



# Community Connection

## Licking Memorial Health Systems

(740) 348-4000 (phone) • [www.LMHealth.org](http://www.LMHealth.org)



Volume 12, Issue 4

July/August 2015

## Celebrating Life After Cancer

Commemorative purple balloons dotted the sky around Licking Memorial Hospital (LMH) on June 7, as cancer survivors celebrated their journey. Approximately 300 members of the community, including the cancer survivors along with their family and friends, attended LMH's fifth annual Cancer Survivors' Picnic on the front lawn of the Hospital grounds.

Veronica Link, Vice President Development & Public Relations at Licking Memorial Health Systems, welcomed the guests, saying, "Surviving cancer can be defined in many different ways. We define it as the process of living with, through and beyond cancer. By this definition, cancer survivorship begins at diagnosis. It includes individuals who no longer have evidence of cancer, as well as those who continue to have treatment. Cancer survivors face each day with courage and dignity and serve as an inspiration to us all. We offer our congratulations and wish you many years of life and hope."

The keynote speaker for the event was Laura Jones, who is Chief of Staff for Ohio First Lady Karen Kasich and a cancer survivor. Laura recounted her experience of being diagnosed with breast cancer while still grieving her husband's sudden death at age 51 from cardiac arrest.

Laura found a lump in one of her breasts, but an MRI showed the possibility of tumors in both breasts. "One of my biggest hurdles in the beginning was having to tell my family," she said.

Yet despite her fears and heartbreak of going through the fight without her husband, Laura said she was not defeated, thanks to a powerful belief in God. "He had brought me through so



Laura Jones, Cancer Survivor

*Celebrating Life After Cancer (continued on page 2)*

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

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

## COMMUNITY EDUCATION

### Food Safety and Canning

**Date:** Thursday, July 23  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Greg Chumney, R.S., R.E.H.S., Public Health Sanitarian at the Licking County Health Department

*(continued on page 20)*

### Healthier for Life Workshop

**Date:** Thursday, August 6,  
Thursday, August 13,  
Thursday, August 20,  
Thursday, August 27  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Aundrea Parker, L.D., R.D. Donya Hageman, P.T.A. Debra Y. Larabee, R.N., B.S.N.

*(continued on page 3)*

## LMH Honored with Mission: Lifeline Gold Award

The American Heart Association recently recognized Licking Memorial Hospital (LMH) with the Mission: Lifeline® Receiving Center Gold Level Recognition Award for its exceptional care in the event of a heart attack. The LMH Cardiology Department will be honored for their achievements in an upcoming award presentation.



*LMH Honored with Mission: Lifeline Gold Award (continued on page 3)*

Measurably Different ... for Your Health!

much already. I knew God was faithful and would give me what I needed to face cancer head-on.”

That faith saw her through surgery, chemotherapy and radiation. Laura said her faith gifts included the companionship and comfort of her beloved golden retriever, Sedona, along with some amazing new and unexpected friendships.

At one friend’s encouragement, Laura created a blog, Bosomundheit, which focused on her experiences. “Some days what I wrote had nothing to do with my cancer, but it always was an outlet to share my feelings. It also allowed family and friends to keep up with what was going on in my life, and they sent me notes of encouragement,” she said. “That open communication helped me feel supported and stay connected. It has been more than three years since my diagnosis, and I feel blessed to have a cancer survivor’s tale to share with all of you.” Laura added.

In 2014, Licking Memorial Hematology/Oncology saw 180 patients with newly diagnosed malignancies. Jacqueline J. Jones, M.D., who has treated oncology patients at LMH for the past 17 years, described a recent shift in the Hospital’s cancer care. “As we continue our aggressive efforts to detect cancer in the early stages, we now have an enhanced focus on wellness after cancer, concentrating on nutrition, exercise, rehabilitation and counseling,” Dr. Jones said.

The LMH Hematology/Oncology Department recently expanded patient services by adding a Patient Navigator and genetic testing. The Patient Navigator program began in 2013, and has helped nearly 550 patients find resources that include transportation to medical appointments and financial assistance. Genetic testing, an advancement that can identify patients who are at increased risk for certain cancers, began at LMH in March.

The LMH Cancer Survivors’ Picnic is planned each year in recognition of the American Cancer Society’s National Cancer Survivors’ Day. Participants in both events unite to demonstrate that life after a cancer diagnosis can be meaningful and productive.



## Licking Memorial Allergy/Immunology Opens



Tiffany J. Owens,  
M.D.

Licking Memorial Health Systems has opened Licking Memorial Allergy/Immunology with Tiffany J. Owens, M.D., FAAP. The new practice is located at 14 Westgate Drive in Granville, at the northeast corner of the State Route 16/Cherry Valley Road intersection (next to Licking Memorial Urgent Care).

As an allergist/immunologist, Dr. Owens provides testing and care for patients of all ages with allergic disorders, asthma and diseases of the immune system. Some of the conditions that she treats include allergic rhinitis, allergic eye disease, eczema, hives, chronic cough, frequent colds, and allergies to food, penicillin, bee stings or latex products.

Dr. Owens previously provided care at Licking Memorial Pediatrics – East. She received her Doctor of Medicine degree and completed a pediatric residency at Wright State University Boonshoft School of Medicine in Dayton, Ohio. She completed an allergy/immunology fellowship through the San Antonio Uniformed Services Health Education Consortium at the Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. She is board certified in pediatrics, as well as allergy and immunology.

Dr. Owens is accepting new patients with a physician’s referral. Appointments may be scheduled by calling (740) 348-7510.

The Mission: Lifeline program aims to improve the quality and efficiency of care for patients diagnosed with an ST-elevation myocardial infarction (STEMI), a form of heart attack which involves a sudden blockage of one of the arteries that supply blood to the heart. Each year, approximately 250,000 individuals in the United States are diagnosed with a STEMI. According to the American Heart Association and the American College of Cardiology, the risk of death from cardiac arrest can be reduced by 40 percent if a blocked coronary artery is reopened with 90 minutes of arriving at a hospital (known as door-to-balloon time), or within 90 minutes of first medical contact (known as FMC-to-balloon time) if arriving via ambulance.

The Mission: Lifeline program recognizes the importance of swift treatment following a heart attack. In order to achieve the Gold award, each organization must meet the Mission: Lifeline compliance criteria for two consecutive years. Those criteria require achieving at least an 85% average score, while achieving no less than 75% on any single measure, for the following standards:

1. Percentage of direct admit STEMI patients with door-to-balloon time  $\leq$  90 minutes
2. Percentage of direct admit STEMI patients arriving via ambulance with FMC-to-balloon time  $\leq$  90 minutes
3. Percentage of STEMI patients who receive aspirin within 24 hours of hospital arrival
4. Percentage of STEMI patients taking aspirin at discharge
5. Percentage of STEMI patients taking a beta blocker at discharge
6. Percentage of STEMI patients with LDL cholesterol  $\geq$  100 mg/dL, who receive statins or lipid-lowering medication
7. Percentage of STEMI patients with left ventricular systolic dysfunction, who receive blood pressure-lowering medication at discharge

## 8. Percentage of STEMI patients who smoke, and receive smoking cessation counseling at discharge

LMH has consistently performed better than these standards in large part because first responders throughout Licking County are equipped with 12-lead electrocardiogram (EKG) monitors to record and transmit patient data to the LMH Emergency Department prior to arrival. In 2007, Licking Memorial Health Systems made a generous \$300,000 donation to create the unified EKG relay system and later invested more than \$600,000 to upgrade the aging equipment. In addition, the MUSE Cardiology Information System was implemented in the Cardiology Department in 2014 to upgrade the quality, safety, and efficiency of a variety of procedures.

“LMH is dedicated to providing excellent care for patients who suffer a heart attack, and the American Heart Association’s Mission: Lifeline® program helps us achieve that goal by establishing nationally respected clinical guidelines,” said Kim Heddleson, B.S.N., R.N., Director of Licking Memorial Cardiology. “We are excited to be recognized for our dedication and accomplishments in cardiac care, and I am very proud of our team.”

LMH takes great pride in providing excellent cardiovascular services to the community. The Cardiology Department specializes in providing timely lifesaving techniques as well as the latest technology for patients at risk of cardiovascular disease. Our outstanding relationship with local first responders means that our patients can expect rapid, exceptional care even before reaching the Hospital. LMH is proud to be recognized by the Mission: Lifeline® program for our commitment to providing the highest quality heart care to the Licking County community.



## Community Education – Healthier for Life Workshop (continued from front page)



Aundrea Parker,  
L.D., R.D.



Donya Hageman,  
P.T.A.



Debra Y. Larabee,  
R.N., B.S.N.

According to recent market research, the global weight loss industry market is expected to reach the \$650.9 billion mark in the year 2015, with North America positioned as the largest consumer of weight loss services. Weight loss organizations often promise significant results to participants who adhere to their plans or purchase their services. Yet, 33% of American adults remain overweight and the numbers continue to climb. Diets and weight loss services frequently fail, leaving participants feeling deflated, deprived and still struggling to lose weight.

Dietitian Aundrea Parker, L.D., R.D., ACE Certified Personal Trainer and Physical Therapy Assistant Donya Hageman, P.T.A., and Patient Educator Debra Y. Larabee, R.N., B.S.N., invite you to discover a different way to view weight loss. Sustained weight loss is often the result of positive change focused on health, not pounds – a personalized lifestyle instead of a weight loss plan. Through this unique event, attendees will learn to successfully confront common stumbling blocks of exercise and menu planning, grocery shopping, motivation, unwanted eating behaviors, recipe modification, and more. Participants who complete the program will acquire practical guidelines for beginning a new, healthier lifestyle. Personal successes will be celebrated at a three month follow-up reunion for participants who complete the program.

Healthier for Life is a four-part program and will be held on four consecutive **Thursday evenings, August 6, 13, 20 and 27, from 6:00 to 8:00 p.m.**, in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. The program is free; however, space is limited and registration is required. To register, please call (740) 348-2527.

# Breast Density Awareness Program Launched at LMHS

Women with dense breast tissue are at four to six times as likely to develop breast cancer than women without dense tissue. Although mammography detects many instances of cancer, the technology does have known limitations. Mammography reveals approximately 85 percent of cancers in patients, but for women with dense breast tissue, that number drops to 65 percent.

Licking Memorial Health Systems (LMHS) has launched a breast density awareness program to inform screening mammography patients of their breast density, promote a patient-centric approach to breast cancer screening and offer supplemental 3D screening Automated Breast Ultrasound (ABUS). The program will help inform women about the cancer risks associated with their own pattern of breast density as well as conform to new legislation established by the State of Ohio.

Legislation now mandates that screening mammography patients demonstrating greater than 50 percent breast density should be informed of their density and the limitation of screening with mammography alone. The law, which became effective in March 2015, requires that a facility send a summary of the mammography report to each patient containing the result. An additional statement is given to those with dense breast tissue, advising the patient that, although this is a relatively common

condition, it is possible there are abnormalities that were hidden by dense tissue during the mammography screening. The purpose of this new process is to promote awareness and discussion between the patient and their healthcare provider.

The information regarding a patient's breast composition is now added to the reports provided routinely to both the physician and the patient. Depending upon the patient's individual risk factors, the physician may recommend additional tests.

Breast composition is described in one of four patterns of increasing density:

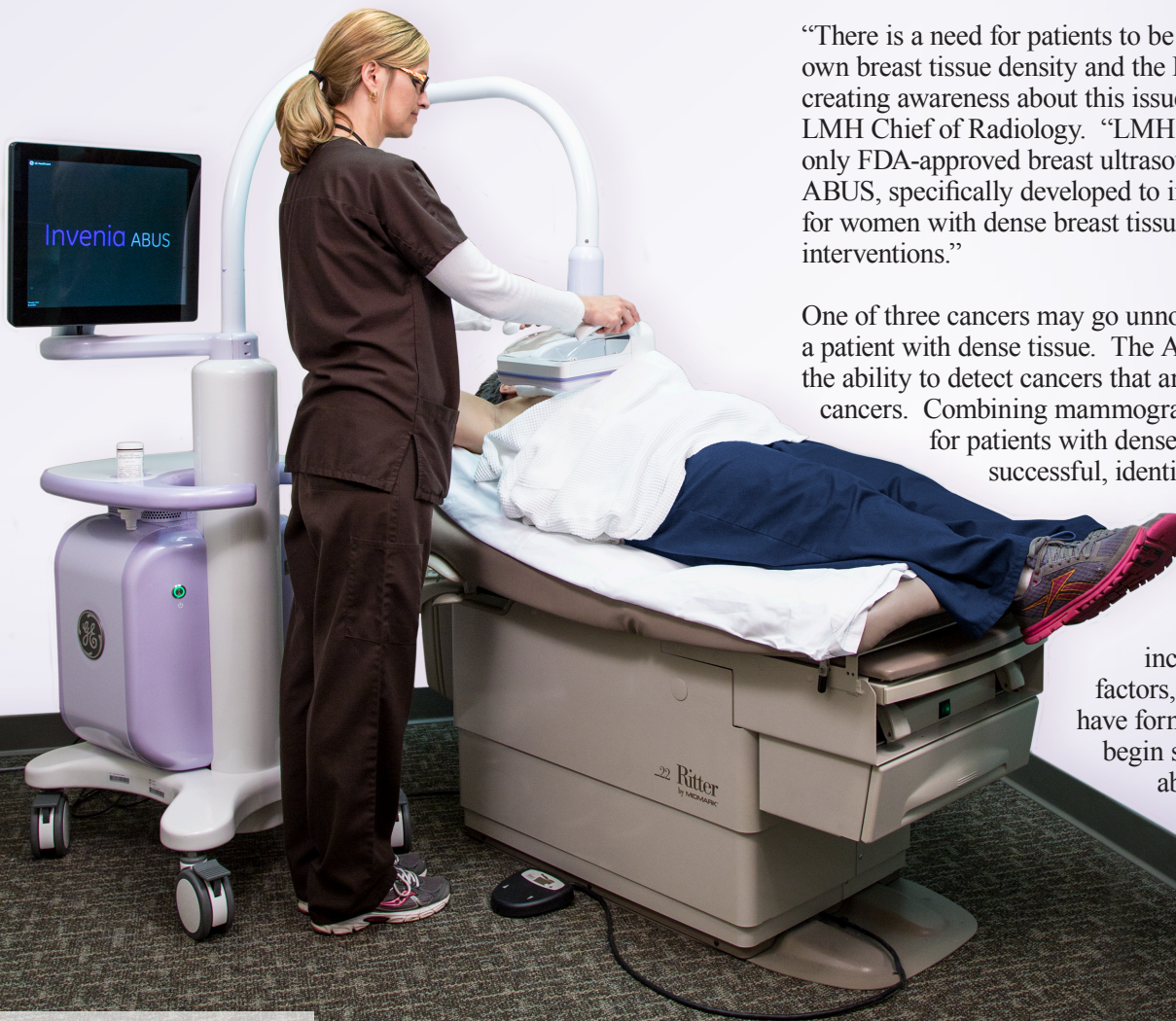
1. The breasts are almost entirely fatty tissue.
2. The breasts contain scattered areas of fibroglandular density.
3. The breasts are heterogeneously dense, which may obscure small masses.
4. The breasts are extremely dense, which lowers the sensitivity of mammography.

A number of studies have shown a significant improvement in breast cancer detection for dense breast tissue with the use of screening ultrasonography as an adjunct to mammography. Screening ultrasonography can help find cancers in women with heterogeneously or extremely dense tissue when cancers are more likely to be treatable.

"There is a need for patients to be properly informed about their own breast tissue density and the Health Systems is committed to creating awareness about this issue," said Joseph Fondriest, M.D., LMH Chief of Radiology. "LMHS is now pleased to offer the only FDA-approved breast ultrasound screening technology, ABUS, specifically developed to increase breast cancer detection for women with dense breast tissue with no previous clinical interventions."

One of three cancers may go unnoticed on a mammography for a patient with dense tissue. The ABUS technology will enhance the ability to detect cancers that are hidden and reduce interval cancers. Combining mammography and ultrasound screenings for patients with dense tissue has been highly successful, identifying up to 97 percent of all breast cancers.

The LMHS breast density awareness program and ABUS technology will help increase patient awareness of risk factors, as well as detect cancers that have formed, so that treatment may begin sooner. For further information about which screenings are recommended for you, consult your primary care physician.



# Advance Directives

While end-of-life planning is not pleasant, it potentially could save family members a great deal of distress. Advance care planning documents, known as Advance Directives, specify individuals' choices to accept or refuse medical care if they ever become mentally or physically unable to communicate their wishes due to injury or illness. Advance Directives can help protect a patient's right to make medical decisions that can affect their lives, and spare families the responsibility and stress of making difficult decisions concerning care.

Cindy Webster, Vice President Financial Services at Licking Memorial Health Systems, advised, "It is best to coordinate your advance care planning while you are still healthy. Many patients wait until they are diagnosed with a life-threatening illness and find that it is very difficult to make important decisions during that time. In addition, serious injury or illness can occur without warning to allow you to make your wishes known. If no Advance Directives are in place and a patient becomes unable to communicate, such as being mentally incapacitated or on life support, family members must make difficult healthcare decisions and try to guess what the patient wants."

Advance Directives are comprised of three documents: the Living Will, the Health Care Power of Attorney (also known as a Durable Power of Attorney for Health Care), and the Donor Registry Enrollment Form. In addition, the Advance Directives packet contains information related to Ohio's Do Not Resuscitate (DNR) Law and the Hospice Program. After being signed and witnessed, the Living Will and the Health Care Power of Attorney documents are legally binding, yet may be nullified or amended by the patient at any time. If changes are made to the documents, it is important to notify each person or entity that was provided copies of either document. If copies are held by Licking Memorial Hospital (LMH), the patient can make changes by contacting the LMH Medical Records Department. (A release must be signed before any alterations can be made.) When copies are provided to LMH, the Advance Directives are stored as part of the patient's electronic health records.

Advance Directives packets are available free of charge at LMH at the front reception desk, in the Betsy Eaton O'Neill Health Resource Center, or at the nurses' stations on the patient floors. Advance Directives packets also can be downloaded at [www.LMHealth.org](http://www.LMHealth.org) by clicking on "Patients & Visitors," then "Before You Arrive," and "Advanced Care Planning."

The following is a brief description of the Advance Directives packet documents:

## Living Will

This form allows the patient to specify medical care preferences in writing, choosing which procedures and circumstances would be acceptable if the patient was unable to communicate personally. The patient may state when food and water may or may not be supplied artificially. The Living Will takes effect only in the event that the patient is diagnosed with a terminal condition, in a permanent coma or beyond medical help with no hope of getting better.

## Health Care Power of Attorney

A Health Care Power of Attorney allows the patient to choose someone to represent him/her in making healthcare decisions. Any trusted adult relative or friend may be designated. The representative will make medical care choices on the patient's behalf if the patient is unable to communicate.

## Do-Not-Resuscitate (DNR) Protocol

Ohio's Do-Not-Resuscitate (DNR) Law gives individuals the opportunity to exercise their right to limit care received in emergency situations in special circumstances. "Special circumstances" include care received from emergency personnel when 911 is dialed. The law authorizes a physician to write an order letting healthcare personnel know that a patient does not wish to be resuscitated in the event of a cardiac arrest (no palpable pulse) or respiratory arrest (no spontaneous respirations or the presence of labored breathing at end of life).

The two options within the DNR Comfort Care protocol are the DNR Comfort Care (DNRCC) Order and the DNR Comfort Care – Arrest (DNRCC – Arrest) Order. With a DNRCC Order, a patient receives any care that eases pain and suffering, but no resuscitative measures to save or sustain life. With a DNRCC – Arrest Order, a patient receives standard medical care until the time he or she experiences a cardiac or respiratory arrest.

## How to Obtain Advance Directives Documents

Hospitalized patients may receive assistance from a social worker in filling out the Living Will and Durable Power of Attorney for Health Care documents by calling the LMH Case Management Department at (740) 348-4408. Other members of the community who would like assistance with the documents are advised to call LMH Case Management to make an appointment. DNR orders must be completed by the patient's personal physician. Individuals who would like to check the status of their Advance Directives may call the LMH Medical Records Department at (740) 348-4122; however, a signed release will need to be completed.

# Multi-Slice CT Scanners at LMH Provide High Image Quality and Increased Speed

In early 2015, Licking Memorial Hospital (LMH) upgraded the computed tomography (CT) scanners in the Emergency and Radiology Departments to continue offering the latest in imaging technology. The increased image quality and speed offered by the new machines contribute to the prevention, diagnosis, and treatment of a variety of illnesses.

CT scans, sometimes called “CAT scans,” use X-ray technology to obtain cross-sectional images of a patient’s anatomy. Those two-dimensional images are then compiled by a computer to create a three-dimensional view of the inside of the body. CT scanning is a painless procedure that can be used to examine numerous components including soft tissue, organs, bones, and blood vessels. It allows physicians to make accurate diagnoses and treatment decisions regarding a wide variety of illnesses and conditions, including various forms of cancer, cardiovascular diseases, and musculoskeletal disorders. CT scanning also can play a vital role in prevention by identifying risk factors that may lead to serious medical emergencies, such as stroke or appendicitis, if left untreated. In some cases, the use of CT scanning may prevent the need for more invasive procedures.

Multi-slice scanners, which generate more images per second than their conventional counterparts, represent the latest in CT technology. These scanners are able to obtain higher resolution images in just a fraction of the time, allowing for a quicker, more comfortable patient experience.

Quicker scan times and higher image quality also allow for diagnoses to be made with greater efficiency and accuracy.

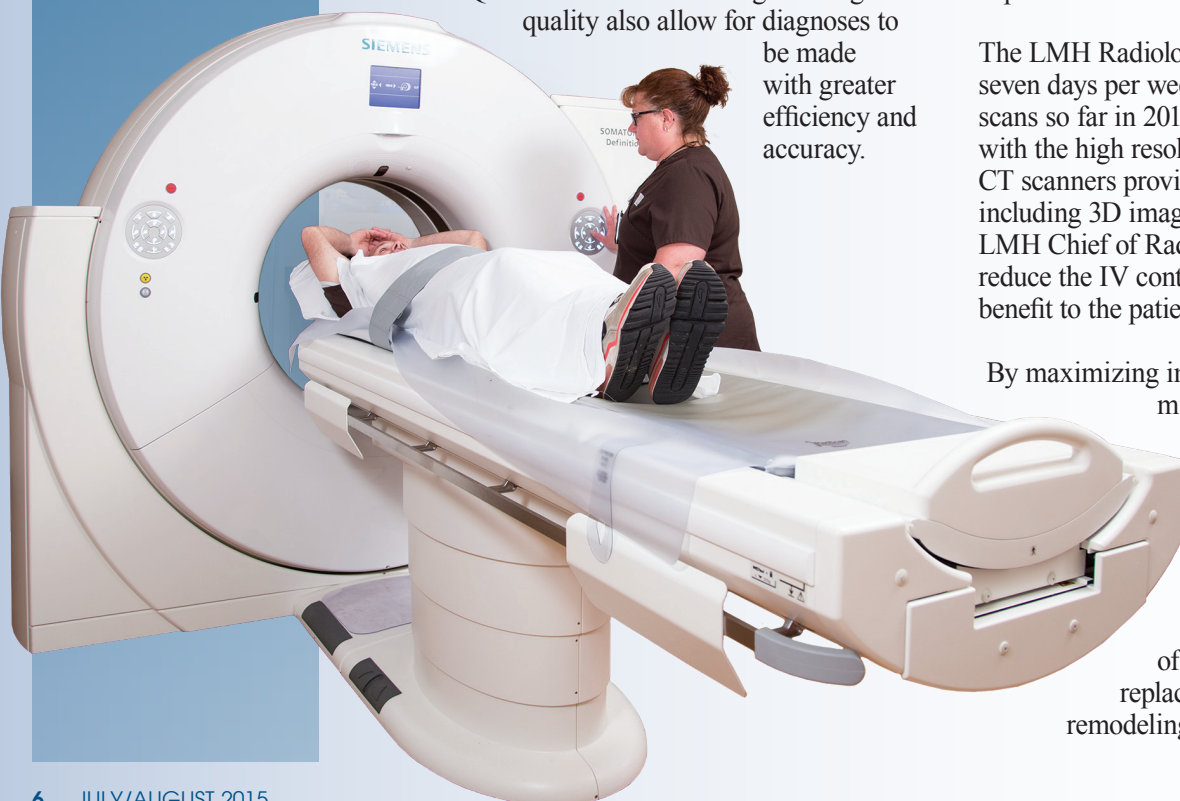
For some patients, including children, the elderly, and those who are critically ill, the longer scan time associated with conventional CT scanners is problematic, and in some cases even prevents those patients from receiving CT scans. Multi-slice scanners therefore expand the number and type of patients who are able to undergo these routine procedures.

LMH has utilized multi-slice scanners since 1995. These scanners are upgraded periodically, most recently in January 2015. The new Siemens SOMATOM Definition AS multi-slice scanners in the Emergency and Radiology Departments provide faster, more accurate imaging. In addition, the new CT scanners are highly customizable, and may be adapted in the future to continuously meet the community’s changing needs.

LMH always has been committed to ensuring the lowest possible dose of radiation for its patients, and each new scanner is equipped with technology to safeguard against any unnecessary radiation. It is important to note that for patients displaying signs or symptoms of a disease, avoiding the procedure presents a far greater health risk than the minimal exposure to radiation that occurs during a scan.

The LMH Radiology Department performs CT scans seven days per week, and has provided over 7,000 scans so far in 2015. “I have been very impressed with the high resolution images that the multi-slice CT scanners provide for a variety of applications, including 3D imaging,” said Joseph Fondriest, M.D., LMH Chief of Radiology. “Also, the ability to reduce the IV contrast and radiation dosage is a real benefit to the patient.”

By maximizing image clarity and speed while minimizing radiation dosage through new technology, LMH is able to continue offering excellent diagnostic and preventive care. The addition of these new scanners is part of the ongoing Radiology Initiative at LMH, which has included a variety of equipment upgrades and replacements, along with facility remodeling.



# Animal Bites Should Be Assessed for Rabies Possibility

Bites from dogs, cats, ferrets and other domestic pets are among patients' most common reasons for emergency or urgent care visits. The Centers for Disease Control and Prevention (CDC) reports dog bites alone are responsible for approximately 2,420 patient visits every day in the United States. Depending on the severity of the injury, animal bites can cause blood loss, tissue or organ damage, and bacterial or viral infections.



Matthew C. Bromley, D.O.

“As an Emergency Medicine physician, one of my concerns for a patient with an animal-bite wound is the potential for infection to develop,” said Matthew C. Bromley, D.O., of the Licking Memorial Hospital (LMH) Emergency Department. “Animals’ teeth tear and puncture, driving germs deep into areas where they can grow. Most of these infectious germs can be treated well with antibiotics if they develop, but one infection in particular – rabies – must be prevented from developing at all. Otherwise, it is deadly.”

Rabies is a virus that infects the central nervous system and, with rare exception, results in death. It can be transmitted through the saliva of infected mammals, such as dogs, cats, bats, raccoons, skunks, ferrets, foxes and coyotes. Pre-exposure vaccines are effective in protecting against the disease. Post-exposure vaccines also are available for humans, but they must be administered soon after the bite takes place, before any symptoms develop.

Although rabies-related animal bites are common in other parts of the world, they are not common in the United States. Whenever rabies exposures do occur in the United States, the majority of cases involve bites from wildlife rather than pets. In Licking County, one case of human exposure to rabies was reported in 2014, when a resident was bitten by a bat that entered a house.

The state of Ohio requires a report to be submitted for every mammal bite that prompts medical attention. However, many patients are reluctant to complete the form required for the report due to the fear that a beloved family pet will be confiscated, according to Chad Brown, Licking County Health Department Environmental Health Director and Deputy Health Commissioner. “The purpose of the Health Department reporting form is to establish the risk of rabies to the bite victim,” Chad said. “If a dog or cat bite prompts medical attention, the dog or cat that caused a bite will be quarantined at the owner’s property for a minimum of 10 days to ensure rabies signs do not develop. If the animal is verified to be up-to-date on rabies vaccines, the Health Department can release the quarantine order after 10 days. However, if the dog or cat that caused a bite has not been vaccinated, it will need evaluated by a veterinarian and receive its rabies vaccination before it can be released.”

Each animal bite that breaks the skin should be evaluated for the risk of rabies. If the bite was caused by a healthy pet that has up-to-date rabies vaccine documentation, the risk is considered to be very low. However, if the animal that caused the bite cannot be found or cannot be determined to be rabies-free, the patient may be advised to receive a series of protective shots which consist of one injection of rabies immunoglobulin at the location of the bite wound, and four vaccine shots usually are injected in the upper arm over a two-week period.



## LICKING MEMORIAL HEALTH SYSTEMS FAMILY MOVIE NIGHT

Licking Memorial Health Systems and John W. Alford Center for Service Learning at Denison University invite you to enjoy a free outdoor screening of the Disney/Pixar animated film, *Monsters University*.

**Date:** Saturday, September 12

**Time:** Arrive at 7:00 p.m.

The movie will begin at dusk.

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

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

be the change.  
John W. Alford Center  
for Service Learning  
at Denison University

Active•Fit  
YOUTH WELLNESS EVENT

DCA



# Demystifying Depression

Depression is one of the most common mental illnesses in the U.S., affecting nearly 7 percent of American adults each year. It is estimated that 12 percent of men and 20 percent of women will experience depression at some point in their lives.

During a recent Corporate Breakfast at Licking Memorial Hospital, Grant Yoder, D.O., and Elizabeth Yoder, D.O., of Licking Memorial Outpatient Psychiatric Services, described the diagnosis and treatment of depression in adult patients. “Certain criteria set a diagnosis of depression apart from a normal case of the blues,” explained Dr. Grant Yoder. “Everyone has periods of sadness, but when those feelings do not get better after an extended length of time, we may want to consider the possibility that clinical depression is involved.”

Depression is categorized according to its underlying cause, which may include physiological abnormalities, substance abuse, medication side effects, hormonal imbalances, mental illness and other factors. One condition known as major depressive disorder may be diagnosed if five or more of the following symptoms have been present for at least two weeks:

- Depressed mood most of the day, nearly every day
- Markedly reduced interest or pleasure
- Change in appetite
- Change in sleep patterns
- Psychomotor abnormalities
- Low energy level
- Feelings of worthlessness or guilt
- Impaired concentration
- Suicidal thoughts

Major depressive disorder is the most common cause of disability worldwide. The average age of onset is 32 years, and it occurs more often in women than men.

Other criteria help the psychiatrist determine whether a patient is suffering from a major depressive disorder. The psychiatrist will consider whether the symptoms are causing significant impairment in the patient’s social or occupational functioning, and if the symptoms can be attributed to another medical condition.

“Many individuals who are depressed have thoughts of suicide, and they are at risk for acting upon those thoughts,” stated Dr. Elizabeth Yoder. “Suicide is the 10th leading cause of death in the U.S. Although more women attempt suicide than men each year, more men complete suicide than women. We want to emphasize that suicide often can be prevented if depression is treated in time.” She described the common risk factors for suicide:

- Being a Caucasian male over the age of 45
- A history of suicide attempts
- A family history of suicide
- Recent severe loss
- Poor health or expectation of poor health
- Having a detailed plan for suicide
- Inability to accept help
- Lack of support from society
- Psychotic symptoms
- Drug abuse or alcoholism

In most cases, depression can be treated successfully with psychotherapy (talk therapy) or medications. Additional procedures are available for individuals who do not respond well to psychotherapy or medications.

Licking Memorial Outpatient Psychiatric Services is staffed by four board-certified psychiatrists, along with a certified nurse practitioner and licensed independent social worker. The practice is located at 200 Messimer Drive in Newark, and appointments can be made by calling (740) 348-4873.

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





# 2015 "For Your Health" 5K Run/Walk & 1-mile Fun Walk

The eighth annual "For Your Health" 5K Run/Walk and 1-mile Fun Walk will take place on Saturday, August 1, at The Dawes Arboretum, 7770 Jacksontown Road SE in Newark. The Licking Memorial Hospital (LMH) Development Council is presenting the community event in collaboration with The Dawes Arboretum, the Licking County Family YMCA, and Park National Bank. Pattye Whisman, M.D., of Granville will be the Honorary Chair.

Dr. Whisman has practiced medicine in Newark since 1976 when she joined the LMH Emergency Department. She later joined Licking Memorial Family Practice in 1983, and Licking Memorial Health Professionals in 1995.

Dr. Whisman earned her Medical Degree from The Ohio State University in Columbus, and completed a year of surgery residency at Mount Carmel Medical Center in Columbus. She was LMH Chief of Staff from 1994 to 1996, and has served as Chair of the LMH Active Medical Staff Credentials Committee since January 2004. Dr. Whisman is a member of the Licking County Medical Society and the Newark Rotary Club, and is a past Board Member of the Midland Theatre.

As Honorary Chair for the "For Your Health" 5K Run/Walk and 1-mile Fun Walk, Dr. Whisman is a proud advocate for health and fitness. After her husband, former LMH Development Council member Omar Whisman, passed away, Dr. Whisman decided it was time to revitalize her health by losing weight and becoming fit. She began exercising regularly several years ago by walking for five minutes at a time in her kitchen, and soon began participating in 5K walks. Last year, she completed the 10K New Albany Walking Classic. Dr. Whisman has a daughter,

Jennifer, and son-in-law, Don, as well as two grandchildren, Aubrey and Jacob, ages 4 ½ and 6 respectively. In her free time, Dr. Whisman loves to cook and enjoys collecting art, especially metal sculpture and glass. She also enjoys traveling and has plans for excursions in the near future.

In past years, the "For Your Health" 5K Run/Walk and 1-mile Fun Walk has benefitted from the support of other community leaders who served as Honorary Chairs. They include:

- 2014 – Diane and Dan DeLawder
- 2013 – Marci and Garth Bennington, M.D.
- 2012 – Marcia and Jonathan Downes
- 2011 – Cara and Jim Riddell
- 2010 – The Fondriest Family: Joseph Fondriest, M.D., his wife, Jean, and their children: Joe, Sara, Jacob and Steven
- 2009 – Karen Smith-Silone, D.O., and James Silone Jr., D.O.
- 2008 – Christine and Kevin Plaugher

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

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

Both walkers and runners must register to participate. Registration for runners and walkers with timing chips is \$15 in advance, if received by 5:00 p.m. on July 24, or \$20 on the day of the event. Runners and walkers with timing chips may register online at [www.premierraces.com](http://www.premierraces.com), or by mailing a completed entry form and check to the address listed on the form. Registration for walkers without timing chips is free. Online registration is not available for walkers without timing chips, but may be completed by mailing a completed entry form to the address listed on the form. The registration form is the same for runners and walkers, and is available at [www.LMHealth.org](http://www.LMHealth.org), or by contacting the LMH Development Office at (740) 348-4102.

A shirt and goody bag will be provided to each registrant. Participants who register by July 24 at 5:00 p.m. may pick up their packets on Friday, July 31, between 3:00 and 6:00 p.m., in the LMH First Floor Conference Rooms. Packets also may be picked up at The Dawes Arboretum on the day of the race.

Registration begins at 7:30 a.m. on event day. The 5K Run/Walk begins at 8:30 a.m., and the 1-mile Fun Walk starts shortly thereafter. This year, the 5K course will run in the traditional direction, and the race will feature self-seeded starting corrals based on estimated finish times.



# 2015 Relay for Life of Licking County

Participants wearing “Hope” T-shirts walked in the 2015 Relay for Life of Licking County at the Evans Athletic Complex in Newark on May 30 and May 31. The annual event raises funds to benefit the American Cancer Society and cancer research.



Aruna C. Gowda, M.D.

Aruna C. Gowda, M.D., of Licking Memorial Hematology/Oncology, was the keynote speaker. She described Licking Memorial Hospital’s comprehensive approach to cancer care, which involves a team of physicians, nursing staff, pharmacy staff, a nurse navigator, a social worker, and even a dietician in some cases, who work together to deliver customized treatment. Dr. Gowda also took a moment to thank the support networks of friends and family who contribute to the successful care of each cancer patient. “I want you to know how much you have helped – whether you cooked a meal, provided transportation to a doctor’s appointment, or just spent time with the patient and listened,” she said. “I assure you these kindnesses were noticed, and your contribution made a difference.”

The 2015 Relay for Life of Licking County included over 500 participants. Licking Memorial Health Systems is proud to serve as a corporate sponsor of the event. For more information about Licking Memorial Hematology/Oncology, please call (740) 348-1890.



Saturday, August 1, 2015

Registration – 7:30 a.m.

Race – 8:30 a.m.

The Dawes Arboretum

7770 Jacksontown Road,  
Newark, Ohio 43055

**Registration for Runners & Walkers with Timing Chips:** The cost is \$15 in advance, if received by 5:00 p.m. on July 24, or \$20 on the day of the race. Participants may register online at [www.premierraces.com](http://www.premierraces.com), or by returning a completed registration form and payment to the LMH Development Office.

**Registration for Walkers without Timing Chips:** There is no cost; however, participants must return a completed registration form to the LMH Development Office.

**New for 2015:** Self-seeded starting corrals based on estimated finish times.

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

Sponsored by:



The Dawes Arboretum  
Trees ∞ History ∞ Nature



Licking Memorial Hospital  
Development Council



Member FDIC





## **Camp Courageous**, Friday, July 17, 9:00 a.m. – 3:00 p.m., Infirmiry Mound Park

Youth, ages 7-13, who have had an encounter with cancer, whether personally or through a close friend or family member, are welcome to attend this event, designed to reduce stress and anxiety due to the uncertainties of the disease. The event schedule will include activities, crafts, presentations and more! Camp Courageous is free; however, space is limited and registration is required. To register, please call (740) 348-1890.

## **Camp A1c**, Friday, August 7, 9:00 a.m. – 3:00 p.m., Infirmiry Mound Park

Youth, ages 7 to 13, who have diabetes are invited to join this one-day camp for camaraderie, fun activities and educational presentations. This event also is an excellent opportunity for parents to network and discuss diabetes issues. Camp A1c is free; however, space is limited and registration is required. To register, please call (740) 348-4915.



## Camp Feelin' Fine Provides Asthma Education and Summer Fun

To help local children care for their asthma, Licking Memorial Hospital (LMH) sponsors Camp Feelin' Fine, an annual day camp comprised of educational games and activities. Approximately 40 children attended this year's event on June 5, at Infirmiry Mound Park, south of Granville. The youth participants spent the day participating in games, trivia and crafts to encourage them to learn more about asthma, manage their symptoms and interact with others who also have the illness.

Licking Memorial Pediatrician Richard A. Baltisberger, M.D., members of the LMH Respiratory Therapy Department, and other Hospital staff taught participants ways to avoid common "triggers" of an asthma attack, such as pollen, strenuous exercise, dust and pet dander. The Respiratory Therapy Department at LMH is staffed with state-licensed respiratory care professionals who work under the direction of a physician and assist with the diagnosis, treatment and management of patients with pulmonary disorders.

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



# Active•Fit Program Continues to Promote Youth Wellness

Licking County youth, ages 6 to 12, recently participated in a variety of Active•Fit events, encouraging exercise and healthy eating. The Active•Fit program has registered more than 1,350 participants who select health-related goals and track their progress at [www.activefit.org](http://www.activefit.org).

More than 250 youth and family members assembled in April to attend the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University and Licking Memorial Health Systems (LMHS). The

event offered fun and healthy activities including Wii Just Dance, Kids Zumba, yoga, track sprints, gymnastics, healthy snacks, basketball free throws, inflatables and more. Denison students volunteered at the event, leading children through the various activities located throughout the YMCA.

Each participant was given a Health & Fitness Fest Fit•Tix activity form, and collected achievement star decals upon completion of each health-related activity. At the end of the event, completed Fit•Tix forms were collected in a drawing for prizes including baseball and basketball gear, gift cards and a Razor scooter with helmet, among others.

In May, families joined the Health Systems at the Pataskala Health Campus for an evening of active play on a variety of inflatable fun areas, as well as healthy snacks, prizes and health screenings. Afterward, attendees enjoyed an outdoor showing of Disney's animated film, Frozen. Over 550 community members joined LMHS for the event.

The Active•Fit Mini-Triathlon, held in June, offered youth an opportunity to participate in a 2.5K bike ride, 1K run, and 1-lap swim at the Municipal Park in Pataskala. Healthy snacks and beverages also were provided. The event was sponsored by LMHS and the City of Pataskala, and included more than 70 participants.

Upcoming Active•Fit summer events include a bowling event and field day, both scheduled in July, as well as a 1K run at the "For Your Health" 5K Run/Walk and 1-mile Fun Walk in August. All Active•Fit events are open to youth ages 6 to 12.

For more information or to register for an event, please call LMHS Public Relations at (740) 348-1572.



## Active•Fit YOUTH WELLNESS EVENT

### UPCOMING EVENTS

All events are free to the community. Unless otherwise noted, Active•Fit activities are reserved for youth, ages 6 to 12 years – pre-registration is required. Outdoor activities are weather permitting.

#### Active•Fit Field Day Tuesday, July 28

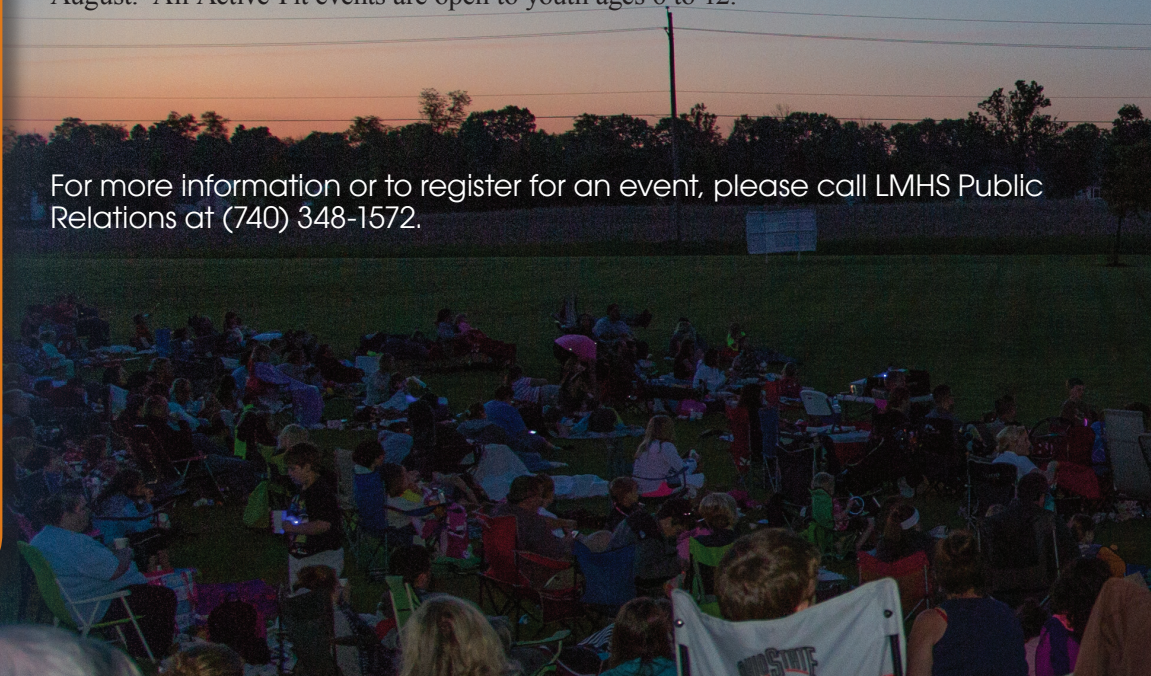
3:00 to 5:00 p.m.  
Alford-Reese Park (NASA Fields)  
600 Baker Boulevard in Newark

This event will include activities such as soccer, flag football, kickball and freeze tag. Bring a towel for fun water games at the end of the event. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided. **Registration is limited and must be completed by July 21.**

#### Active•Fit 1K Saturday, August 1

Registration: 7:30 a.m.  
Event begins: 8:00 a.m.  
The Dawes Arboretum  
7770 Jacksontown Road  
in Newark

The race will take place at The Dawes Arboretum prior to the LMHS "For Your Health" 5K Run/Walk and 1-mile Fun Walk. Participants must arrive no later than 7:45 a.m. to prepare for the 8:00 a.m. race start time. Youth must be accompanied by an adult. All participants will receive an Active•Fit T-shirt and water bottle. Healthy snacks and beverages will be provided. **Registration is limited and must be completed by July 24.**



# Active•Fit Period 2 Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 2. Participants in the Youth Wellness Program who completed their fitness goals between January 1 and April 30 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 3 for 2014-2015 began May 1 and continues through August 31. For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit [www.ActiveFit.org](http://www.ActiveFit.org).



1. **Xbox Kinect & Xbox Game**  
Austin Rush, St. Paul
2. **Xbox Kinect & Xbox Game**  
Samuel Painter, Blessed Sacrament
3. **Bicycle**  
Isaac Rush, St. Paul
4. **Bicycle**  
Peyton Robey, John Clem Elementary
5. **Nike Shoes with iPod Nano & iTunes Gift Card**  
Braden Price, John Clem Elementary
6. **Nike Shoes with iPod Nano & iTunes Gift Card**  
Karlee Clark, Cherry Valley Elementary
7. **iPod Nano & iTunes Gift Card**  
Isaiah Rush, St. Paul
8. **\$155 Dick's Sporting Goods Gift Card**  
A.J. Jones, Licking Heights West Elementary
9. **\$100 Dick's Sporting Goods Gift Card**  
Klaire Brown, Hillview Elementary
10. **\$100 Dick's Sporting Goods Gift Card**  
Madison Donaldson, Hillview Elementary
11. **\$100 Dick's Sporting Goods Gift Card**  
Madison Klinker, Liberty Middle School
12. **\$100 Dick's Sporting Goods Gift Card**  
Eric Schroeder, Utica Elementary
13. **\$100 Dick's Sporting Goods Gift Card**  
Hailey Schroeder, Utica Elementary
14. **\$100 Dick's Sporting Goods Gift Card**  
Gracie Smith, Northridge Elementary
15. **\$50 Dick's Sporting Goods Gift Card**  
Aubrianna Early, Stevenson Elementary
16. **\$50 Dick's Sporting Goods Gift Card**  
Jocelyn Early, Garfield Elementary
17. **\$50 Dick's Sporting Goods Gift Card**  
Isabelle Morris, Licking Heights West
18. **\$50 Dick's Sporting Goods Gift Card**  
Madelyn Reed, Newton Elementary
19. **\$50 Dick's Sporting Goods Gift Card**  
Elizabeth Santa, Ohio Connections Academy
20. **\$50 Dick's Sporting Goods Gift Card**  
Christian Tucker, Cherry Valley Elementary



# LMHS Celebrates Hospital & Healthcare Week

In an annual observance of National Hospital & Healthcare Week, Licking Memorial Health Systems (LMHS) paid tribute to the 1,800-plus employees who contribute to the Health Systems' award-winning care. The five-day celebration at LMHS in May included an employee health fair, outdoor cookout, Employee Service Recognition Dinner and awards ceremony.

"Our entire staff is deeply committed to providing an exceptional standard of care to the community," LMHS President & CEO Rob Montagnese said. "Hospital and Healthcare Week is an opportunity to show our sincere appreciation for their year-round dedication to the patients they serve on a daily basis. I could not be more grateful and proud of all of our employees' invaluable contributions, which enable us to provide high-quality health care that is among the best available at any community hospital in the state or nation."

## LMHS Employee Service Recognition Dinner

LMHS employees who are observing anniversaries in 5-year increments in 2015 were invited to the annual LMHS Employee Service Recognition Dinner at Longaberger Golf Club. The 250 honored employees represented more than 3,000 combined years of service.

LMHS' longest-employed staff members in 2015 are Carol Barnes, Director of Volunteers, TWIGS & Events, and John Tolliver, Plant Operations Manager, who were recognized for 45 years of service. Carol and John joined Licking Memorial Hospital (LMH) in 1970, and Rob presented them each with a framed proclamation and special gifts as a tribute to their lifetime dedication.



Carol Barnes (middle left) and John Tolliver (middle) were honored at the LMHS Employee Recognition Dinner for their 45 years of service by LMHS Board Chairman Patrick Jeffries (far left), LMHS President & CEO Rob Montagnese (middle right) and LMH Board Chairman Craig Baldwin (far right).

Four employees were honored for providing 40 years of service: Kathy Baldeschwiler in Emergency, Brenda Cost in Radiology, Vicki Evans in Laboratory, and Lewis Huston III in Behavioral Health. They each received a framed proclamation and gift to mark their special employment anniversary.

## President's Award

During the Employee Service Recognition Dinner, Rob presented the President's Award to the LMH Cardiac Cath Lab team, which

consists of an Interventionalist, R.N.s and Radiology Technicians. The multidisciplinary team performs both routine diagnostic and elective interventional cardiac procedures, and is on-call 24/7 to respond to all emergent STEMI alerts within 30 minutes.

The members of the LMH Cardiac Cath Lab team are: Ann Birkmeyer, R.N., B.S.N.; Christine Bunn, R.N.; Wendy Blumling, R.T.(R.); Audra Brothers, R.T.(R.); Bruce Campbell, R.N.; Connie Donaker, R.N., CCRN; Carolyn Forsythe, R.N.; Beth Furby, R.T.(R.); Monica Grennan, R.T.(R.); Mallory Grieb, R.N., B.S.N.; Director of Cardiology Kim Heddleson, R.N., B.S.N.; Shannon Huntsman, R.N.; Marilyn Klingler, R.N., B.S.N.; Sue Maier, R.N., CCRN; Anita Nethers, R.N.; Lorie Phillips, R.N.; Hassan Rajjoub, M.D.; Michelle Shafer, R.T.(R.); Leslie Solomon, R.T.(R.)(VI), R.N., B.S.N.; and Quality Manager of Cardiology Jane Tolliver, R.N., B.S.N.



LMHS President & CEO Rob Montagnese (far right) presented the President's Award to the LMH Cardiac Cath Lab team at the annual Employee Recognition Dinner. Members of the Cardiac Cath Lab team who were present to accept the award were (left to right) Jane Tolliver, Sue Maier, Beth Furby, Connie Donaker, Kim Heddleson, and Hassan Rajjoub, M.D.

The President's Award is reserved for individuals or groups that have demonstrated a high level of commitment to LMHS and the community, and is not given every year.

## Manager of the Year

Rob also presented the Manager of the Year Award during the Employee Service Recognition Dinner. The 2015 honoree is Diana Ermlich, Director of Health Information and Hospital Electronic Medical Record (EMR) Applications.

Diana received her Bachelors of Science degree from The Ohio State University and is certified as a Registered Health Information Administrator. She lives in Reynoldsburg



During the annual Employee Recognition Dinner, LMHS President & CEO Rob Montagnese named Diana Ermlich (right) as Manager of the Year.

with her husband, Justin, and two sons, Ivan and Gavin. Diana joined LMHS in 2004 as the Manager of Health Information Management before becoming a Systems Analyst in the Information Systems Department in 2006. She was promoted to Senior Systems Analyst in 2007 and assumed her current responsibilities as Director of Health Information and Hospital EMR Applications in 2012.

### Clarissa Ann Howard Nursing Award for Clinical Excellence

The Clarissa Ann Howard Nursing Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for their expertise, professionalism and clinical excellence while providing patient care. The 2015 award recipients are Donna Wilson, R.N., of Licking Memorial Gastroenterology, and Debbie Hoar, R.N., of 4-South.



Donna Wilson and Debbie Hoar were named the recipients of the 2015 Clarissa Ann Howard Nursing Award for Clinical Excellence. Pictured are (left to right): Vice President Physician Practices Christine McGee, Donna Wilson, Clarissa Ann Howard, Debbie Hoar, Vice President Patient Services Debbie Young and LMHS President & CEO Rob Montagnese.

Donna received her nursing degree from Central Ohio Technical College. She joined LMHS in 2000 as a nurse on 4-North at LMH before moving to Licking Memorial Family Practice and Licking Memorial Home Care. She has worked in her current position at Licking Memorial Gastroenterology since 2010 and was named an LMHS MVP in 2014. A Newark High School graduate and lifelong Licking County resident, Donna lives in Newark and has a son, Matthew.

Debbie received her associate degree in nursing from Central Ohio Technical College in 2005, and is currently pursuing her Bachelor of Science in Nursing. After graduation, she joined the LMH nursing staff on 4-South working the night shift where she has remained for 10 years. Prior to beginning her nursing career, Debbie worked at Legend Hills Orchard in Utica, which her husband's family owns, for 20 years. Debbie resides in Utica with her husband, Doug, and the couple has three grown children and one granddaughter, Mackenzie. In her spare time, Debbie enjoys caring for her granddaughter and spending time with family.

### MVP Awards

As part of Hospital & Healthcare Week, LMHS recognized 32 MVP Award recipients who were selected for their consistent demonstration of LMHS' values: compassion, accountability, respect and excellence. The 2015 MVPs are featured on pages 30 through 35.

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

The 2015 Licking Memorial Health Systems (LMHS) Operation Feed campaign raised \$24,051 to benefit the Food Pantry Network of Licking County. The total contribution earned LMHS the honor of being the top overall campaign contributor in Licking County for the sixth consecutive year. The Food Pantry's Operation Feed Campaign provides the Health Systems and other area employers, churches and schools with the opportunity to help community members in the Licking County area. LMHS employees have been participating in the campaign for more than 20 years.

To raise funds for the cause, LMHS hosted the eighth annual FEEDbay, an online employee auction that was posted on the LMHS Employee Portal for a two-week period. Employees donated more than 477 new and gently used items for the auction. All proceeds were added to LMHS' total campaign donation. In addition to FEEDbay, employees were able to contribute money to the campaign directly or through an automatic paycheck donation.



(Left to Right) Melissa Stein, Steve Schlicher and Janelle Osborne accept LMHS' award for top contributor to the Operation Feed Campaign.

# Richard Simon, M.D., Retires

Richard Simon, M.D., of Licking Memorial Family Practice retired in May 2015, after 36 years of service to Licking Memorial Health Systems (LMHS). Dr. Simon joined the Licking Memorial Hospital (LMH) Active Medical Staff as a family practice physician in February 1979, and first opened his medical practice with the Health Systems at Licking Memorial Family Practice – Granville in 1997. He later relocated to his most current practice at Moundbuilders Doctors' Park.

Born in Cleveland, Dr. Simon graduated from Valley Forge High School before attending The Ohio State University. He received his medical degree at The Ohio State University and completed a residency at Mount Carmel Hospital prior to joining LMHS as a board-certified family practice physician.

During Dr. Simon's retirement celebration, LMHS President & CEO Rob Montagnese expressed appreciation for his years of service. "Dr. Simon has provided excellent care to his patients during his time with the Health Systems and will truly be missed by the community," said Rob. "Dr. Simon and I recently discussed one of the challenges during his time at LMHS, which was the transition to the electronic medical records system. He eventually became one of the biggest champions of the project, and has been very successful in utilizing the system. I'm grateful for the tremendous service he has provided at LMHS."

Dr. Simon also spoke at his celebration, thanking staff with whom he worked closely, spending many hours treating patients over the years. He also thanked his family – especially his wife, Sandra, for always

being by his side in support. Dr. Simon looks forward to spending time with her upon retirement and joked that she is the one who always "keeps him in line."

Dr. Simon currently lives in Granville with his wife, and has four adult children, Daniel, Andrew, David and Mark. He is a member of Spring Hills Baptist Church and enjoys gardening in his free time.



# Snow Named Finalist for Prestigious OHA Award



Steve Snow, Surgical Services point-of-care technician at Licking Memorial Hospital (LMH), was named a finalist for the 2015 Ohio Hospital Association (OHA) Albert E. Dyckes Healthcare Worker of the Year Award. Steve and four other finalists were honored at the OHA's annual recognition dinner in Columbus on June 9.

Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, explained that Steve's attention to detail enhances the Hospital experience for patients and visitors. "Even though LMH is equipped with state-of-the-art technology that advances health care in the Licking County community, it is often the kindness that Steve shows by offering a warmed blanket or a hot bowl of soup that patients and their families remember most gratefully," Rob said. "Steve offers leadership in the most effective manner – by example. His coworkers value his dependability and 'people skills.' We are so pleased that he received the OHA recognition."

Steve is among the most long-term employees at Licking Memorial Hospital (LMH). He joined LMH in 1969 as a porter during his sophomore year in high school and also has worked as a stockroom clerk during his 46-year career. He joined the Surgical Services Department in 1981, and received the LMHS MVP Award in 2007.

Nominees for the Albert E. Dyckes Healthcare Worker of the Year Award are selected in recognition of their leadership, values and track record of going above and beyond the call of duty to give back to the community. Fifty-six Ohio hospitals were represented by nominees for the award.



# Physician Spotlight – Nawar Saieg, M.D.



Nawar Saieg, M.D.

Nawar Saieg, M.D., joined Licking Memorial Hospitalists in 2010. Dr. Saieg received his medical degree from Tishreen College of Medicine in Lattakia, Syria. He completed an internal medicine residency at Damascus University in Damascus, Syria, and a second internal medicine residency at Western Reserve Care System/Forum Health in Youngstown, Ohio, through Northeastern Ohio Universities College of Medicine.

Dr. Saieg is board certified in internal medicine. He is a member of the American College of Physicians and the American Medical Association.

## Ask a Doc – Hand Sanitizers vs. Soaps with Nawar Saieg, M.D.

**Question:** Which is the better method to remove germs from my hands – hand sanitizer lotion or soap and water?

**Answer:** In most instances, a thorough soap-and-water scrub is the better method to remove harmful microbes from your hands. However, hand sanitizers also have an important role in preventing the spread of disease in many circumstances.

Ancient civilizations began using soap-like products nearly 5,000 years ago. Their caustic fat-and-alkali products were used mainly for cleaning textiles and food-preparation utensils, as well as for medicinal purposes. Around the beginning of the 19th century, manufacturing processes had evolved to make soap affordable, and it became widely used in bathing and hand washing. The main ingredients in modern soap products are still fatty acid and alkali.

Soap's cleaning action occurs mostly on the molecular level by surrounding and adhering to germs, dirt and oil, causing them to be lifted and swept away with water. The alkali component in soap also offers mild antibacterial properties to kill some bacteria. In addition, the scrubbing motion during washing creates friction that also removes germs, dirt and oils.

To clean your hands effectively, follow these simple steps:

- Wet your hands.
- Apply soap.
- Rub the soap lather all over your hands.
- Wash all surfaces of your hands and fingers (including under nails and between fingers) for 20 seconds.
- Rinse hands with water until all soap is removed.
- Dry hands with a clean towel.
- Turn off the faucet with a paper towel.

Alcohol-based hand sanitizers, which emerged in the 1960s, are effective in killing most bacteria and viruses on contact. They are often placed in gel dispensers near high-touch public areas and also can be purchased in convenient pocket-sized packaging. Since hand sanitizers are designed to be used without rinsing, they are a good alternative to regular hand washing when water is not available. However, there are limitations to the way that they

can be used. Hand sanitizers are not as effective as traditional hand washing for cleaning visibly dirty hands, such as after fishing or gardening. In addition, they are not effective against certain bacteria and viruses, such as *Clostridium difficile* or norovirus.

Hand sanitizers are most effective when the following guidelines are observed:

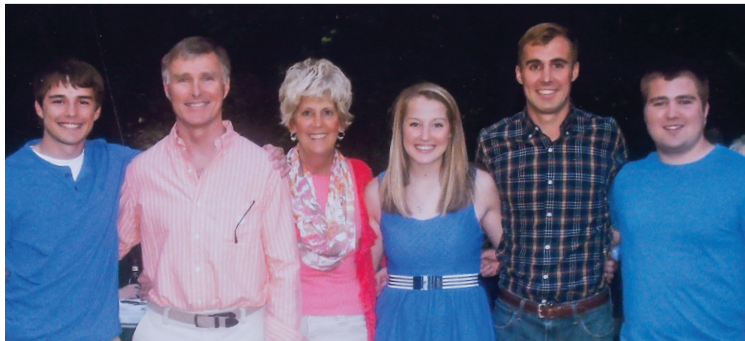
- Use hand-sanitizing products that contain at least 60 percent alcohol.
- Apply the product to the palm of your hand.
- Rub the hand sanitizer over all surfaces of your hands, including between your fingers and under the nails.
- Continue rubbing the hand sanitizer into your hands until dry.

A third category of hand-cleaning product has become the subject of scrutiny. Antibacterial soap was patented in 1984 in an effort to provide further protection against the spread of disease. Some studies indicate that widespread use of antibacterial soap could promote the development of antibiotic-resistant strains of bacteria. In addition, some studies suggest that triclosan and triclocarban, the active ingredients in many antibacterial soap products, may affect the body's hormones. The U.S. Food and Drug Administration has asked for further research to prove antibacterial soap's effectiveness and safety.





## Patient Story - Nancy Mitchell



The Mitchell family includes (left to right): Ben, Jim, Nancy, Maggie, Colin and Connor.

Nancy Mitchell of Newark is glad that Licking Memorial Hospital (LMH) is always there for her family during medical emergencies. A mother of four, Nancy has been to the Emergency Department on several occasions with family members, and also needed emergency care herself in June 2014 after a late evening accident.

“I had just returned home after taking my mother to the Weathervane Playhouse,” Nancy recalled. “I could not park in the garage because we were preparing it for my daughter’s upcoming high school graduation party. So, I parked outside and walked through the garage, carrying a small juice glass. My sandal caught on a ridge in the floor, and I fell forward very quickly – I did not even drop the glass. When I landed, the glass broke and deeply cut the ring finger on my left hand.”

Nancy, who admits that she is very squeamish about the sight of blood, was unable to rise from the garage floor. She said, “There was a lot of blood, and I instantly felt dizzy and nauseated. I yelled out for my husband, Jim, and he came running. He took me into the house and wrapped the cut with a washcloth. He’s the type who usually wants to wait until the next day to see a doctor, but this time he said that we needed to go to the emergency room right away. My finger was bleeding pretty badly.”

Jim drove Nancy to the LMH Emergency Department, where they found a crowded waiting room. “First, we checked in at the registration desk, then took a seat in the waiting room. We did not have to wait very long because my finger was still bleeding a lot – the washcloth was completely soaked.” Emergency Medicine Physician Randy Jones, M.D., examined Nancy’s injured finger and quickly stopped the bleeding by rewrapping the laceration. Dr. Jones noted that the finger was unable to bend at the first knuckle. He ordered an X-ray which ruled out any remaining glass fragments. Although X-rays do not detect connective tissue, Dr. Jones suspected that Nancy had suffered tendon and nerve damage. He then closed the wound with several stitches and advised her to make an appointment with an orthopedist the next day for further evaluation and treatment.

The next morning, the Mitchells’ phone rang, and Nancy was surprised to learn that the caller was from Orthopaedic Specialists and Sports Medicine, Inc. “Evidently, the Emergency Department already had referred me to Michael Vaccariello, M.D., and his office staff was calling to let me know that he could see me later that morning. I was glad they called because I don’t know when I would have gotten around to it on my own,” she said.

A physical exam performed at the orthopedist’s office confirmed that Nancy had tendon and nerve damage. Dr. Vaccariello recommended surgery to repair the injury. Nancy said, “I told him that I wanted to wait until after my daughter’s graduation party which was just a little more than a week away, but he was adamant that the surgery needed to take place sooner.” So Nancy had the reparative surgery performed four days later on a Tuesday at LMH. Even with the recent surgery, the Mitchells were able to pull together the graduation party for their daughter, Maggie, on the following Saturday. “I had a lot of help,” Nancy explained. “My left arm was in a cast up to my elbow. Some of my friends said that it was lucky that I am right-handed so that I could use that arm. However, it’s amazing what you can’t do when you have just one working arm. I needed so much help just to prepare the food.”

Approximately one year later, Nancy still has a constant reminder of her fall in the garage. Her ring finger does not straighten completely, and she continues to have an uncomfortable “pins-and-needles” sensation because of the nerve damage. She found some relief with physical therapy and is hopeful that additional therapy may result in further improvement. She realizes that her residual effects could have been much worse and credits the quick, professional treatment from the LMH staff and Dr. Vaccariello with limiting the amount of permanent impairment that she has. “The nurses in the Emergency Department were wonderful,” she said. “They kept checking on me and telling me to hang in there.”

Even before her accident, Nancy was familiar with the ED at LMH. Her husband, Jim, has been a volunteer member of the LMH Development Council for several years and often talked about the Hospital’s services. She also recalls several urgent trips to the ED to accompany her father before his recent death. Another vivid memory is from an incident when her son, Ben, was a teenager and accidentally thrust his arm through a glass panel on the front door. “He needed 52 stitches in his arm,” Nancy said. “The ED staff was really good with him.”

The LMH Emergency Department is open 24 hours a day, seven days a week, and managed 56,482 patient visits in 2014. The Emergency Department. Patients may not be seen in the order of arrival since those with the most acute conditions must be seen first. Patients are invited to visit the home page of LMH’s website, [www.LMHHealth.org](http://www.LMHHealth.org), to check the approximate number of patients in the waiting area.

# Emergency Care – How do we compare?

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

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

**1** During 2014, there were 56,482 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2012	LMH 2013	LMH 2014	National
Median length of stay in the ED for all patients*	2 hr. 38 min.	2 hr. 39 min.	2 hr. 50 min.	4 hr. 45 min. <sup>(1)</sup>
Median length of stay in the ED for patients not admitted to the Hospital*	2 hr. 29 min.	2 hr. 31 min.	2 hr. 41 min.	2 hr. 13 min. <sup>(2)</sup>
Median length of stay in the ED for patients admitted to the Hospital*	3 hr. 43 min.	3 hr. 43 min.	4 hr. 5 min.	4 hr. 32 min. <sup>(2)</sup>
Median length of time from arrival until seen by a physician*	45 min.	45 min.	30 min.	24 min. <sup>(2)</sup>
Median length of time from the ED physician's decision to admit a patient until the patient arrives at the Hospital's patient room	1 hr. 6 min.	1 hr. 8 min.	1 hr. 24 min.	1 hr. 37 min. <sup>(2)</sup>
Percentage of patients who are in the ED for more than 6 hours	3.7%	3.4%	5.3%	7.2% <sup>(1)</sup>

\*LMH data represented on this table reflect nearly 100 percent of all ED visits, while goals reference Centers for Medicare & Medicaid Services hospital comparative data, which use a small sampling of all U.S. emergency department patients.

**2** LMH operates two urgent care facilities: Licking Memorial Urgent Care – Pataskala and Licking Memorial Urgent Care – Granville (which opened in 2012). Patients are encouraged to visit Urgent Care rather than the ED when they have illnesses and injuries that are not life threatening, but need immediate attention, such as ear infections, minor fractures and minor animal bites. Urgent Care visits usually require less time and lower costs than visits to the ED. During 2014, there were 19,105 visits to Licking Memorial Urgent Care – Granville, and 7,468 visits to Licking Memorial Urgent Care – Pataskala.

	LMH 2012	LMH 2013	LMH 2014	Goal
Urgent Care (Granville) time to see physician	NA	18 min.	26 min.	less than 30 min.
Urgent Care (Pataskala) time to see physician	23 min.	14 min.	19 min.	less than 30 min.
Urgent Care (Granville) average length of stay	NA	47 min.	54 min.	less than 2 hr.
Urgent Care (Pataskala) average length of stay	59 min.	53 min.	48 min.	less than 2 hr.

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

	LMH 2012	LMH 2013	LMH 2014	National
Average time to opened artery	56 min.	54 min.	56 min.	1 hr. 1 min. <sup>(1)</sup>
Percentage of patients with arteries opened within 90 minutes	96%	98%	100%	96% <sup>(2)</sup>
Median time from arrival to completion of EKG	3.0 min.	2.0 min.	2.0 min.	7.3 min. <sup>(1)</sup>

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

	LMH 2012	LMH 2013	LMH 2014	Goal
ED patients who return to the ED within 24 hours of discharge	1.3%	1.3%	1.2%	less than 2%

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

	LMH 2012	LMH 2013	LMH 2014	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.7%	0.8%	0.7%	less than 1%

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

	LMH 2012	LMH 2013	LMH 2014	Goal
ED patients who left before treatment was complete*	5.1%	4.4%	6.6%	less than 3%

\*Historically, an ED's AMA (against medical advice) rate is directly related to the volume of patients to be seen. In December 2014, LMH experienced an unusually high volume of ED patient visits due to an outbreak of flu cases.

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

	LMH 2012	LMH 2013	LMH 2014	Goal
Assessment of pain completed	99%	99%	95%	greater than 95%

**Data Footnotes:** (1) Comparative data from the Midas Comparative Database. (2) Centers for Medicare/Medicaid Services, HospitalCompare Website results as of June 20, 2014.

## Health Tips – Should You Visit the ED or Urgent Care?

The Emergency Department (ED) at Licking Memorial Hospital (LMH) is open around the clock for patients who have serious or life-threatening injuries and illnesses. LMH also operates two Urgent Care facilities, in Pataskala and Granville, for patients who have minor symptoms, but still need immediate care. Wait times in the ED can be lengthy for patients with minor symptoms since the staff must treat patients according to the severity of their conditions. Therefore, patients with minor symptoms may find shorter wait times, as well as lower costs, at one of the Urgent Care facilities. Please visit [www.LMHealth.org](http://www.LMHealth.org) for Urgent Care hours of operation.

Commonly treated conditions at an LMH Urgent Care facility include:

- Sore throat
- Ear infections
- Colds, flu and coughing
- Minor fever
- Minor allergies
- Sprains
- Minor fractures
- Minor cuts needing stitches
- Minor animal bites
- Insect stings (no allergy)
- Minor burns
- Urinary tract infections
- Nausea (not persistent)
- Diarrhea
- Skin rashes
- Minor eye injuries

Examples of serious or life-threatening conditions that require immediate treatment in an ED include:

- Heavy bleeding
- Difficulty breathing
- Severe head injuries
- Chest pain
- Poisoning
- Drug overdose
- Severe dizziness
- Stroke-like symptoms (facial drooping or one-sided weakness)
- Seizures
- Severe injury or bone fractures with open or noted deformity

Licking Memorial Urgent Care – Pataskala is located at One Healthy Place, off State Route 16, on the east side of Pataskala.

Licking Memorial Urgent Care – Granville is located at 14 Westgate Drive, the NE corner of State Route 16 and Cherry Valley Road.

## New Appointment



**Richard J. Limperos, M.D.**  
joined Licking Memorial  
Emergency Medicine.

## Community Education – Food Safety and Canning

(continued from front page)

Home canning is a popular activity and a great way to preserve garden vegetables for enjoyment at a later time. However, certain processes must be followed when canning at home to prevent serious food borne disease caused by bacteria. One form of bacteria, *Clostridium botulinum*, causes botulism, a disease which affects the nerves. Botulism can cause paralysis and even death. According to the Centers for Disease Control and Prevention, home canned vegetables are the most common cause of botulism outbreaks in the United States. These outbreaks occur when home canners fail to follow proper canning procedures.

Join Greg Chumney, R.S., REHS, Public Health Sanitarian from the Licking County Health Department, to discuss food safety practices and canning during an educational session on **Thursday, July 23, at 6:00 p.m.**, in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The education program is free; however, registration is required. To register, please call (740) 348-2527.

# ED Visit Usually Unnecessary for Treatment of the Flu

Anyone who has ever had the flu knows how miserable it can feel. The fever, body aches and cough can send even the healthiest adult to bed for a week or more. It is no wonder, then, that individuals who contract the flu often seek a medical solution to speed recovery.

Influenza, commonly called the ‘flu,’ is a contagious respiratory illness that caused approximately 3,700 deaths in the U.S. during the 2014-2015 flu season, according to the Centers for Disease Control and Prevention (CDC). The months of October through May are considered the peak time for the seasonal flu, although the disease can occur at any time of the year. Other strains of influenza, such as avian or swine flu, also can occur year round.

Symptoms of the flu are similar to the common cold, but tend to develop more rapidly. Symptoms may include:

- Fever
- Cough
- Sore throat
- Runny nose
- Body aches
- Headache
- Chills
- Fatigue
- Vomiting/diarrhea



Terrill D. Burnworth, D.O.

Terrill D. Burnworth, D.O., of Licking Memorial Emergency Medicine, said, “In most cases, the best treatment for the flu is to rest at home and avoid unnecessary contact with others, drink plenty of fluids, and treat fevers and coughs with over-the-counter medications. Anyone who is in a high-risk category, including seniors over the age of 65, those with a chronic condition such as heart disease or diabetes, or women

who are pregnant, should ask their physician whether an antiviral medication is recommended.”

Two antiviral medications, oseltamivir (Tamiflu®) and zanamivir (Relenza®), are used to treat flu symptoms. These prescription medications are effective in easing the severity of symptoms and reducing the length of illness by one or two days if taken within the first 48 hours after noticing symptoms. However, most adults with the flu do not visit a physician within the first 48 hours, which greatly decreases the medications’ efficacy. In addition, the use of antiviral medications contributes to the development of antiviral-resistant strains of viruses. For these two reasons, the CDC recommends that antiviral medications be used to treat only patients with severe symptoms or elevated risk of complications.

“Beyond question, an annual flu immunization is the best way to protect yourself and those around you from the flu,” Dr. Burnworth stated. “Some patients decide not to get a flu

shot and take their chances, but they often cannot visit their physician quickly after symptoms arise, especially during the busy flu season. They could have prevented several days of illness and even a possible trip to the emergency department for complications, if they had received a flu vaccine, which is widely available, inexpensive and effective.”

Although most cases of influenza can be treated at home, individuals who develop severe symptoms should seek immediate medical help. These symptoms may include:

## Infants and children:

- Rapid or difficult breathing
- Bluish skin color
- Not drinking enough fluids, infrequent urination
- Unusually irritable or lethargic
- Flu symptoms improve, then return with fever and worse cough
- Fever with a rash

## Adults:

- Difficulty breathing
- Pain in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or prolonged vomiting
- Flu symptoms improve, then return with fever and worse cough

Individuals who need medical treatment for flu symptoms, but are unable to visit their physician may visit Licking Memorial Hospital’s Urgent Care facilities located at 14 Westgate Drive in Granville or One Healthy Place in Pataskala. For hours of operation, please visit [www.LMHealth.org](http://www.LMHealth.org).





# Quality Reporting to the Community

## Patient Story and Benchmarks for Stroke Care



## Patient Story – Sharon Carpenter

Sharon Carpenter, a 61-year-old fiscal officer in Guernsey County, had been following her usual hectic schedule in March 2015. Her husband, Richard, is the mayor of Lore City, and the vibrant couple filled their days with work, community activities and travel.

Sharon was not surprised to be feeling tired on March 6, thinking that she probably had taken on too much. Unfortunately, she quickly developed serious symptoms, such as passing out and an inability to control her arms and legs. On March 8, Sharon awoke in a hospital bed at Genesis Healthcare System in Zanesville.

She remembered, “I woke up in the hospital in Zanesville and was very confused and frightened. I couldn’t talk or move my legs. I thought I was going to die.”

Sharon had suffered a stroke. The Genesis staff stabilized her condition, but she had severe impairment. She said, “They had me stand up twice to try to walk. I could move my right arm and leg a little, but I couldn’t move my left arm or leg, and speech was very difficult. It was quite unsettling to think that I could be in a wheelchair permanently. I am a very active person, so it was depressing to think that I may have to be dependent on others for the rest of my life. Then my doctor told me that I would probably benefit from intensive therapy in an acute inpatient rehabilitation program, and the best place to get that would be at Licking Memorial Hospital where I would receive personalized attention.” Even though Licking Memorial Hospital (LMH) is a lengthy drive from Lore City, she readily agreed to be admitted to the LMH Acute Inpatient Rehabilitation Unit for approximately two weeks of therapy because she was determined to speed up her recovery as much as possible.

Sharon’s confidence and perspective wavered at the onset of her rehabilitation. “I came to LMH in a wheelchair and thought that when I returned home, my husband was going to have to leave his full-time job as a construction supervisor so that he could take care of me. I was very depressed and emotional and did not believe that I would regain much use of my arms and legs. I thought, ‘What can they do in two weeks?’ But Dr. Koontz (David W. Koontz, D.O., medical director of the Acute Inpatient Rehabilitation Unit) came in to see me nearly every day. The nurses, therapists and aides were all so friendly and encouraging. They explained that their goal was to prepare me to be able to function again in my own home environment.”

Sharon was very pleased with her surroundings in the Acute Inpatient Rehabilitation Unit. “It was wonderful. I had a private room. The Unit is set up to feel like a home. The patients all wear



Sharon and Richard Carpenter

regular street clothing. There was even a computer that I could use in my room,” she noted. “I was able to update my friends and family on Facebook about my progress, and they sent many encouraging messages that made me feel really good. I also liked that the Unit was very quiet, which was relaxing and made it easy to sleep.”

However, Sharon did not want to spend any extra time sleeping. “The staff worked me hard,” she said with admiration. “In physical therapy, they taught me how to get up out of bed or a chair, and I learned how to walk again. In occupational therapy, they showed me how to shower and get dressed. The Unit includes a kitchen and laundry room, which were very helpful for me. I was able to use only my right arm, and they showed me many little tricks to help me cook and do laundry with one hand.”

One of the criteria to be admitted to an acute inpatient rehabilitation program in Ohio is that the patient must be able to tolerate at least three hours of customized therapy each day. Sharon described her daily routine, “Every day, I had physical, occupational and speech therapy, and they had me up walking in the hallways with a cane and leg braces. I told them, ‘Show me what to do, and I’ll do it,’ because I wanted to get back to all my activities – I even practiced my exercises when I was alone in my room. I am not one to sit around. I was determined to get better and knew that I was on the road to recovery.”

Dr. Koontz was impressed with Sharon’s progress. “Considering her condition upon admission, Sharon achieved extraordinary results, mostly because of her level of motivation and effort. It made all the difference in her success,” he said.

After 12 days on the Unit – just 17 days after Sharon suffered the stroke, her rehabilitation team determined that she was well-prepared to return home. Sharon said, “I didn’t think it would be possible to make so much progress in such a short time. When I left LMH, I was able to walk with a cane. I am sure that all the attention that I received helped me recover much more quickly. Now, six weeks later, I no longer use the cane at home. I can’t go up stairs and still have paralysis in my left arm, but I hope that my range of motion will continue to improve through physical therapy.”

The LMH Acute Inpatient Rehabilitation Unit opened in 2013 on the Hospital’s sixth floor. It features eight inpatient rooms for those who require medical treatment as they regain independent life skills following an illness, accident or surgery.

# Stroke Care – How do we compare?

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

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

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Stroke education	96%	98%	98%	93%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Patients evaluated for rehabilitation services	99%	100%	96%	98%

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Eligible patients receiving blood-thinning medication by day 2	99%	98%	100%	98%
Patients with blood-thinning medication at discharge	100%	100%	98%	99%

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

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

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Atrial fibrillation patients on anticoagulation therapy	100%	100%	100%	96%
Patients with statin medication	100%	97%	100%	96%

**5** Thrombolytic drugs, sometimes called “clot-busters” often are effective in treating strokes in progress, and may even reverse some of the neurological damage. However, thrombolytic drugs can have dangerous side effects. To lower the risk of complications, thrombolytic drugs can be given only to patients who have arrived at the Emergency Department quickly enough to have the drugs initiated within three hours of their first symptoms of having a stroke.

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Eligible stroke patients who received timely thrombolytic drugs in the ED	N/A	100%	100%	79%

**6** Quick access to brain scan results is critical to physicians when treating a patient with a suspected stroke. Clot-buster medications can be administered, but only for a short period of time after the patient’s stroke symptoms began, and the medications may not be given until a brain scan is completed. Quick completion of a brain scan upon the patient’s arrival can reduce the amount of time elapsed before these important medicines can be given, which then increases the patient’s chance for improved recovery from a stroke.

	LMH 2012	LMH 2013	LMH 2014	National <sup>(1)</sup>
Stroke patients in the Emergency Department with brain scan results within 45 minutes	43%	65%	76%	64%

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

LMHP coronary artery disease patients seen, and are receiving blood-thinning medication	<b>LMHP 2012</b> 93%	<b>LMHP 2013</b> 93%	<b>LMHP 2014</b> 92%	<b>National<sup>(2)</sup></b> greater than 80%	<b>Goal</b> greater than 90%
LMHP coronary artery disease patients seen who have had an annual LDL test	<b>LMHP 2012</b> 93%	<b>LMHP 2013</b> 92%	<b>LMHP 2014</b> 92%	<b>National<sup>(2)</sup></b> greater than 80%	<b>Goal</b> greater than 90%

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

## Acute Inpatient Rehabilitation Unit Offers Therapy for Many Stroke Patients

The Licking Memorial Hospital (LMH) Acute Inpatient Rehabilitation Unit provides acute rehabilitation services for patients with disabilities caused by illnesses or injuries. The goal of the Acute Inpatient Rehabilitation program is to help patients develop the skills necessary to live as independently as possible after leaving the Hospital. The program is personalized depending on the patient’s unique needs, and may involve a range of licensed professionals, including the physician medical director, rehabilitation nurses, physical therapists, occupational therapists, speech/language therapists, dieticians, social workers, and case managers.

The interdisciplinary team approach toward rehabilitation focuses on the patient’s specific area(s) of disability. Some of the diagnoses that are commonly treated in the Acute Inpatient Rehabilitation Unit include:

- Stroke
- Spinal cord injury
- Amputation
- Hip or knee replacement
- Brain injury
- Orthopedic conditions

To qualify for Acute Inpatient Rehabilitation services at LMH, patients must:

- Be able to tolerate at least three hours of therapy daily, five days per week
- Be medically stable
- Demonstrate the motivation and potential to achieve gains in functional abilities
- Require hospitalization for the management of an illness, disease, or injury
- Have co-morbidities (such as uncontrolled high blood pressure or diabetes, chronic heart failure, chronic obstructive pulmonary disease, or dementia) that require medical management
- Require at least two forms of therapy (such as physical therapy, occupational therapy, or speech therapy)

Whenever possible, the patient’s family or caregivers also are included in the rehabilitation planning and education. To be admitted to the LMH Acute Inpatient Rehabilitation Unit, patients must receive a physician’s referral. Most medical insurance carriers, including Medicare, will cover the cost of rehabilitation services. For more information about Acute Inpatient Rehabilitation services at LMH, please call (740) 348-4504.

## Health Tips – “Clot-buster” Treatment May Limit Stroke Damage if Given Within First Three Hours

A stroke occurs when the blood supply to the brain is interrupted – either from a blocked blood vessel (ischemic stroke), or by a burst blood vessel (hemorrhagic stroke). Thrombolytic “clot-buster” drugs often can break up the blockage during an ischemic stroke, as long as the patient arrived at the hospital well in advance of the three-hour limit for the intravenous drugs to be administered. After three hours, the drugs are less effective and even may be dangerous for the patient.

Patients who may be experiencing a stroke should be taken immediately to the closest emergency department. Common symptoms of stroke include new onset of:

- Numbness or weakness of the face, arm, or leg – especially on one side of the body
- Confusion or difficulty in understanding
- Difficulty in speaking
- Difficulty in vision in one or both eyes
- Difficulty in walking or loss of coordination
- Dizziness or loss of balance
- Severe headache with no known cause



# Development Spotlight – Diane LeMay, M.D., FAAP



Diane LeMay,  
M.D., FAAP

Diane LeMay, M.D., FAAP, Associate Medical Director for Anthem, joined the Education and Membership Committee of the Licking Memorial Hospital Development Council in September 2014. She began practicing pediatrics in Licking County in 1991 and joined Licking Memorial Health Professionals in 2001 within the Licking Memorial Pediatrics – East practice in Newark. Dr. LeMay retired from clinical pediatrics in 2014,

and began her administrative career in medicine with Anthem.

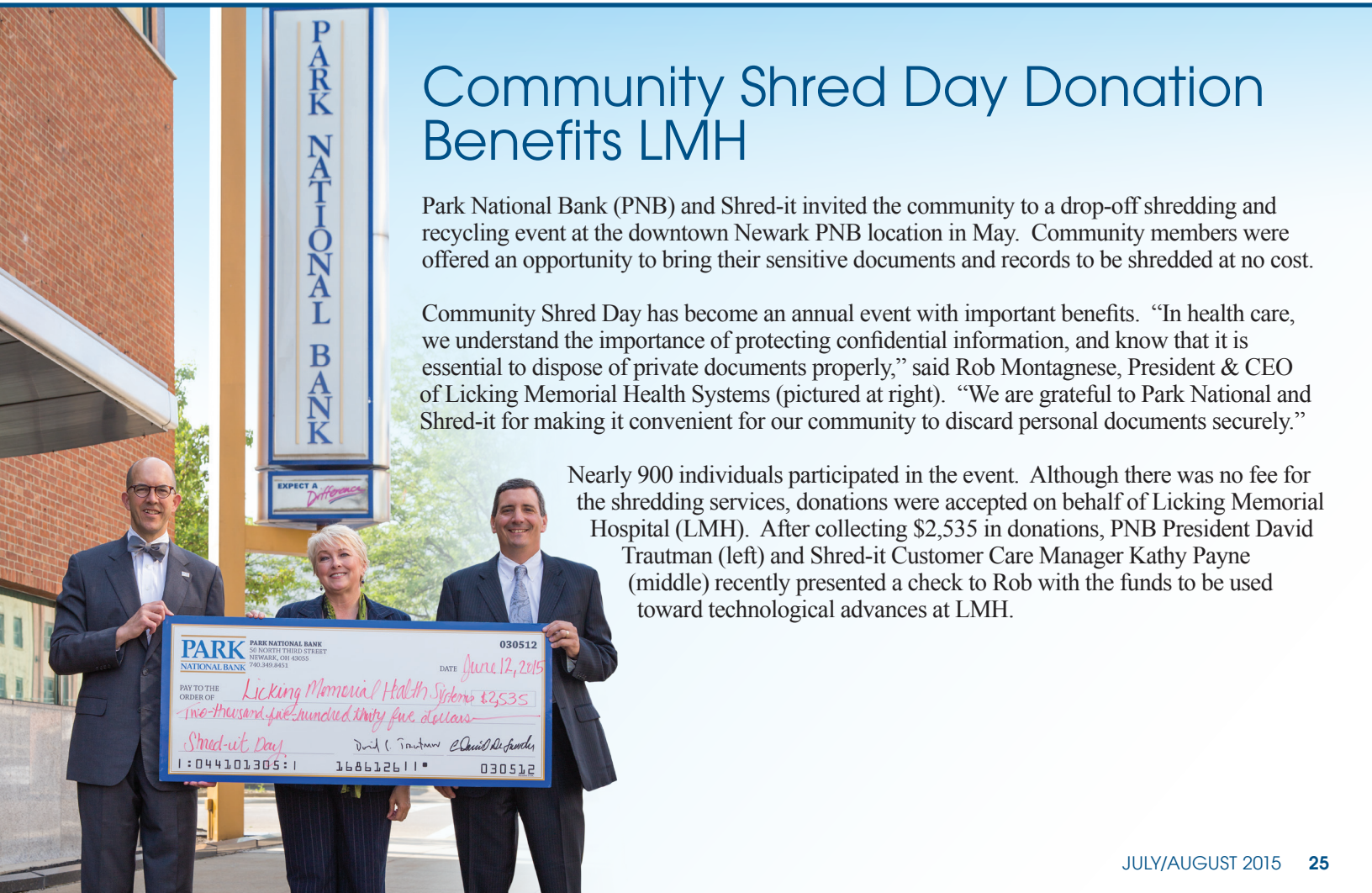
Dr. LeMay is active in the community and has a passion for improving the health and well-being of children. She is a fellow of the American Academy of Pediatrics, serves on the Advisory Board of Big Brothers Big Sisters of Licking and Perry Counties, and is a member of the Central Ohio Pediatric Society. She also serves on the Practice Management Committee for the Ohio Chapter of the American Academy of Pediatrics.

A past marathon runner, triathlete and avid bicyclist, Dr. LeMay has a special interest in sports medicine and helped to implement the Licking Memorial Health Systems (LMHS) pre-participation sports screenings for Licking County athletes in 2006, with the addition of an electrocardiogram screening program in 2008, and baseline concussion screenings in 2011. She was the founder and

lead physician of the Heart to Play program in Licking County from 2008-2013, screening all athletes from junior high to high school age with electrocardiograms to help prevent sudden cardiac death.

Dr. LeMay is a member of St. Francis of Assisi Parish in Columbus, and serves on the Parish Council. She is a member of The Harmony Project, a community service organization of diverse members who sing, serve and share, volunteering in shelters, prisons and other venues for the oppressed. She is an active member of Kairos, an ecumenical prison ministry. Pursuing a Masters in Theology degree, Dr. LeMay is attending Ohio Dominican University as she strives to attain a Catholic Chaplain position.

In 2007, Dr. LeMay received the LMHS MVP award. She was named a Healthcare Hero by Business First in July 2008, and received Licking County's Woman of Achievement Award in 2009. Recognized by the Center for Disease Control and Prevention (CDC) as Ohio's immunization champion, Dr. LeMay received the inaugural national CDC Childhood Immunization Champion Award in 2012, honoring her for doing an exemplary job of promoting childhood immunizations in the community. She has been named on the list of "Best Doctors in America" for many years, including 2014. With her extensive experience in medicine and passion for the community, Dr. LeMay is an excellent addition to the Development Council.



## Community Shred Day Donation Benefits LMH

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

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

Nearly 900 individuals participated in the event. Although there was no fee for the shredding services, donations were accepted on behalf of Licking Memorial Hospital (LMH). After collecting \$2,535 in donations, PNB President David Trautman (left) and Shred-it Customer Care Manager Kathy Payne (middle) recently presented a check to Rob with the funds to be used toward technological advances at LMH.

# Donors Recognized for Contributions to Licking Me

New donors recently were recognized for their generous contributions to Licking Memorial Health Foundation (LMHF). The contributions ensure 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 Platinum Circle Robertson Construction Services, Inc.



LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) recognized Robertson Construction Services President Christian Robertson for the company's membership in the Platinum Circle.

Robertson Construction Services, Inc. was recognized for its commitment to The Platinum Circle, a distinguished list of business and corporate donors that have pledged \$25,000 or

more to LMH. Located in Heath, the company has become one of the premier providers of construction services in Central Ohio during its 18-year history.

Robertson Construction Services, Inc. was founded on the tradition of high standards, integrity and commitment to hard work. The company's mission is to establish an atmosphere that enables them to provide the highest-quality construction services in a fashion that fosters collaboration among all parties involved. By working as a team with their clients, subcontractors and vendors, Robertson Construction Services, Inc. has earned an unprecedented reputation for providing construction value and exemplary customer service.

Robertson Construction Services, Inc. received an A+ accreditation from the Better Business Bureau and is consistently ranked as one of the Top 15 Commercial Construction companies in the greater Columbus region by Columbus Business First. Additionally, the Licking County Chamber of Commerce recognized the company as its 2011 Mid-size Business of the Year.

## The Caduceus Society Katrina Timson, M.D.



Katrina Timson, M.D., was recognized for her commitment to The Caduceus Society by LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left).

Katrina Timson, M.D., a physician at Licking Memorial Family Practice – East, was honored for her commitment to The Caduceus Society. Dr. Timson received a Bachelor of Science in

zoology from Marshall University in Huntington, West Virginia, and earned her Medical Degree from the Marshall University School of Medicine. She completed a family practice residency at The Ohio State University School of Medicine. Dr. Timson is board certified in family practice.

Dr. Timson joined Licking Memorial Health Systems (LMHS) in 1991, and is a member of the American Academy of Family Practice. She has two grown sons, Christopher and Alexander. In her spare time, she enjoys traveling, and recently completed her second mission trip to Haiti.

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Licking Memorial Honorary and Active Medical Staff who support the LMHS mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

## The William Schaffner Society Donna and Phil Shipley



In honor of their commitment to the William Schaffner Society, LMHS President & CEO Rob Montagnese (right) presented Phil and Donna Shipley with a glass recognition piece.

Donna and Phil Shipley were recognized for their commitment to The William Schaffner Society. The Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years.

Donna retired from the U.S. Postal Service in Newark 22 years ago, but continued to serve the Licking County community through a variety of organizations. She was the first woman to be voted supervisor of the Licking County Soil and Water Conservation District, and was appointed to the Ohio Soil and Water Conservation Commission. Donna is a current member of the LMH Development Council Education Committee and previously served on the Board of Directors at Licking Memorial Hospital and the Licking County Aging Program.

Phil is co-owner/operator of Shipley Farms in Burlington Township. He served four terms as Licking County Commissioner and is a former member of the Licking Memorial Hospital Commission, the Red Cross of Licking County Board of Directors and the Licking County Planning Commission. He also previously served as supervisor of the Licking County Soil and Water Conservation District. He is a veteran member of the Licking County Agrology Club and was a 4-H leader for 20 years.

Phil's parents founded Shipley Farms in 1940 with eight milking cows and 50 acres, and it has since grown to 2,800 acres with a herd of 450 milking cows. Donna and Phil were previously named Friends of Licking County 4-H and were inducted into the Licking County Agricultural Hall of Fame in 2006.

Donna and Phil are lifelong residents of Licking County and graduated from Homer High School where they met. They will celebrate their 60th wedding anniversary in October. They have two grown sons – Tim and Dave, four grandchildren – Adam, Stacey, Mike and Kate, and three great-grandsons. Tim, Dave, Adam and Stacey are also co-owners of Shipley Farms. Donna and Phil enjoy travelling together, and have visited China and Ireland – two of their favorite destinations.

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

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

## Zonta's 26th Annual Luncheon Contributes to LMHS Women's Health Services

The Zonta Club of Newark has made annual charitable contributions to Licking Memorial Health Systems (LMHS) since 1989 with the goal of enriching the health and well-being of women. The Zonta Club presented \$5,800 in donated funds to LMH Director of Development Sheila Miller on June 4. The contribution will benefit Women's Health services at LMHS. Pictured from left to right: Becky Shoults, Champagne Luncheon Co-Chair; Wendy Danielson, Champagne Luncheon Co-Chair; Jean McKee, Champagne Luncheon Co-Chair; Jo Ann Darnes, Vice President; Sheila Miller; and Judith DeBevoise, Club President.



# Retiree Spotlight – Carol Anderson



Carol Anderson

As a team member of the Licking Memorial Hospital (LMH) Environmental Services Department, retiree Carol Anderson enjoyed catching up with coworkers and talking with patients as she cleaned their Hospital rooms each day. “The Environmental Services Department plays a big role in the day-to-day operations of the Hospital, and I was happy to be a part of it,” Carol said.

Carol started her career as a nurse’s assistant and spent most of her years as a social worker in the Athens area. After many years of helping others with personal struggles, Carol was ready for a job in which she could have lighthearted conversations while completing her work duties. That is what attracted her to the position as an Environmental Services Assistant in 2007. She said, “It was a good opportunity to be around people. It doesn’t matter the age, I enjoy people – it’s just in me!”

Carol remembers many times when she felt she made a positive difference in a patient’s Hospital stay. One particular experience involved a patient who verbalized that she felt like giving up on life. Carol entered the room to empty the trash when the patient confided in Carol, expressing that she felt no one cared about her. Carol sat with her and told her that even though she did not know her, she cared about her. She then connected the patient with Pastoral Care Director Jeff Smith. Carol remembered, “It wasn’t right that she felt that way. I felt like I helped make a difference for her.”

Carol retired in 2014 after seven years of service at LMH, and now assists her 89-year-old mom with her daily routines. Carol also enjoys spending her free time helping friends redecorate their homes. She and her husband, Jerry, are planning to purchase a plot of land at Buckeye Lake and build their dream cottage.

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# Volunteer Spotlight – Sue Schlicher



Sue Schlicher

Sue Schlicher's volunteering experience at Licking Memorial Hospital (LMH) began during her free time in high school when she became a "candy striper." Sue later began her career as a teacher and chose to continue her involvement as an LMH volunteer during summer breaks from school.

Sue worked for 36 years as a teacher in the Northridge Local School District, but a health issue forced her to leave her teaching position. "I had a brain hemorrhage," said Sue. "This meant that I was not able to work anymore, but I wanted to do something to help people." Although Sue's life changed after the brain hemorrhage, she took the opportunity to continue working with people through volunteering.

Sue has volunteered for Licking Memorial Health Systems (LMHS) for five consecutive years, primarily assisting in the Betsy Eaton O'Neill Health Resource Center at the Hospital where she greets visitors, assists patrons with finding books, ensures book titles are visible and answers questions. "I enjoy

when I see someone whom I have not seen for a while," she said. "I like seeing visitors and Hospital employees and being able to help them find the information they need."

Some of Sue's favorite moments are interacting with other volunteers and seeing familiar faces – especially those who visit the Health Resource Center frequently. She remembers a time when a visitor came into the Center looking for information for a patient who had experienced a traumatic brain injury (TBI). Sue was able to help research information regarding the condition on the Internet so that the visitor could learn more about TBI, and what to expect.

"Volunteer Services is a positive place," Sue said. "I have had a good experience and would recommend it to others."

In addition to volunteering at the Hospital, Sue also volunteers for the Society of Saint Vincent de Paul where she works in the thrift store and dispatches telephone calls. Sue has a daughter and son and resides in Granville with her husband, Steve. She enjoys spending time with her family, traveling and riding a recumbent bicycle in her free time.

## TWIGS Recognition Dinner

Members of the four active TWIGS groups who raise monetary funding for Licking Memorial Hospital (LMH) were recently invited to attend a recognition dinner in their honor. Each year during the event, the total TWIGS donation amount is announced to attendees. The official amount raised for 2014 was \$138,668. Along with the 2014 donation, the LMH TWIGS organization has raised over \$4.9 million throughout its 65-year history in Licking County.

A welcome was given at the event by Director of Volunteers, TWIGS and Events Carol Barnes and Volunteer Manager Kate Maher, in which they expressed their appreciation of the time and talents provided by TWIGS members. "I am always impressed by the amount of dedication put forth by TWIGS members, and how much they accomplish for the Hospital," said Carol. "It's truly remarkable."

Marilyn Fields, of TWIGS 6 received her 25th year recognition award during the event, for her contributions to LMH through her participation in TWIGS. The event was concluded by Vice President Development & Public Relations Veronica Link, as she extended the Hospital's gratitude for the TWIGS members' service to the community. "I wish to express our deep appreciation for all of your continued hard work, talents and hours of service you provide," said Veronica. "Your efforts and commitment

help the Hospital continue our mission to improve the health of the community."

TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. The four TWIGS chapters at LMH are comprised of community members who conduct fundraising activities that include operations of the TWIGS Gift Shop at LMH, the TWIGS 8 Granville Thrift Shop, and special merchandise sales to benefit LMH. In addition to the Hematology/Oncology Renovation Project, other benefitting projects at LMH have included a cardiac monitoring system for the Intensive and Critical Care Units, Critical Care Unit equipment, Emergency Department equipment and renovation, Obstetrics renovation, Radiology equipment and the infrastructure for the Picture Archival and Communication System.

The 2015-2016 TWIGS Executive Board Members are: Chairman Steve Schlicher, Vice Chairman Linda Prior, Treasurer Darlene Baker, and Secretary Sharon Wiley. For information about becoming a TWIGS member to support LMH, please call (740) 348-4079.



# Licking Memorial Health Systems' 2015 MVPs

## Rita Allen



**Position Title:** Respiratory Therapist

**Personal Background:** Rita joined LMH in 1982 as a Respiratory Therapist. Originally from Philo, Ohio, she attended Philo High School and the Mid-East Career and Technology Centers for education in Respiratory Therapy. Rita is a member of the American Association for Respiratory Care, and has been certified in Basic Life Support, Advanced Cardiovascular Life Support, and Pediatric Advanced Life Support. She also has completed the Neonatal Resuscitation Program. Rita currently lives in Philo and is a member of Blue Rock Baptist Church. She enjoys spending time with her son and vacationing in the Outer Banks with family.

## Kathleen Baker



**Position Title:** Pharmacist

**Personal Background:** As a pharmacist at LMH, Kathleen most enjoys helping employees and uncompensated care patients with obtaining and understanding their prescriptions. She also teaches medication therapy in Diabetes Education classes. Kathleen joined LMH in 2008 after graduating from Independence High School and The Ohio State University College of Pharmacy. Originally from Columbus, she currently lives in Granville with her husband of 25 years, Rick. They have two sons, Ryan and Luke. Kathleen is a member of St. Edwards Church and she enjoys biking, traveling, spending time with friends and family, and walking the family dog, Buddy.

## Karen Arthur



**Position Title:** Human Resources Coordinator

**Personal Background:** Karen joined LMHS in 2007 and serves as Human Resources Coordinator. A lifelong resident of Licking County, Karen graduated from Newark Catholic High School and earned her Associate Degree in Business Management with a focus on Human Resources from Central Ohio Technical College. Karen enjoys being outdoors and spending time with family and friends. She currently resides in Nashport with her husband, Casey.

## Kyla Brewer



**Position Title:** Certified Medical Assistant

**Personal Background:** Kyla joined Licking Memorial Otolaryngology in 2012, and later transferred to Licking Memorial Gastroenterology as a Certified Medical Assistant in 2013. A lifelong resident of Licking County, Kyla attended Lakewood High School and earned her Associate of Applied Science in Medical Assisting from Kaplan University. Kyla is a member of the American Association of Medical Assistants, and in her free time, she enjoys running, hiking, and gardening.

## Amanda Baker, R.N., IBCLC



**Position Title:** Staff Nurse

**Personal Background:** Amanda joined LMH in 2003 as a Registered Nurse in the Maternal Child Department. She has since become a Lactation Consultant, assisting with inpatient and outpatient breastfeeding needs. Amanda participates in community public speaking as an educator for the Maternal Child Education program. Born at LMH, Amanda attended Newark Catholic and graduated from Newark High School. She earned her associate degree in nursing from Central Ohio Technical College. In 2014, Amanda was part of the Maternity Services staff who received the Hometown Hero Award from the American Red Cross. She will begin taking classes to earn a Bachelor of Science in Nursing this winter. Amanda and her husband, Kevin, have five children, Hannah, Haylei, Lakeland, Brynlei, and Kallan. They also have a well-loved cat named Archie, who travels with them on every family adventure. Amanda enjoys participating and serving at the Vineyard Grace Fellowship Church, attending her children's sporting events, and seasonal decorating.

## Matthew Bromley, D.O.



**Position Title:** Emergency Medicine Physician

**Personal Background:** Matthew Bromley, D.O., joined the LMH Emergency Department in 2010. He received his Doctor of Osteopathic Medicine Degree from the University of New England College of Osteopathic Medicine in Biddeford, Maine. Dr. Bromley completed an internship and residency in emergency medicine at Doctors Hospital in Columbus. He and his wife, Nicole, have two children.

## Amy Bukey



**Position Title:** Educator/Trainer

**Personal Background:** Amy joined LMHS in 2002, and serves as an educator in the Central Billing Office, where she trains new employees, teaches orientation classes, and provides information to the LMHP Physician Center Clerks on an ongoing basis.

A lifelong resident of Licking County, Amy attended Lakewood High School and currently lives in Newark with her husband, Carl. She has two children, Amanda and Dylan, and one stepchild, Mykel. Amy and Carl also have two grandchildren, and are looking forward to the birth of their third grandchild this winter. In her free time, Amy enjoys spending time with family and visiting Lake Erie to boat and fish.

## Bruce Corsi



**Position Title:** Maintenance Mechanic

**Personal Background:** Bruce joined LMHS Engineering Services in 2008, as a Maintenance Mechanic for a large group of LMHS off-campus buildings totaling more than 75,000 square feet. Bruce is involved with every aspect of maintenance, including

plumbing, electrical, and HVAC repair work. He maintains his Environmental Protection Agency Certification for refrigeration work, and is skilled at sheet metal fabrication. A lifelong resident of Licking County, Bruce graduated from Newark High School and lives in Newark with his wife, Lisa, and 19-year-old son, Bryce. Bruce is a member of the Dixie Model A Ford Club in Mount Vernon, and he enjoys restoring antique cars, attending car shows, fishing, woodworking, and remodeling his home in Newark.

## Caleb Denman



**Position Title:** Paramedic

**Personal Background:** Caleb joined LMH in 2007 and serves as a paramedic in the Emergency Department. Born in Coshocton, Ohio, he is a graduate of River View High School. Caleb attended Hocking College for education as a firefighter and EMT, and later

completed the Emergency Medical Services Paramedic Program at Central Ohio Technical College. He currently is attending Ohio University Zanesville to receive a Bachelor of Science in Nursing. Caleb lives in Frazeytsburg, attends Gospel Hill Ministries, and is a part-time firefighter with the Newark Township Fire Department. In his free time, Caleb enjoys hunting, fishing, traveling, and spending time with his wife and 1-year-old son.

## Andrea DeVito



**Position Title:** Certified Occupational Therapy Assistant

**Personal Background:** As a Certified Occupational Therapy Assistant, Andrea encourages patients to believe in themselves and empowers them to successfully face their everyday challenges by improving their

self-esteem, coping, and communication skills. Born in Princeton, West Virginia, Andrea graduated from Princeton Senior High School and earned a Bachelor of Science in Business with a concentration in Marketing from Concord College. Andrea later joined LMHS in 2007 after earning an associate degree in occupational therapy from The College of West Virginia. She lives in Newark with her husband, Fred, along with their 9-year-old daughter, Ashley, and 8-year-old daughter, Megan. Andrea is highly active in the community, serving as a reader for the A Call to College Program, assisting with various events at Ben Franklin Elementary School, and participating in her children's sports activities. Andrea also takes part in local and international community outreach through Trinity Episcopal Church, where she is a Sunday school teacher and a member of the Trinity Episcopal Vestry. In her free time, Andrea enjoys swimming, crafts, and spending time with her children.

## Jenny Dickson



**Position Title:** Payroll Coordinator

**Personal Background:** A lifelong resident of Licking County, Jenny joined LMHS as a member of the Fiscal Department in 2012. She serves as the Payroll Coordinator, processing the overall payroll for LMHS employees. Jenny graduated

from Newark High School and earned her associate degree in accounting from Central Ohio Technical College. She currently lives in Newark with her husband, Joseph, their 18-year-old son, Zach, and their 13-year-old daughter, Sydney. In her free time, Jenny most enjoys attending her children's sporting events. Her son will begin playing baseball for Heidelberg University this fall, while her daughter dances and plays basketball and softball in Newark. Jenny also enjoys spending time with her family, reading, and volunteering throughout the community.

## Lori Elwood, M.D.



**Position Title:** Pathologist

**Personal Background:** Dr. Elwood joined Licking Memorial Hospital in 2000. She earned her Medical Degree and completed an internship and residency in Internal Medicine at the University of Nebraska Medical Center in Omaha, Nebraska. She also completed a residency in pathology at the University of Colorado Health Sciences Center in Denver, Colorado. Dr. Elwood completed a hematopathology fellowship at the National Cancer Institute, National Institutes of Health in Bethesda, Maryland. She served as deputy chief of the cytopathology section and received clinical tenure in the laboratory of pathology at the National Cancer Institute before leaving academic medicine. Dr. Elwood is board certified in anatomic and clinical pathology, cytopathology and internal medicine. In her spare time, she enjoys bicycling and cattle ranching with her husband, Patrick. She has lived in Central Ohio for 15 years with the last five spent on her ranch in Licking County.

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## Don Fairbanks, M.D.



**Position Title:** Family Practice Physician, North Newark

**Personal Background:** Dr. Fairbanks is a member of the LMHP Medical Staff serving as a family practice physician at the North Newark practice. He joined LMHS in 2011 and is a member of the American Academy of Family Physicians. Dr. Fairbanks grew up on the east side of Cleveland and graduated from Lake Catholic High School in 1974. He attended The Ohio State University and earned his Bachelor of Science in Natural Resources with a focus on Parks and Recreation in 1979. Then in 1995, Dr. Fairbanks received his Medical Degree from the University of Utah School of Medicine. Dr. Fairbanks and his wife, Lisa, are parents to five children – Jon, Kenna, Taylor, and twins Ben and Beth. They also are grandparents to Kenzie and Luke. When not caring for patients, Dr. Fairbanks serves on the Relay for Life committee and is a member of the Church of Jesus Christ of Latter Day Saints. His hobbies include ornithology, mammalogy and genealogy.

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## Joshua Farrar



**Position Title:** Staff Nurse

**Personal Background:** In 2013, Joshua joined LMH as a Registered Nurse on 4-North and recently transferred to the Intensive Care Unit. His duties include administering treatment and medication, and monitoring patients. Joshua graduated from Ohio University in 2012 with an associate degree in applied sciences in nursing, and is currently pursuing a Bachelor of Science in nursing at The Ohio State University. Joshua resides in Westerville and enjoys computer science, canoeing, rafting, biking, vacationing and exploring new cities.

## Ashley Nishell Fowler



**Position Title:** Staff Nurse

**Personal Background:** Ashley joined LMH in 2012 as a Registered Nurse in the Intensive Care Unit. She is a lifelong resident of Licking County and currently resides in Newark. Ashley attended Newark High School, received her associate degree in nursing from Central Ohio Technical College, and graduated from Ohio University in 2013 with a Bachelor of Science in Nursing. She is currently working to obtain a master's degree and become a nurse practitioner. Last year, Ashley was nominated for the Clarissa Ann Howard Nursing Award for Clinical Excellence. She is a member of Spring Hills Baptist Church and enjoys reading, working out, spending time with family and friends, and traveling to a different country every year.

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## Andrew Frick



**Position Title:** Materials Processor

**Personal Background:** Andrew joined LMH in 2008 and works in the Purchasing Department as a Materials Processor. He graduated from Newark High School in 2007 and is currently pursuing an information technology degree at Central Ohio Technical College. A lifelong resident of Licking County, Andrew currently lives in Newark. He has a fiancée, Ashley, and his hobbies include home brewing, hanging out with his two brothers, working on his computer and playing video games.

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## Rob Gastineau



**Position Title:** Point-of-Care Technician and Patient Care Coordinator

**Personal Background:** Rob joined LMH in 2005 as a Point-of-Care Technician and Patient Care Coordinator (PCC) in the Nursing Office. He transports patients to various departments and while working as a PCC, he coordinates staffing and patient throughput for both admissions and transfers throughout the Hospital. Rob is STNA and CBSPD certified and believes that all patients should be treated as if they are family. He is a part of the Gastineau Striders, a Relay for Life team in honor of his mother, Vickie Gastineau. Additionally, Rob has been a member of the Christian Apostolic Church for 21 years, where he is the Kids' Kingdom director. He resides in Granville and enjoys hiking, grilling, playing disc golf, and spending time with his wife of 20 years, Michelle, and their two kids, Josiah and Mackenzie.



## Talya Greathouse, M.D.



**Position Title:** Family Practice Physician, McMillen Drive

**Personal Background:** Dr. Greathouse joined LMHS in 1999, where she continues to practice today as a family physician. She currently holds the roles of Chairman of the Executive Committee and Vice Chief of Staff at LMH, and is a member of the Caduceus Society. She became a Rotary member in 2012 and has been active with the Special Needs Committee, currently serving as Chairperson. She helps coordinate the Special Olympics service project, participates in monthly service projects, and is a Paul Harris Fellow. Dr. Greathouse was recognized as the Licking County Family Physician of the Year in 2012, and was nominated as the Central Ohio Academy of Family Physician's Family Physician of the Year in both 2013 and 2014. She earned her baccalaureate degree in chemistry from The Ohio State University and her Doctor of Medicine degree from The Ohio State University College of Medicine. She resides in Reynoldsburg with her husband, Malcolm, and their 10-year-old son, Xavier. She enjoys spending time with her family, traveling and listening to music, and has a passion for public service.

## Sandy Hanlon



**Position Title:** Administrative Assistant, Development & Public Relations

**Personal Background:** Sandy began her employment at LMHS in March 2012 and serves as Administrative Assistant to Vice President Veronica Link in the Development & Public Relations Departments. Sandy has resided in Licking County for the past 19 years. She earned her associate degree in Liberal Arts from The Ohio State University and is currently enrolled at Southern New Hampshire University to complete her Bachelor of Business Administration degree. Sandy has two children; Stephanie in Las Vegas, Nevada, and Philip in Woodsfield, Ohio. She also welcomed her first grandchild, Evelyn, in 2013. In her free time, Sandy enjoys golfing, gardening and camping.

## Jerry Hawthorne, R.N.



**Position Title:** Registered Nurse, Post-Anesthesia Care Unit

**Personal Background:** Jerry began his career at LMH in 1986 as an R.N. in the Emergency Department. In 2006, he transferred to the PACU unit where he currently aids in the recovery of post-surgical patients.

He first earned his Bachelor of Business Administration from Ohio University, then an associate degree in Nursing from COTC, and in 1993, a Bachelor of Science in nursing from Ohio University. Jerry has been married to his wife, Marla, for 34 years and has a daughter and son-in-law, Rita and Peter. He is a member of Grace United Methodist Church in Coshocton and his hobbies include wine-making, lawn care, wood lot maintenance and vacationing in Hilton Head, South Carolina.

## Marsha Hill



**Position Title:** Patient Care Coordinator

**Personal Background:** Marsha has been an employee of Licking Memorial Hospital since 2007 and works in the Nursing Administration Department as a Patient Care Coordinator. Her duties include supervising patient throughput for both admissions and transfers in the Hospital, coordinating staffing for the inpatient units, and providing support for codes and rapid responses. Marsha attended Newark High School and has been a resident of Licking County for 35 years. She enjoys spending time with her family, going to the zoo, photography and sewing.

## Rick Hindel



**Position Title:** Environmental Services Assistant

**Personal Background:** Rick joined LMHS Environmental Services in 2011 and has resided in Licking County for 35 years. He is a graduate of Newark High School, attends Church of God of Licking County, and is a member of Deathwind Longrifles and Muzzle Loaders Club, as well as a lifetime member of the National Rifle Association. He resides in Newark with his wife, April, and has twin adult daughters – Hope and Erin. He enjoys hunting, camping and outdoor activities, and loves to spend free time with his daughters.

## Sharon Hollis



**Position Title:** Cook

**Personal Background:** A lifelong resident of Licking County, Sharon joined LMHS Food Service in 2008 as a cook. Her culinary talents can be experienced at the LMH – Tamarack Café. Sharon's current hometown is St. Louisville, and she graduated from Johnstown-Monroe High School. Sharon and her husband, Bryan, have a son, Clayton, and a daughter, Katelyn. She enjoys reading, photography, drawing and spending time with her children.

## Tracy Hurlow



**Position Title:** Clinical Applications Analyst 2

**Personal Background:** Tracy joined LMH in 2010 and has held her current position as an analyst in the Information Systems Department since 2012, testing software for clinical applications during upgrades,

conducting software training for Hospitalists, and developing document templates. She is a graduate of Tri-Valley High School and earned a Bachelor of Science degree from Ohio University – Zanesville in 2007, as well as a Master of Science in Health Informatics from the University of Findlay in 2014. Tracy enjoys helping others achieve fitness goals as a Zumba® Fitness Instructor, shopping, and doing home improvements. She loves spending time with her family, and they frequently take walks together with the family dogs. She and her spouse, Jesse, reside in Dresden with their son, Alex.

## Rebecca Lay



**Position Title:** Quality Specialist

**Personal Background:** Rebecca joined LMHS in 2010 and began her current position within the Process Improvement Department in 2013, where she compiles and distributes dashboards and OPPE grids of quality statistics. As a Quality Specialist, she

is responsible for compiling and aggregating data for analysis and review. Rebecca attended Magnolia High School in West Virginia, and graduated from Columbus State Community College in 2013 with an associate degree in applied science – business office application. She became certified as a Microsoft Office Specialist – Office Excel in 2013. Rebecca is a member of First Baptist Church of Heath, and enjoys spending time with family and friends. She resides in Heath with her husband, Mikal, their son, Aiden, and daughter, Ella.

## Vickie Lemmon



**Position Title:** Licensed Practical Nurse

**Personal Background:** A 20-year resident of Licking County, Vickie works at Licking Memorial Family Practice – Granville as a Licensed Practical Nurse (LPN). She is a graduate of Hinton High School and Summers County School of Practical Nursing

in Hinton, West Virginia. Vickie was nominated for the LMHS Clarissa Ann Howard Nursing Award for Clinical Excellence in 2014 and 2015. In her free time, Vickie enjoys cooking, canning, gardening, reading, crafts, sewing and spending time with her family and grandchildren. She and husband, Vincent, reside in Newark and have three adult children.

## Sue McPeek



**Position Title:** Patient Account Representative

**Personal Background:** Born in Wauseon, Ohio, Sue joined LMHS in 2009 and currently works in Medication Therapy and Registration. As a Patient Account Representative, Sue is responsible for

greeting, registering and scheduling patients, as well as booking appointments, answering phones, billing daily visits and other clinic duties, as needed. She is a graduate of Newark High School and has a son, Erik, a daughter, Lexy, and two adorable grandchildren. She enjoys aerobic kickboxing, gardening and time with friends and family.

## Brock Owens



**Position Title:** Mechanic

**Personal Background:** Brock joined LMH in 2011 as a mechanic in the Plant Operations Department where he maintains and repairs Hospital vehicles and equipment, as well as LMHS properties. A lifelong resident of Licking County, Brock attended

Lakewood High School and C-TEC, where he studied Automotive Technologies. In his spare time, he enjoys working out of his home garage and building high performance vehicles, as well as making road trips with his girlfriend, Melissa, and Great Dane, Wrecks.



## Chris Shepherd



**Position Title:** Physician Center Clerk

**Personal Background:** Originally from Barnesville, Ohio, Chris joined LMH in 1995 and has resided in Licking County for 40 years. She works in Licking Memorial Internal Medicine where she is responsible for scanning documents into the electronic medical record system, payroll, document control, maintaining medical records and managing staffing needs. Chris graduated from Walnut Ridge High School in Columbus, resides in Newark with her husband, Paul, and has four children. She enjoys spending time with family, reading, shopping, attending sporting and other events for her seven grandchildren, and is a Red Cross blood donor.

## Courtney Wogan, MLS (ASCP)<sup>cm</sup>



**Position Title:** Microbiology Supervisor

**Personal Background:** As the Microbiology Supervisor at LMH, Courtney oversees the Microbiology Department in the Laboratory, staying up-to-date with new tests and technology in the fields of micro- and molecular biology. She joined LMH after graduating from The Ohio State University, with a Bachelor of Science in Medical Technology. In her free time, Courtney spends time with family, attends Vineyard Grace Fellowship, plays volleyball, reads, sews, and enjoys trying out ideas she finds on Pinterest. Courtney and her husband, Erik, reside in Newark with their sons, Isaak and Ethan, and are expecting a baby boy, Asher, in October 2015.

## Jane Tolliver



**Position Title:** Quality Manager of Cardiology

**Personal Background:** Jane was hired to work in the LMH Critical Care Unit in 1985 and became the Clinical Coordinator of Cardiology Services in 2009. Last year, she was promoted to Quality Manager in the Cardiology Department, where her duties include collecting data from all areas of the Cardiology Department, registry administration, and working as a STEMI and Chest Pain Coordinator. Jane graduated from Grant Hospital School of Nursing in 1978 and received her Bachelor of Science in Nursing from Ohio University in 2011. She has been married to her husband, Chris, for 35 years. The couple has one daughter, Sarah. Jane enjoys quilting, scrapbooking, traveling, and spending time with her husband, daughter and son-in-law.

## Nancy Wortman



**Position Title:** Sonography and Ultrasound Team Leader

**Personal Background:** Nancy joined LMH in 1986 and works in the Radiology Department as a Sonography and Ultrasound Team Leader, where she manages ultrasound operations at LMH, and Women's Imaging Services at LMH and the Pataskala Health Campus. Nancy graduated with her associate degree in allied science in radiography from Muskingum Area Technical College, now Zane State College. She is a lifelong resident of Licking County, and currently resides in Newark with her husband, Ray. They have two collies, Ruby and Claud, and a mixed breed, Blue. Nancy has three stepchildren, Natosha, Kristina and Jeremy. In her free time, she enjoys visiting family, reading, biking, painting and exploring new places.





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TRUVEN HEALTH ANALYTICS

**100 TOP HOSPITALS**

2014

# Community Events

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

## Summer Active•Fit Youth Wellness Events

Please see page 12 for details about these free events.

Active•Fit Field Day – Tuesday, July 28, from 3:00 to 5:00 p.m.

Active•Fit 1K Fun Run – Saturday, August 1, at 8:00 a.m.

## “For Your Health” 5K Run/Walk and 1-mile Fun Walk

Saturday, August 1

Registration opens 7:30 a.m.

5-K Run/Walk begins 8:30 a.m., 1-mile Fun Walk begins shortly thereafter. Registration fee required for runners and walkers with timing chips. Please see page 9 for more details.

## LMHS Family Movie Night Event

Saturday, September 12, begins at approximately 8:00 p.m.

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

The community is invited to a free outdoor showing of the Disney/Pixar animated family comedy, “Monsters University.” Please see page 7 for details.

## First Impressions – Maternal Child Classes

Childbirth Education Classes

Newborn Basics Class

Stork Tour

Breastfeeding Class

Friends and Family Infant CPR

Sibling Preparation Class

For more information or to register, call (740) 348-2527.

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

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road

Tuesday classes

Wednesday classes

9:00 to 11:00 a.m.

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

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

## Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.

No charge. Open to the public.

Shepherd Hill, 200 Messimer Drive, Newark

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