sleep for babies – Alone, on their Backs, and in their Cribs. They also provided information on the importance of breastfeeding during the baby’s first year. Months after Graham’s discharge, I continued to visit the Hospital to consult with the Outpatient Lactation Clinic and to conduct Graham’s weight checks. Without their continued support, I believe I would not have been successful in breastfeeding,” she said. “I want to thank all the LMH staff – the doctors, nurses, techs, even the cleaning staff. Everyone took wonderful care of us. I would recommend LMH to anyone.”

At the time of Graham’s birth, Maggie was employed as a nurse at a different hospital. Her experiences influenced her decision to seek employment at LMH. In March 2015, she began working as a nurse in the LMH Labor and Delivery Department where she is able to “pay forward” the compassionate care and attention that she received as a new mother.

# Elective Delivery Policy Promotes Infants’ Safety

Midway through their third trimester of pregnancy, many women grow weary of the additional weight and pressure caused by the unborn baby’s growth. The average pregnancy lasts 40 weeks, but it is not unusual for patients to ask their obstetricians to perform an elective induced labor a couple of weeks early. The average C-section rate in the U.S. is approaching 30 percent, and studies show there is a correlation between elective induction of labor and increased C-section rates. Unfortunately, there is increased risk to both mother and baby with repeated C-section deliveries.



Ngozi V. Ibe, M.D.

Ngozi V. Ibe, M.D., of Licking Memorial Women’s Health, said that while she understands the reasons for her patients’ requests, Licking Memorial Hospital (LMH) has policies to prevent early induction for any reason that is not medically based.

Dr. Ibe said, “Patients have given many reasons why they want to deliver their babies early, including personal discomfort, upcoming travel plans or to target a special date. They may even know someone who had an early elective delivery in the past. However, patients are sometimes unaware that elective induction of labor increases the likelihood of a C-section delivery. Also, patients often think that C-section is minor surgery, and they do not understand the possible consequences of repeated surgeries on future pregnancies, as well as their own health. As physicians, we must provide care that is in the best interest of the mother and baby’s health. In 2014, LMH adopted a policy which follows the American Congress of Obstetricians and Gynecologists’ new recommendation to avoid elective induced deliveries before 41 weeks in an effort to decrease the number of performed C-sections and their associated risks.”

LMH’s restriction against elective induction before 41 weeks does not apply to inducing labor when indicated for medical reasons, such as:

- The mother has a health concern that could be affected by the pregnancy.
- The mother has a health condition that may affect the baby’s well-being.
- The mother’s water has broken, but contractions have not started naturally.
- The baby’s growth does not meet expectations.
- The placenta is deteriorating.

To induce labor, the mother is given oxytocin intravenously under constant observation. Oxytocin is a hormone that is produced naturally in the pituitary gland to initiate labor contractions.



## Health Tips – Safe Sleep

In Ohio, more than 150 cases of infant mortality each year are sleep related. These tragedies include sudden infant death syndrome (SIDS), accidental suffocation, positional asphyxia, overlay and undetermined causes.

Licking Memorial Health Systems joins the American Academy of Pediatrics and the Ohio Department of Health in recommending steps outlined in the Safe Sleep Is Good4Baby initiative. The initiative strives to reduce the incidence of infant mortality by promoting the ABCs of Safe Sleep, which instruct parents that infants sleep best Alone, on their Back, in a Crib.

Other Safe Sleep measures include:

- The safest place for the baby to sleep is in the parents’ room, but not in their bed.
- The baby’s crib or bassinet should be free from toys, soft bedding, blankets and pillows.
- The baby’s crib should be placed in a smoke-free environment.
- Talk about SafeSleep practices with everyone who provides care to your baby.
- Dress the baby in light clothing for sleep – avoid setting the thermostat too high.



# Corporate Breakfast Features 2014 Year-End Review

As services and programs at Licking Memorial Health Systems (LMHS) expanded in 2014, more patients than ever turned to the Health Systems for care. LMHS President & CEO Rob Montagnese outlined the year's growth during a presentation to the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in February.

In 2014, the number of patients admitted to Licking Memorial Hospital (LMH) increased nearly 4 percent over the previous year. The number of visits to the Emergency Department increased by more than 3 percent, even as the two Urgent Care facilities provided care to a record number of patients. More than 7,400 patients visited Urgent Care – Pataskala, which was nearly 5 percent more than 2013, and more than 19,000 patients visited Urgent Care – Granville, which was an increase of nearly 34 percent over the previous year. The Maternal Child Department had an increased number of patients – in 2014, 1,137 babies were born at LMH, which is a 10.5 percent increase over 2013.

“We are quite proud of the awards that we received in 2014,” Rob stated, “because they provide an objective comparison of the Health Systems’ performance in relation to other healthcare facilities. In particular, Truven Health Analytics named LMH to the nation’s 100 Top Hospitals list for the 12th year. Only five hospitals in the entire U.S. have received this recognition more times. This award assesses hospitals’ performance in 10 key areas to compile an accurate overview of each hospital’s overall quality.”

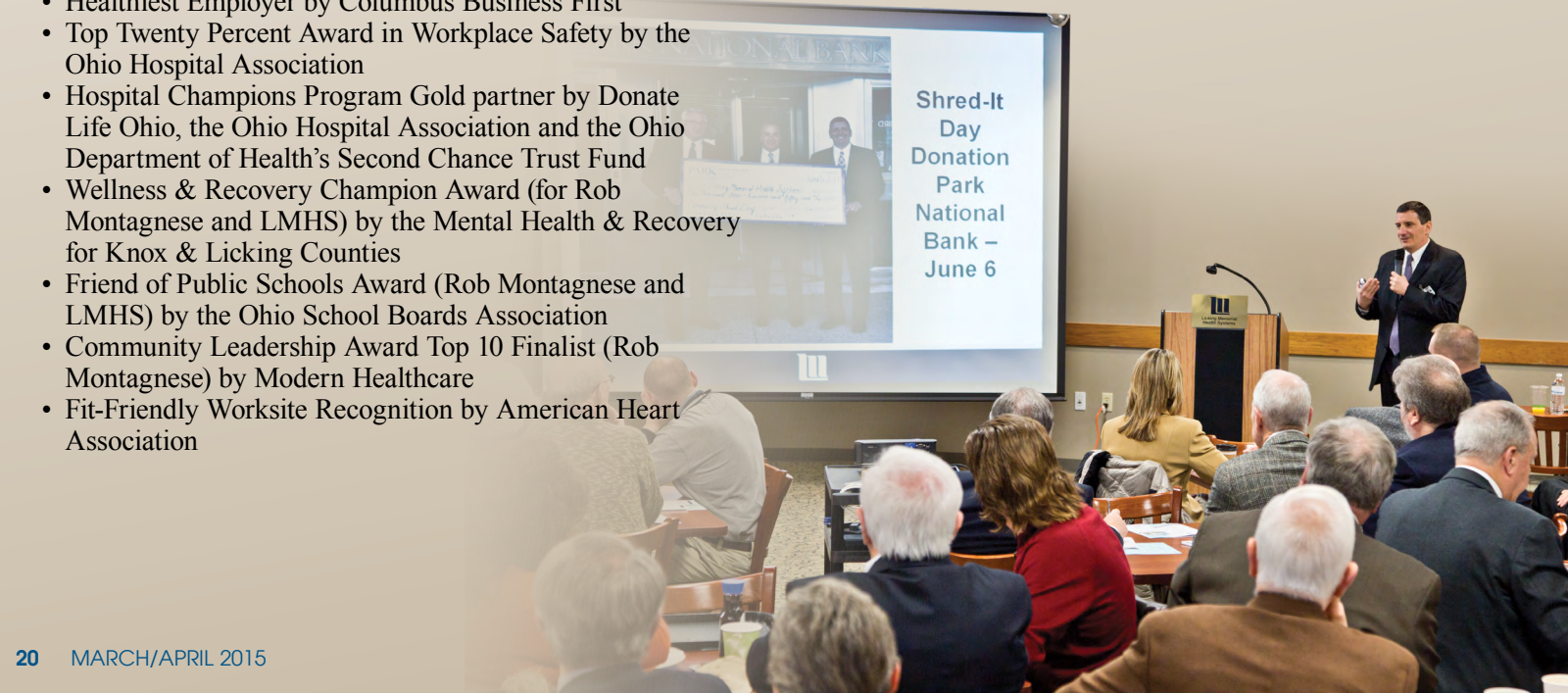
Other recognitions received in 2014 included:

- Top Performer on Key Measures by The Joint Commission
- Top 500 (LMH Home Care) by HomeCare Elite
- Best Places to Work in Healthcare by Modern Healthcare
- Hometown Hero (LMH Special Care Nursery) by American Red Cross of Licking County
- Healthiest Employer by Columbus Business First
- Top Twenty Percent Award in Workplace Safety by the Ohio Hospital Association
- Hospital Champions Program Gold partner by Donate Life Ohio, the Ohio Hospital Association and the Ohio Department of Health’s Second Chance Trust Fund
- Wellness & Recovery Champion Award (for Rob Montagnese and LMHS) by the Mental Health & Recovery for Knox & Licking Counties
- Friend of Public Schools Award (Rob Montagnese and LMHS) by the Ohio School Boards Association
- Community Leadership Award Top 10 Finalist (Rob Montagnese) by Modern Healthcare
- Fit-Friendly Worksite Recognition by American Heart Association

LMHS kicked off a new initiative in 2014 to address Ohio’s infant mortality rate which is higher than the national average. In accordance with the Ohio Department of Health’s Ohio Collaborative to Prevent Infant Mortality, LMH compiled an action plan that includes expanded programs and services, an advertising campaign to increase prenatal education for new mothers, education for families about the importance of exclusive breastfeeding for an infant’s first six months, additional staff training, and collaboration with statewide agencies to reduce the incidence of infant mortality in Ohio. LMH expanded its tobacco cessation services to provide the incentivized “Quit for You, Quit for Your Baby” tobacco cessation program for expectant mothers. LMHS also presented its first annual Baby Expo with prenatal education and information about LMH’s Maternity Services to expectant women, as well as those who are considering pregnancy.

LMHS continues to offer two popular programs that aim to improve the health of children and teens. The Heart to Play program with pre-participation screenings, EKGs and baseline concussion screenings is provided free of charge to the county’s middle and high school students who take part in sports, marching band, law enforcement, firefighting and other physically demanding activities. The Active•Fit Youth Wellness Program is designed to help children, ages 6 to 12, make healthy lifestyle changes to their activity levels, nutrition and sleep patterns. At the end of each three-month period, participants who have achieved their goals are entered into drawings for valuable prizes.

These programs were part of LMHS’ \$42.8 million contribution of community support in 2014, which also included \$29 million in benefits for the underserved (charity care, unpaid cost of Medicaid, and community health services and contributions), and \$600,000 to upgrade the 12-lead EKG systems in the county’s emergency medical squads, as well as other projects that improve the health of the community.



## LMH Celebrates 117 Years of Caring

Licking Memorial Hospital (LMH) celebrated 117 years of providing quality health care to the Licking County community on January 16. As an annual birthday tradition, Licking Memorial Health Systems (LMHS) employees and medical staff celebrated the milestone by donating gifts consisting of new blankets and outerwear. These contributions were donated to The Center for New Beginnings and the Salvation Army of Licking County to help individuals and families in need – especially during the cold winter months. This year marked the 11th time that LMHS has celebrated with the birthday donation theme.

As part of a friendly interdepartmental competition, various LMHS departments were combined into teams to see which group could donate the most pounds of items. The competition also included an opportunity for employees to give monetary contributions, and every five dollars equaled one pound of goods. Health Systems employees provided a record total of 2,379.9 pounds of contributions that included \$9,351 in monetary

donations. The winning donation team, comprised of employees from Hospitalists, Anesthesiologists, LMHP Administration, Laboratory and Pathology, combined to give 468.4 pounds of goods.

“This year’s donations are by far our largest,” said Rob Montagnese, LMHS President & CEO. “As we celebrate 117 years of providing quality health care to the community, I am pleased to recognize the continued generosity and commitment that the LMHS staff demonstrates to improving the health of the community. I am proud of the care that we provide to our neighbors, friends, coworkers and family members throughout Licking County.”

In addition, LMH presented each baby born on the Hospital’s birthday with a special gift in honor of their shared birthday. Three baby boys were born on January 18, and each of their mothers received a \$117 gift card to Toys ‘R’ Us.



In celebration of LMH’s 117th birthday, LMHS President & CEO Rob Montagnese (far right), joined by members of the winning donation team, presented blankets, warm winter clothing and a monetary contribution to The Center for New Beginnings and the Salvation Army of Licking County in February.



# Donors Recognized for Contribution to Licking Memorial Health Foundation

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

## The William Schaffner Society Rae and Tim Carbaugh

Rae and Tim Carbaugh were recognized for their commitment to The William Schaffner Society. The Society is comprised of community members and Licking Memorial Health Systems (LMHS) employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years.

Rae recently was promoted as the Director of Central Billing for Licking Memorial Health Professionals after serving nine years as Physician Center Manager for Licking Memorial Family Practice – Granville. Originally from Washington Court House, Ohio, Rae attended Lakewood High School and graduated from the Career and Technical Education Centers (C-TEC) of Licking County. She is a member of the American Academy of Professional Coders. Tim is employed as a process engineer at Core Molding Technologies in Hilliard, Ohio. He was born in Lancaster, Ohio, and attended Lakewood High School and graduated from C-TEC.

The Carbaughs currently reside in Heath and are members of Heath Church of Christ, where Tim formerly served as a deacon. Rae enjoys reading in her free time and Tim's hobbies include

woodworking, hiking, hunting and fishing. The couple also enjoys travelling to Gatlinburg, Tennessee, and Anna Maria Island, Florida. Rae and Tim have two grown children, Brittany and Brandon, and four grandchildren, Connor, Maggie, Luke and Jackson.

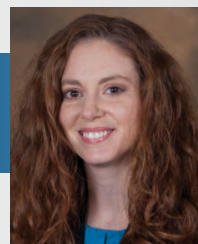
The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMHF 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.



In honor of their commitment to The William Schaffner Society, LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) presented Rae (center) and Tim Carbaugh (not pictured) with a glass recognition piece.

## New Appointments



**Tiffany J. Owens, M.D., FAAP,**  
joined Licking Memorial Pediatrics



**Daniel W. Kennedy, M.D.,**  
of Tri County Radiologists, Inc.,  
joined the Active Medical Staff at LMH

# Donors

Undesignated contributions to Licking Memorial Health Foundation in 2015 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in November and December 2014.

## CADUCEUS SOCIETY

Drs. Aruna and Chandre Gowda  
Katrina Timson, M.D.

## CAPITAL IMPROVEMENT FUND

TWIGS 6  
TWIGS 8  
TWIGS 13  
TWIGS 24

## COMMUNITY CORNERSTONE CLUB

Lowell and Barbara Anstine  
Patricia Bates-Woods  
Jim and Linda Brucker  
Budget Blinds of Mid Ohio  
Eddie and Carolyn Cline  
Jonathan and Marcia Downes  
Stephen H. Fowler  
Reed and Mel Fraley  
Terry K. and Terrie L. Frame  
Ms. Beverly K. Geiger  
Mary Jane McDonald  
Sy and Witt Nguyen  
Frank and Dusty Stare  
Jennifer and Dick Utrevis  
Janet C. Walker  
Denny and Carol Wheeler  
Sharon J. Wills  
David and Marlene Wolfe

## FOUNDATIONS

The Bank of America Charitable Foundation

## GENERAL

Anonymous  
Karen Arthur  
The Cato Corporation  
Robert and Patricia McGaughy  
Janet C. Walker

## HONORARY

In honor of: Alex and Ellen O'Neill  
By: Skip and Connie Robinson  
  
In honor of: Alene Yeater, M.D.  
By: Granville DAR Chapter

## MEMORIAL

In memory of: Nancy R. Lewis  
By: Licking Memorial Hospital  
Licking Memorial Hospital Medical Staff  
  
In memory of: John J. O'Neill  
By: Corinne Ailes, Linda Ailes, and Todd Ailes  
Michael and Barbara Cantlin  
C. Daniel and Diane DeLawder  
Dublin Building Systems, Incorporated  
Daniel and Shirley Dupps  
Sean Ellen and Xperion  
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Dick and Ann Fryman  
Kenneth and Jan Ishimine  
Veronica Link  
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Mary Jane McDonald  
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Frances Starinchak  
Strait & Lamp Lumber Company, Inc.  
Lynn and John Straker  
Vorys, Sater, Seymour and Pease, LLP  
Dr. John and Sarah Wallace  
White Oak Partners, LLC

In memory of: John J. and Betsy O'Neill  
By: Skip and Connie Robinson

In memory of: Grace Obert  
By: Eric and Lisa Obert

In memory of: Craig A. Parker  
By: Patricia Parker

## PAVING OUR FUTURE

Bob and Nancy Crist  
Mr. and Mrs. Ray H. Holtz  
Ms. Martha Wilson

## PLATINUM CIRCLE

Robertson Construction Services, Incorporated

## Development Spotlight – Chris Hiner



Chris Hiner

Chris Hiner, Assistant Vice President and Regional Manager of Park National Bank, became a member of the Education & Membership Committee of Licking Memorial Hospital (LMH) Development Council in May 2014. Chris believes in the importance of community involvement and joined the Committee to promote the exceptional care available throughout the Health Systems, which he

and his wife experienced at Licking Memorial Hospital when their daughter, Maeley, was born prematurely in April 2013.

“Maeley was born seven and one-half weeks early, so she was at the Hospital for 17 days,” said Chris. “Amy and I were already raving fans of the Health Systems prior to this, so I was especially pleased to be a part of the Committee after our great experience with Maeley’s birth at the Hospital. She is almost 2 years old now and doing really well.”

Chris has enjoyed his involvement with the Development Council because it allows him to stay up-to-date on the many objectives that LMH is working on to improve the health of the community. “There is an education update presented at every Committee meeting, which helps members stay informed about the direction of the Health Systems,” he said. Chris also emphasized how well he was received as a new Development Council member. “LMHS is active in the community and is one of the most welcoming groups of which I have ever been involved,” he added.

In his spare time, Chris enjoys boating on Buckeye Lake with his family, staying informed of current events and being involved in the community. He serves as Board Chair of the American Red Cross of Licking County and Board Vice President of the Licking County Aging Program. Both organizations collaborate with the Health Systems on a variety of projects.



## 2015 LMH Volunteer Executive Board

The Licking Memorial Hospital (LMH) Volunteer Executive Board officers are completing the final year of a two-year term in 2015. The officers are (left to right): Joan Omlor – President, Gary Hamilton – Vice President, Cindy Kikeli – Recording Secretary, and Joanne Hanson – Corresponding Secretary.

The LMH Volunteer Department includes more than 100 members who conduct a variety of tasks, ranging from greeting visitors at the reception desk to delivering mail to Hospital departments. To learn about volunteer opportunities at LMH, call the Volunteer office at (740) 348-4079, or visit [www.LMHealth.org](http://www.LMHealth.org) and click the “Become a Volunteer” link in the About LMHS section.



## TWIGS Elects 2015 Officers

The TWIGS Organization of Licking Memorial Hospital (LMH) recently elected its executive board members for 2015. The new officers are (left to right): Sharon Wiley – Secretary, Steve Schlicher – Chairman, Darlene Baker – Treasurer, and Linda Prior – Vice Chairman (not pictured).

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

TWIGS 6 was organized to open the Granville Thrift Shop in 1950. After relocating several times, the Shop presently operates at 1865 Tamarack Road in Newark.

TWIGS 8 also was established in 1950, and began selling homemade baby items, candy and jewelry. Today, the group

operates the LMH Gift Shop, which is located on the first floor of the Hospital and open eight hours each day, seven days per week – except on holidays.

Established in 1955, TWIGS 13 originally was known as the “Candle TWIGS” because their major fundraising project was selling candles. The group has participated in numerous fundraising ventures throughout the years and currently coordinates the Christmas Greenery Sale.

A group of LMH employees established TWIGS 24 in 1994. Their main projects include operating the Hospital’s vending machines, as well as book and jewelry sales.

Since the first TWIGS groups organized at LMH in 1950, they have contributed nearly \$5 million to the Hospital for use in capital purchases and fulfilling equipment needs. For information about becoming a TWIGS member, contact Director of Volunteers, TWIGS and Events Carol Barnes at (740) 348-4079.

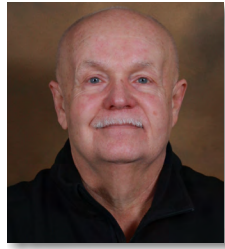
## Denison Students Donate Blankets to LMH Pediatric Patients

During the fall semester, members of the Kappa Alpha Theta sorority at Denison University produced handmade blankets to help comfort pediatric inpatients at Licking Memorial Hospital. Sara Hofmann (seated left), Grace Finkbiner (standing right) and Mallory Smyk (seated right) presented the blankets to Licking Memorial Health Systems President & CEO Rob Montagnese (standing left) on behalf of the sorority.





## Retiree Spotlight – Don Jones



Don Jones

Licking Memorial Hospital (LMH) retiree Don Jones was hired in the Physical Therapy Department on October 2, 1967, where he worked for 45 years. Don began his career as a physical therapy technician, and became certified as a Physical Therapist Assistant (PTA) in 1978. “I’m very proud of my longevity,” Don said. “When you work for 45 years, you see a lot of people come and go.”

Throughout Don’s 45-year career, he saw several remodel projects take place at the Hospital and was part of the original 1990 Physical Therapy team transferred to their current location at 1865 Tamarack Road. Along with the changes he witnessed during his career, Don worked at the Hospital for a summer while he was in high school in 1966. “I worked the summer when the new Hospital was finished,” Don said. “I got to see the patients transferred to the new Hospital. Now that’s something that some people might find crazy – I was around when this Hospital was built.”

Don said he enjoyed the opportunity to help people through his profession. His favorite part of his role at LMH was working with

patients, seeing them get better and hearing about their recovery. “Of course it’s not 100 percent fool-proof and you can’t help everyone,” he said. “But being able to help people get better is a good feeling. If I hadn’t liked it, I wouldn’t have stayed for 45 years.”

One patient in particular still creates a fond memory for Don. He was part of a team caring for a burn patient who went through several months of treatment at the Hospital and then was transferred to a local nursing home where Don worked part time as a PTA.

“She was such a sweet lady,” he said. “And she would always remember you when you came by to check on her. It was a good feeling to know we were able to help her in her recovery. I was able to check in with her for a long time through the nursing home – it was nice to know we made a difference for her.”

In his retirement, Don keeps busy with bowling and golf leagues, as well as frequent visits to exercise at the Licking Memorial Wellness Center where he still sees many of his former coworkers. Don and his wife have one daughter and two granddaughters. Between their two granddaughters, the couple has attended more than 20 basketball games just this year.

## “Building a Healthier Community Award”

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for ongoing work and/or a specific project that has improved the health of the community. The award will be presented at the 2015 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations at (740) 348-4101.

### Nomination Form

Nominee’s name (*individual or group*): \_\_\_\_\_

Address: \_\_\_\_\_

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

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

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

Additional comments:

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

Your name

Address

Phone number

All nominations must be received in the Development Office,  
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055  
by June 26, 2015, at 5:00 p.m.

## Volunteer Spotlight – Marjorie Hensley



Marjorie Hensley

Marjorie (Margie) Hensley was inspired to join the Licking Memorial Hospital (LMH) Volunteer Services Department after the care she received at the Hospital during her battle with cancer. In March 2011, Margie received cancer treatment from LMH and was impacted by the staff members who treated her so well. “The Hospital staff was so great to me,” said Margie. “I decided to pay it forward.”

Volunteering for LMH as well as Hospice of Central Ohio, Margie spends a lot of time helping those in need. She now is retired, but has spent time working in a factory, daycare and serving at restaurants. “My husband used to ask why I volunteered since I am not making any money. I would tell him it’s worth it because it is priceless.” Margie loves the satisfying feeling of helping others. She enjoys meeting people and sometimes encounters people she

knows. “They are so appreciative when I lead them to where they need to go, or assist them in using the computer system,” Margie said. “But, I get as much out of it as they do.”

Margie’s time volunteering not only has been rewarding, but also helped surround her with support after a recent tragedy. Her husband, Johnny, passed away at 74 years old in July 2014 of a massive heart attack. Carol Barnes, Director of Volunteers, TWIGS & Events, reflects, “Even after hardships in her life, Marjorie has been a tremendous help at the Hospital. It is truly admirable.”

Currently, Margie has been cancer free for nearly four years. She is proud to mention her nine grandchildren and 12 great-grandchildren. Her black cat, Missy, is a rescue who Margie adopted four years ago. She knew Missy was the one for her when the cat climbed on her back as Margie looked for a pet to adopt in the rescue center. “She picked me,” Margie said. Margie is also a part of the Newman Needlers crocheting group through the Health Systems.







## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

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

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!  
**Visit us at [www.LMHealth.org](http://www.LMHealth.org).**

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# Community Events

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

### Health & Fitness Fest (open to all youth)

Sponsored by Licking County Family YMCA, Denison University and Licking Memorial Health Systems  
Licking County Family YMCA Mitchell Center  
470 West Church Street in Newark  
Saturday, April 11  
12:00 Noon to 3:00 p.m. No charge.

The free event will include health screenings, Wii Just Dance, Zumba, yoga, track sprints, gymnastics, obstacle course, inflatables, face painting, balloons and healthy snacks. Youth who complete at least eight activities will be entered into a drawing for great fitness prizes. Participation in the Health & Fitness Fest will count toward Active•Fit participants' program goals. For more information, please call (740) 348-1572.

### Ask the Doc

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

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

### Community Blood Pressure Screenings

Licking Memorial Wellness Center at C-TEC  
150 Price Road, Newark  
1:00 to 3:00 p.m. No charge.

BP screenings on the second and fourth Thursdays of each month. No appointment required. Call (740) 364-2720 for more details.

### Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road  
Tuesday classes                      Wednesday classes  
9:00 to 11:00 a.m., 1:00 to 3:00 p.m., or 7:00 to 9:00 p.m.

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

### First Impressions – Maternal Child Classes

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

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