

Community Connection

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

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Licking Memorial Medical Campus Grand

Licking Memorial Health Systems (LMHS) is expanding with the opening of a new medical office building in Newark and invited the community to attend an open house on September 8. Licking Memorial Medical Campus, a two-story building, is conveniently located at 1717 West Main Street, a half mile west of the Hospital. The grand opening event featured tours of the facility and an open house reception with light refreshments. A variety of LMHS clinical and non-clinical staff were present to answer questions and offer information regarding the new facility.

“By opening Licking Memorial Medical Campus, LMHS has made another great advancement in healthcare services for all residents of Licking County. This project is exciting because it represents LMHS’ steady growth in correlation with the healthcare needs of our community,” stated Rob Montagnese, LMHS President & CEO.

The building provides office space for The Center For Sight, Licking Memorial Orthopedic Surgery and Licking Memorial Family Practice. Additional office space for staff and physicians with convenient parking and access to the medical offices is available at this new location. The Medical Campus opened for patient care in early September.

Licking Memorial Medical Campus is the latest of the Health Systems’ expansion projects designed to meet the needs of the community. LMHS opened its first Urgent Care facility at the Pataskala Health Campus in 2009. Because of its success with patients from the western areas of Licking County, the need was recognized for a second Urgent Care facility centrally located in the county, and the Granville location opened its doors to patients in 2012. In February of this year, LMHS broke ground for construction of the new Downtown Newark Medical Facility which will house an urgent care and a primary care practice. A valuable component of this venture is that it provides additional services to eastern Licking County. Construction on the Downtown Newark facility is expected to be completed by the end of 2016.



The Center for Sight

The Center For Sight is a full-service ophthalmology practice, offering quality, affordable comprehensive eye care for adults and children. Board certified physicians Elliot Davidoff, M.D., F.A.C.S., Mark S. Law, M.D., and James E. Silone, Jr., D.O., have thirty years of experience and provide infant, pediatric and adult eye care, macular degeneration evaluation and treatment, glaucoma diagnosis and management, cataract surgery, LASIK surgery, diabetic eye exams and treatment, and BOTOX procedures.

Dr. Davidoff received his Doctor of Medicine degree from New York Medical College. He completed an internship at Lenox Hill Hospital and an ophthalmology residency at the Bronx-Lebanon Hospital Center of the Albert Einstein College of Medicine, both in New York City.

Dr. Law earned his medical degree and completed his residency at the Medical College of Virginia. In between medical school and residency, he performed a one-year internship at the University of California Irvine/Long Beach. After residency, Dr. Law completed a cornea fellowship at the University of Louisville.

Dr. Silone received his medical degree from the Philadelphia College of Osteopathic Medicine. He then completed an internship at Doctors Hospital in Columbus. Dr. Silone returned to Philadelphia for his ophthalmology residency at the Philadelphia College of Osteopathic Medicine, Graduate Hospital.

New patients are always welcome at The Center for Sight, and appointments may be made by calling (740) 522-8555. Office hours are Monday through Friday from 8:00 a.m. to 5:00 p.m.

Licking Memorial Orthopedic Surgery

At Licking Memorial Orthopedic Surgery, physicians Robert W. Mueller, M.D., Kevin M. Ouweleen, M.D., and Andrew John Terlecky, D.O., specialize in diagnosing and treating conditions that affect the musculoskeletal system, including fractures, sports injuries, arthritis, and disabling conditions of the upper and lower extremities.

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Dr. Mueller received his Doctor of Medicine degree, and completed his internship and residency in orthopedic surgery at Johns Hopkins University Medical School in Baltimore, Maryland. Dr. Mueller is board certified in orthopedic surgery.

Dr. Ouweleen received his Doctor of Medicine degree at The Ohio State University in Columbus. He completed an internship and residency in orthopedic surgery at Mount Carmel Medical Center in Columbus. He is a member of the American Medical Association, American Academy of Orthopedic Surgery, and American College of Sports Medicine. Dr. Ouweleen also is board certified in orthopedic surgery.

Dr. Terlecky received his Doctor of Osteopathic Medicine degree at the Ohio University College of Osteopathic Medicine. He completed an orthopedic research fellowship with Southwest Ohio Orthopedic Associates and his residency at Grandview Hospital in Dayton. He is a member of the Ohio and American Osteopathic associations.

Physicians allow time in their daily appointment schedule for urgent or emergency visits. Licking Memorial



Orthopedic Surgery office hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. If patients have an emergency after hours, assistance may be reached via the answering service at (220) 564-1635. For appointments, please call (220) 564-2900.

Licking Memorial Family Practice

Family medicine is a specialty that focuses on the long-term care of family members of all ages, from birth to advanced age.

Garth A. Bennington, M.D., received his Medical Degree from The Ohio State University College of Medicine and Public Health in Columbus. Tayla R. Greathouse, M.D., also received her

Medical Degree from The Ohio State University College of Medicine. Both are board-certified family practice physicians and their specialized training and experience allow them to treat both acute and chronic illnesses, as well as focus their efforts on preventive medicine, and perform minor surgeries.

The office is open Monday, Tuesday and Thursday from 8:00 a.m. to 4:30 p.m., and Wednesday and Friday from 7:00 a.m. to 4:30 p.m. Appointments can be made by calling (220) 564-4823 for Dr. Bennington and (220) 564-1706 for Dr. Greathouse. For after-hours emergencies, patients may call the answering service at (220) 564-1620.



LMH Celebrates 50 Years on West Main Street

Licking Memorial Hospital (LMH) marked the 50th year at its current location with a community celebration on August 5. The Hospital showed its appreciation for the community's continued support by offering an evening of free entertainment that included 1960s-style activities, an inflatable slide, refreshments, and an outdoor screening of MGM's classic, *The Wizard of Oz*.

Hospital care originated in Newark in the late 1800s when a group of visionary women raised money to establish the nine-bed Newark Hospital Association at 154 North Third Street. In 1914, it became known as Newark City Hospital and moved to a newer and more modern structure at the corner of Buena Vista Avenue and Everett Avenue. The final relocation occurred in 1966 as the Hospital staff transferred to the innovative and technically advanced, six-story facility

at 1320 West Main Street. The initial name, Licking County Memorial Hospital, was shortened to the current Licking Memorial Hospital in 1974.

Two major renovation projects over time allowed LMH to meet the community's growing needs. The completion of a \$20 million construction and renovation project in 1991 upgraded the Hospital's Surgery Department, remodeled the first floor and added a spacious lobby and main entrance. Another \$39 million expansion project was completed in 2007 to open the 100-square foot John & Mary Alford Pavilion that includes surgical and emergency facilities with high-technology capabilities.

"Health care has evolved tremendously over the five decades that LMH has been in this location," commented Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). "However, the one thing

that has remained constant is that the community has benefitted greatly from the availability of quality health care at their local Hospital."

Rob added, "A combination of many factors is responsible for LMH's excellent level of patient care – the highly skilled medical staff, well-qualified and friendly Hospital staff, and the community-minded Board of Trustees that is dedicated to keeping LMH in the forefront of technology, as well as independently operated."

LMH is part of LMHS, which also includes Licking Memorial Health Professionals physician practices and Licking Memorial Health Foundation, the charitable branch of the organization. LMH, a medium-sized community Hospital with 227-beds, and LMHS have received numerous recognitions on the local, state and national levels.



LMHS Hosts Project SEARCH Program

Licking Memorial Health Systems (LMHS) is hosting a new program for Licking County students during the 2016-2017 school year. The Project SEARCH High School Transition Program, which began at Cincinnati Children's Hospital in 1996, provides real-life work experience, combined with training in employability and independent living skills, to help youth with disabilities make successful transitions from school to adult life. LMHS is collaborating with the Licking Educational Service Center, Opportunities for Ohioans with Disabilities, Greenleaf Job Training Services, the Licking County Board of Developmental Disabilities, and area school districts to offer the Project SEARCH program locally.

Students from the Heath, Granville, Licking Heights, Newark and Southwest Licking school districts are participating in Licking County's inaugural Project SEARCH program, which runs for a full academic year and will take place entirely at LMHS facilities. In addition to serving as the host site, the Health Systems will provide uniforms to all of the students, as well as transportation via Licking County Transit Services for those who need it. The Licking County

Foundation donated funds for one of the program's co-founders at Cincinnati Children's Hospital to provide on-site training and to reimburse each student for their footwear.

"We are thrilled to partner with a number of community organizations to offer this outstanding program in Licking County," said LMHS President & CEO Rob Montagnese. "Our vision for Project SEARCH is to provide students with the opportunity to learn the skills they need not only to obtain a job, but ultimately to embark on a meaningful and long-lasting career. By preparing them to enter the local work force, area businesses also will benefit by having an expanded pool of qualified candidates from which to hire. As Licking County's largest employer, we certainly see the positive impact this program could have on our organization and we believe it will be a tremendous benefit to our entire community for many years to come."

Led by an instructor, job coaches from Greenleaf, and directors and managers within LMHS departments, the students receive a combination of classroom instruction, career exploration and

on-the-job training. Students began the program in August with orientation and time to acclimate to the healthcare environment. Throughout the program year, students will continue to work on employability and functional skills in a classroom setting, but the majority of their time will be spent completing three unique rotations in a variety of clinical and technological areas of the Health Systems. The internship rotation allows the students to acquire marketable and transferable skills necessary to be hired by Licking County businesses for entry-level positions, with additional responsibilities added as their proficiency in the core areas increases. These work experiences also will help the students build communication, teamwork and critical thinking skills.

The long-term goal of Project SEARCH is to provide a set of transferable skills to people with disabilities, which will result in a diverse group of motivated job seekers for employers throughout Licking County. At the completion of the program, students will be prepared for competitive employment and have assistance obtaining complex and rewarding jobs.



LMH Named on 2016 Health Care's Most Wired™ Award List

Licking Memorial Hospital (LMH) recently was recognized as one of Health Care's Most Wired™ Hospitals for 2016.

Technology is improving the efficiency of care delivery and creating a new dynamic in patient interactions, according to results of the 18th Annual Health Care's Most Wired® survey, released by the American Hospital Association's (AHA) Health Forum. This leading industry benchmarking study measures information technology usage among hospitals nationwide. The Most Wired Award is given to hospitals that have made great strides in establishing robust clinical information systems aimed at improving patient care and strengthening technology infrastructure to ensure the security and availability of patient information.

"We are pleased to be recognized for a third year at the national level for our efforts to improve the health of our community. For a number of years, we have been heavily focused on implementing advanced clinical systems at the point of care that directly impact the quality of care provided to our patients. We have expanded these systems outside of the four walls of the Hospital to include direct patient access to medical information using our patient portals, as well as electronic information sharing with providers outside of Licking Memorial Health Systems (LMHS)," said Rob Montagnese, LMHS President & CEO.

LMH has adopted technologies which allow for real-time documentation of patient care, including integrated computer systems with advanced clinical decision support tools, voice recognition technology and computer-assisted diagnosis tools. The likelihood of adverse events are reduced through the use of technologies such as computerized physician order entry (CPOE), barcoded medication verification, and the use of an electronic transfusion administration system. Clinical imaging systems used for radiology and cardiology images are fully electronic allowing information to be shared in real-time between the Hospital

and community physicians. In addition, the My.LMHealth.org patient portal provides patients with immediate access to their information as laboratory tests, radiology tests, and other clinical information is created.

"We leverage technology at LMH to assist physicians, nurses, and other members of the clinical staff in making informed patient care decisions, improving patient outcomes, and reducing the opportunity for medical errors. With the recent introduction of the My.LMHealth.org patient portal, patients are now able to be directly engaged in their care with real-time access to nearly all relevant clinical information created by their providers," said LMHS Vice President Information Systems Sallie Arnett, M.S., RHIA, CHCIO.

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

Among some of the key clinical findings this year for LMH in particular:

- Physicians, nurses, and pharmacists are provided with real-time alerts regarding drug allergies, drug/drug interactions, drug/diet interactions and duplicate orders. This improves patient safety and eases the burden associated with the complex process of prescribing and administering medications.
- Using the My.LMHealth.org patient portal, patients have secure, anytime, anywhere access to their Hospital medical record information.
- 100 percent of cardiology and radiology images are acquired electronically and integrated with the Hospital's electronic medical record.

- The introduction of an electronic transfusion administration system that utilizes barcode technology to ensure that the appropriate blood products are administered to the right patient and automatically documented in the patient's electronic medical record.
- Patient vital signs information is captured electronically and interfaced directly into the Hospital's electronic medical record.
- 100 percent of employed physician practices have implemented electronic clinical documentation, results viewing, CPOE and decisions support.
- The use of predictive analytics tools to help identify individual patients with a likelihood of future Hospital readmission or imminent return visits to the Emergency Department.
- Patient monitoring equipment which sends data directly into the EMR including bedside blood pressure, pulse oximetry, temperature, glucose, lab tests, and fetal monitoring.

Key findings from an Information Security perspective:

- Implementation of a proactive privacy monitoring system that monitors and tracks access to the Hospital's electronic medical record systems and warns of any possible inappropriate access.
- External audit by a certified security organization of LMH's information security controls to ensure compliance with best practices.
- Continued use of strong authentication to verify the identity of individuals with access to confidential information prior to allowing access.

The annual survey is designed to measure the level of Information Technology (IT) adoption in U.S. hospitals and health systems, and serves as a tool for hospital and health system leadership to map their IT strategic plans. Conducted between January 15 and March 15, the survey asked hospitals and health systems nationwide to answer 88 questions regarding their information technology

HealthCare's **most wired**™

WINNER 2016

initiatives. This year, health systems completed 680 surveys, representing 2,146 hospitals, or roughly 34 percent of all U.S. hospitals.

The four focus areas of the survey include: infrastructure and security; business and administrative management; clinical quality and safety (inpatient/outpatient hospital); and clinical integration (ambulatory/physician/patient/community). According to the survey, hospitals are ramping up their efforts to stop hackers and also working to boost their capabilities in telehealth and population health. There also has been an increased emphasis on clinical staff training.

Other matters growing in importance among the Most Wired hospitals and health networks include using data to make the transition from volume-based to value-based reimbursement; helping to connect hospitals in remote locations with specialists via video or audio; and continuing to work to make electronic health records more useful and shareable among different hospitals and health systems. Detailed results of the survey can be found in the July issue of Hospitals & Health Networks (H&HN) magazine. For a complete list of winners, please visit www.hhnmag.com.

The AHA is the national organization that represents and serves all types of hospitals and healthcare networks, as well as their patients and communities. Nearly 5,000 hospitals, healthcare systems, and other healthcare providers, in addition to 43,000 individuals, form the AHA. Founded in 1898, the AHA provides education for healthcare leaders and is a source of information regarding current healthcare issues and trends. For more information, please visit www.aha.org.

LMHS Receives Modern Healthcare Recognition

For a third year, Licking Memorial Health Systems (LMHS) has been named to Modern Healthcare's Best Places to Work in Healthcare, a listing of the nation's top 100 healthcare-related employers. The recognition, now in its ninth year, honors workplaces throughout the healthcare industry that empower employees to provide patients and customers with the best possible care, products and services. LMHS, which includes the Hospital, Licking Memorial Health Professionals and Licking Memorial Health Foundation, was one of only three healthcare providers in the state of Ohio to be included.

"Inclusion on Modern Healthcare's Best Places to Work in Healthcare list is a great honor for our organization," said Rob Montagnese, LMHS President & CEO. "This award recognizes our dedication to ensuring excellent benefits and a positive work environment for our employees, which in turn, helps our staff provide high quality health care, and reinforces our commitment to the community."

Modern Healthcare surveys healthcare employers and employees for qualitative and quantitative information to determine which organizations excel according to key measures. The benchmarks are based on the following eight core areas:

- Leadership and planning
- Corporate culture and communications
- Role satisfaction
- Work environment
- Relationship with supervisor
- Training, development and resources
- Pay and benefits
- Overall engagement

LMHS is Licking County's largest employer, as well as the county's primary healthcare provider. Modern Healthcare's recognition is in addition to the recent Fortune Best Workplaces in Health Care award that LMHS received this spring.

**Modern
Healthcare**
**BEST PLACES
TO WORK™ 2016**



Active•Fit Summer Events Get Children Moving



Recently, Active•Fit participants completed the third phase of the goal-oriented youth wellness program. Youth, ages 6 to 12, who accomplished their goals during Period 3, which ended on August 31, were entered in a special prize drawing as a reward for achieving their initiatives.

The program also offered three events this summer, including Active•Fit Bowling, which was held in July and featured a free two-hour period of bowling at Park Lanes in Heath. Participants enjoyed the open session of bowling – courtesy of Park Lanes, healthy snacks, as well as a “glow bowl” portion of the event.

Also in July, youth had an opportunity to participate in Active•Fit Field Day. This two-hour event included activity choices such as soccer, flag football, kickball and

freeze tag, and concluded with a variety of fun water games to help attendees cool down.

The Dawes Arboretum hosted the annual Active•Fit 1K as part of the summer event schedule. All racers received an Active•Fit T-shirt and goody bag for participating.

Participation in all Active•Fit summer events counted toward the Active•Fit Program Period 3 goals. The current

period, complete with new goals, began September 1. All Program participants have an opportunity to choose new wellness goals and complete them by December 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit program has registered more than 2,650 participants who select health-related goals and track their progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit www.ActiveFit.org.



LMHS Hosts First Active•Senior Event

Nearly 100 local residents, ages 60 and older, gathered at the DoubleTree by Hilton hotel in Downtown Newark on June 16, for the inaugural Licking Memorial Health Systems (LMHS) Active•Senior Dance. The free event featured a dance instructor, dance contests, prizes, hors d'oeuvres and beverages.

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

Dance instructor Cynthia Anderson and her daughter, Taylor Dawes, led the crowd through a variety of dances from the 1940s through the 1970s, including the foxtrot, swing, twist and hustle. Prizes – which included gift cards to New Day Spa, Wilson's Garden Center, LongHorn Steakhouse, and Lowe's – were awarded to the best male and best female dancers for each of the four featured decades. Over the course of the event, emcee and Licking Memorial Hospital Development Council Chairman Bob McCaughy introduced attendees to the benefits of the Active•Senior program, and those who registered for the program during the event received a free Active•Senior pedometer.

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

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

Participants in the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical,



Nutritional, Mental and Social. At the end of each program year, Licking Memorial Health Systems will hold an Active•Senior celebration. The annual event will feature an auction during which participants may use the points they earned through the year to bid on exciting prizes, such as valuable gift cards, FitBit fitness trackers, bicycles and more.

The Health Systems will continue to host Active•Senior events throughout each year. In August, Licking County residents were invited to attend the Brunch Walk at Rotary Park in Newark, which featured a walk with Hufza Hanif, M.D., of Licking Memorial Rheumatology, followed by a healthy brunch. Local residents, ages 60 and up, also are invited to join LMHS for the Photo Stroll event on Friday, October 21 at Blackhand Gorge, beginning at 11:00 a.m. The event will feature Licking Memorial Neurology physician Even Wang, M.D., who will discuss dementia during the walk. To register, please call LMHS Public Relations at (220) 564-1560.

For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org. Registration on the website allows participants to document their progress on an ongoing basis for the opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, and then transfer the information to the www.LMHSActiveSenior.org website prior to the end of each program year in

April. Booklets are available at Licking Memorial Hospital, Licking Memorial physician offices and other select community locations.

The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician.



LMHS Summer Camps Provide Education and

This summer, local youth were provided the opportunity to attend camps to learn about various health topics from Licking Memorial Health Systems (LMHS) medical professionals.



Camp Courageous

In July, youth, ages 7 to 13, who have had an encounter with cancer – whether personally or through a close friend or family member – were invited to attend Camp Courageous, a day camp with a superhero theme, designed to reduce stress and anxiety due to the uncertainties of the disease. D'Anna N. Mullins, M.D., of Licking Memorial Hematology/Oncology, educated participants about cancer, hand washing and nutrition. Children were encouraged to imagine their own superhero and create a T-shirt to represent the hero. The event schedule also included healthy snacks, water games and a presentation on overcoming fear.



Camp Feelin' Fine

In June, Camp Feelin' Fine helped local children care for their asthma – a condition that inflames and obstructs the airways in the lungs – with an annual day-long agenda comprised of educational games and activities. During the camp, youth participated in activities to further asthma education, help manage their symptoms and provide an opportunity to interact with others who also have the illness. Licking Memorial Pediatrician Richard A. Baltisberger, M.D., and members of the Licking Memorial Respiratory Therapy Department taught participants ways to avoid common “triggers” of an asthma attack, such as pollen, strenuous exercise, dust and pet dander.



Camp A1C

LMHS sponsored Camp A1C in July where youth, ages 7 to 13, who have diabetes were invited to join the one-day event held at Infirmary Mound Park in Granville. Diabetes is a long-term health condition that causes high blood sugar and inadequate insulin levels in the body. The camp's focus comprised of dinosaur-themed fun activities and educational presentations focused on controlling diabetes. The youth participants spent the day engaging in games and discussions to learn more about diabetes, manage their carbohydrate ratio and insulin use, and interact with others who also have diabetes.



d Summer Fun



Camp Med

Camp Med was held in August, and featured an opportunity for high school seniors to learn about careers in health care by visiting various departments throughout Licking Memorial Hospital, experiencing interactive medical demonstrations, and asking questions of medical staff in various specialties. The students were accepted into the program by participating in a rigorous application process. A few of the areas explored included the Cardiology, Surgery, Laboratory and Emergency Departments.

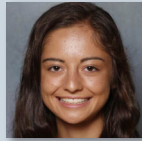


Camp Med

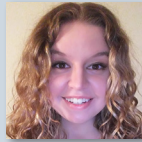
High School Students



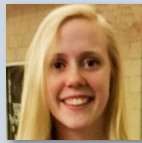
Hayley Adkins
Northridge



Taryn Burkley
Newark



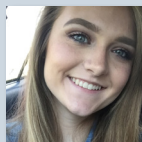
Kaycee Campbell
Northridge



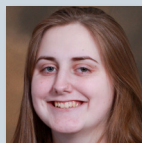
Madison Cox
C-TEC



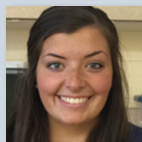
Claudia Crumrine
Newark Catholic



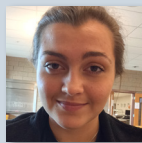
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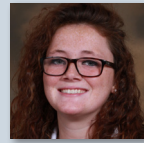
Jenna DeNune
Northridge



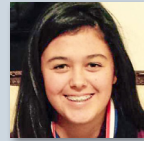
Alyssa Fravel
Licking Heights



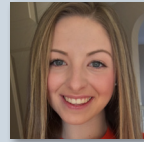
Martina Fulgieri
C-TEC



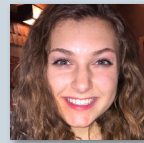
Cassidy Gerhart
C-TEC



Crystal Hanbaum
Lakewood



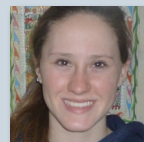
Summer Haney
Watkins Memorial



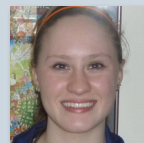
Rachael Harmon
Northridge



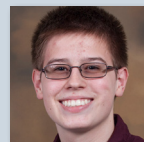
Lindsey Higgins
Granville



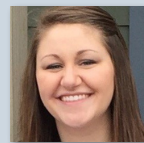
Brooke Kauchak
Granville



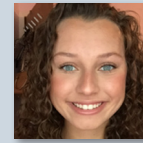
Emily Kauchak
Granville



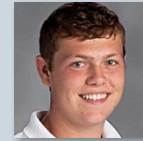
Brenden Kling
Granville



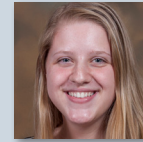
Lauren Kollar
Licking Valley



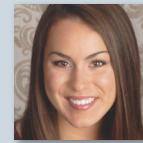
Langley Krutko
Licking Heights



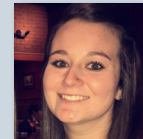
Spencer Kussmaul
Liberty Christian



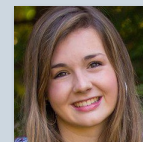
Cortney Lemert
Granville



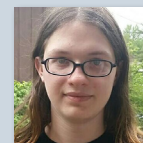
Kayla Lorenz
Watkins Memorial



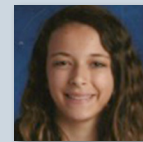
Kylie Marinacci
Newark Digital



Makenna Mason
Granville Christian



Seth McClain
Newark



Ashley Montagnese
Watkins Memorial



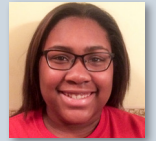
Kylea Murphy
Utica



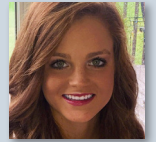
Michael Pond
Newark



Zachery Robertson
Granville



Nayomi Stephens
Watkins Memorial



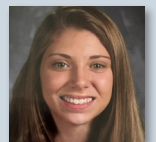
Emily Taylor
Granville Christian



Allison Theos
C-TEC



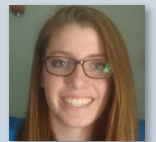
Jewelyna Vanwinkle
C-TEC



Ciara Westfall
C-TEC



Alexandar Wheelhouse
Heath



Morgan White
Licking Valley



Samantha Whitt
C-TEC

LMH Hosts Third Annual Baby Expo

Licking Memorial Hospital (LMH) will host its third Baby Expo on Sunday, October 16, from 1:00 to 4:00 p.m. The Baby Expo is an exciting opportunity for new parents, expectant mothers, and women who are considering pregnancy to learn more about LMH's Maternal Child services. The Baby Expo will feature select baby specialty vendors, demonstrations and information on:

- Pregnancy care, including nutrition
- Breastfeeding
- Newborns' special needs
- "First Impressions" classes at LMH
- CPR for infants, children and adults
- Car seat check station
- Licking Memorial Pediatrics services
- Licking Memorial Women's Health services
- "Quit for You, Quit for Baby" tobacco cessation services
- Vendors' products for mothers-to-be, as well as mothers and babies

Light refreshments, door prizes and a variety of great give-away items will be available. The Baby Expo is free and open to the community, and registration is not required. For more information, call (220) 564-4102.



Canal Market District Receives LMHS Support

The new Canal Market District in Downtown Newark has received great community response since opening in June. The farmer's market features fresh agricultural products from local farms, as well as goods and services from other local vendors.

The 1,900-plus employees of Licking Memorial Health Systems (LMHS) have been encouraged to make healthier food selections for their personal consumption while also supporting the Canal Market District. Recently, LMHS gave each employee \$25 worth of wooden tokens to purchase items at the market.

LMHS President & CEO Rob Montagnese said, "As the county's leading healthcare provider, LMHS encourages the community to eat a balanced diet that includes plenty of

fruits and vegetables. Canal Market District vendors offer produce that is fresh from the farm, and customers have an opportunity to speak with the growers about their production methods. The market also promotes the community's access to other healthy farm products, such as eggs and meats."

In addition to providing healthy products for the community, the farmer's market also advances the community's economy. Rob said, "The Canal Market District provides an exciting opportunity to local vendors who now have a strong presence in Downtown Newark as part of the renovation project. The Health Systems is proud to encourage LMHS employees' patronage of the Canal Market District and support the community through the tokens."

The Canal Market District is located just south of the Courthouse Square. It operates on Tuesdays and Fridays, from 4:00 to 7:00 p.m. In 2016, the market will remain open through October 28.



LMHS Joins in Annual Pataskala Relay for Life

The annual Pataskala Relay for Life event took place at Watkins Memorial High School from 4:00 to 11:00 p.m. on July 9. Relay for Life, the signature event of the American Cancer Society, features continuous walking, with the goal of raising funds to benefit cancer research through sponsorships and donations.

This year's event featured 10 teams, with 65 participants – some of whom were cancer survivors themselves – in addition to the many friends, caretakers and family members whose lives have been impacted by cancer. Together, they raised \$20,343 for cancer research. Some attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against cancer, as well as a Luminaria Ceremony in remembrance of lost loved ones.

During the opening ceremony, Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, offered words of appreciation to the attendees. "This event is important because it recognizes the survivors, caretakers, family and friends who have been touched by cancer.

LMHS continues to be inspired by these heroes who have contributed to the battle against cancer and we are proud to help celebrate hope for the future," said Rob.

LMHS is dedicated to the early detection and treatment of

cancer. In addition to excellent patient care, the Health Systems provides free community education programs on topics including colorectal cancer and skin cancer. Cancer screenings include free mammograms to qualifying women with financial need.



LMHS Opens For Your Health Center at Washington Square

Licking Memorial Health Systems (LMHS) recently established the For Your Health Center at Washington Square Plaza in Downtown Newark. The Center opened May 1 and offers various services to the residents of a 104-unit complex which requires guidelines for residency, including age and income. With a full-time registered nurse from LMHS, residents of the building have the opportunity to ask health questions, benefit from one-on-one education, and receive assistance with appointments and referrals for medical care.

The Center does not provide direct medical treatment, but does provide much-needed assistance with overall health questions, chronic disease management, connecting residents to primary care physicians and more. Greg Wallis, Vice President Outpatient Services at LMHS explained, "The For Your Health Center is there to act as a facilitator for residents. Assisting with making appointments, referrals to appropriate healthcare providers, finding financial assistance, and transportation assistance are all part of what we provide at no cost to the residents."

Screenings such as blood pressure and body mass index also are provided to

residents free of charge at the Center. The registered nurse helps those with diabetes learn how to manage their disease. By walking these patients through the glucose screening process and providing education, they are able to keep track of their glucose levels on their own.

Ben Broyles, LMHS Director of Rehabilitation Services, Home Care & Community Case Management, explained the purpose of integrating these services into the residents' own environment. "It's important to take a proactive measure to help this community," he said. "We are promoting preventive health to a population that is at risk for many health issues and Emergency Department visits. Our hope is to provide education on topics the residents request, assist them in finding health care, and be the resource they need."

In order to help educate residents on healthy lifestyles, an LMHS registered dietitian is available for two hours every Wednesday. The dietitian guides residents on how to choose healthier options at the grocery store, and provides education on the best food options for those who have restrictions or limitations. A pharmacist also is available on a

bi-monthly basis to answer prescription questions and offer medication assistance. The pharmacist and registered nurse are able to help ensure patients are taking their medications at the right time of day and staying organized with prescriptions.

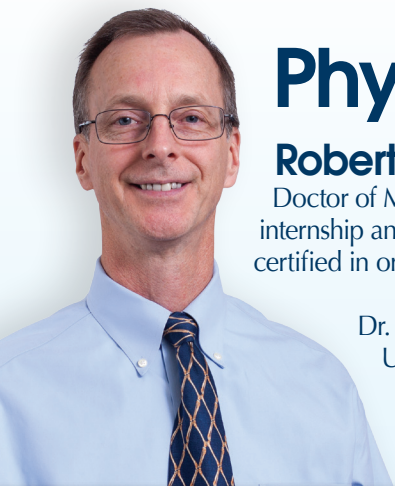
According to Ben, the Center already has been helping many of the residents by providing resources and education, with nearly 160 visits recorded in June. LMH continues to collect data and identify further services that would best serve this population.

Schedule of services available at the For Your Health Center at Washington Square Plaza:

Registered Nurse
Monday – Friday
8:00 a.m. – 4:30 p.m.

Dietitian
Wednesday
9:00 – 11:00 a.m.

Pharmacist
2nd and 4th Tuesday
of each month
9:00 – 11:00 a.m.



Physician Spotlight

Robert W. Mueller, M.D., joined Licking Memorial Orthopedic Surgery in July 2015. He received his Doctor of Medicine degree at Johns Hopkins University Medical School in Baltimore, Maryland. He completed an internship and residency in orthopedic surgery at Johns Hopkins Hospital in Baltimore, Maryland. Dr. Mueller is board certified in orthopedic surgery.

Dr. Mueller is originally from Missouri. He formerly served his country as a Staff Orthopedic Surgeon in the U.S. Navy. He has a special interest in sports-related injuries and adult reconstructive surgery. He is a member of the American Academy of Orthopedic Surgeons. Dr. Mueller currently lives in Columbus with his wife, Elizabeth, and three children.

Ask a Doc – Knee Pain with Robert W. Mueller, M.D.

Question: I have been experiencing some pain in my right knee lately. How should I decide whether to see a doctor?

Answer: Knee pain is a common concern among many patients, and can be caused by a variety of factors. It may stem from an issue with the knee joint itself, or from conditions affecting the ligaments, tendons or cartilage that surround the knee. Knee pain generally is either immediate (acute) or long-term (chronic), and the recommended treatment plan depends on the cause and severity of the pain.

It is important to schedule an appointment with a primary care physician when knee pain stems from a particular injury, or is accompanied by significant swelling, redness, tenderness and warmth around the joint, reduced range of motion, significant pain, or fever. However, knee pain that forms slowly over time often can be successfully managed at home through self-care and lifestyle changes.

In some cases, the knee can become inflamed following participation in an activity that is more strenuous than usual for an individual. This inflammation is not necessarily serious and may not be associated with a great deal of pain. However, if the knee is not properly cared for, the inflammation can become a chronic issue. Those experiencing mild, ongoing knee pain should try the RICE method to allow the knee to heal.

- **Rest:** Avoid any activities that exacerbate the pain, but refrain from becoming sedentary. Low-impact activities such as swimming or biking can help to prevent stiffness and reduce pain. Those who continue to experience knee pain even during low-impact activities should contact their physician.
- **Ice:** Ice your knee for 15 to 20 minutes, several times per day to alleviate pain and reduce inflammation. Place a thin towel between the ice and your knee in order to avoid causing damage to the nerves or skin.

- **Compression:** Wrap your knee with an elastic bandage to help manage swelling. Ensure that the bandage is snug without causing any additional pain or discomfort.
- **Elevation:** Lie down with your leg propped up on pillows to help control swelling.

In addition, over-the-counter nonsteroidal anti-inflammatory medications can help to relieve pain and inflammation. These include ibuprofen (such as Advil® or Motrin®) and naproxen (such as Aleve®). For older adults and those who have kidney problems or high blood pressure, acetaminophen (such as Tylenol®) often is a safer alternative.

Individuals should schedule an appointment with their physician if these interventions do not lead to a reduction in pain after one week. In addition, patients should schedule an appointment if pain worsens at any point and/or begins to interfere with daily activities. Finally, if applying pressure to the knee does not cause pain, it is possible that the pain stems from factors not directly related to the knee, such as hip problems or rheumatoid arthritis. In each of these cases, pain likely will not subside until a physician has determined the cause and prescribed a treatment plan.

These guidelines can help individuals to avoid unnecessary costs or visits to their physician's office. However, even mild knee pain can be worrying for some patients. For those individuals, it may be beneficial to schedule an appointment in order to alleviate any concerns regarding the potential causes of their knee pain.

Before visiting a physician to address knee pain, patients should consider the following questions so that they are prepared to provide

the physician with as much information as possible regarding the nature of their pain.

- Where is the pain located in your knee?
- How long has the pain been present?
- What makes the knee feel better or worse?
- Does the knee feel unstable?
- Does the pain cause you to limp?
- Are you experiencing pain elsewhere in your body?
- Have you experienced any knee injuries?

If the RICE method provides pain relief, there are several ways to maintain knee comfort in the future. Reaching a healthy weight is one of the best ways to reduce stress on your joints and lower your risk for osteoarthritis, which is a major cause of knee pain. In addition, weak or tight muscles often contribute to knee pain and injuries. Performing exercises and stretches to strengthen muscles and improve flexibility is an excellent way to minimize the risk of knee injury. It is important to use proper techniques during any type of exercise, because improper techniques can aggravate the joints and lead to injury and/or pain.

Finally, for those who participate in high-impact activities, such as basketball, tennis or jogging, a lifestyle change may be necessary to reduce pain and prevent further damage to the knees. Consider switching to low-impact activities, such as swimming or biking, and limit participation in activities that require frequent jumping or twisting.

Licking Memorial Orthopedic Surgery focuses on diagnosing and treating conditions that affect the musculoskeletal system, including fractures, sports injuries, arthritis and disabling conditions of the upper and lower extremities. Individuals who are concerned about knee pain should contact their primary care physician in order to determine whether an appointment with an orthopedic surgeon is appropriate.

Walk with a Doc

Local residents were able to enjoy the summer weather and participate in informative discussions on health-related issues at a pair of recent Walk with a Doc events. The monthly program provides participants with an opportunity to ask general questions concerning a featured topic during a casual 40-minute walk at scenic locations throughout Licking County.

In June, Marita Moore, M.D., of Licking Memorial Family Practice – McMillen, discussed preventive health while leading attendees on the Cherry Valley Road bike path beginning at the Park and Ride in Newark. Pattye Whisman, M.D., of Licking Memorial Family Practice – McMillen, provided information about walking and weight loss at The Great Circle Earthworks in July.

The Walk with a Doc series will continue throughout the upcoming months with a variety of guest physician speakers, topics and walk locations. More details regarding the Walk with a Doc events, including the Active•Senior Photo Stroll, are available on the back page of *Community Connection*.



walk with a DOC



Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care

Patient Story – Joe Joyce

In the spring of 2015, Joe Joyce started having migraines. To ensure maximum enjoyment with his family's upcoming trip to Disney World, he began taking migraine medication and felt relief. During their vacation, Florida temperatures soared, therefore, Joe did not consider his unquenchable thirst and dry mouth unusual. He reasoned that it was just the heat or perhaps the migraine medicine, and disregarded the symptoms. What he did find unusual was his frequent urge to urinate, which actually became a running joke among his family who lightheartedly teased him, noting that he should get checked out after vacation.

About three weeks after returning home, he experienced yet another unusual symptom that convinced him to visit a physician. He began using a new pair of contacts and his vision was blurry. Thinking that he had accidentally mixed up the two boxes and put the wrong prescription in the wrong eye, he visited his eye doctor who asked him when he had last received a blood glucose level test. Joe could not remember and admitted that he did not frequent the doctor's office as much as he should. After talking with a friend – an Emergency Department physician – who also suggested the test, Joe decided it was time.

"I went to the Granville Urgent Care where they performed a fasting blood glucose test. My blood sugar was 301 and my A1C was 13.3 percent," said Joe. A normal fasting (no food for eight hours) blood sugar level is between 70 and 99 mg/dL. A normal A1C test is equal to or less than 6.4 percent. "The Urgent Care staff kept asking me how I felt and I thought I felt just fine. When I later learned that an A1C level of 14 percent is dangerously high, I understood why they kept asking me how I felt. Months after, when my numbers

began to return closer to normal, I realized how badly I really had been feeling," he explained.

Joe was referred to I-Tsyr Shaw, M.D., of Licking Memorial Endocrinology, who immediately helped him begin to control his diabetes with medication. He was diagnosed with Type 2 diabetes, the most common form of the disease, affecting 90 to 95 percent of people with diabetes. In Type 2 diabetes, the body is resistant to the action of insulin, meaning it cannot use insulin properly, so it cannot carry sugar into the cells. Although the body produces some insulin, it is not enough to overcome this resistance.

Diabetes in and of itself causes no symptoms – the health conditions caused by diabetes, such as high blood sugar levels, are the primary cause. Diabetes often can go unnoticed because affected individuals, such as Joe, are not aware of the changes associated with the condition. The radical vision change proved to be the most challenging symptom that Joe experienced. "It was unbelievable how my sight would change from day to day. For a period of time, it actually improved. I have been basically blind since I was 10 and at one point, I didn't even need to wear a contact in one eye," he described. For two months, he adapted daily to his varying sight. "My eye doctor is a super guy. He was so accommodating and provided me with numerous trial pairs of contacts to support my daily changes," he added.

Joe received a consultation from Licking Memorial Hospital Community Case Management dietitian Annmarie Thacker. "She was fantastic!" said Joe. "She totally changed the way I thought about eating and was the biggest help to me in this process. When they told me I was diabetic, my first thought was that I could never eat anything with sugar ever again. I

did what most people probably do and bought diet pop and sugar-free items," he explained. "Annmarie helped me understand that it is not really what you eat, but how much you eat," Joe continued. "She helped me learn what I was allowed to eat, as well as how to count carbohydrates," he said. Those with diabetes are allowed 60-75 carbohydrates per meal. "I have been a pop drinker for a long time and there are 45-50 carbs in one can. Simply eliminating soda from my diet, made a huge difference," Joe said. In the first three to four months, he lost 35 pounds and has been able to keep it off. "I had never really paid attention to what I ate before. Now that I study the labels and ingredients, it is surprising to learn what we put into our bodies," he noted. Joe also was provided a booklet that included meal preparation information and healthy recipes.

Next, he took a four-week diabetic class with other patients. Joe learned that incorporating a healthy diet and an active lifestyle would start him on the road to recovery and help control his symptoms. Topics included additional diabetes signs and proper foot care. Joe admits he was very fortunate that his diabetes was diagnosed when it was, despite the glaring symptoms he overlooked. "I was astounded at how many people are diabetic and don't even realize it," Joe commented. Like many, his lifestyle did not reveal evidence of risk factors. An estimated 26 million Americans have diabetes, and about 7 million of them have not yet been diagnosed.

Six months after his first visit, Joe returned to Dr. Shaw. His A1C was 5.7 percent, which he had lowered by more than half. "I felt so much better, my mood had improved and I was more energetic," Joe said. "I drastically had changed my daily meals and was working hard at my exercise routine. I was walking previously,

Diabetes Care – How do we compare?

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

1. Much of the care diabetes patients receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2013	LMHP 2014	LMHP 2015	National
LMHP diabetes patients receiving eye exam	67%	66%	63%	58% ⁽¹⁾
LMHP diabetes patients having HbA1C test	96%	96%	96%	88% ⁽¹⁾
LMHP diabetes patients having lipid profile	95%	93%	93%	83% ⁽¹⁾
LMHP diabetes patients having microalbuminuria test	90%	90%	88%	84% ⁽¹⁾
LMHP diabetes patients having foot exam	90%	90%	89%	80% ⁽²⁾

2. While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1C (HbA1C) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time.

	LMHP 2013	LMHP 2014	LMHP 2015	National ⁽¹⁾
LMHP diabetes patients with HbA1C less than or equal to 7%	59%	58%	59%	38%
LMHP diabetes patients with HbA1C less than or equal to 8%	79%	75%	78%	59%

3. People with diabetes are at high risk for heart disease. An elevated LDL ("bad") cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease, a very serious complication of diabetes.

	LMHP 2013	LMHP 2014	LMHP 2015	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	67%	69%	67%	48%

4. The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends that a person with diabetes should have an HbA1C blood test at least every six months to monitor glucose levels. LMH staff members work closely with patients and their physicians to ensure that this test is performed as recommended in order to manage each patient's condition better.

	LMH 2013	LMH 2014	LMH 2015	Goal
CCM diabetes patients who obtained an HbA1C test	100%	99%	100%	Greater than 80%

5. Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists provide one-on-one education to patients and work closely with them to set their own meaningful personal goals for improving their health and well-being.

	LMH July 1, 2012 thru June 30, 2013	LMH July 1, 2013 thru June 30, 2014	LMH July 1, 2014 thru June 30, 2015	Goal
Goals met by diabetes education graduates – within six months	90%	91%	94% ⁽³⁾	Greater than or equal to 80%

Data Footnotes: (1) Average of reported Commercial Medicare and Medicaid/HEDIS measures. (2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program. (3) Results reflect feedback from 83% of program participants successfully contacted six months after completing the Diabetes Education program. 17% of patients could not be reached for comment.



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

Diabetes Management at LMH

Nearly 1 in 10 Licking County residents has been diagnosed with diabetes. Licking Memorial Health Systems (LMHS) provides comprehensive diabetes care and education through the Medication Therapy Clinic, the Diabetes Education Center and two Wellness Center locations – all of which collaborate to ensure that patients access the resources they need. In the first half of 2016, Licking County residents proactively managed their diabetes through over 900 visits to LMHS, including visits with registered nurses and dietitians, and participation in diabetes self-management training.

The importance of managing diabetes cannot be overstated. Unmanaged diabetes significantly increases the risk for a variety of health concerns, including cardiovascular disease and stroke, as well as damage to the nerves, kidneys and eyes. Diabetes care at LMHS features education, training and careful monitoring in order to empower patients and encourage proactive self-management. A variety of health professionals – including pharmacists, dietitians, registered nurses, personal trainers and social workers – help to ensure a multifaceted approach to diabetes management, with an emphasis on healthy lifestyle improvements.

These LMHS care providers work to improve the daily lives of Licking County patients, with a focus on patient comfort and satisfaction. This means that, in addition to receiving proper medication therapy, patients also have the opportunity to improve their understanding of their condition and to learn about healthy diet and exercise habits in a judgment-free setting. Providers also work to address indirect factors – such as a lack of transportation – which may prevent patients from accessing diabetes care.

The Medication Therapy Clinic at Licking Memorial Hospital (LMH) is designed to educate patients and their family members about proper dosage and signs of complications, monitor patient progress, and recommend medication adjustments as needed. Insulin management at the Medication Therapy

Clinic is directed by I-Tsyr Shaw, M.D., of Licking Memorial Endocrinology, with the support of clinical pharmacists, registered nurses and dietitians – all of whom have demonstrated competency in insulin management.

During each visit, patients have the opportunity for one-on-one conversations with the providers regarding their diabetes care. Pharmacists provide education on diabetes medications and blood glucose monitoring. Dietitians offer education regarding meal planning and counting carbohydrates, in addition to reviewing the dietary needs of each patient and making personalized recommendations for improvements. Each patient of the Medication Therapy Clinic also may use their smart phone to enter information about their diet and physical activity, which can be sent to the Clinic electronically along with their glucometer readings. Pharmacists at LMH then review the results and make insulin adjustments as needed.

The closely-monitored patient care provided by the LMH Medication Therapy Clinic has had a significant and positive impact on patients with diabetes. On average, patients experience a 0.8 percent reduction in HbA1C (glycated hemoglobin) levels over a three-month period. Studies have indicated that such a reduction is associated with a 45 percent decrease in the risk of cardiovascular death.

The Diabetes Education Center also offers a variety of one-on-one services for individuals with diabetes, including self-management skills, insulin instruction, and education regarding carbohydrate counting, healthy food options and nutritional label reading. Participants have seen an average reduction in HbA1C levels of 1.72 percent and an average weight loss of 5.44 pounds. Diabetes educators also encourage patients to visit the Medication Therapy Clinic and the Wellness Center in order to further improve their diabetes management.

In addition, diabetes education classes are offered in a group setting. The comprehensive series of four classes is provided by a pharmacist, a dietitian and a nurse, and helps patients to understand how diabetes affects their bodies. The benefits of blood glucose monitoring are discussed, and patients learn how various diabetes medications work. The curriculum is focused on the seven Self-Care Behaviors™ of the American Association of Diabetes Educators: healthy eating, being active, monitoring, taking medication, problem solving, reducing risks and healthy coping.

Individuals with diabetes also are encouraged to take advantage of the Licking Memorial Wellness Centers, located at C-TEC and on Tamarack Road in Newark. Both locations offer treadmills, ellipticals, NuSteps, stationary bicycles and arm bicycles, in addition to a variety of free weights and other weightlifting equipment. Patients appreciate the safety and security of exercising at the Wellness Center. In addition, they may ask questions regarding their diabetes management rather than waiting for a scheduled appointment. Wellness Center staff can consult with pharmacists, dietitians and social workers as needed. While participation fluctuates over time, the Wellness Center had more than 400



active members in June 2016, more than 100 of whom were individuals with diabetes.

Wellness Center staff monitor each patient's blood glucose, as it must fall between 100 mg/dL and 300 mg/dL in order to exercise safely. Juice and light snacks are available for those whose blood glucose levels are too low. Water also is provided, meaning that patients do not need to bring anything with them to the Wellness Center. In addition, personal trainers are available to recommend alternative exercise options for patients with concerns such as back pain or difficulty balancing.

It is imperative for patients to learn how to achieve and maintain effective diabetes management. By providing comprehensive, coordinated care, LMHS helps to ensure that patients access the resources they need. Individuals who are interested in these diabetes resources should contact their primary care physician.

but not as much as I should have been. My goal now is to walk a mile a day, 6 times a week." At his most recent visit, Joe's A1C had lowered again to 5.4 percent and Dr. Shaw was able to reduce his medication.

Fortunately for Joe, his diabetes has not affected his work life too much. He is a guitar teacher and part-owner of Guitar Guys in Heath. "It is really scary to think about how high my blood glucose levels were and that I could have been headed for a stroke or heart attack. I am very grateful for all the help and support I have received from the LMH staff," Joe said. "This program is well worth it. I have recommended it to a lot of people already and will keep doing so. It is amazing! If you do what they suggest, it

works. You will see improvement and be OK. I am proof," he concluded.

The two board-certified physicians at Licking Memorial Endocrinology provide care for patients with glandular disorders, such as diabetes, metabolic disorders, thyroid disease, pituitary and adrenal abnormalities and osteoporosis. Dr. Shaw and Sara J. Healy, M.D., are accepting new patients with a physician's referral. To make an appointment, please call Dr. Shaw at (220) 564-1740, or Dr. Healy at (220) 564-7950.



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



Shari L. Gallup, M.S.

Community Education – Dining with Diabetes

Date: Thursday, October 6
Thursday, October 13
Thursday, October 20

Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.

Speakers: 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 in 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, September 30.



Quality Reporting to the Community

Educational Story and Benchmarks for Pediatric Care



Vaccinations Offer Protection for Individuals of All Ages

Because of the success of vaccination over the past several decades, many people have never witnessed the devastating effects of vaccine-preventable diseases. However, the viruses and bacteria that cause these diseases still exist, and children in the United States and elsewhere remain vulnerable.

Experts agree that vaccination is the most effective way to protect children and adults from a variety of serious and potentially fatal diseases. Ensuring that children are properly vaccinated is an important step in protecting their own health, but it also supports the health of their friends, family and fellow community members by helping to limit the spread of vaccine-preventable diseases.

Vaccines utilize the body's natural defense system to help it safely develop immunity to certain diseases, and are the most effective way to protect individuals from those diseases. One study published in the *Journal of the American Medical Association* found that children who are not immunized are 6 times more likely to contract whooping cough (pertussis) and 22 times more likely to be infected with measles than children who have received the proper immunizations. Some vaccine-preventable diseases can be deadly, or result in serious and long-term complications.

While the vaccine schedule is focused on young children, it is important to remember that vaccine-preventable diseases can affect individuals of any age, particularly those with weakened immune systems and those who cannot receive vaccinations. For example, many diseases can have particularly severe effects among elderly individuals.

Pneumonia increases the risk of heart attack and stroke in older adults, and the Centers for Disease Control and Prevention (CDC) estimates that between 80 and 90 percent of flu-related deaths occur in individuals age 65 and older. Ensuring that children receive the recommended vaccines helps to protect their grandparents in addition to a variety of other vulnerable individuals, including newborn babies, individuals with cancer, pregnant women and transplant recipients.

Similarly, elderly adults can help to protect their grandchildren and other individuals in their communities by ensuring that they have received all recommended vaccines as well. Many older adults have not received vaccinations for pneumonia, tetanus or shingles, and some skip the

annual flu vaccine. However, receiving these vaccinations can help older adults to avoid contracting potentially serious illnesses and prevent the spread of those illnesses to infants, children and other vulnerable individuals. For example, the CDC recommends that all individuals ensure that they are up-to-date with the pertussis vaccination at least two weeks prior to coming into close contact with an infant.

It is important to follow the vaccination schedule recommended by the Centers for Disease Control and Prevention very carefully. There is no medical benefit to delaying vaccines, and doing so may pose various health risks. However, it is never too late for adults to receive vaccinations that they may have missed. Many insurance companies cover most immunizations, and financial assistance may be available. Contact your primary care physician immediately if you believe that you or your child have not received the recommended vaccines.



Pediatric Care – How do we compare?

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

- 1.** Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:
- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
 - 3 doses of polio
 - 1 dose of measles, mumps and rubella
 - 3 doses of Haemophilus influenzae B (influenza type B)
 - 3 doses of hepatitis B
 - 1 dose of varicella (chicken pox)

Childhood immunization rate (4:3:1:3:3:1 series)	LMHP 2013 91%	LMHP 2014 91%	LMHP 2015 88%	National⁽¹⁾ 75%
Children, aged 6 months to 18 years, receiving the influenza vaccination	2013-2014 45%	2014-2015 42%	2015-2016 35%	National⁽¹⁾ 58%

- 2.** LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

Female adolescents, aged 13 to 17 years, completing HPV vaccination series	LMHP 2013 53%	LMHP 2014 55%	LMHP 2015 55%	National 33%⁽²⁾
Adolescent children receiving varicella vaccination	95%	95%	96%	68%⁽³⁾
Adolescent children receiving meningococcal vaccination	87%	87%	88%	64%⁽¹⁾

- 3.** Pharyngitis (sore throat) is a common illness in children. Most children's sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, they are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

Children with pharyngitis receiving test before antibiotics	LMHP 2013 95%	LMHP 2014 96%	LMHP 2015 95%	National⁽¹⁾ 76%
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- 4.** LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood their children will enjoy long and healthy lives.

Children, aged 9 to 11 years, receiving cholesterol screening	LMHP 2013 65%	LMHP 2014 68%	LMHP 2015 65%	LMHP Goal 60%
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- 5.** When a child arrives with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

Forensic kit collection was complete for children treated for sexual abuse	LMH 2013 100%	LMH 2014 100%	LMH 2015 100%	LMH Goal 100%
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Data Footnotes: (1) National Committee for Quality Assurance, "Improving Quality and Patient Experience – The State of Health Care Quality 2013." (2) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2012. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2011.



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

LMH Offers Free Mammogram Program on National Mammography Day

Licking Memorial Hospital (LMH), Licking Memorial Women's Health, and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women in order to promote the importance of breast cancer screening awareness. LMH will sponsor screenings on National Mammography Day, Friday, October 21. Tests will be performed from 7:00 a.m. to 5:30 p.m. at the Women's Imaging Center at LMH, and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 75. Any woman who is interested in receiving a free mammogram at LMH should contact her physician for more information and a referral.

In order to be eligible to participate in this program, women must meet the following criteria:

- Must reside or work in Licking County
- Must be at least 40 years old
- Must be uninsured, or not eligible for Medicare or Medicaid
- Must have a physician's referral
- Should have no symptoms of breast cancer
- Must not have received a free mammogram from LMH in the last 12 months

The free tests apply only to screening mammograms. The X-rays will be interpreted by Tri-County Radiologists, including Sean Choice, M.D., Edward Del Grosso, M.D., Joseph Fondriest, M.D., Daniel Kennedy, M.D., Lisa Lee, M.D., Owen Lee, M.D., and Timothy Lifer, D.O. If the results of the screening mammogram

indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program. However, financial assistance programs are available if follow-up is required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier's Office.



Red Oak Pub and Matesich Distributing to Benefit LMH Cancer Services

For the past several years, the Red Oak Pub and Restaurant in Newark and Matesich Distributing have partnered to create a month-long fundraiser event in support of National Breast Cancer Awareness Month and cancer services. This year, Mike and Andre Sarap, owners of the Red Oak Pub, felt strongly to support local cancer efforts. "We have such a great community with excellent resources, which includes Licking Memorial Hospital (LMH)," said Mike. "In conjunction with Matesich, we decided that it was important to donate our event proceeds locally to support cancer services at the Hospital."

For the month of October, to support and bring awareness to National Breast Cancer Awareness Month and Cancer Services, Red Oak Pub will offer a variety

of activities and fundraising initiatives. The festivities will begin with a community corn hole tournament on Thursday, October 6 from 5:00 to 8:00 p.m. Throughout the month, Red Oak also will donate fifty cents of every Yeungling draft sold at the restaurant, in addition to Yuengling Trek Bike and Go Pro raffles sponsored by Matesich Distributing. The fundraiser will culminate in a live WNKO radio broadcast event at the Pub on Sunday, October 30, with a silent auction to include a plethora of valuable items and offerings donated by Red Oak, Matesich and LMH. During both events on October 6 and 30, Red Oak will increase the donation amount to one dollar for every Yeungling sold.

"We appreciate local community members, businesses and organizations,

such as the Saraps, the Red Oak Pub, and Matesich Distributing, who understand the importance of giving back to their community, and especially our Hospital," said Licking Memorial Health Systems President & CEO Rob Montagnese.

"LMH is dedicated to providing excellent cancer care to the Licking County community, and we are grateful to those who support our efforts locally."

The Red Oak Pub is located at 250 Goosepond Road, off North 21st Street in Newark. For additional event details, visit the restaurant website at RedOakPub.com. All proceeds will benefit Licking Memorial Hospital Hematology/Oncology.

Donor Recognized for Commitment to LMH

A donor recently was recognized for recommitting to support 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 John Alford Fellowship

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. Membership is reserved for individuals who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging a minimum of \$25,000 to LMHF over a period of 10 years. By joining the Alford Fellowship, a donor affirms John W. Alford's belief in the need for quality healthcare at the local level.

Richard Wenzelberger



Upon completing a donation to The William Schaffner Society in memory of his late wife, Kathy, Richard Wenzelberger generously

decided to continue his support of Licking Memorial Health Systems through a second pledge. LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) presented him with a glass recognition piece to commemorate his new commitment to The John Alford Fellowship.

Originally from Lexington, Massachusetts, Richard graduated from Boston University with a Bachelor of Arts in psychology. He achieved the rank of Sergeant in the U.S. Army, serving from 1968 to 1970 – including a tour in Vietnam during which he met Kathy – and again from 1975 through 1980 before accepting a civilian position with the Department of Defense. He retired from the National Security Agency, and has made his home in Licking County for 10 years.

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.

Donors

Undesignated contributions to Licking Memorial Health Foundation in 2016 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts, which were recently received.

Capital Improvement Fund

TWIGS 6

Community Cornerstone Club

F. Costaschuk
Cheryl and Andy Crawford
M.W. and M.J. Crawmer
Thomas and Kathryn Cumiskey
Mr. and Mrs. David Doney
Brian and Judy Edwards
Douglas J. Freeman / MedBen
Jeff and Loretta Frenton
Jill A. Gillespie Interpreters
Don and Rosemary Hill
Clarissa Ann Howard
Brian and Sarah Palmer
Richard Saylor
Chad and Shanna Shumaker
Doug and Kory Ute
Vicci and Gary Walters

Cradle Roll

In honor of: Kinsley Grace Armstrong
By: Licking Memorial Health Systems
In honor of: Dylan E. Devoll
By: Licking Memorial Health Systems
In honor of: Kayla Rose Kolp
By: Licking Memorial Health Systems
In honor of: William Anthony Healy
By: Licking Memorial Health Systems
In honor of: Crew Canaan Pyle
By: Licking Memorial Health Systems
In honor of: Robert Thomas Weiser
By: Licking Memorial Health Systems
In honor of: Cooper Joseph Williams
By: Licking Memorial Health Systems

Doctor's Day

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

In honor of: Debra Heldman, M.D.
By: Julie Ketner Barrett

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

Foundations

State Farm Companies Foundation

General

William and Constance Acklin
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Mr. and Mrs. Jack Graham
James Hostetter
Park National Bank
Barbara Ransopher
Geoff Retherford
Larry and Penny Sargent
Marvin and Terry Snow
United Way of Licking County

Annual Golf Gala Supports LMH

The Licking Memorial Hospital (LMH) Development Council hosted the 2016 Golf Gala at the Denison Golf Club at Granville on June 20. The annual golf outing raises funds to obtain and enhance state-of-the-art technology and capital expansion within the Hospital.

"Your overwhelming support of this year's Golf Gala will help us continue to provide quality health care and fulfill our mission to improve the health of the community," LMHS President & CEO Rob Montagnese told the 139 golfers in attendance. "Proceeds from the 2016 Golf Gala will benefit technological advances throughout the Health Systems and the construction of our newest Urgent Care facility. The convenient location in Downtown Newark – in addition to the existing facilities in Granville and Pataskala – will provide all Licking County residents with easy access to these much-needed services."

The honorary chairs of the 2016 Golf Gala were Todd and Christy Ware. Todd is the President/CEO of the Energy Cooperative, a role he also fills for their family of companies – Licking Rural Electrification, Inc., National Gas & Oil, NGO Development, NGO Propane and NGO Transmission and Producers Gas Sales. He is Past President of the Licking County United Way Board of Directors, a member of the Newark Rotary Club, and past Treasurer of the Newark Rotary Club Foundation. Todd earned a Bachelor of Science (BS) in business administration from The Ohio State University in Columbus. In his free time, he enjoys golf and is an avid runner.

Christy is a second grade teacher in the West Muskingum School District and is a past recipient of the Teacher of the Year at Hopewell Elementary. She earned a BS in early childhood development from The Ohio State University and a BS in education from Ohio University in Athens. Christy received a Master of Teaching degree from Marygrove College in Detroit, Michigan, and currently is working to obtain her Lead Teacher license from Ohio Dominican University. Her hobbies include running, exercise and outdoor activities. The Wares have two daughters – Danielle, 22, and Katie, 17.

At the event, participants were provided with lunch and an opportunity to network with fellow attendees prior to an afternoon of golf. A total of 35 teams participated in the 18-hole scramble. Following the round, participants enjoyed a barbecue dinner, as well as an awards ceremony featuring team and individual awards.

The All Weather Systems team, which included Mike Gotttron, Mike Tigner, Nate Tigner and Ryan West, secured first place. Each team member received a trophy, a golf towel, and a round of golf at The Virtues Golf Club. The Energy Cooperative team of Gary Glover, Pat McGonagle, Dan McVey and Nelson Smith took second place. Each team member received a golf towel and a round of golf at Denison Golf Club at Granville. Unfortunately, there was not a winner for the Hole-in-One prize, a two-year lease for a new 2016 Honda Accord EX-L offered by John Hinderer Honda. Prizes were awarded for the following categories:

- Closest to the Pin – Kurt Mahlstedt, of the Stedman Floor Company team, and Bo Coconis, of the Kessler team, each received two rounds of golf for a twosome at the Links at Echo Springs.
- Longest Drive (Women) – Nikki Kelleher, of the Claro Group team, received two rounds of golf at Kyber Run Golf Course.
- Longest Drive (Men) – Eschol Curl, of the Park National Bank team, received two rounds of golf at Kyber Run Golf Course.
- Longest Putt (Women) – Beth McNellie, of the BakerHostetler team, received four rounds of golf at Table Rock Golf Club.
- Longest Putt (Men) – Rob Hess, of the Smart Bill team, received four rounds of golf at Table Rock Golf Club.

This year's Ace Sponsors (\$5,000 donation) included The Energy Cooperative; Frontier Remodeling Co.; John Hinderer Honda; Matesich Distributing Company; MedBen; Park National Bank; and Stedman Floor Co., Inc. Eagle Sponsors (\$2,500 donation) included All Weather Systems; The Claro Group, LLC; Courtesy Ambulance; CS Construction Group, Ltd.; Dawson

Companies; Gutridge Plumbing, Inc.; The Home Depot; Interim Healthcare of Newark; The Jerry McClain Companies; Limbach Company, LLC; Newark Smiles; Scott Peterson of General Graphics; PNC; Robertson Construction; SmartBill, Ltd.; Summit Custom Cabinets; Surgical Interventions, LLC; and Waste Away Systems. The Links Sponsor (\$1,500) was Greenfield/Lewis Investment Counsel.



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

2016 Golf Gala Sponsors

ACE SPONSORS (\$5,000)

The Energy Cooperative
Frontier Remodeling Co.
John Hinderer Honda
Matesich Distributing Company
MedBen
Park National Bank
Stedman Floor Company, Inc.

EAGLE SPONSORS (\$2,500)

All Weather Systems
The Claro Group, LLC
Courtesy Ambulance, Inc.
CS Construction Group, Ltd.
Dawson Companies
Gutridge Plumbing, Inc.
The Home Depot
Interim Healthcare of Newark
The Jerry McClain Companies
Limbach Company, LLC
Newark Smiles
Scott Peterson of General Graphics
PNC
Robertson Construction
SmartBill, Ltd.
Summit Custom Cabinets
Surgical Interventions, LLC
Waste Away Systems

LINKS SPONSOR (\$1,500)

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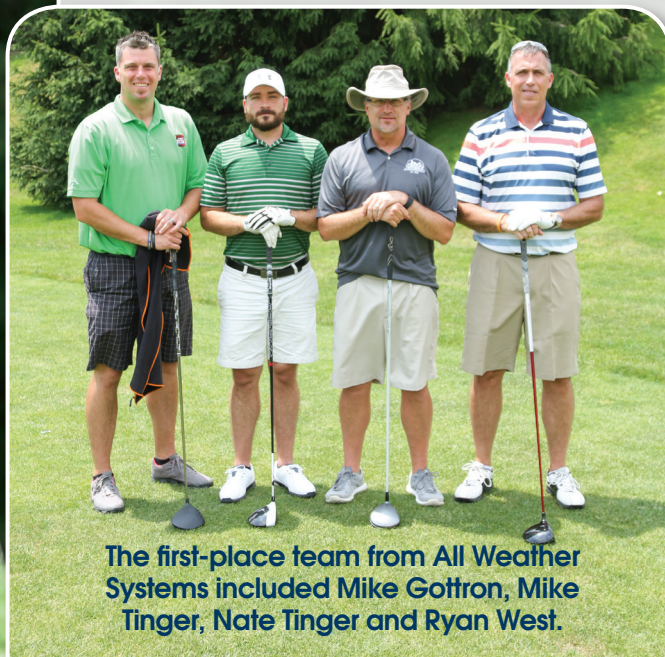
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Stacy Engle Insurance Agency, Inc.
Standard Textile Co., Inc.
Tectum, Inc.
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Zane State College

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VO2 Fitness
WalMart – Heath
Wilson's Garden Center
Workout Anytime Heath
The Works
Wyandot Golf Club
Zen Nail Salon



The first-place team from All Weather Systems included Mike Gottron, Mike Tinger, Nate Tinger and Ryan West.

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

Nearly 1,600 individuals registered for the ninth annual Licking Memorial Health Systems (LMHS) “For Your Health” 5K Run/Walk & 1-mile Fun Walk, which took place at the scenic Dawes Arboretum on July 23. Participants had the option to run or walk the 5K course, which weaved through The Dawes Arboretum’s renowned botanical collections. Walkers also had the option to follow a shorter one-mile route.

“The ‘For Your Health’ 5K Run/Walk & 1-mile Fun Walk has become one of the most popular events through which the Health Systems encourages healthy lifestyles,” LMHS President & CEO Rob Montagnese said. “Approximately 200 people participated in the first event, but that number has grown to nearly 1,600 today. We are proud to present this event each year as an opportunity to improve the health of the community, and I am extremely pleased to see so many people of all ages gathered at the picturesque Dawes Arboretum to promote the benefits of exercise and good health.”

The honorary chairs of the 2016 “For Your Health” 5K Run/Walk & 1-mile Fun Walk were Tom, Kate, John, Emma and Megan Cummiskey. The Dawes Arboretum, the Licking County Family YMCA, the Licking Memorial Hospital Development Council and Park National Bank (PNB) sponsored the event.

The overall female and male winners of the “For Your Health” Run/Walk & 1-mile Fun Walk included: first place – Haylee Zigan (20:45) and Taylor Hopkins (17:18); second place – Madison Eyman (21:55) and Jerrod Abel (17:45); and third place – Anna Gillen (22:27) and Jacob Todd (18:11). The top three overall female and male finishers received medals and gift cards to Dick’s Sporting Goods. Medals also were awarded to those who finished in the top three of their age and gender groups.

LMHS and PNB invited Licking County businesses to promote employee wellness by joining the Corporate Participation Challenge. Businesses were grouped into four categories based on their total number of employees with the winners determined by the highest percentage of participants to run or walk the event. The Corporate Participation Challenge winners were: micro (1 to 10 employees) – McLain, Hill, Rugg and Associates, Inc.; small (11 to 20 employees) – Unipac, Inc.; medium (21 to 99 employees) – Center for Sight; and large (100 or more employees) – The Energy Cooperative.

Prior to the “For Your Health” 5K Run/Walk & 1-mile Fun Walk, the Active•Fit Youth Wellness Program offered a free 1-kilometer race for children aged 6 to 12 to promote the health benefits of running as regular exercise. More than 60 children registered for the event and received a souvenir T-shirt and goody bag.



Fun Walk

FOR YOUR HEALTH



Licking Memorial
Health Systems

RUN/WALK
& 1-MILE FUN WALK



2016 "For Your Health" 5K Run/Walk & 1-mile Fun Walk Medalists

Group	Top Female	Top Male
Overall	Haylee Zigan Madison Eyman Anna Gillen	Taylor Hopkins Jerrod Abel Jacob Todd
14 & Under	Leah Schultz Kaylee Padar Meghan Exline	Austin Bowman Jack Lutz Andrew Williamson
15 to 19	Kyra Herring Elizabeth Nunez Hannah Wirth	Xavier Foehl Brent Newlan Matthew Rose
20 to 24	Darian Wood Jessie Leaman Lindsey Hernandez	Ryan Black Traven Wood Bryan Allman
25 to 29	Lindsay Lachowsky Ashley Allman Adrienna Priest	Brock Finelli Patrick Merrilees Jacob Schaurer
30 to 34	Amanda Carson Tricia Wright Sabrina Caldwell	Patrick Commins Kyle Caldwell Josh Fulton
35 to 39	Stacy Jewell Julie Whitlatch Kara Hatfield	Darrin Wilson Christopher Orr Andrew Scaggs
40 to 44	Jennifer Smith Nicole Angler Jenny Carpenter	Jeremy Weaver Max Sutton Richard Bell
45 to 49	Julie Newhouse Colleen Skinner Jenny Grower	Dan Priest Jason Gay Joel McCreery
50 to 54	Karen Herring Holly Wheeler Sue Mill	James Silone Rob Montgomery Randy Doty
55 to 59	Linda Castle Judy McNeish Penny Moore	Bob Castle David Black Joseph Fondriest
60 to 64	Nancy Shamp Terri Eley Louise Gemmell	Mike Jacolenne Gale Brewer Monte Van Duesen
65 to 69	Claudia Foulke Rebecca Bond	Daniel Sekerak A.J. Tarquino Bob Thornton
70 to 74	Christine Rice	Mike Hendershot Thomas Mullady Dale Broyles
75 to 79	Dottie Crump	



Development Spotlight

Matt Miller joined the Licking Memorial Hospital (LMH) Development Council Community Relations Committee in May 2016. Matt learned about the opportunity to join the Committee while serving on the board of other local community organizations, where he was introduced to Veronica Link, Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations. Both serve as board members of Big Brothers Big Sisters of Licking and Perry Counties, as well as Licking County Family YMCA.

Currently serving as the Chief Accounting Officer for Park National Corporation where he has worked since 2009, Matt graduated Summa Cum Laude from the University of Akron with a Bachelor of Science in Accounting. In addition, he is part of Ohio Bankers League Next Generation Advisory Board, Ohio Society of Certified Public Accountants and American Institute of Certified Public Accountants.

Matt also has enjoyed being involved in LMH's largest fundraiser event, the Annual Golf Gala, for the past three years as a committee member. "If the Golf Gala is any indication, I will thoroughly enjoy the opportunity to work with the other members of the Development Council." During his involvement, he has assisted with reaching out to the community to find new sponsorships for the event.

"LMHS clearly is a leader in our community and out in front of the efforts to improve health of the overall community," said Matt reflecting on the LMHS mission. "We are making progress, and I look forward to numerous opportunities for individuals, nonprofits and companies to partner with LMHS in our ongoing efforts." Matt appreciates how involved the

Health Systems is in various areas of the Licking County community, such as nonprofit boards, fundraisers, hosting events and building new offices to expand the network of services.

"In today's environment of instant information, it can be difficult to have a consistent message," Matt said. "One way that LMHS accomplishes this is through the Development Committee."

Matt currently resides in Granville with his wife of 11 years, Alison, and children – Tripp, 7, and Bennett, 4. In his free time, Matt enjoys spending time with family and friends, playing sports with Tripp and Bennett, traveling with his family, and an occasional round of golf.



Zonta Makes Annual Contribution to Benefit LMHS Women's Health Services



After raising funds through its annual Champaign Luncheon, the Zonta Club of Newark made a generous \$5,000 donation to benefit Women's Health services at Licking Memorial Health Systems (LMHS). Director of Development Sheila Miller (center) recently accepted the contribution from Immediate Past President Judith DeBevoise (left) and President Pam Froelich (right) at the Zonta Club's summer meeting. With the goal of enriching the health and well-being of women, the Zonta Club has made a yearly donation to LMHS since 1989.

LMHS purchases Hartford Fair Grand Champion Market Steer

Licking Memorial Health Systems (LMHS) purchased the Grand Champion market steer, owned by Clay Foor, for \$5,000. Clay is a member of Boots-n-Buckles 4-H Club. LMHS plans to donate the beef to the Salvation Army of Licking County.



Students Support LMH through Summer Volunteer Program

This summer, nine high school- and college-aged students spent a portion of their summer break serving as volunteers at Licking Memorial Hospital (LMH). The student volunteers provided support to LMH through a variety of services ranging from greeting visitors at the reception desk to providing clerical assistance.

Students between the ages of 16 and 18 are eligible to become a member of the LMH Volunteer Department with their parents' or guardians' consent. They must complete a volunteer application, background check, and training prior to undertaking their responsibilities.

The LMH Volunteers who are attending high school or college classes this fall include:

- Catherine Cash
- Emily Crock
- Claudia Crumrine
- Kaia Goodin
- Emma Hammond
- Adriana Hoy
- Zania Kret
- Mikayla Leavitt
- Caroline Roth

Many of the student volunteers have an interest in health care, and are assigned various duties accordingly. A goal of the program is to provide first-hand experience and opportunities to participate in work activities that correspond with their interests and the needs of the Hospital.

"Our student volunteers work hard and are committed to supporting LMH," said Sandy Hanlon, Volunteer Services Manager. "This year's group is focused and excited to learn. We are happy to provide the opportunity for teens considering a career in health care."

Many rewarding volunteering opportunities are available at Licking Memorial Health Systems for teens and adults. To learn more, please call (220) 564-4084, or visit www.LMHealth.org and select "About Us" then "Volunteers" from the drop-down menu.



Pictured left to right are: Mikayla Leavitt, Emma Hammond, Kaia Goodin and Caroline Roth
Not pictured: Catherine Cash, Emily Crock, Claudia Crumrine, Adriana Hoy and Zania Kret

Retiree Spotlight

Licking County native **Carol Hickman** was born at Newark City Hospital, which later became Licking Memorial Hospital (LMH) after moving to its current location. She returned to LMH in 1978, when she began working in the Culinary Services Department. Carol later joined the Environmental Services Department, and completed her 37-year career with LMH in 2015 as a member of the Linen Service team.



A strong dedication to Licking Memorial Health Systems and the Licking County community runs in Carol's family. Her sister, Linda, retired from LMHS in 2015 following an impressive 23-year career in Patient Accounts. In addition, her father, Delbert (Del), was an esteemed courier within the Transportation Department for nearly 10 years before retiring in 1996.

Throughout her time with LMH, Carol enjoyed contributing to the overall comfort of LMH patients. As a member of the Culinary

Services Department, she helped to prepare food for patients and visitors, and ensured that dishes were properly cleaned. She later transitioned to Environmental Services, where she helped to keep patient rooms clean and comfortable. Finally, Carol joined the Linen Service team, and assisted with washing, drying, folding, sorting and preparing linens for their destination within the Hospital.

Denise Matthews, Manager of Environmental Services, noted that Carol was especially helpful with folding and delivering surgical scrubs, and that she rarely missed a day of work unless she was on vacation. "Carol truly loved her job – almost as much as she loved her cat, Ace," Denise recalled. "We always enjoyed hearing her stories about Ace waiting by the door for her to come home each day."

Reflecting on her time with LMH, Carol noted that she enjoyed making new friends throughout her career, and will miss the employee events that take place throughout the year. "The Christmas party and summer picnics were always my favorite," Carol said. "I also loved playing employee bingo during Hospital & Healthcare week each year."

Since retiring in September 2015, Carol has loved spending plenty of time with her new niece. She also enjoys crocheting and completing crossword and jigsaw puzzles. Carol lives across the street from her brother and has many other family members in the area, as well. She looks forward to plenty of opportunities for family vacations in the coming years.

Volunteer Spotlight

Thelma McCurdy's dedication to helping others through volunteer service began 27 years ago at the Granville Thrift Shop. "A good friend encouraged me to start volunteering and I thought it was a wonderful opportunity for me to become involved in the community. Helping others is a very fulfilling experience," Thelma explained.

A native of Licking County, Thelma volunteers at the Thrift Shop and also has assisted the LMH volunteer office. "I really enjoy meeting people each time I volunteer," she continued. Thelma also volunteers weekly as an office assistant at Hospice because she was touched by the attentive and comforting care they provided her husband. Her daughter, Cindy Kikeli, also has volunteered in the Betsy Eaton O'Neill Health Resource Center since its dedication in 2010.

Prior to volunteering, Thelma worked for State Farm in the auto division for 27 years. She is a member of Liberty United Methodist Church and serves as treasurer for the Liberty UM Women. Their missions include donations to the Food Pantry,

Heartbeats, and making health kits for New Beginnings, the Salvation Army and Mental Health of Licking County. The Liberty UM Women also provide disaster relief efforts and support several other organizations, including Home Instead and Tyler's Light.

She enjoys attending the volunteer events at the Hospital as well as Hospice activities. She also likes walking because of its health benefits. Thelma has traveled to Rome, Israel, Alaska, the Caribbean and almost all the states in the U.S. Her favorite destination is the American west.



LMHS Participates in Pataskala Street Fair and Parade

Licking Memorial Health Systems (LMHS) joined in the fun of the annual Pataskala Street Fair from August 17-20. Staff members at the LMHS booth provided information to attendees about the healthcare services available at the Pataskala Health Campus. LMHS President & CEO Rob Montagnese, Emergency Medicine Physician Joel Anders, D.O., and Kristen Upton, C.N.P., of Licking Memorial Pediatrics – Pataskala, supported the community event by participating in the Pataskala Parade on August 20.



Located at One Healthy Place, off State Route 16 on the east side of Pataskala, the Pataskala Health Campus offers a range of services, including: Licking Memorial Urgent Care, Licking Memorial Pediatrics, Licking Memorial Women's Health, Licking Memorial Family Practice, Licking Memorial Physical Therapy, Licking Memorial Dermatology, Licking Memorial Ultrasound Services and Licking Memorial Hospital Laboratory Services.

New Appointments



Maruf A. Ali, M.D.,
joined Licking Memorial
Hospitalists.



Jason J. Bryant, NP-C,
joined Licking Memorial
Anesthesiology & Pain
Management.



Jesse Ewald, M.D.,
joined Licking Memorial
Hospitalists.



Thomas J. Hagele, M.D., M.B.A.,
joined Licking Memorial
Dermatology.



Cha Kim, C.N.P.,
joined Licking Memorial
Pulmonology.



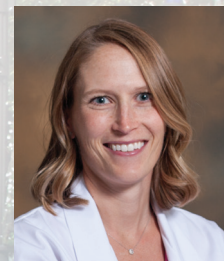
Clint V. Norris, CRNA,
joined Licking Memorial
Anesthesiology.



Fikadu G. Tekleyes, M.D.,
joined Licking Memorial
Heart Center.



Andrew J. Terlecky, D.O.,
joined Licking Memorial
Orthopedic Surgery.



Rachel Terlecky, D.O.,
joined Licking Memorial
Emergency Medicine.





Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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Community Events

Baby Expo

Sunday, October 16, 1:00 – 4:00 p.m.
John & Mary Alford Pavilion
Licking Memorial Hospital
Please see page 25 for details.

Active•Senior Photo Stroll

Friday, October 21, 11:00 a.m.
Blackhand Gorge
For more information or to register, call (220) 564-1560.

First Impressions – Maternal Child Classes

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

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

Community Blood Pressure Screenings

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

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

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

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

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

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

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