



Licking Memorial Health Systems

Community Connection

Volume 18, Issue 4

September/October 2021

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Measurably Different ... for Your Health!

LMH Acquires da Vinci Surgical Robot

Licking Memorial Hospital (LMH) recently acquired a da Vinci surgical system, which enhances the capabilities of surgeons' eyes and hands with robotic-assisted procedures in order to provide minimally invasive surgery. With the new robotic surgical system, surgeons can view the operative field in 3D and more precisely perform delicate techniques. Due to the enhanced accuracy, robotic-assisted surgery offers less blood loss, decreased damage to skin, muscles and tissue, reduced risk of infection, and smaller, less visible scars. Other benefits include less pain, faster recovery times, and shorter stays in the Hospital.

"The da Vinci surgical system is a great investment for LMHS that takes us one step further in our high-quality surgical capabilities, and we are very excited to be able to offer this service to our patients," said LMHS President & CEO Rob Montagnese. "LMHS now will be able to offer urology, prostate and urogynecology procedures to our patients. We recently recruited two urologists and a urogynecologist who are proficient in using the da Vinci robot, and this equipment will certainly enhance their practice." Urogynecology is a medical specialty that focuses on treating pelvic floor conditions such as weak bladder or pelvic muscles, reproductive issues and bladder incontinence.

LMH physicians and medical staff received training on the da Vinci surgical system during the summer, and the first surgical procedure using the robot was performed in August. The da Vinci surgical system will primarily be used in procedures such as hernia repair, cholecystectomy – gall bladder removal, prostate surgery and colorectal surgery. Some urogynecology and general surgery procedures also will utilize the new system.

The da Vinci surgical system is comprised of three components: the surgeon console, patient-side cart, and vision cart. The surgeon sits at a console and controls the instruments during

the procedure. The console delivers a 3D high-definition view of the patient's anatomy, which is magnified 10 times to what the human eye can see. The tiny instruments move like a human hand with a much greater range of motion. The system's built-in tremor-filtration technology assists the surgeon to move the instruments with smooth precision.

Positioned near the operating table is the patient side-cart, where the instruments move in real time in response to the surgeon's hand movements at the console. The vision cart makes communication between the system's components possible and provides a screen for the surgical team to view the procedure.

Licking County residents Mark & Megan Kvamme recently made a generous lead gift toward the acquisition of the robotic-assisted surgery technology. "We are very fortunate to have the support of philanthropic individuals such as the Kvamms," Rob shared. "It requires strong financial commitments to acquire advanced technology, and we are grateful to the Kvamms for making a significant pledge." In addition, the Kvamms hosted a fundraising event at their home in August for members of the community to view a replica of the da Vinci Surgical System at LMH. Attendees were also able to experience a hands-on demonstration of the robot.

Mark is the owner of Drive Capital, a venture capital firm that invests in innovative technology, health care and consumer companies in the Midwest. The company's headquarters are located in Columbus, Ohio, in the Short North district. "I grew up in Silicon Valley and watched it grow from fruit orchards into a force that ushered us into the silicon age. The Midwest is the next frontier for technological transformation," said Mark. "Megan and I are passionate about bringing these technological innovations to small and rural communities because everyone deserves to have access to state-of-the-art health care, regardless of where they live."

Megan is an Ohio native and co-founder of Beez, a leading data analytics and data solutions company also headquartered in Columbus. "Living in Ohio for most of my life, I am instilled with the community spirit that Ohioans have," explained Megan. "We come together and get things done. I am proud that Mark and I are able to give back to our community and improve the lives of so many people around us."

An event will be held at LMH in late 2021 to dedicate the surgery suite area in honor of the Kvamme family. Additional details regarding the dedicatory ceremony will be published in a future issue of *Community Connection*.

Licking Memorial Health Systems continues fundraising efforts to replenish monies used to purchase the da Vinci surgical system. "LMHS leadership critically considers new technology, investigating how many patients will benefit from its use before purchasing any new equipment," Rob disclosed. "Replenishing these funds now will ensure that we are financially prepared to consider future technology purchases." Gifts are tax-deductible to the extent allowed by law. To make a gift or for additional information, please call the Licking Memorial Hospital Development Office at (220) 564-4102 or visit LMHealth.org, and click on the Donate button at the top right corner of the page.



Parks, Paths and Trails Benefit Community Health



The paths, parks and trails of the Licking Park District (LPD) have experienced a significant increase in use throughout the past 18 months as a means for community members to enjoy a respite from hardships faced by the COVID-19 pandemic. LPD's mission is to acquire, manage, preserve, and conserve natural areas within Licking County, while protecting wildlife and local history in a manner that enriches the community and provides access to diverse parks, educational opportunities, and health and wellness activities.

To ensure that the increased demand for park services continues to be met and expand dynamic offerings to the community, the LPD is requesting a 3/8 mill replacement levy on the November 2 ballot. The annual household cost of the levy is \$13.13 per \$100,000 home value and will allow the LPD to continue maintenance and improvement of hundreds of acres of open park land and reserves, 46 miles of community bike trails and pathways, park shelters, and equipment. Licking Memorial Health Systems President & CEO Rob Montagnese is leading the 2021 levy campaign effort as the Honorary Committee Chair.

The LPD manages over 1,600 acres at 11 sites across Licking County, including the iconic TJ Evans Trail that runs through Johnstown, Alexandria, Granville, and Newark. Other locations include the Palmer Road Swamp Preserve East of Etna, the Morris Woods State Nature Preserve in Johnstown, the Boyd Wilkin Reserve near St. Louisville, and the Ohio Canal Greenway in Hebron.

"The amenities offered by the Licking Park District play a vital role in improving the physical and mental health of the community, especially during the pandemic," said Rob. "A well-maintained and diverse park system

promotes healthy outdoor activities and exercise for members of our community, increases appeal for business development and tourism, and enhances property values."

In addition to its parks, paths and trails, the LPD offers a variety of education and outdoor recreation programs that provide learning opportunities in the arts, citizen science, outdoor skills, backyard ecology, family events and school age programming. Program favorites include the Harvest Moon Festival, Outdoor Adventures, the Wildflower Fairy Trail and Howl-o-Ween. The Park District also partners with a number of community organizations to offer educational programs and resources.

LPD's future goals include expanding park accessibility to the western areas of Licking County. A walking path recently was established at Foundation Park in Pataskala, and a new dog park is being added in Johnstown. Construction currently is underway for the first phase of the Natural Playscape at Infirmary Mound Park. The playscape will feature various areas containing natural landscaping that allows unstructured play and encourages exploration, creativity, and hands-on learning.

Licking County residents have a strong history of supporting the LPD and all the benefits it brings to our community. "Investing in our local park district will enhance the quality of life for everyone in Licking County and is important for economic growth within our community," Rob said. "LMHS strongly urges voters to support the Licking Park District levy on November 2." For more information about the Licking Park District, please contact LPD Director Richard Waugh at (740) 587-2535. Questions regarding the levy ballot may be directed to LPD Board Chair Jim Kiracofe by calling (740) 403-8681.



**Support the Licking Park District
levy on November 2**

LMHS Dedicates The Gib Reese Center for Physical Rehabilitation

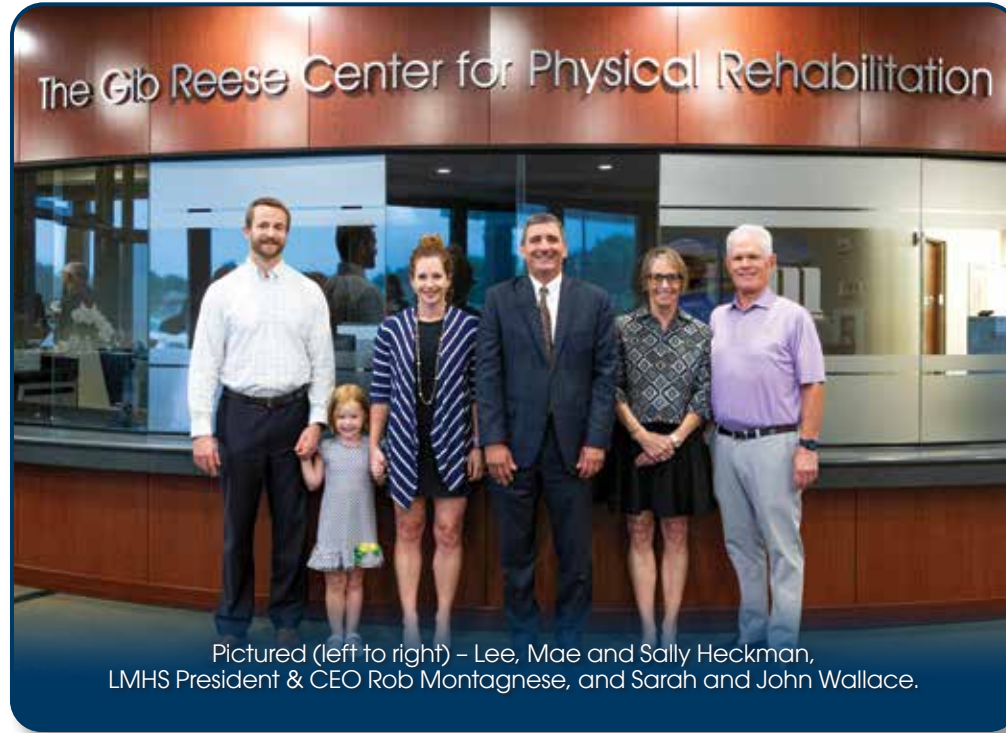
During a private event on July 15, Licking Memorial Health Systems (LMHS) dedicated the physical rehabilitation facility, located in the Licking Memorial Medical Campus at 1717 West Main Street in Newark, as a tribute to J. Gilbert (Gib) Reese. The event allowed LMHS to publicly thank Gib's wife, Louella (Lou), for her Founder level donation in his memory. Founders are individuals and businesses whose generosity meets or exceeds the \$100,000 level of giving to LMHS.

"Gib and Lou's philanthropy has always been focused on enhancing the quality of life in Licking County," said LMHS President & CEO Rob Montagnese during the dedication ceremony. "Lou's recent gift is consistent with LMHS' mission to improve the health of the community."

Gib and Lou Reese, along with their family members, have long been supporters of LMHS. In 2007, the couple donated funds to build the Gib and Lou Reese Fountain, located in front of Licking Memorial Hospital's (LMH) surgical pavilion. "The fountain remains a beautiful, welcoming sight for our patients and visitors," said Rob.

Gib also served on both the LMH and LMHS Board of Directors, and Lou was a member of TWIGS (Togetherness, Willingness, Imagination, Giving, Sharing), a Hospital fundraising organization. LMHS honored Gib in 1992 with the Lifetime Achievement Award for his devoted leadership and involvement within the Licking County community.

During the dedication ceremony, Gib and Lou's daughter, Sarah Wallace, and granddaughter, Sally Heckman, unveiled the new sign designating the facility as The Gib Reese Center for Physical Rehabilitation. Sarah and her husband, John Wallace, D.D.S., have generously donated time and resources to LMHS as well. Sarah received the LMHS Lifetime Achievement Award in 2016. "My father always believed that it was critically



Pictured (left to right) - Lee, Mae and Sally Heckman, LMHS President & CEO Rob Montagnese, and Sarah and John Wallace.

important to have a strong community hospital and we are proud to support this wonderful facility," Sarah commented during the dedication ceremony.

Sally currently serves on the LMH Development Council as Chair of the Community Relations Committee, continuing the family legacy of service and generosity. "The community recognizes that the Reese family works to better Licking County," said Rob. "Having Gib's name on this facility brings us tremendous pride and assures area residents that they will receive the highest quality of care."

The Gib Reese Center for Physical Rehabilitation offers space for physical, occupational and speech therapy for patients of all ages. The 24 therapists on staff assist patients with various diagnoses, including musculoskeletal repairs or neurological issues, such as a stroke or traumatic brain injury. LMH Rehabilitation Services moved to the facility in June 2019. The space provides a 60-meter walking track, private treatment rooms, and an open area for social interaction. In addition, a dedicated pediatric room is available

for young patients to experience sensory integration and assist in building different types of motor skills. Therapists have access to a room that is arranged similar to an apartment, containing a stove, refrigerator and other household items, to work with patients on daily living skills. A driving simulator also is available to assist patients who may need to strengthen their basic driving skills.



New Project SEARCH Interns Begin Program

For the sixth year, Licking Memorial Health Systems (LMHS) is participating in the Project SEARCH program – a unique opportunity that provides real-life work experience to help youth with disabilities make successful transitions from high school to adult life. For the 2021-2022 school year, 10 Licking County high school students have joined Project SEARCH. LMHS partners with Licking County 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 training for local students.

"Project SEARCH has become a valuable part of the LMHS culture. The interns are vital contributors to our mission to improve the health of the community," said LMHS President & CEO Rob Montagnese. "LMHS employees are grateful for the opportunity to work alongside these exceptional young adults and contribute to a worthwhile educational experience. It is a delight to watch the students grow and embark on meaningful careers in the Licking County workforce."

Students from Newark, Granville, North Fork, Northridge and Southwest Licking school districts are participating in Project SEARCH this school year. In addition to serving as the host site, LMHS provides uniforms to all of the students and transportation through Licking County Transit Services. The students

began the program in August with orientation and time to acclimate to the healthcare environment. The interns are offered the opportunity to choose work areas within LMHS to gain experience in accordance with their interests. They interview with LMHS management in the chosen departments to gain interviewing skills and ensure they are a proper fit with the staff. Many students begin the program with a desire to work in certain departments; however, it is not uncommon for interns to develop new areas of interest.

While continuing to learn employability and independent living skills in the classroom, the interns spend the majority of their day performing tasks for their assigned departments throughout LMHS. Each intern is offered three unique rotations during the year in a variety of clinical and technological areas, including Culinary Services, Engineering Services, Maternal Child, Purchasing and Physical Rehabilitation. As a precaution to prevent the spread of COVID-19, interns will not serve in areas of direct patient care this year.

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 new responsibilities added as their proficiency in the core areas increases. These work experiences also help the students build communication, teamwork and critical thinking skills.

"LMHS management and employees embrace the young interns to offer the best possible experience for everyone," said Vice President Safety & Security and Human Resources Holly Slaughter. "While working to boost the interns' confidence and skills, our employees also gain valuable insight and experience in coaching and teaching others."

LMHS continues to offer new experiences for the interns. During the 2020-2021 school year, the interns assisted at COVID-19 vaccination clinics by taking participants' temperatures and filing paperwork. The Safety & Security Department also began offering the interns an opportunity to assist employees by inputting data and accompanying staff members during safety inspections.

The long-term goal of Project SEARCH is to provide a set of transferable skills to people with disabilities that will result in a diverse group of motivated job seekers for employers throughout Licking County. At the conclusion of each academic year, students who graduate from the program are prepared for competitive and integrated employment and have assistance obtaining complex and rewarding jobs. Since the program began in 2016, 94 percent of the interns have graduated from the program with 74 percent gaining employment in Licking County. LMHS previously has hired 19 of the Project SEARCH interns.



The 2021-2022 Project SEARCH Interns are (left to right): Caeden McLaughlin, Cam Mohler, Matthew Jesenko, Eliana Hansen, Payton Amos, Elijah Stephens, Brooklyn Grady, Gabriel Washburn and Jayda Green (not pictured).



Cancer Survivors Picnic

Approximately 200 Licking County residents gathered at the Licking Memorial Medical Campus on August 23 for the 10th annual Cancer Survivors Picnic. The event celebrated and honored cancer survivors for serving as an inspiration to those currently diagnosed with cancer.

At the event, D'Anna Mullins, M.D., of Licking Memorial Hematology/Oncology, shared that Licking Memorial Hospital (LMH) diagnosed 474 cases of cancer and averaged about 17 new patients each month in 2020. "We commend those who have stared into the face of cancer," said Dr. Mullins. "Everyone at Licking Memorial Health Systems (LMHS) applauds the strength and determination of cancer patients. Their experience is a long journey, and we have to continue supporting our friends and family who have been diagnosed with this disease."

After Dr. Mullins' presentation, Sara Rochester, M.D., of Licking Memorial Outpatient Psychiatry Services, discussed the feelings that coincide with a cancer diagnosis and emphasized the importance of maintaining positive attitude and influences. "Mind/body medicine is an important topic of research, and we know that a positive attitude can help survival and quality of life. We cannot separate the mind from the body, so it is important that those with cancer experience joy in their lives and surround themselves with people

who will support them through their journey," said Dr. Rochester.

LMHS President & CEO Rob Montagnese recognized the attending cancer survivors and thanked family and friends for the continued support that they provided to loved ones who fought and survived cancer. Guests were then treated to a magic show by Ron Spangler who provided many entertaining magic tricks and laughs among the attendees. The traditional aerial photo of the survivors concluded the event.



LMH Supports National Mammography Day with Free Mammogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women's Health, and Tri-County Radiologists, Inc., will offer free mammograms to 75 qualifying women who otherwise could not afford the procedure. The mammograms will be scheduled on Friday, October 15, from 7:00 a.m. to 5:30 p.m., in observance of National Mammography Day and Breast Cancer Awareness Month. The free service will be held at the LMH Women's Imaging Center and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark.

The mammograms will be provided to women who reside or work in Licking County and are at least 40 years old, uninsured, or not eligible for Medicare or Medicaid. The patient should have no symptoms of breast cancer and not have received a free mammogram from LMH in the last 12 months. The X-rays will be interpreted by Tri-County Radiologists, including Edward Del Grosso, M.D., Joseph Fondriest, M.D., Daniel Kennedy, M.D., Owen Lee, M.D., Timothy Lifer, D.O., and Geoffrey Siesel, M.D. A physician's referral is required, and appointments can be made by calling Central Scheduling at (220) 564-4722.

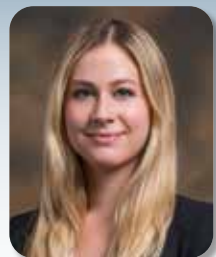
LMH has offered the free screening mammogram service for several years. Each year, 5 to 10 percent of screened women are called to return for additional imaging studies. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered 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 LMHealth.org.

For questions regarding the free mammograms, please call LMH Women's Imaging at (220) 564-4718 or Licking Memorial Women's Health at (220) 564-4698.



New Appointments



Alexandra Black, D.P.M., of Foot and Ankle Specialists of Central Ohio, joined the LMH Medical Staff.



Daniel R. Fitzmaurice, APRN-CRNA, joined Licking Memorial Anesthesiology.



Angel L. Hatf, M.D., of Tri-County Radiologists, Inc., joined the LMH Medical Staff.



Amanda M. Lutter, D.P.M., of Foot and Ankle Specialists of Central Ohio, joined the LMH Medical Staff.



Curt A. Misko, M.D., joined Licking Memorial Women's Health.



Gurunathan Palani, M.D., joined Licking Memorial Endocrinology.



Suba Pathmanathan, M.D., joined Licking Memorial Internal Medicine.



Charles B. Penvose, D.P.M., of Foot and Ankle Specialists of Central Ohio, joined the LMH Medical Staff.

Behind the Scenes – Respiratory Therapy

Difficulty breathing can be a frightening and uncomfortable experience. At Licking Memorial Hospital (LMH), the Respiratory Therapy Department's team of highly qualified respiratory therapists, under the direction of a physician, employ state-of-the-art technology and testing to assist in diagnosing, treating and managing the care of patients with pulmonary diseases.

Pulmonary diseases affect the lungs and other parts of the respiratory system and may be caused by infection, smoking, air pollution and genetics. Some of the most common conditions include asthma, pulmonary fibrosis, pneumonia, lung cancer, and chronic obstructive pulmonary disease (COPD). Symptoms of pulmonary disease include:

- Chronic cough
- Shortness of breath
- Chronic mucus production
- Wheezing
- Chest pain

Knowing the symptoms of lung disease is important for early detection and successful treatment. LMH respiratory therapists assist in quickly diagnosing lung and respiratory illnesses with the use of minimally invasive testing methods, such as pulmonary function tests, bronchoscopy, electromagnetic navigational bronchoscopy (ENB) and endobronchial ultrasound (EBUS). Several pulmonary function tests, such as peak flow assessment, allow the respiratory therapist to test different lung functions, including lung capacity, air flow and lung size.

During a bronchoscopy, a thin, flexible tube mounted with a small light and camera is passed through the patient's nose or mouth into the lungs, allowing the clinicians to view the airways. ENB combines bronchoscopy with computerized axial tomography to map the very small airways of the lungs, enabling the clinicians to retrieve specimens from areas of the lungs that a traditional bronchoscopy cannot reach. Using ENB

can eliminate the need for more risky diagnostic procedures. Performed during a bronchoscopy, EBUS allows the therapist and physician to view regions of the lungs and surrounding chest area that have traditionally required more invasive surgical procedures to evaluate.

Once a diagnosis is confirmed, the respiratory therapists work with the patient's physician to craft and implement a treatment plan. Treatments include providing oxygen to those in need, administering aerosolized medications for the treatment of asthma, emphysema and pneumonia, managing ventilators, monitoring oxygen levels, and other procedures that help patients maintain proper lung function and oxygen levels. Additionally, the respiratory therapist/COPD educator provides educational support to all Hospital patients diagnosed with COPD – a disorder that causes airflow blockage and breathing-related problems for approximately 16 million people in the United States. Additional

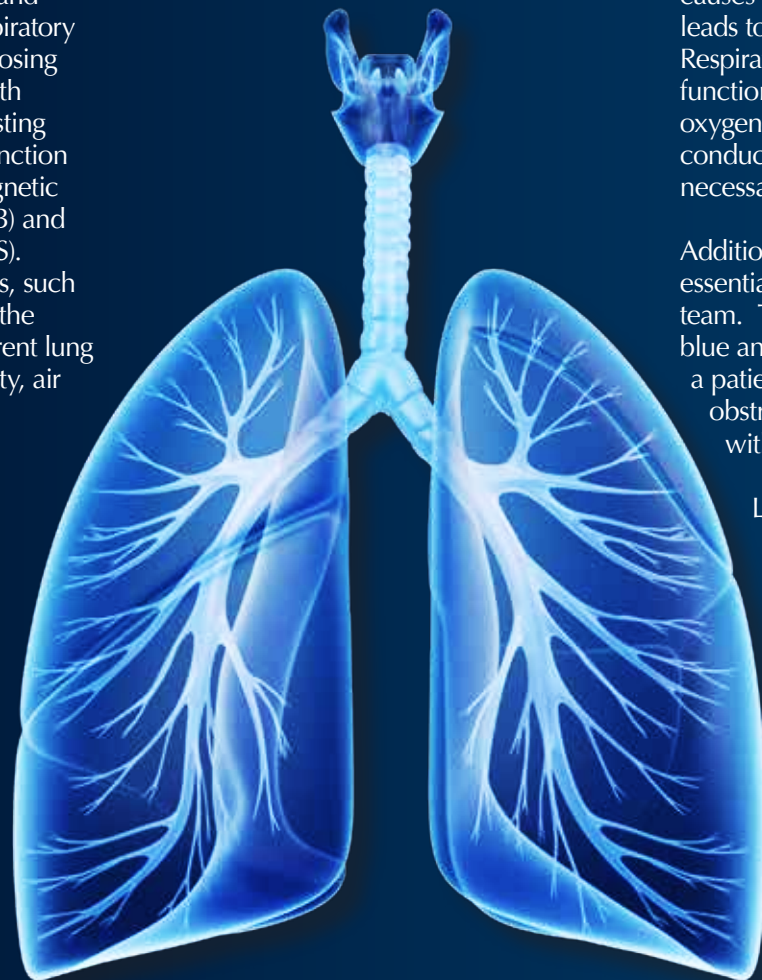
care may also include medications, oxygen therapy, lifestyle changes, alternative therapies and pulmonary rehabilitation.

When a patient requires pulmonary rehabilitation, a LMH respiratory therapist will oversee and create an individualized treatment plan. Each session lasts approximately one hour, gradually increasing in length and features an exercise program to keep the heart and lungs in optimal condition. Participants progress through the exercises to increase endurance and strength while learning to minimize and control shortness of breath. The 16-week session is offered year round and provides key information that allows individuals to successfully live with chronic lung diseases.

In conjunction with providing care to patients with pulmonary diseases, the LMH Respiratory Therapy Department also has been integral in treating COVID-19 patients at LMH. COVID-19 is primarily a respiratory disease that causes lungs to fill with fluid and leads to inflammation and lung failure. Respiratory therapists monitor respiratory function and provide treatments to oxygenate a patient's lungs, including conducting ventilator management if necessary.

Additionally, respiratory therapists are an essential part of the LMH rapid response team. They are called upon during code blue and emergency situations to assess a patient's breathing, check for airway obstruction, initiate CPR, and assist with intubation.

LMH respiratory therapists provide care that allows patients to breathe more easily. The respiratory care professionals at LMH are a vital part of the healthcare team in assisting to improve the health of the community. For more information regarding the services provided by the LMH Respiratory Department, visit LMHealth.org.



Summer Fun and Education Provided through LMHS Summer Camps

During the month of July, Licking Memorial Health Systems (LMHS) hosted summer camps for Licking County youth featuring active play and education based on various health-related topics, including cancer and diabetes. The one-day camps offered an opportunity to meet other children and learn how to stay healthy. Licking County high school seniors also were invited to participate in a two-day camp to learn about careers in health care at Licking Memorial Hospital (LMH).

Camp Med

On July 13 and 14, Camp Med offered an opportunity for high school seniors to receive firsthand experience with various healthcare careers. Eighteen students, chosen through a rigorous application process, spent two days visiting departments and medical practices throughout LMHS. The attendees were divided into groups and allowed to participate in interactive medical demonstrations. The students were given the opportunity to use surgical and sonogram equipment, learn to draw blood using a phlebotomy educational tool, triage a mock patient in the Emergency Department, and prepare and administer medications. The group also spent time observing physician practices including Dermatology, Orthopedic Surgery, Women's Health and Endocrinology.

Camp AIC

LMHS hosted Camp AIC on July 23 for children, ages 7 to 12, with diabetes. Diabetes is a long-term health condition that causes high blood sugar and inadequate insulin levels in the body. The group met at the Bryn Du Mansion Carriage House in Granville for the one-day camp featuring a superhero theme. Each camper created their own superhero name and identity that was ironed onto a t-shirt. Throughout the day, the attendees participated in activities to encourage teamwork, exercise and healthy lifestyle habits. LMH Community Wellness Dietitians discussed the pitfalls of diabetes, carbohydrate counting and creating a balanced plate. Campers also enjoyed an inflatable obstacle course and water games.



Camp Courage

Camp Courage was held on July 30 at Infirmary Mound Park in Granville. The day camp was designed to help reduce anxiety about cancer for children, ages 7 to 12, who have had an encounter with the disease through a close friend or family member. The activities featured a superhero theme to encourage the attendees to find their superpower. D'Anna N. Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology, spoke to the group about exercise, proper nutrition, making healthy choices and overcoming fear. Cory Campbell, Pastoral Care Chaplain, spoke to the children about managing stress while under pressure. He encouraged them to talk about their feelings, get plenty of rest and exercise, and find activities to assist in releasing anxiety. The children enjoyed healthy snacks, relay races, a game of kickball, an inflatable obstacle course, water games, and more.



Active•Senior Programs Offer Opportunity for Exercise and More

In the months of July and August, Licking Memorial Health Systems (LMHS) hosted two Active•Senior events for Licking County residents, ages 60 and older. Active•Senior Yoga and the Active•Senior Brunch Walk were designed to offer seniors the opportunity to exercise, socialize and learn more about healthy lifestyle habits.

Active•Senior Yoga was offered for the first time in partnership with Career and Technology Education Centers of Licking County (C-TEC). Two different types of yoga classes were held in the C-TEC gymnasium for five weeks beginning in July. Certified instructors taught the importance of movement and stretching at the hour-long classes held on Mondays and Fridays. During chair yoga, held on Mondays, nearly 60 participants learned modified yoga poses that could be performed while seated and using the chair to maintain balance. Over 40 people registered for the regular yoga classes held on Fridays. Yoga provides a number of health-related benefits, including improved balance, strength and circulation, as well as stress relief.

The Active•Senior Brunch Walk was held August 24. Participants enjoyed a walk that began at the Rotary Park Pavilion on Sharon Valley Road in

Newark and a healthy brunch. During the walk, Navin Muni, M.D., of Licking Memorial Family Practice – Granville, discussed hypertension, also known as high blood pressure.

Blood pressure normally rises and falls throughout the day, but heart damage and health problems may occur if pressure remains elevated for long periods of time. In 2017, the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and defined the condition as a blood pressure at or above 130/80. Stage 2 hypertension is defined as a blood pressure at or above 140/90. Hypertension also leads to a higher risk for heart disease and stroke, which are leading causes of death in the United States.

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.

For more information or to register for the Active•Senior program, please visit LMHSActiveSenior.org. Registration on the website allows participants to document their goal progress on an ongoing basis for the opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, then transfer the information to the Active•Senior website prior to the end of each program year in April. For additional questions about the Active•Senior program or to obtain a booklet, please contact the LMHS Public Relations Department at (220) 564-1560.



Active•Fit Events Provide Summer Activities for Licking County Youth

Licking Memorial Health Systems (LMHS) provided two fun summer events through the Active•Fit Youth Wellness Program – the Mini-triathlon and Field Day. Both events provided enjoyable exercise for Licking County youth, ages 6 to 12. Healthy snacks and beverages were provided for participants.

“We are pleased to provide these fun outdoor events for Licking County youth,” said LMHS President & CEO Rob Montagnese. “The Active•Fit Program is a great opportunity to exercise and have fun, and LMHS is delighted to see the return of these events.”

The Active•Fit Mini-triathlon took place on July 10, and featured a 2.5K bike ride, 1K run, and 1-lap swim at Pataskala Municipal Park. All participants received a certificate signed by Rob Montagnese and Pataskala Mayor Mike Compton for completing the race.

On August 5, youth enjoyed the Active•Fit Field Day at Alford-Reese Park in Newark. Participants were split into two age groups, ages 6 to 8 and 9 to 12, and chose two games to play including flag football, kickball, freeze tag and soccer. To conclude the event, participants played water games to cool off from the summer heat.

Participation in the 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 and complete new wellness goals by December 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit Program has registered more than 9,000 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 ActiveFit.org.



Recognition Dinner Celebrates LMH Volunteers

Licking Memorial Hospital (LMH) welcomed members of the Volunteer Department to the Cherry Valley Hotel in Newark for a special recognition dinner on July 21. The event provided an in-person opportunity to thank more than 75 volunteers for their service to LMH. The volunteers recently resumed their duties in various LMH departments after safety concerns caused service opportunities within the Hospital to be suspended during the COVID-19 pandemic.

“After we were forced to cancel the 2020 Volunteer Recognition Dinner, it is a pleasure to gather together to

express our appreciation for all that you do at LMH,” said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (pictured, left). “Words cannot adequately describe how much you were missed around the Hospital during the pandemic, and many employees have told me they are incredibly grateful to see that the volunteers have returned in recent weeks. I hope you know the difference you make everyday and how vital you are to our mission to improve the health of the community.”

The dinner included the announcement of service awards in five-year increments, and Rene Halblaub and

Maxine Keith were the longest-tenured volunteers recognized, each with 20 years of service. The evening concluded with the presentation of the 2021 Donald Day Volunteer of the Year award to co-recipients Lori Brown (middle) and Michael Barker (right). Lori has donated more than 2,300 hours to the Volunteer Department since 2008, and Michael has contributed more than 1,800 hours of his time since 2015.

Many rewarding volunteer opportunities for teens and adults are available at LMHS. To learn more, please call the Volunteer Department at (220) 564-4084 or visit LMHealth.org, then click “About Us” and “Become a Volunteer.”

Past recipients of the Donald Day Volunteer of the Year award include:

- 2020 – Carol Yost
- 2019 – Diana Hufford
- 2018 – Gary Hamilton and Karen Hedrick
- 2017 – Phil Cassone and Pat Farley
- 2016 – Sue Weiland
- 2015 – Joan Omlor
- 2014 – Eddie and Carolyn Cline
- 2013 – Harry Harper
- 2012 – Richard Stewart
- 2011 – Vickie Fogarty and Arlene Newman
- 2010 – Rene Halblaub
- 2009 – Elizabeth Ann Wood
- 2008 – Janet Anderson and Beverly Crockford
- 2007 – Betty Meyer
- 2006 – Noble Snow
- 2005 – Marye Crispin
- 2004 – Donald Day
- 2003 – Robert Norman



LMHS Purchases Hartford Fair Market Steer Grand Champion

At the 163rd Hartford Fair, Licking Memorial Health Systems (LMHS) purchased the Market Steer Grand Champion for \$6,000. Owned by Cody Foor, the steer weighed in at 1,408 pounds. Cody is involved in the Boots N Buckles 4H Club in Pataskala. LMHS plans to donate the beef to the Salvation Army of Licking County.



Physician Spotlight

William H. Phillips, D.O., joined Licking Memorial Vascular Surgery in February 2020. Dr. Phillips received his Doctor of Osteopathic Medicine degree from Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed a general surgery residency at Doctors Hospital in Columbus and a vascular surgery fellowship at South Pointe Hospital in Cleveland. He is board certified in vascular surgery.

Dr. Phillips is a member of the American College of Osteopathic Surgeons, the American Osteopathic Association, the Society for Vascular Surgery and the Midwestern Vascular Surgical Society.



Ask a Doc – Varicose Veins with William H. Phillips, D.O.

Question: Should I be concerned about the twisted, enlarged veins in my legs?

Answer: Generally, varicose veins cause an unsightly discoloration visible just under the surface of the skin, but no real health concerns. The common condition affects one in four adults in the United States, but the sufferer feels no pain in the majority of cases. The bulging veins usually occur in the legs, but may also form in other parts of the body. In some instances, varicose veins may cause complications, such as mild to moderate pain, swelling, blood clots or skin ulcers if left untreated.

Veins are blood vessels that relay blood from the tissues throughout the body to the heart. The heart pumps blood to the lungs where it is oxygenated and pumped through arteries back to the body. Veins contain one-way valves that open and close to assure the blood flows toward the heart. An increase in blood pressure inside a vein may cause damage to the valves. When the valves weaken from the damage, reflux may occur as the blood begins to flow backwards or pool and then cause swelling. The veins may grow larger and become distorted, resulting in varicose veins.

Weak valves may also occur due to weak vein walls, which cause the vein to lose normal elasticity resulting in overstretching that causes the flaps of the valves to separate. Blood then can flow backward through the valves filling the veins and stretching the walls even more. As a result, the vein often twists as it enlarges to occupy the small space under the surface of the skin.

A number of factors may increase the risk for varicose veins, including family history, age, gender, pregnancy, obesity and lack of movement. The condition is common

among men and women; however, many believe women tend to suffer from varicose veins more often than men due to hormonal changes that occur during puberty, pregnancy, menopause or the use of birth control. People who work sedentary jobs, sitting still or standing in the same place for long periods of time, are more susceptible to developing the condition. Interior pressure increases as veins in the legs work against gravity to circulate blood back to the heart. Being overweight also adds extra pressure to veins. Common symptoms associated with varicose veins include mild swelling of the feet and ankles, painful or aching legs, cramping and dry, itchy skin.

Treating the condition typically involves lifestyle changes and medical procedures that relieve symptoms, prevent complications and improve appearance. Maintaining a healthy weight improves blood flow and eases pressure in the veins. Physical activity to improve muscle tone also assists with proper circulation. Raising the legs while resting and avoiding prolonged standing or sitting will alleviate pressure as well. Compression stockings also may be used to improve circulation. The stockings gently compress the ankles and lower parts of the leg to encourage proper blood flow upward toward the heart and decrease swelling in the legs.

A number of medical procedures are available to either remove or close the damaged veins. A primary care physician or vascular surgeon may suggest sclerotherapy, an injection of a liquid chemical that causes irritation and scarring inside the vein closing it to blood flow. Once closed, the vein eventually fades away and the blood starts moving through other veins. The procedure is

generally used to treat smaller varicose veins and can be performed as an outpatient procedure in the physician’s office or an operating room. Several treatments may be required.

Several surgical procedures are typically used to heat or close the veins and can be used in all stages of the disease. Laser surgery uses light energy to close the veins. In endovenous ablation therapy, a physician or vascular surgeon creates a small incision near the vein, then heat energy is used to close the vein. In an ambulatory phlebectomy, small incisions are created to remove the veins completely. The procedure is best suited for veins that are closest to the surface. Vein stripping and ligation are techniques that involve tying the vein shut and then removing veins through small incisions. Recovery from the surgical procedures may require a few weeks. Many procedures utilize ultrasound imaging on the surface to assist with vein care.

Early treatment of varicose veins cause few health concerns; however, left untreated, any condition in which proper blood flow is affected contains a risk of complications. A vascular surgeon who specializes in vein treatment can assist in determining the severity of the condition and which treatments would be most beneficial. Licking Memorial Vascular Surgery treats patients with conditions that affect the circulatory system, primarily diseases of the arteries and veins. Office services are available Monday through Friday, from 8:00 a.m. to 4:30 p.m., at 1371 West Main Street in Newark, and Fridays, from 8:00 a.m. to Noon, at One Healthy Place, Suite 202, in Pataskala.

Quality Reporting to the Community

Patient Story and Benchmarks for Pediatric Care

Patient Story – Sophia Bordenkircher



Craig and Kendra Bordenkircher tried for 12 years to have a child, visiting a number of fertility specialists and attempting a few different treatments. While taking a break from treatments, the couple was thrilled to discover Kendra was pregnant. A week before her due date in June 2020, Kendra went into labor and gave birth to Sophia at Licking Memorial Hospital (LMH) in June 2020. Having stopped growing in the womb at 34 weeks, Sophia was slightly underweight at just over five pounds. Within 24 hours, she lost weight and a nurse became concerned that Sophia would not safely fit in a car seat for the ride home. Sophia was sent to the Special Care Nursery where it was discovered that she was unable to keep warm.

When an infant is cold-stressed, they use energy and oxygen to generate warmth. Sophia's heart rate spiked and she began struggling to breathe. She was placed inside an incubator to regulate her temperature and immediately started breathing better. Kendra was able to visit with Sophia and offer her regular feedings. "I am so grateful for the amazing team in the Special Care Nursery. The nurses helped so much with learning to breastfeed and were so calming when things were very emotional," Kendra said. While in the Special Care Nursery, Sophia's blood sugar started rising and she was then transferred to Nationwide Children's Hospital for more intensive care.

Sophia was diagnosed with transient neonatal diabetes, a rare form of diabetes that occurs within the first six months of life. Infants with this condition do not produce enough insulin, which increases blood sugar levels. The condition is so rare, experts in Chicago were consulted

to determine the best treatment plan for Sophia. The condition typically resolves itself within the first 12 weeks of life. Newborns with neonatal diabetes do not grow as well in the womb and may be small for their gestational age. "We discovered that Sophia had two chromosomes passed on from Craig's genetics that lead to the condition," Kendra explained.

While still at LMH after Sophia's birth, Kendra and Craig chose Sean M. Gallagher, M.D., of Licking Memorial Pediatrics – East, as her pediatrician. Craig contacted Dr. Gallagher's office to schedule Sophia's first well-child appointment which is recommended within the first week of birth. Due to the complications from the neonatal diabetes, the appointment was delayed until Sophia's release from the hospital. "Even though he had never met Sophia, Dr. Gallagher followed her progress while she was treated at Children's Hospital. He wanted to fully understand her condition and be prepared to offer her the best care possible," Kendra said.

While examining Sophia during her first visit, Dr. Gallagher noticed Sophia's abdomen was bloated. He was concerned about bacteremia, an infection in the blood caused by bacteria. After taking blood samples and performing a sonogram, Dr. Gallagher suggested to Craig that he take Sophia to the Emergency Department at Children's Hospital where it was confirmed that Sophia did have the serious infection. When Sophia was able to return home, she was prescribed an antibiotic; however, Dr. Gallagher felt the medication was not adequate in light of Sophia's condition. He worked with the LMH pharmacists and another local pharmacy to locate an appropriate, hard-to-obtain antibiotic that successfully treated the blood infection.

After visits with an endocrinologist and hematologist who recommended an iron supplement, the neonatal diabetes resolved itself, and Sophia no longer takes any medications. She celebrated her first birthday in June and continues to visit Dr. Gallagher for well-child appointments. "Sophia is on track now in terms of growth and we believe she is well advanced in development. She was walking before she was a year old and is now talking," Kendra said. "Dr. Gallagher has been exceptional to all of us. It was wonderful to have a physician that would familiarize himself with her case, monitor her while she was in the hospital and work through the diagnoses with us. He made it so easy to get information and explained everything to us."

Craig and Kendra live in West Lafayette in Coshocton County where Craig was born and raised. Kendra also grew up in Coshocton County in Warsaw. Despite the distance, the couple chooses to drive to Licking County for their health care. "We appreciate the care we receive and have enjoyed getting to know the physicians and staff at Licking Memorial Health Systems," Kendra said. "We plan to keep making the drive to continue the professional relationships we have formed."

Kendra visited Licking Memorial Women's Health during her pregnancy and found the staff to be friendly and supportive. She credits the staff there for assisting in the early detection of melanoma. While attending a routine pregnancy evaluation, an LMH certified midwife discovered an abnormal growth on Kendra's back and referred her to Thomas J. Hagele, M.D., of Licking Memorial Dermatology, who diagnosed the melanoma. She had to have the growth removed prior to giving birth to Sophia.

Social Media Impacts Mental Health in Adolescents

Connections with peers are increasingly important during adolescence, and social media provides opportunities for teens to be socially connected through platforms such as Facebook, Instagram, YouTube, Twitter and Snapchat. According to the Pew Research Center, 81 percent of teens in the U.S. use social media and benefit from the opportunities of relationship building, creative expression, entertainment and exposure to current events. However, social media also can be harmful to teen mental health, and there is increasing evidence that links rising social media use to depression and anxiety among adolescents.

Using social media activates the reward center in the brain by releasing dopamine, a chemical that influences a person's mood and feelings of reward and motivation. Individuals post content on social media with the hope of receiving positive feedback in the form of likes, shares and comments. These rewards cause dopamine levels in the brain to rise, and associates social media use with positive reinforcement. While these validations boost self-esteem and give teens a sense of belonging in their social circles, such also can lead to addictive behavior to social media.

Sleep disruption is a common problem of social media use and can cause poor sleep habits among adolescents. Teens often feel that they must remain socially connected and available at all times, for

fear of missing an important conversation or invitation if they do not respond immediately. Unhealthy behaviors, such as sleeping with their phone or checking messages in the middle of the night, affect a teen's sleep quality, and lead to depression and anxiety.

The fear of being excluded from social events also can interfere with daily activities as teens constantly check social media instead of focusing on chores, homework or other events. Excessive use of social media can lead to addictive behavior, which can affect teens both physically and mentally.

Body image also is a mental health issue associated with social media use. Teens who use social media excessively are more likely to compare their body with the profiles of celebrities and other attractive users, which can lead to negative feelings and judgment about their own body and possible development of eating disorders.

Parents can help protect their children from negative effects by talking with them about responsible online behavior and monitoring their social media use. Below are other ways parents can help

positively influence their children's relationship with social media:

- Set reasonable limits. Parents can help teens learn how to avoid letting social media interfere with their activities, sleep or homework. Establishing a bedtime routine that does not include electronic media use and not allowing cellphones and tablets in bedrooms are appropriate boundaries. Parents can set an example by following the rules they establish.
- Build a relationship of trust surrounding social media. Talking about social media at an early age can encourage children to feel comfortable to discuss online issues with their parents that may arise in the future.
- Explain unacceptable behavior. Discourage teens from gossiping, spreading rumors, bullying or damaging a person's reputation and discuss what is appropriate and safe to share on social media.
- Encourage face-to-face contact with friends. In-person interaction among teens helps them build self-confidence and enhances their communication skills. It also can assist them with relationship building and developing leadership skills.

Parents who are concerned that their teen is experiencing symptoms of depression or anxiety related to social media use should contact their child's physician.



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 to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

- 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)

	LMHP 2018	LMHP 2019	LMHP 2020	National
Childhood immunization rate (4:3:1:3:3:1 series)	83%	82%	82%	70% ⁽¹⁾
Children, aged 6 months to 18 years, receiving the influenza vaccination	33%	33%	30%	63% ⁽²⁾

- LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents. (In 2019, the parameters for the HPV vaccination series were changed from females, aged 13 to 17, to persons, aged 11 through 26. The vaccine can be administered to both females and males starting at age 9, and those who have not been adequately vaccinated may still receive the vaccination series until age 26.)

	LMHP 2018	LMHP 2019	LMHP 2020	National
Persons aged 11 through 26 completing HPV vaccination series	58%	53%	54%	54% ⁽³⁾
Adolescent children receiving varicella vaccination	96%	95%	96%	90% ⁽³⁾
Adolescent children receiving meningococcal vaccination	89%	90%	89%	87% ⁽³⁾

- Pharyngitis (sore throat) is a common illness in children. Most children's sore throats are caused by viral illnesses. The antibiotics that are needed to treat bacterial pharyngitis 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.

	LMHP 2018	LMHP 2019	LMHP 2020	National
Children with pharyngitis receiving test before antibiotics	94%	97%	93%	84% ⁽²⁾

- Kids' Place is an accredited child advocacy center that provides a comprehensive, multi-disciplinary evaluation of children who are suspected victims of sexual and/or physical abuse and/or neglect. Services are provided in a comfortable and confidential environment. Case management and victim advocate services also are available.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Total number of children served	242	187	179	N/A

Data Footnotes: (1) Centers for Disease Control and Prevention, National Immunization Survey, Vaccination Coverage Among Children Aged 19-35 Months – United States, 2017. (2) Centers for Disease Control and Prevention, National Immunization Survey, "Flu Vaccination Coverage, United States, 2018-2019 Influenza Season," updated September 26, 2019. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by age at interview; National Immunization Survey-Teen (NIS-Teen), United States, 2018.



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

Well-child Visits and Vaccinations Essential for Child Development

Licking Memorial Health Systems (LMHS) encourages parents to schedule a well-child visit for their children to maintain the schedule of recommended vaccinations. The COVID-19 pandemic disrupted in-person learning last year and caused families to skip annual well-child visits with their pediatrician. Annual physical exams and immunizations are important to keep children healthy and protected against contagious diseases.

A wellness exam tracks a child's growth and development and gives parents an opportunity to discuss any developmental, social and emotional concerns with their child's physician. A pediatrician performs a physical exam, which includes checking blood pressure levels, listening to the heart and lungs and checking the abdomen. Vision and hearing screenings also may be administered. The pediatrician may discuss healthy behaviors, such as nutrition, sleep habits and physical activity, with the child.

The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend that every child continues to receive recommended vaccinations during the COVID-19 pandemic. The Ohio Department of Health requires the following immunizations for children attending school:

- Diphtheria, tetanus and pertussis (DTaP)
- Chickenpox
- Measles, mumps and rubella (MMR)
- Polio
- Hepatitis B

Students in grades 7 to 12 also must receive the meningococcal vaccine. Parents can contact their child's pediatrician or family physician to obtain immunization records.

Be Wise... IMMUNIZE YOUTH FLU IMMUNIZATION EVENT

Saturday, October 23
10:00 a.m. – 2:00 p.m.

Licking Memorial Family Practice –
Downtown Newark
20 West Locust Street

Licking Memorial Pediatrics – Pataskala
One Healthy Place, Suite 203

Infants and youth (up to age 18) are invited to receive free flu immunizations at this special event.

- Pre-packaged refreshments will be provided
- Social distancing and masks are required
- Temperatures will be taken for all individuals prior to entering either building

Registration is required to receive an immunization. Call the Downtown Newark location at (220) 564-4940 or the Pataskala location at (220) 564-1925 to schedule an appointment.



Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care

Patient Story – Barbara Andersen

Basal insulins provide a steady amount of background insulin activity over the course of a day. “The staff at the Clinic all were very friendly and so helpful,” Barbara said. “They asked me many questions to try to determine why I was experiencing such drastic highs and lows in my blood sugar levels.”

During the discussion, Barbara confessed she was injecting her insulin shots into her groin. “Someone I knew once told me she developed hard lumps in her stomach from the insulin injections, and I did not want that to happen to me,” she said. The Clinic staff explained that injecting into the groin was leading to poor insulin absorption. They offered her education on the proper technique and ways to avoid hypertrophy – the overgrowth of cells, usually fat cells, that makes the skin look lumpy.

The Clinic staff also were concerned about the incidents of hypoglycemia. Barbara seemed most susceptible to drops in glucose while she slept. In order to assist Barbara in managing the lows, staff members worked to acquire an integrated continuous glucose monitoring system for her. The device, worn on the arm, checks glucose levels with a painless, one-second scan instead of having to perform a fingerstick. It also includes alarms that notify the wearer if blood sugar is too low or too high. The alarms wake Barbara during the night if she needs to make a blood sugar adjustment. “The nurses worked very hard to obtain the device for me. It has been a lifesaver and made a difference in how I manage my diabetes,” Barbara said. “I am feeling more successful about my own care, and I want to make the changes because I know taking the proper precautions will please the Clinic staff.”

Barbara visits the Clinic every six weeks. She has reduced her basal insulin dosage by over half, stopped taking the rapid-acting insulin, and reduced her A1C level. A1C refers to a minor component of hemoglobin – the oxygen-carrying protein that gives blood its red color. “Everyone at the Clinic is focused on assuring I am following the proper guidelines for my medication and overall wellbeing,” Barbara said. “They have been great to me, and I’m so thankful for their attention and care they take to ensure I have all the tools I need to be successful.” Referrals to the Medication Therapy Clinic are accepted from Licking Memorial Endocrinology and primary care physicians.

In keeping with COVID-19 restrictions, Barbara has spent much of her time at home over the past year. She was very excited to return to church and spend time with her family. Barbara moved to Granville in 1972 after her husband had been transferred to the area for his job. The couple had traveled to a number of different states and considered Colorado their home. However, they both loved the Granville area and decided to stay even after retirement. Her daughter, Sharon Phelps, moved with the family to Ohio and also made it her home. Sharon earned her bachelor and master degrees from The Ohio State University and currently serves as a financial advisor. Her sons, Robert and David, graduated from Granville Exempted Village Schools. Robert also earned his degree from Ohio State and is now retired from Holophane. David earned his degree from Kent State and is employed with Cleveland.com reporting mostly on the Browns. Barbara also has three grandchildren.



At 85 years old, Barbara Andersen expects to face health challenges. She underwent open heart surgery after a heart attack in 2001 and has struggled to maintain her wellness ever since. After a series of tests, Barbara learned she had diabetes and would need to self-inject insulin to maintain her blood sugar level. In 2020, she began experiencing dizziness and weakness. The health concerns progressively worsened, but Barbara had no idea what was happening.

One morning, Barbara woke to find she could not move very well. She felt so weak that she could barely raise herself up from her bed. She struggled to reach her phone and call her daughter, who arrived quickly and began giving Barbara orange juice. After a short time, Barbara felt better and realized she was experiencing hypoglycemia – a condition in which the blood sugar level is lower than normal. Blood sugar, or glucose, is the body’s main energy source. The next morning, Barbara again suffered a case of hypoglycemia, and passed out. Her daughter encouraged her to discuss the issue with her primary care physician, Talya R. Greathouse, M.D., of Licking Memorial Family Practice – West Main. Dr. Greathouse recommended that Barbara visit the Licking Memorial Hospital Medication Therapy Clinic where the staff – which includes pharmacists, nurses and dietitians – assist in creating a treatment plan, and provide education about correct dosing and the signs and symptoms of complications caused by medications.

In September 2020, Barbara had her first appointment at the Clinic. At the time, she was on a fairly high dosage of basal insulin and needed a rapid-acting insulin as well.

Mental Health Can Improve Diabetes Management

Mental health is an important aspect of diabetes care. Thoughts, feelings and attitudes can affect the health of a person’s body and exacerbate existing conditions. Depression, stress and anxiety can decrease a person’s motivation and ability to perform daily functions, including managing their diabetes. Individuals with diabetes are two to three times more likely to have depression than those without the condition. It is important for people who have diabetes to understand that they are not alone and help is available.

Managing diabetes can be challenging for many patients. Daily attention is required for monitoring blood sugar levels, eating a healthy diet, getting enough physical activity, and taking medications as prescribed to reduce risk of complications from the disease. Individuals may experience diabetes distress – feelings such as anxiety, stress, guilt and frustration that arise from living with diabetes and the burden of self-management. Left untreated, these feelings can cause a person to fall into unhealthy habits, which may lead to other health complications.

Diabetes distress is a common occurrence among individuals with diabetes and is a natural reaction to the daily struggles of managing the long-term condition. According to the Centers for Disease Control and Prevention (CDC), 33 to 50 percent of people with diabetes experience diabetes distress in any 18-month period. Individuals who experience diabetes distress may exhibit the following symptoms:

- Feeling angry about diabetes and frustrated about the demands of managing the disease
- Worrying about managing diabetes poorly and feeling unmotivated to change their behavior
- Avoiding scheduled physician appointments
- Making unhealthy food choices regularly
- Failing to monitor blood sugar levels
- Feeling isolated and alone

Individuals who think they may be experiencing diabetes distress should talk with their physician and other members of their healthcare team, including dietitians, registered nurses, pharmacists and social workers. These specialists can assist in determining what areas of diabetes care are most distressing for the patient and help develop an individualized treatment plan.

Licking Memorial Hospital (LMH) offers a variety of diabetes resources and education that empower patients and encourage proactive self-management of their condition. The LMH Medication Therapy Clinic assists patients diagnosed with type 1 and type 2 diabetes. Clinical pharmacists, nurses and dietitians specifically trained in diabetes assist patients with measuring and recording blood glucose levels, insulin usage and medication management. They also help patients learn to recognize signs and symptoms to reduce the risk of diabetes-related complications.

Licking Memorial Diabetes Care offers diabetes self-management classes that are recognized by the American Diabetes Association. The classes are taught by registered nurses, dietitians and pharmacists to teach patients how to care for themselves on a daily basis. Topics include how to eat properly, medication management, blood glucose monitoring, the importance of activity, problem solving and how to reduce the risks of diabetes complications. Each education program offers dietitian counseling to assist with one-on-one patient diabetes management.

For more information about the LMH Medication Therapy Clinic and diabetes management, please call (220) 564-1898. Individuals interested in diabetes self-management classes may call (220) 564-4915.



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 to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. Much of the care that patients with diabetes 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 care.

	LMHP 2018	LMHP 2019	LMHP 2020	National
LMHP patients with diabetes receiving eye exam	59%	74%	63%*	58% ⁽¹⁾
LMHP patients with diabetes having HbA1C test	94%	95%	91%*	88% ⁽¹⁾
				LMHP Goal
LMHP patient with diabetes having lipid profile	90%	90%	85%*	90%
LMHP patient with diabetes having microalbuminuria test	86%	86%	79%*	85%
				National
LMHP patient with diabetes having foot exam	86%	86%	73%*	80% ⁽²⁾

2. 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. 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. While the goal for most people with diabetes is 7 percent or less, anything less than 8 percent is considered a good degree of control of blood sugar levels.

	LMHP 2018	LMHP 2019	LMHP 2020	National ⁽¹⁾
LMHP patient with diabetes with HbA1C less than or equal to 7%	53%	55%	47%*	38%
LMHP patient with diabetes with HbA1C less than or equal to 8%	74%	76%	69%*	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. An LDL level of 100 milligrams per deciliter (mg/dL) is considered best for heart health.

	LMHP 2018	LMHP 2019	LMHP 2020	National ⁽¹⁾
LMHP patient with diabetes with LDL less than or equal to 100 mg/dL	67%	75%	74%*	48%

4. The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people with diabetes in the community including the Diabetes Self-Management Education & Support program. 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 2018	LMH 2019	LMH 2020	LMH Goal
Diabetes Self-Management Education & Support participants who obtained an HbA1C test	100%	100%	100%	Greater than 85%

5. A1C is the standard for measuring blood sugar management in people with diabetes. Studies show higher A1C levels to be associated with the risk of certain diabetes complications (eye, kidney and nerve disease). For every one percent decrease in A1C, there is significant protection against those complications.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Diabetes Self-Management Education & Support participants with a decrease HbA1C or within normal limits	91%	84%	79%*	greater than 80%

*Due to COVID-19 restrictions throughout 2020, some patients were unable to obtain regular testing or attend in-person appointments.

Data Footnotes:
 (1) Average of reported Commercial, Medicare and Medicaid/HEDIS measures.
 (2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program

Coping with Diabetes Distress

Managing diabetes can be difficult. Individuals with diabetes may begin to feel overwhelmed by the daily pressures and demands of coping with the disease, such as checking blood sugar levels, making healthy food choices, staying physically active and managing medication. In addition, patients may worry about having low or high blood sugar levels and developing diabetes-related complications, such as heart disease or nerve damage. When a person experiences an abundance of anxiety, frustration, anger and burnout, it may become difficult to sustain the daily requirements of diabetes management. The following suggestions can help patients cope with diabetes and manage their stress.

- Schedule an appointment with an endocrinologist. Physicians who specialize in diabetes care are likely to have a better understanding of the challenges facing patients with diabetes.
- Ask for a referral to a mental health counselor who specializes in chronic health conditions.
- Join a diabetes support group. Sharing concerns with others who are experiencing similar circumstances can help alleviate feelings of loneliness and isolation.
- Focus on small diabetes management goals. Achieving several small goals can increase motivation and confidence and reduce the chances of feeling overwhelmed.
- Allow loved ones to help. Family members and friends can remind individuals to take their medication and monitor blood sugar levels. They also can help prepare healthy meals and be an exercise partner.
- Participate in enjoyable activities. Reserve time to do something fun, such as talking with a friend, playing a game or working on a hobby.

People struggling with diabetes distress are not alone. It is important for individuals with diabetes to acknowledge their feelings and seek help when they are struggling. Patients who are concerned about their mental health should contact their physician for immediate help.

Retired Physicians Honored at Luncheon

Members of the Licking Memorial Hospital (LMH) Honorary Medical Staff enjoyed a time of socialization at a special luncheon in August. LMH began hosting the event in 2007 as a gesture of enduring gratitude for the many years of service that the physicians provided to the community.

"We cannot thank you enough for all you have done to help make Licking Memorial Hospital the excellent healthcare facility it is today," Licking Memorial Health Systems President & CEO Rob Montagnese said. "We have the ability to adopt state-of-the-art technologies and rise to the challenge of a pandemic because you committed your careers to caring for Licking County residents. Each and every day, we benefit from the strong foundation you provided as we strive to improve the health of the community."

The LMH Honorary Medical Staff currently is comprised of 51 physicians who retired after longtime service on the LMH Active Medical Staff and have maintained an outstanding reputation in the community. Physicians who attended this year's event included: John Adams, M.D.; Gerald Ehrsam, M.D.; Mary Beth Hall, M.D.; Thomas Hall, M.D.; Harold Kelch, M.D.; Mark Mitchell, M.D.; Zdravko Nikolovski, M.D.; Larry Pasley, M.D.; John Quimjian, M.D.; Robert Raker, M.D.; Henry Rocco, M.D.; Douglas Schram, D.O.; Mary Jane Scott, M.D.; and Vincent Walsh, D.O.



Vincent Walsh, D.O.; Douglas Schram, D.O.; Larry Pasley, M.D.



Robert Raker, M.D.



Gerald Ehrsam, M.D.; John Adams, M.D.; David Koontz, D.O.; Mark Mitchell, M.D.



Henry Rocco, M.D.; Zdravko Nikolovski, M.D.; John Quimjian, M.D.



Harold Kelch, M.D.



Mary Jane Scott, M.D.; Paitye Whisman, M.D.; Mary Beth Hall, M.D.; Thomas Hall, M.D.

* LMH Active Medical Staff Member

Virtual “For Your Health” 5K Run/Walk & 1-mile Fun Walk Promotes Healthy Lifestyles

The 13th annual Licking Memorial Health Systems (LMHS) “For Your Health” 5K Run/Walk & 1-mile Fun Walk featured a virtual format that allowed the 313 participants to run or walk at a convenient time and location between July 24 and 28. The Real-Time Remote Racing app used GPS speed and distance to create a shared competitive experience that tracked runners and walkers relative to other participants and automatically updated the leaderboard when each individual completed the event.

To keep a sense of tradition while following social-distancing recommendations, The Dawes Arboretum allowed a limited number of participants to sign up for a time slot to complete the on-site course. Of the 194 runners who completed the 5K and 119 walkers who chose a 5K or 1-mile course, 80 individuals opted to enjoy the

scenic grounds at The Dawes Arboretum during the event.

“The ‘For Your Health’ 5K Run/Walk & 1-mile Fun Walk is one of our primary community events to encourage physical activity each year,” LMHS President & CEO Rob Montagnese said. “While the ongoing COVID-19 pandemic did not allow us to gather in person, we were pleased to see hundreds of area residents participate virtually in 2021. The Dawes Arboretum annually provides a picturesque setting for the event, but it is our hope that this year’s modified format reinforces the fact that steps toward healthier lifestyles can be taken in a variety of local neighborhoods and parks.”

LMHS and Park National Bank (PNB) invited Licking County businesses to promote employee wellness by joining the Corporate Participation

Challenge. Businesses were grouped into three 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: Small (0 to 20 employees) – Bloomberg Eye Center; Medium (21 to 99 employees) – Licking County Library; and Large (100 or more employees) – Matesich Distributing Co.

David Subler, M.D., of Licking Memorial Gastroenterology, and his wife, Pamela, served as the 2021 Honorary Chairs. The virtual “For Your Health” 5K Run/Walk & 1-mile Fun Walk, was presented by the Licking Memorial Hospital Development Council, The Dawes Arboretum, the Buckeye Valley Family YMCA and PNB.



Donors

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

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In honor of Joyce Barbour
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Paving Our Future

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Amanda Garman

Golf Gala Benefits LMH Café Renovation

The Licking Memorial Hospital (LMH) Development Council hosted the 2021 Golf Gala on September 20 at the Denison Golf Club. Proceeds from the 2021 Golf Gala will be directed toward the LMH Café Renovation Project. The Café serves patients, staff and guests with delicious, healthy, comforting meals and hosts special events for Licking Memorial Health Systems (LMHS) employees and local groups. This project includes an expansion of the serving and dining areas to upgrade the facility, improving traffic flow as well as functionality for staff, and accommodating the ever-growing needs of the Hospital and community. Todd Londot, his wife, Lori, and their children, Brooklyn, Bradie and Bryn, are serving as the Honorary Chairs.

The LMH Development Council is proud to acknowledge and thank the confirmed sponsors of the 2021 Golf

Gala. The **Club Sponsor** (\$7,500 and above) is Denison University. The **Condor Sponsors** (\$7,500 and above) are Park National Bank and Lou Reese. **Ace Sponsors** (\$5,000) include Hinderer Motorsports; Matesich Distributing Company; MedBen; Monte Christopher Holdings; Stedman Floor Co., Inc.; and Waste Away Systems, LLC. **Eagle Sponsors** (\$2,500) include Ariel Corporation; AssuredPartners; Claypool Electric, Inc.; Corna Kokosing Construction; Courtesy Ambulance, Inc.; Delta Dental; The Energy Cooperative; First Federal Savings; Gordon Food Service; The Granville Investment Group, LLC; Gutridge Plumbing, Inc.; Henderson-Van Atta-Stickle Funeral & Cremation Services; Kessler Sign Company; Limbach Company, LLC; Mill Tech, LLC; Mortellaro McDonald’s; MPW Industrial Services, Inc.; Northpoint Ohio Architecture; Owens Corning; PNC

Bank; Robertson Construction Services, Inc.; Scott Peterson of General Graphics; TrueCore Foundation; and United Collection Bureau, Inc. The **Driver Sponsor** (\$1,500) is Coughlin Chevrolet in Pataskala; the **Fairway Sponsor** (\$1,500) is The Laurels of Heath; the **Games Sponsor** (\$1,500) is OhioHealth; the **Links Sponsor** (\$1,500) is Ultimate Kronos Group; the **Pro Sponsor** (\$1,500) is Griffin’s Floral Design & Wine Shop; and the **Hole-in-One Sponsor** is Hinderer Motorsports.



LMHS Physicians Ride for Cancer Research

Several members of the Licking Memorial Hospital Active Medical Staff recently participated in Pelotonia, the annual three-day cycling fundraiser that supports life-saving cancer research. The event, which features a variety of cycling routes throughout Central Ohio, was held the first weekend in August. Since 2008, Pelotonia has raised over \$228 million for cancer research at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute, including the Pelotonia Institute for Immuno-oncology.

The five local physicians included (from left to right): William Knobloch, M.D., of American Health Network; Colleen Pema, D.O., of Hospice of Central Ohio; Elliot Davidoff, M.D., of Center For Sight; Karen Smith-Silone, D.O., of Licking Memorial Gynecology; and Donald DeShetler, M.D., of Cherry Westgate Family Practice.

Dr. DeShetler and Dr. Davidoff each have been involved with Pelotonia for 13 years. Dr. Knobloch participated for the eighth time, Dr. Smith-Silone returned for her sixth year at the event, and Dr. Pema completed her inaugural ride.

“Working in hospice care, I see the devastating effects that cancer has on patients and their families,” Dr. Pema said. “I am not much of a bike rider, but I wanted to participate in the cycling experience and help raise money for cancer research that is so desperately needed.”

This year, the group has raised over \$12,000 for cancer research. Individuals interested in supporting their fundraising efforts may make an online contribution at Pelotonia.org through Sunday, October 31.



Development Spotlight

Barbara Quackenbush

is one of the newest Licking Memorial Hospital (LMH) Development Council members. She joined the Annual Support Committee in February 2021 after she was contacted by Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese through her membership in the Newark Rotary Club.

“I’ve had many family members receive care at LMH, and all were treated wonderfully. My son was born there and also is a seasonal intern in the Purchasing Department,” said Barbara. “I’ve always been grateful to have LMHS in our community, and joining the Development Council has been a great opportunity to become part of the organization that has cared for me and my loved ones.”

A lifelong Licking County resident, Barbara has been a Board Member

of Big Brothers Big Sisters of Licking & Perry Counties and the Buckeye Valley Family YMCA. “Through my previous experiences with other local organizations, and as a Newark City Schools employee, it was clear that LMH is embedded in Licking County and works to support our community,” Barbara said. “Now, as a Development Council member, this experience reinforces everything that I have seen and heard about LMHS. I am so excited to be part of it.”

Barbara is a Newark High School graduate and attended The Ohio State University at Newark to receive a bachelor’s degree in elementary education. She then attended the University of Dayton to receive a master’s degree in educational leadership, and then began teaching in the Northern Local School District. Barbara returned to Newark City Schools in June 1999 as an elementary school

building principal. She is now the Assistant Superintendent of Certificated/Licensed Personnel at Newark City Schools, who works alongside the school’s staff and leads the recruitment and hiring process. Barbara enjoys watching her son play football for Ohio Dominican University, exercising, reading, and spending time with family and friends.



Volunteer Spotlight – Liesha Hurwitz

Liesha Hurwitz became a Licking Memorial Hospital (LMH) volunteer in 2019 after a positive experience at LMH. When her husband had a heart attack, Liesha was impressed with the care that he received at LMH and decided to become a volunteer. “After witnessing my husband’s outstanding experience at LMH, I knew that I wanted to join the organization in some capacity,” Liesha said. “I’m very glad to have this opportunity to give my time and help the Hospital continue to make a difference in Licking County. I truly feel like I am contributing to the community as a volunteer.”

Liesha volunteers in the Concierge Services office and also delivers flowers and mail. “I enjoy the variety of tasks

that are available for volunteers. I especially enjoy meeting all of the staff and visitors who come into the Hospital,” she said.

Liesha was born and raised in South Africa, then moved to the United States in 1982 to attend Long Island University for fine art photography. After receiving her degree, she and her husband lived in Long Island, New York, for three years, then moved to Columbus for about a year before settling in Granville in 1986. Liesha worked as a photographer and writer for the Granville Booster and Granville Sentinel newspapers and had a freelance project for Riverside Methodist Hospital. She is a member of a book group and women’s journaling group, and is a volunteer for the Granville Public

Library. Liesha has two children, Anna and Max, and her hobbies include cooking, gardening and visiting The Dawes Arboretum. She has continued her passion of photography and is currently learning digital photography.



LMH Volunteers

This year, five high school students served as volunteers at Licking Memorial Hospital (LMH). The students offered support through a variety of services including greeting guests, providing directions to patients and families, delivering mail and more. Through these activities, the students receive firsthand Hospital experience.

The LMH Volunteers include:

- Mallory Lindsay (not pictured)
- Isaac Lowry (middle left)
- Collins Mbah (middle right)
- Sophia Stechyshyn (right)
- Nahom Tewolde (left)

Volunteers often have an interest in pursuing a healthcare career. Isaac Lowry, who aspires to become a physician, applied to become a volunteer to learn more about the Hospital. “I have always had an interest in healthcare,” Isaac said. “Volunteering has provided me with valuable experience, and the opportunity to help LMH staff and patients has been rewarding.”

The students were placed in areas that offer opportunities to gain more

knowledge toward their particular interests. Each volunteer had the chance to interact with patients and LMH staff within each given area and task. Departments, such as Hematology/Oncology, used the volunteers to transport specimens to the LMH Laboratory. Also, the students assisted in the Volunteer Office, helping a variety of departments with special projects and Hospital deliveries, including patient greetings.

Students who are at least 16 years old are eligible to become a member of the LMH Volunteer Department. A volunteer application, reference letter, background check, and training are also required prior to assuming the responsibilities as an LMH Volunteer.

LMH offers many rewarding volunteer opportunities for teens and adults. To learn more about volunteering at LMH, please call (220) 564-4084, or visit the “About Us” section at LMHealth.org.



Retiree Spotlight – Anne Herron

Anne Herron grew up in New Orleans, Louisiana, and met her husband, Barry, at a church event in Gulfport, Mississippi. The couple married and moved to Ohio to be close to his job and family. Anne and Barry, who currently reside in Buckeye Lake, raised their three children, Chas, Laura and Caitlyn, during the 25 years they have lived in Licking County.

Anne began her career at Licking Memorial Health Systems (LMHS) in the Health Information Department in 2006. Her duties included chart separation and scanning. She also worked with physicians to quickly obtain pertinent patient information needed for charting. Anne left LMHS for a few years, but returned in 2013 to work in Emergency Department (ED) Registration. When patients arrived at the ED, Anne entered their data into the medical records system and collected insurance information.

Patients came to the ED in need of immediate care, and Anne was proud that she could help register them in a

timely manner so they could receive treatment as quickly as possible. “I enjoyed the fast-paced environment that the ED provided and loved working 12-hour shifts,” Anne said. “Every shift was different, and we never knew what was going to happen in the ED on any given day. I learned to be prepared for anything.”

Anne explained that the tumultuous environment of the ED caused a great amount of stress, but her colleagues always provided support and encouragement. “It was an emotional job at times,” Anne explained. “I would see people that I knew come into the ED in a dire situation, and that takes a toll on you. I was grateful for the support we received from Pastoral Care. Being able to talk with Cory Campbell and the other chaplains helped me a great deal.”

Anne marveled at the speed of changes in technology and medical procedures during the course of her career. Just before her retirement, LMHS implemented Epic, the new electronic health record system, which enabled

registration to be completed faster and more efficiently.

Since her retirement, Anne remains busy helping her husband manage the painting company they own together. Living on Buckeye Lake, her favorite activity is going boating with friends and family. Her children visit often, giving her and Barry the opportunity to spend time with their eight grandchildren. Anne also has two dachshunds, Charlie and Nola, who require much of her attention when she is at home. She hopes to travel to New Orleans in the future.



LMHS Participates in Pataskala Street Fair and Parade

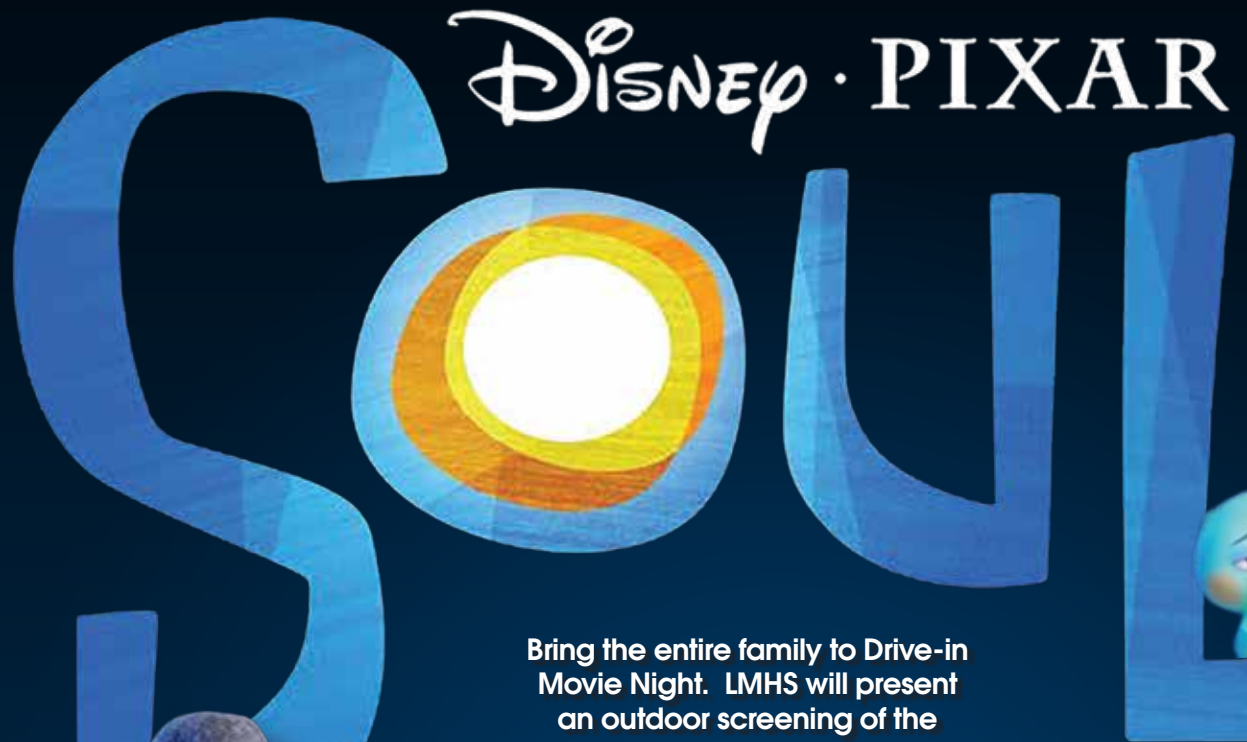
Licking Memorial Health Systems (LMHS) staff members joined in the fun of the annual Pataskala Street Fair in August. On the final day of the festival, Licking Memorial Family Practice Physician Keri Hershberger, M.D., and Laurie Schaeffer, D.O., of Licking Memorial Dermatology participated in the Pataskala Street Fair Parade.

During the Street Fair, an annual community event, LMHS employees provided an informational booth that highlighted the services available at the Pataskala Health Campus. Located at One Healthy Place, off State Route 16, the Pataskala Health Campus includes 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.



LMHS Family Drive-in Movie Night

REGISTRATION REQUIRED



Bring the entire family to Drive-in Movie Night. LMHS will present an outdoor screening of the Disney/PIXAR film, *Soul*.

Date: Thursday, October 14

Time: Arrive by 7:00 p.m.
The movie will begin at dusk (approximately 7:30 p.m.)

Location: The grounds of the Pataskala Health Campus, located at One Healthy Place, off Broad Street, in Pataskala.

- Free snacks and beverages will be provided.
- Alcoholic beverages, tobacco products and pets are prohibited.



To register, call (220) 564-1560.

LIMITED SPACES AVAILABLE. Only those who have pre-registered will be admitted. Attendees must remain in their car during the film presentation, unless using restroom facilities.



Licking Memorial Health Systems

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