

Community Connection

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

See pages 14-21 for Quality Report Cards in this issue.

Vascular Health Access Increases with Addition of New Practice

Licking Memorial Health Systems (LMHS) recently added a new specialty physician practice to expand access to vascular health services within the community. Licking Memorial Vascular Surgery is part of Licking Memorial Health Professionals, a group of more than 100 healthcare physicians in 25 areas of specialty who are dedicated to improving the health of the community. Vascular surgeons Mark T. DeFrancisco, D.O., RVPI (cover, middle), and William H. Phillips, D.O., FACOS, RVPI (cover, left), joined the practice in February.

Licking Memorial Vascular Surgery shares office space and works collaboratively with Howard J. Reeves, D.O., FACOS (cover, right), of Surgical Interventions. Dr. Reeves is a member of the Licking Memorial Hospital (LMH) Active Medical Staff who has been caring for patients in the community for 21 years as a specialist in general surgery and vascular surgery.

“Dr. Reeves was instrumental in bringing Dr. DeFrancisco and Dr. Phillips to LMHS,” said Rob Montagnese, President and CEO of LMHS. “We are fortunate to now have three remarkable vascular surgeons in our community.”

“It is an honor to work with two surgeons whom I respect and trust,” Dr. Reeves said. “I have had a professional relationship with Dr. DeFrancisco and Dr. Phillips since 1990, so it seemed like a natural fit for us to work together and share our expertise among our practices.”

Dr. DeFrancisco received his Doctor of Osteopathic Medicine degree from Ohio University Heritage College of Osteopathic Medicine in Athens. He completed a general surgery residency

and vascular surgery fellowship at Doctors Hospital in Columbus. He is board certified in vascular surgery.

Dr. Phillips received his Doctor of Osteopathic Medicine degree from Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed a general surgery residency at Doctors Hospital in Columbus and a vascular surgery fellowship at South Point Hospital in Cleveland. He is board certified in vascular surgery.

Dr. DeFrancisco and Dr. Phillips each have 19 years of experience in vascular surgery. They completed their general surgery residency together and worked alongside each other as vascular surgeons later in their careers at Mount Carmel East in Columbus. Both physicians are able to treat all aspects of vascular disease; however, Dr. DeFrancisco is professionally interested in abdominal aortic aneurysms, while Dr. Phillips has a specialized interest in the treatment of lower extremity peripheral arterial disease.

Vascular disease includes any condition that affects the circulatory system, primarily diseases of the arteries and veins. A vascular surgeon is a specialist trained to diagnose and treat these disorders, excluding the intracranial and coronary arteries. They also can perform wound care of the lower extremities, such as leg and foot sores. Some of the services offered at Licking Memorial Vascular Surgery include:

- Abdominal aortic aneurysm repair
- Peripheral arterial disease
- Claudication
- Visceral Aneurysm
- Carotid or subclavian stenosis
- Temporal arteritis

- Popliteal aneurysm
- Amputation (lower extremities)
- Deep vein thrombosis
- Venous insufficiency
- Dialysis access

As a specialty, vascular surgery utilizes minimally invasive techniques and open surgical intervention, depending on the patient’s medical condition. Surgeries are performed at LMH; however, patients would visit the Licking Memorial Vascular Surgery office located at 1371 West Main Street in Newark for consultation and post-operative follow-up.

“I am excited about the opportunity to work in a community-based health system again,” Dr. DeFrancisco said. “The presence of Licking Memorial Vascular Surgery improves accessibility to the community and increases awareness for vascular disease and vascular health.”

Vascular surgeons also care for patients who do not require surgery. Many vascular problems can be treated with medication, exercise, and lifestyle modifications. Vascular surgeons ensure that patients with vascular health conditions know and understand all of their options. Working collaboratively with primary care physicians, specialists and the LMH Vascular Laboratory allows Dr. DeFrancisco and Dr. Phillips to identify patients with vascular disease. Early detection of chronic vascular conditions is key to providing preventative measures such as lifestyle modification, education and medical management through a long-term relationship with a vascular surgeon.

“I am proud that our practice is here to serve the community,” Dr. Phillips said. “The technological advancements of the Hospital combined with the support and equipment that is present allows us to provide the highest quality care. I am excited to be a part of LMHS.”

Together, Dr. Reeves, Dr. DeFrancisco and Dr. Phillips provide 24-hour coverage for vascular surgical procedures at LMH. Appointments at Licking Memorial Vascular Surgery can be scheduled by calling (220) 564-1965.

LMHS to Offer Annual Sports Screenings in May

Licking Memorial Health Systems (LMHS) is continuing its commitment to youth wellness by hosting the annual Sports Screening Program in May. Now in its 15th year, the program offers comprehensive screenings at no cost to help ensure Licking County youth entering grades 7 through 12 who are involved in sports, marching band and C-TEC’s Criminal Justice, Fire and Physical Therapy programs are able to safely participate in physically-challenging activities. The LMHS Sports Screening Program consists of three major components: Heart to Play electrocardiograms (EKGs) and echocardiograms, ImpACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion testing, and state-required pre-participation physical examinations.

EKGs and echocardiograms, which are provided to students entering grades 7, 9 and 11, can identify heart conditions that place an athlete at risk for a sudden cardiac death even when there are no symptoms. The painless EKG displays the heart’s electrical impulses, and the echocardiogram screens the functioning of the heart’s valves and muscles. Since the Heart to Play screenings began in 2008, serious cardiac abnormalities have been detected and treated in 35 students who previously were unaware of their conditions.

ImpACT testing is offered to students entering grades 7, 9 and 11 who participate in a contact sport and do not have testing available at their school. The computerized evaluation establishes a baseline of the brain’s cognitive functions, such as memory, attention span and reaction time. If a concussion is suspected, the ImpACT test is re-administered within 72 hours of the injury after a primary care or emergency room physician has evaluated the athlete. When compared to the baseline test, the difference in the scores helps physicians determine the amount of rest and frequency of examinations that will be needed before the student is able to return to competition or activity.

LMHS medical personnel also complete pre-participation physical examinations, which the Ohio High School Athletic Association (OHSAA) requires annually. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the primary care physician’s office to have it signed. In such cases, eligible students may participate in the heart or concussion screenings without receiving a pre-participation physical exam.

“The health of Licking County youth remains one of our top priorities. The Sports Screenings Program enables us to encourage area students to be physically active and ensure they are as safe as possible,” LMHS President & CEO Rob Montagnese said. “It is our pleasure to offer this annual program that combines heart and baseline concussion screenings with state-required physical examinations at no cost to participants in one convenient appointment.”

Nine screening dates are available from May 4 to May 28 at two locations. The first two dates will be held at the Pataskala Health Campus, and the remainder of the program will take place at Licking Memorial Pediatrics on Tamarack Road in Newark.

Students who complete the LMHS Sports Screening Program will receive a \$10 gift card to a local restaurant. The gift card will be presented at the checkout station on the night of

the program after a staff member verifies all necessary forms have been completed.

Due to a limit of 80 participants each night of the program, advance registration is required and may be completed online at www.LMHealth.org/SportsScreenings beginning April 1. After registering, a packet of forms will be available to print out from the website. Additionally, any student who requires a sports physical must bring a completed pre-participation evaluation form, which can be the 6-page paper form or a PrivIT Profile from the OHSAA website (www.ohsaa.org), or an equivalent school form. A parent/custodial guardian must be present at the LMHS Sports Screening Program and have all necessary completed forms available at check-in to ensure their student can participate on their scheduled night.

It is important to note that LMHS sports screenings are not complete physical exams, which are best performed annually at a primary care physician’s office and can take the place of a pre-participation screening. Since individual physician practices are not directly involved with the program, please refrain from contacting their offices for information regarding the sports screenings. Please email sportsphysicals@LMHealth.org for more information or with any questions you may have about the LMHS Sports Screening Program.



Denison University Students Begin LMHS Health Coach Program

Denison University students interested in a healthcare career recently joined the Licking Memorial Health Systems (LMHS) Health Coach program. Upon completion of the appropriate course work and lecture series at Denison, students participated in an orientation at Licking Memorial Hospital (LMH) to learn about safety practices, ethics, patient rights, infection prevention and other topics relating to LMHS protocols. They also practiced various skills to prepare for tasks and duties to be performed during the program. The Health Coaches, who serve under the supervision of healthcare professionals from LMH Community Case Management Department, will provide care for patients in the Licking County community with chronic, non-acute issues as defined by the Community Case Management team.

Over the course of the semester, students will be assigned one or more patients based on availability and complexity and serve as an extension of the registered nurse case managers. Through visits to patients' homes, the Health Coaches will provide care, support healthy lifestyle choices, help manage medication and chronic conditions, regularly check blood pressure, monitor glucose levels, and assess living conditions in the home as appropriate. The initial sessions will be directly supervised by one of the Community Case Management health professionals. Once the student becomes sufficiently comfortable with patient interaction and receives approval from the supervising Community Case

Management health professional, they will continue the visit schedule independently, while receiving weekly support and direct supervision from the Community Case Management team.

In weekly patient case reports, each student will continue to work with the supervisors and Community Case Management team to develop strategies that will help patients develop effective self-management skills. Through this practicum, students will learn to identify potential resources, assist with care coordination, understand chronic disease management challenges, refine patient interaction skills, and learn standard healthcare documentation and communication protocols. Along with teaching new skills, the Health Coach program's goal is to provide a quality experience for students. "The program provides professional healthcare experience working alongside clinical experts and aims to help students navigate a healthcare environment," said Debbie Young, Vice President Allied Health Services, and Community Health & Wellness. "With help from our Community Case Management staff, we wanted to provide an active education as they will be performing and learning new skills in preparation for a potential clinical career choice."

Community Case Management assists patients with their health care by coordinating, monitoring and planning services which may be necessary for their needs. These services include home visits, diabetes self-management

classes, disease management, nutrition counseling and more. This service is provided by LMH to both the patient and the family. Community Case Management aims to provide personalized support, resources and tools to improve the health of the community.



A Better Way to Detect and Diagnose Prostate Cancer

Licking Memorial Hospital (LMH) is using a new procedure to detect and diagnose prostate cancer. The MRI Fusion Prostate Biopsy is an improved method for prostate cancer detection, diagnosis and monitoring. The semi-robotic 3D magnetic resonance imaging (MRI) and ultrasound fusion targeted biopsy combines advances in prostate imaging with traditional, Transrectal Ultrasound (TRUS) Guided Prostate Biopsy for a targeted, more accurate biopsy of the prostate.

Prostate cancer is one of the most common cancers among men. The standard methods for detecting prostate cancer have not changed much in the last 30 years. A digital rectal exam is not very effective because the finger cannot reach the entire prostate, so some cancer could be missed. The prostate specific antigen (PSA) blood test, which detects elevated levels of proteins in the blood, has been a companion to the rectal exam. An elevated PSA level could indicate the presence of prostate cancer.

During a TRUS prostate biopsy, between 12 and 24 needles are inserted into the prostate, guided visually by ultrasound. The ultrasound helps to properly place the needles, but it cannot distinguish between healthy tissue and cancerous

tissue, which makes it difficult to get an accurate sampling. Dangerous tumors may be missed while less harmful ones are detected. This can lead to misdiagnosis and unnecessary treatment.

An MRI can reveal details in soft tissue, such as the prostate, more efficiently than an ultrasound. Therefore, it provides a more accurate finding of suspicious areas on the prostate to determine if a biopsy is needed. Because the confines of an MRI machine are not ideal for performing a needle biopsy, a fusion of MRI and ultrasound is beneficial.

A patient who already has undergone a TRUS Guided Prostate Biopsy with a negative result and continues to have a high PSA level is eligible for the MRI Fusion Prostate Biopsy. The patient will have an MRI of the prostate to detect suspicious areas. A radiologist then will mark those areas on the MRI using specialized software in a process known as "mapping." A 3D model of the mapping is then exported to be used on LMH's ARTEMIS Fusion Biopsy System during the day of the surgery.

The MRI Fusion Prostate Biopsy is performed at LMH. Monitored "twilight" anesthesia care, similar to what is used during a colonoscopy, is required for a

quality biopsy. The urologist uses ultrasound imaging to acquire more images of the prostate. Those images then are fused with the MRI mapping to create a model of the prostate. The urologist uses a semi-robotic arm to navigate the ultrasound probe and biopsy instrument to target the suspicious locations on the map created by the radiologist. Multiple samples are taken for further examination.

Patients should expect to spend three to four hours at LMH on the day of their appointment. Arriving one hour prior to the procedure is required. The biopsy itself takes approximately 30 minutes to complete. The patient will be monitored in recovery by the nursing staff for about an hour before being discharged. Typically, patients are able to return to work the next day. Most patients will experience blood in their urine for a few days, but it is not unusual for it to last several weeks following the biopsy. Blood also may be present in a bowel movement, which can be resolved with water consumption and rest. Patients also can expect to see blood in their semen for four to six weeks following the biopsy. Patients who become unable to urinate or develop a fever of 100 degrees after the biopsy should call their physician immediately.

Honoring Your Parents

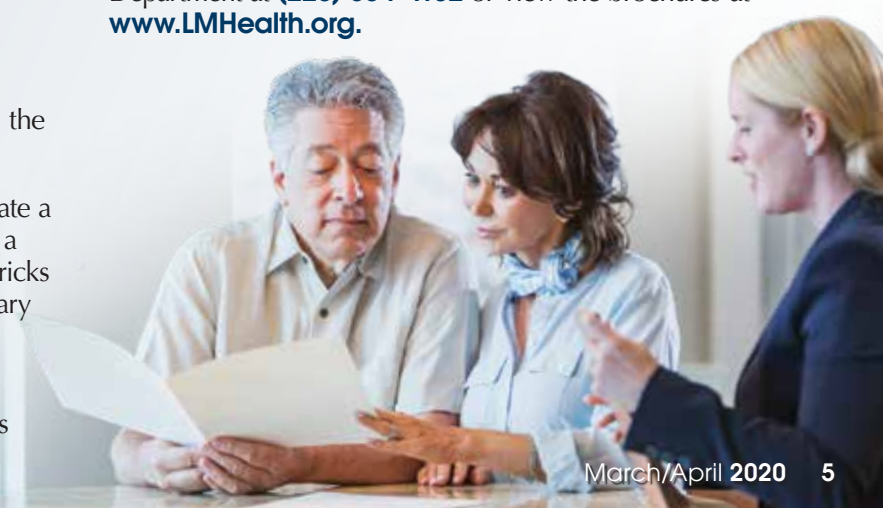
Pay special tribute to your parents on Mother's Day and Father's Day through a gift to Licking Memorial Health Foundation. With an Honorary or Memorial Gift of any amount, you will receive:

- A receipt of your contribution
- A letter of acknowledgment to the honoree
- Your gift listed in the Honorary and Memorial book in the Main Lobby of Licking Memorial Hospital (LMH)

The Paving Our Future program offers a unique way to create a lasting recognition of your parents through the purchase of a commemorative brick. The distinctive and elegant beige bricks are located at LMH in the front circle, and the John and Mary Alford Pavilion, Cardiac and employee entrance walkways.

Your generous gift, which is tax-deductible to the extent allowed by law, will help LMH maintain the high standards

of medical treatment and care essential to the well-being of our community. For more information, contact the Development Department at (220) 564-4102 or view the brochures at www.LMHealth.org.



Red Dress Event Encourages Women to Exercise at Any Age

Licking Memorial Health Systems (LMHS) presented The Heart Truth: A Red Dress Event on February 6 for nearly 300 guests at the Bryn Du Field House in Granville. The annual Red Dress Event encourages women to make heart-healthy lifestyle changes in cooperation with the American Heart Association's (AHA) Go Red for Women Day, which was celebrated nationally on February 7. The red dress has become a national symbol to increase awareness that heart disease is the number one cause of death for women. "Heart disease affects people of all ages, and LMHS is blessed to have an exceptional team of cardiologists and a successful interventional cardiology program," said Rob Montagnese, LMHS President & CEO.

The featured speaker, Karen Smith-Silone, D.O., of Licking Memorial Gynecology, discussed how a lifetime of exercise provides a lifetime of benefits. Sedentary lifestyles double the risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, depression and anxiety. "There are numerous benefits that physical activity provides, including a decreased risk of premature death" said Dr. Smith-Silone. "Adults should be getting 150 minutes of moderate to high-intensity exercise each week. Simply moving more can reduce their risk of heart attack and stroke, decrease blood pressure, and increase good cholesterol levels and cognitive function."

Dr. Smith-Silone discussed appropriate exercises for different age groups. Because women begin to experience bone loss in their 30s, performing muscle strengthening exercises at least twice a week can help keep bones strong. Adults in their 60s and 70s can increase their aerobic activity by walking more, and those who are 80 years and older should focus on balance and social engagement to increase cognitive function.

Only 56 percent of women in the United States recognize that heart disease is their number one cause of death. LMHS continues to increase awareness about heart disease among the community with events such as Red Dress. "We are pleased that so many guests attend the Red Dress event each year to learn about heart health together," Rob said.

LMHS Culinary Services staff provided heart-healthy appetizers for the guests, including recipes for all of the items offered. Free blood pressure testing and hand massages also were offered to guests. Each attendee received an exercise sling bag and a Red Dress lapel pin to wear on Go Red for Women Day.



New Initiatives and New Award Presented at Corporate Breakfast

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese outlined the organization's growth in 2019, discussed initiatives for 2020, and presented a new award during the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in February. Initiatives completed in 2019 focused on providing improved patient care and included the installation of a new call light system. The upgraded communication system enables staff to tend to patient needs quickly and efficiently by offering patients individualized buttons for precise needs such as water, pain relief and restroom assistance.

In 2019, the expansion of the Licking Memorial Medical Campus at 1717 West Main Street also was completed. The addition is home to Rehabilitative Services, Gastroenterology and Dermatology offices, and a Wellness Center. At LMH, inpatient rooms on the Sixth Floor were constructed and equipped with new technologies for patient comfort, including beds that feature a warning system to assist in fall prevention and pressure injury reduction.

The LMH Laboratory also was renovated and upgraded with an automated track system to help streamline the work of the employees and advanced instruments that provide fast, accurate results. In order to diagnose a possible heart attack more efficiently, LMH became the first hospital in Ohio to start high-sensitivity troponin testing. Found in the muscles of the heart, troponin is a type of protein that is released into the bloodstream when heart muscles become damaged.

The LMH Cardiology Department began using EKOS™ Therapy – a two-part process that allows a trained physician to use a catheter to administer a clot-dissolving medicine called a thrombolytic directly into the pulmonary artery. In addition, the patient care team began using Enhanced Recovery After Surgery (ERAS) guidelines to help achieve the best possible outcome from surgery.

Other projects for 2019 included installing electric car chargers in two different parking lots at LMH, and renovations to the registration areas and patient rooms in the LMH Emergency Department and at LMH – Tamarack.

A variety of LMH fun facts that Rob shared included:

- 1,928 candlelit dinners to maternity patients and their guests
- 1,475,194 pounds of laundry processed
- 1,850 pounds of produce grown in the LMH garden & greenhouse
- 15,937 courtesy shuttle passengers (average 61 per day)
- 99,389 courier miles traveled – equivalent of nearly 103 trips from Newark to Disney World

Looking ahead in 2020, LMHS will begin implementation of a new unified electronic medical record from Epic Systems that provides one platform to store all patient records and results in an improved continuum of care. The new software allows for health information access and exchange throughout LMHS

and in a nationwide network. Additionally, LMHS is offering a new MRI prostate biopsy, providing vaping education for area schools, and participating in a community-wide homelessness project.

Rob presented The Robert H. McGaughy Honorary Ambassador Award to the inaugural recipient, community leader and former LMHS Board Member Jack Crookford. Jack has served on the Licking Memorial Development Council since 1987 and has demonstrated a high level of commitment to LMHS. Through his actions, Jack has displayed exceptional service and loyalty to the organization.

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



Jack Crookford (middle left) received the inaugural Robert H. McGaughy Honorary Ambassador Award from LMHS President & CEO Rob Montagnese (left), Robert McGaughy (middle right) and Vice President Development & Public Relations Veronica Patton (right).

Colon Cancer Awareness Month

March is Colorectal Cancer Awareness Month. In 2020, it is estimated that there will be 104,610 new cases of colon cancer and 43,340 new cases of rectal cancer. Licking Memorial Health Systems (LMHS) continues to spread awareness to the community about colorectal cancer by providing information and resources on cancer screenings and colon health.

In October, LMHS received the 2019 Service Award for Colorectal Cancer Outreach, Prevention, and Year-Round Excellence (SCOPY) Healthy Living Award. The SCOPY Awards are presented by The American College of Gastroenterology (ACG) and recognize the achievements of ACG members in their community engagement, education and awareness efforts for colorectal cancer prevention. LMHS received the Healthy Living SCOPY award for its campaign to increase colon cancer awareness to the community through a dedicated website, www.LMHSColonHealth.org, multimedia efforts to promote screenings and community outreach events.

Colorectal cancer (cancer of the colon or rectum) is the third most common cancer in the United States and the second leading cause of death from cancers in both men and women. The overall risk of developing colorectal cancer is 1 in 23 for men and 1 in 25 for women. Most types of colorectal cancer start as non-cancerous polyps on the inner lining of the colon or rectum and over time can develop into cancer. Regular screenings are important to detect and remove pre-cancerous polyps, which often are without symptoms.

In addition to regular screenings as a preventative measure, simple lifestyle changes, such as healthier eating and increased activity, may help decrease the risk of colorectal cancer. The

American Cancer Society reports that diet, weight and exercise are strongly linked to the risks and prevention of the disease. Studies show that people who follow a vegetarian diet are less likely to develop colorectal cancer. Eating plant-based foods such as vegetables, fruits, legumes, and whole grains helps to maintain a healthy weight and can aid in weight loss. Plant-based foods contain phytochemicals, naturally occurring compounds that can act like antioxidants, preventing damage to normal, healthy cells. A diet that is high in fiber also is beneficial for colon health. Eating fiber-rich foods such as raspberries, pears, apples, bananas, oranges, cooked artichoke, peas, broccoli, corn, whole grains and legumes promotes regularity and prevents constipation.

Red meat, such as beef, pork or lamb, and processed meats have been linked to colorectal cancer. Red meats should be limited to 18 ounces per week, and processed meats such as hot dogs, ham, bacon, and sausages should be avoided if possible. Heavy alcohol consumption and smoking also are contributing risk factors for colon cancer.

Being overweight or obese increases the risk for colorectal cancer in men and women. Research shows that regular exercise may reduce the risk of colorectal cancer by improving immune function, reducing inflammation, and moving food more rapidly through the colon. The U.S. Department of Health and Human Services recommends that adults get 150 minutes of moderate-intensity exercise each week. Activities can include walking, running, jogging, swimming, biking and dancing.

The risk of colorectal cancer also increases with age. It is recommended to get regular screenings starting at age 50. Individuals who have a family history of colorectal cancer or certain

risk factors such as inflammatory bowel disease should start screening earlier and more often. There often are no signs or symptoms of colorectal cancer which is why regular screenings are so important. Symptoms of colorectal cancer can include:

- A persistent change in bowel movements, including diarrhea, constipation, or a change in the consistency of the stool
- Rectal bleeding or blood in the stool
- Persistent abdominal discomfort such as cramps, gas, or pain, feeling full, bloated or that the bowel does not empty completely
- Weakness or fatigue
- Unexplained weight loss, nausea or vomiting

Many of these symptoms also can be associated with other health problems. Only a physician can determine whether they are related to colorectal cancer. Individuals who notice lasting symptoms should contact their provider right away.

LMHS is holding events throughout the month of March to increase awareness of colorectal cancer and the importance of preventative screenings. Employees participated in Wear Blue Day for Colon Cancer Awareness on March 6. In addition, the LMH Café will feature high-fiber specials for one week during the month.

When discovered early, colorectal cancer is highly treatable and one of the most curable cancers. Most colorectal cancers can be treated with surgery followed by chemotherapy to decrease the risk of recurrence. There are a number of ways to get screened for colorectal cancer, but ongoing colonoscopy surveillance is key to early detection and pre-cancerous polyp removal. Visit LMHSColonHealth.org to learn more about colorectal cancer prevention.

Contact your physician for a colon cancer screening.

DON'T DELAY!

For more resources, visit LMHSColonHealth.org or call (220) 564-2950.

Behind the Scenes – LMH Police

Hundreds of people enter Licking Memorial Hospital (LMH) every day, including employees, patients receiving medical care and visitors. For the health and wellbeing of all, safety is a top priority. To ensure quick response to any situation that might arise, LMH employs an independent police force. The LMH Police are tasked with similar primary duties of any police officer – to protect people and property within LMH and the buildings nearest to LMH that are staffed by employees of Licking Memorial Health Systems (LMHS).

Currently there are 11 officers within the LMH Police Department, nine full-time and two part-time staff members. While on duty, the officers often walk the hallways of LMH and offer assistance where needed. The officers also patrol the parking lots and other LMHS buildings. Additionally, LMH officers assist outside law enforcement agencies.

Each member of the Department is required to graduate from the Ohio Peace Officer's Training Academy before receiving certification as a police officer. "In addition to standard police training, we require our team members to be proficient in crisis intervention," Vice President Safety and Security and Human Resources Holly Slaughter said. "We understand tensions can run high during medical emergencies, and we want the officers to be prepared to be a mediator for those under stress."

LMH officers are approachable and possess the ability to deescalate situations when needed. Several of the team members have over 25 years or more of law enforcement experience.

In order to maintain a safe environment, the officers work to establish good rapport with LMH staff. Staff members

know they can call on the officers and receive a quick resolution.

"Our police officers are unique. In addition to their primary duty to serve and protect, they often provide guidance and support to employees and visitors during some of their most challenging times. They are a trusted resource," said Holly.

In addition to his police duties at LMH, Director of Police James Farmer offers employees active shooter training known as ALICE training – which stands for alert, lockdown, inform, counter, evacuate. The techniques taught empower employees to make good survival decisions should an attack occur. He has offered verbal judo classes to employees in the past as well. These training classes provide LMHS employees with skills and education to proactively manage situations.

Licking County Residents Honor LMHS Physicians for National Doctors' Day

National Doctors' Day is celebrated to recognize the contributions of physicians to individual lives and communities. Licking Memorial Health Systems (LMHS) celebrates the Active Medical Staff for their dedicated service and ongoing support of the LMHS mission to improve the health of the community. LMHS also encourages patients and community members to honor and recognize the physicians for their dedication by donating to Licking Memorial Health Foundation (LMHF) in their physician's honor. Physicians who are recognized through a donation receive an acknowledgement of the gift on the donor's behalf.

Doug and Debbie Kullman have lived in Licking County for over 40 years, and have been patients at Licking Memorial Family Practice – Granville since 1976. Currently, Kevin T. Graham, M.D., is their primary care physician.

"Dr. Graham is very friendly and outgoing," said Doug. "During your appointment, he takes time to talk with you, and he asks follow-up questions. He makes eye contact and carries on a conversation with you before he starts typing on his computer. We also have mutual friends in Granville."

Doug met Fikadu G. Tekleyes, M.D., of Licking Memorial Cardiology, during a visit to the Licking Memorial Hospital (LMH) Emergency Department when he experienced chest pain. "Dr. Tekleyes was the doctor on call the night I was there," Doug said. "He was wonderful. He's been my cardiologist ever since, and I have recommended him to several friends."

Doug and Debbie are subscribers to *Community Connection*, LMHS's bi-monthly magazine. They learned about donating to LMHF in their physician's honor through the publication four years ago. "We wanted to recognize our doctor and the Hospital at the same time," said Doug. "We felt that making donations to LMHF in honor of

Dr. Graham and Dr. Tekleyes was the perfect opportunity. We plan to donate again this year."

Debbie and Doug are big supporters of their community. Doug served on the United Way of Licking County Board for six years, and he currently serves as Financial Secretary at Second Presbyterian Church in Newark. Doug and Debbie have been coordinators for the Food Pantry of Licking County since 2006. They feel that donating to LMHF to honor their physicians is one more way they can support their community.

Phillip and Marcia White grew up in Johnstown and have lived in their Johnstown home for 20 years. Dr. Graham has been their family physician since 2011. The Whites like Dr. Graham for his gentle bedside manner and caring attitude. "He is one of the most caring doctors I have ever met," said Marcia. "You don't feel rushed when you are in the exam room. He takes the time to answer your questions and talk to you."

"I never went to a doctor before I married Marcia," Phillip said. "Dr. Graham is very personable, and I feel I can talk to him like a friend."

Marcia and Phillip learned about the opportunity to make a donation in honor of their physician when they attended an LMHS Corporate Breakfast.

"We decided to give because we wanted Dr. Graham to know we appreciate having him as our doctor and wanted the Hospital to know how much he is appreciated," said Marcia.

Dr. Graham received his Doctor of Medicine degree at University of Cincinnati College of Medicine in Cincinnati. He completed a family

medicine residency at Banner Good Samaritan Medical Center in Phoenix, Arizona. He is board certified in family medicine.

Dr. Tekleyes received his Doctor of Medicine degree at Addis Ababa University in Addis Ababa, Ethiopia. He completed an internship at Addis Ababa University and a residency in internal medicine at Marshall University Joan C. Edwards School of Medicine in Huntington, West Virginia. He also completed a cardiovascular imaging and research fellowship at Piedmont Heart Institute in Atlanta, Georgia, as well as a cardiovascular fellowship at Marshall University Joan C. Edwards School of Medicine. Dr. Tekleyes is board certified in internal medicine, cardiovascular disease and cardiovascular computed tomography.

The LMH Active Medical Staff includes approximately 171 physicians and 48 consulting physicians who provide their expertise and care to the community. The Licking Memorial Health Professionals (LMHP) is a group of 114 physicians in 45 various practices. Physician offices are located throughout Licking County, including Granville, Hanover, Heath, Hebron, Johnstown, Newark and Pataskala. Contributions to LMHF continue to benefit physicians, guests, and LMHS as a whole with technological advances for the Hospital. To make a donation honoring a physician, please contact the LMH Development Office at (220) 564-4102.

National Doctors' Day – March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will benefit technological advances at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (220) 564-4102.

Your gift to Licking Memorial Health Foundation is a special way to honor your physician. An acknowledgment of your gift will be sent to the physician on your behalf.

Name

Address

City

State

Zip

Phone number

Enclosed is my gift of

In honor of

Comments

Please send notification of this gift to:

Name

Address

City

State

Zip

Please make checks payable and mail this form to **Licking Memorial Health Foundation**, 1320 West Main Street, Newark, Ohio 43055-9931. Credit/debit card gifts are accepted by phone at (220) 564-4102. (Gifts are tax-deductible to the extent allowed by law.)

Walk with a Doc

Joseph E. Fondriest, M.D. (top), of Licking Memorial Radiology, led the January Walk with a Doc event at the Licking County Family YMCA – Western Branch. Dr. Fondriest discussed early diagnosis of breast cancer during a 40-minute walk on the indoor track. In February, Rachel M. Terlecky, D.O. (bottom), of Licking Memorial Emergency Medicine, provided heart health information while leading participants on the Buckeye Valley Family YMCA indoor track in Newark. Both physicians also answered questions regarding each topic.

The monthly Walk with a Doc events are an opportunity for community members to learn from a member of the Licking Memorial Hospital Active Medical Staff during a casual walk at scenic locations throughout Licking County. Details regarding upcoming dates, locations and featured physicians are available on the back page of [Community Connection](#).



Period 1 Active•Fit Winners

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

Nintendo Switch & fitness software

Rowen Batts, Etna Elementary
Binisha Kharel, Pataskala Elementary
Nia Johnson, Etna Elementary

Bicycle

Ethan Ellenwood, Pataskala Elementary
Bentley Lawless, Pataskala Elementary
Caleb Kienzle, Stevenson Elementary

iPod Touch & fitness software

Sophia Danner, Etna Elementary
Jack Downing, Etna Elementary
Gideon Harvey, Etna Elementary
Naomi Williamson, Pataskala Elementary

Athletic Shoes

Christopher Bush, Pataskala Elementary
Elizabeth Hooper, Pataskala Elementary

\$100 Dick's Sporting Goods Gift Card

Hadley Allbritain, Licking Valley
Alivia Bates, Pataskala Elementary
Wyatt Harvell, Etna Elementary
Cole Herb, Etna Elementary
Aubree Kohler, Pataskala Elementary
Paxtyn Louks, Pataskala Elementary
Evelyn Mahaffey, Etna Elementary
Georgia McDaniel, Licking Valley
Ishika Patel, Pataskala Elementary
Alexander Potter, Stevenson Elementary

\$50 Dick's Sporting Goods Gift Card

Ava-Elizabeth Kmitta, Pataskala Elementary
Demonic Ghiloni, Licking Valley
Lilly Thompson, Etna Elementary
Daniel Prokop, Granville Elementary
Ava Dilley, Pataskala Elementary
James Rainsberg, Etna Elementary
Josiah Klick, Licking Valley
David Klontz, Stevenson Elementary
Casey Wheeler, Etna Elementary
Owen Painter, Blessed Sacrament

Physician Spotlight

Marco M. De Santis, D.O., joined Licking Memorial Endocrinology in June 2019. Primarily, Dr. De Santis evaluates endocrine disorders, such as diabetes, thyroid, adrenal, pituitary and parathyroid disorders, as well as osteoporosis. He received his Doctor of Osteopathic Medicine degree from the Lake Erie College of Osteopathic Medicine in Bradenton, Florida. Dr. De Santis completed a residency in internal medicine and a fellowship in endocrinology at the McLaren Macomb Medical Center, in Mount Clemens, Michigan. He is board certified in internal medicine and endocrinology.

Dr. De Santis is a member of the American Association of Clinical Endocrinologists, American Osteopathic Association, American College of Osteopathic Internists and the International Society of Clinical Densitometry.



Ask a Doc – Diabetes Awareness with Marco M. De Santis, D.O.

Question: Might I have diabetes and not know it? What are the symptoms?

Answer: Diabetes is a group of diseases that result from excess sugar in the blood, also known as high blood glucose. Serious complications can arise from the condition, such as nerve, kidney or eye damage, and cardiovascular disease. Diabetes affects 30.3 million Americans, or about 9.4 percent of the U.S. population. Nearly one in four adults living with diabetes, or 7.2 million Americans, are unaware that they have the disease. In addition, 84.1 million Americans aged 18 years or older have prediabetes – blood glucose levels higher than normal, but not high enough to be diagnosed as diabetes.

Glucose is a source of energy for the cells that make up muscles and other tissues. It is absorbed into the bloodstream from foods that have been consumed. The liver also stores and makes glucose to keep the glucose level within a normal range. Insulin, a hormone made by the pancreas, assists in moving glucose from the blood into the cells to be used for energy. When the body does not make enough or does not use insulin well, glucose levels in the blood rise to unsafe levels.

There are several different types of diabetes. Type 1 diabetes can develop at any age, though it often appears

during childhood or adolescence. The immune system normally protects against harmful bacteria or viruses, but type 1 diabetes causes it to attack and destroy the cells in the pancreas that produce insulin. A person diagnosed with type 1 diabetes requires daily doses of insulin for survival. Though the exact cause of type 1 diabetes is unknown, it is believed to be caused by a combination of genetic susceptibility and environmental factors.

Type 2 diabetes is more prevalent and can develop at any age, though it is more common in people over the age of 45. Cells become resistant to insulin causing sugar to build up in the blood stream. It is believed that genetic and environmental factors also play a role in the development of type 2 diabetes. Risk factors for type 2 diabetes include being overweight, inactivity and high blood pressure.

Type 2 diabetes can be prevented by healthy lifestyle choices. Eating healthy foods lower in fat, sugar, simple carbohydrates or calories and high in fiber, being physically active for 30 minutes a day, and losing excess weight are natural ways to improve glucose tolerance. By increasing exercise, the body uses insulin more efficiently, for up to 70 hours after the exercise period has

occurred. Thus, exercising three to four times per week would be beneficial in most people. In people at risk for diabetes, weight loss can improve insulin sensitivity as well as delay, and possibly prevent, progression of the disease. Medication may be an option as well.

Diabetes symptoms vary depending on how elevated the blood sugar becomes. Some people, especially those with prediabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, symptoms tend to develop quickly and be more severe.

Some of the signs and symptoms of type 1 and type 2 diabetes are:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gum, skin, or vaginal infections

If you notice any possible symptoms, contact your primary care physician. The earlier diabetes is diagnosed, the sooner treatment can begin. A physician likely will order blood testing for a complete diagnosis.

Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Patient Story – Laura Lewis

was amazing. She knew about my past diagnosis and was apprehensive about how soon after a negative mammogram that I had found the lump,” Laura said. “She quickly scheduled me for tests and a biopsy.” Laura was diagnosed with triple-negative breast cancer in April 2019.

A diagnosis of triple-negative breast cancer means that the three most common types of receptors known to fuel most breast cancer growth – estrogen, progesterone and the hormone epidermal growth factor receptor 2 (HER2) protein – are not present in the cancer tumor. As a result, the tests for the three receptors is considered negative. It differs from other types of invasive breast cancer in that the cell growth is more aggressive. Hormonal and HER2-targeted therapies disrupt the effects of estrogen, progesterone and the HER2 protein on breast cancer, which can slow or even stop the growth of breast cancer cells.

Hormones do not fuel the growth of the cancer cells in triple-negative breast cancer, nor is there an excess of HER2 protein; therefore, there are fewer targeted medicines to treat triple-negative breast cancer. However, Laura was told chemotherapy would be beneficial. “I was referred to Aruna G. Gowda, M.D., of Licking Memorial Hematology/Oncology, for treatment. Dr. Gowda and the nurses were wonderful. They explained everything to me and made me feel so comfortable,” Laura said. Again, her physicians were encouraged that she had found the lump before the cancer had progressed too far to be treatable.

In September, Laura underwent another mastectomy surgery to remove the cancer cells. It was discovered that the cancer had not spread to her lymph nodes, and there was a very minimal amount of residual cancer cells in the removed tissue. Despite the positive outcome, the physicians felt it would be necessary for Laura to undergo radiation treatment and continue oral chemotherapy for a period of time.

“It is a long process, but I just keep looking forward to my return to good health so that I can ride my bike again and participate in Pelotonia,” Laura said.

Laura also enjoys traveling to various places several times a year. She had hoped for a quick getaway in May 2019 during a two-week break in her treatment plan. Unfortunately, her husband, Ed, began having breathing problems and had to have open heart surgery. “I have learned none of us are promised tomorrow, so live well every day,” Laura mused. She is grateful that both she and her husband continue to recover so that they can spend more time with their grown sons, Matthew and Michael. During Laura’s cancer battles, she found her faith, family and friends were vital to her recovery. “It is so important to have a support network. My friends and family helped me to laugh and stay positive, and my coworkers and leaders were very supportive,” she said. “My faith kept me going.”

Having battled cancer twice, Laura advocates for regular wellness check-ups and breast self-exams. While 3D mammography is an excellent tool to detect cancer, women should know their own body and try to detect when something is not right. Laura also feels that women with dense breasts should advocate for an ultrasound or MRI in addition to a mammogram. Dense breast tissue appears as a solid white area on a mammogram which makes it difficult to see through.

Early detection is the best defense against breast cancer. LMH has an accredited mammography suite within the Hospital. For your convenience, a mammography unit also is available at Licking Memorial Women’s Health, located at 15 Messimer Drive. The Hematology/Oncology Department at LMH has been continuously accredited by the American College of Surgeons’ Commission on Cancer since 2000. The Clinic also is a recipient of the Commission on Cancer’s Outstanding Achievement Award.



Laura Lewis, Senior Vice President of Human Resources and Marketing and Communication at Park National Bank (PNB), has battled cancer twice. She received surgery and cancer treatments for two different types of breast cancer, facing both situations with faith, perseverance and humor. For Laura, regular mammograms and self-examination were key to detecting the cancer at an early stage, which greatly increased the success of treatment.

Laura was born and raised in Licking County. She graduated from Newark Catholic High School and earned a degree from The Ohio State University. A PNB customer since she was a child, Laura joined the Bank after college as a management associate. She has worked for the Bank ever since. Along with her family, her friends and coworkers have been a much-needed support system during the cancer treatments.

As recommended, when Laura turned 40, she began receiving yearly mammograms at Licking Memorial Hospital (LMH). In 2006, she was told the 3D technology had detected an anomaly. The small lesion was diagnosed as the very earliest stage of breast cancer, also known as Ductal Carcinoma in Situ (DCIS). The physicians recommended a mastectomy to make sure the cancer was completely removed. Laura underwent surgery at a hospital in Columbus, and visited a specialist there for several years to continue monitoring for a recurrence.

After years of care in Columbus, Laura discussed with her primary physician, Tayla R. Greathouse, M.D., of Licking Memorial Family Practice – West Main, about having her continued follow-up care at LMH. Several months after her yearly mammogram at LMH, Laura found a lump while performing a self-exam. She immediately contacted Dr. Greathouse about her concerns. “Dr. Greathouse

Cancer Care – How do we compare?

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

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Percentage of cancers correctly identified by the mammogram	96.9%	89.5%	93.4%	78% ⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	98.6%	98.6%	98.5%	90% ⁽²⁾

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	5.4	5.3	5	2 to 10 ⁽³⁾

3. Wait time is defined as the number of days between the completion of the first procedure and the second scheduled procedure. The amount of time between testing and procedure is significant to enabling physicians to more quickly identify and diagnose breast cancer and begin patient treatment.

	LMH 2016	LMH 2017	LMH 2018	National ⁽⁵⁾
Wait times:				
Screening to diagnostic mammogram	5.6 days	5.5 days	5.2 days	6.24 days
Diagnostic mammogram to needle/core biopsy	7.2 days	6.6 days	6.7 days	6 days
Biopsy to initial breast cancer surgery	10 days	13 days	9 days	22 days

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Cancer Registry patients with annual follow-up	93%	92%	91%	greater than 80%

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	9%	7%	7%	greater than 2%

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

	LMHP 2016	LMHP 2017	LMHP 2018	LMHP Goal
LMHP active patient population that received screening tests for:				
Cervical cancer (female patients, age 21 to 65)	77%	74%	73%	75%
Breast cancer (female patients, age 50 to 75)	LMHP 2016 81%	LMHP 2017 81%	LMHP 2018 80%	National ⁽⁴⁾ 69%
Colorectal cancer (all patients, age 50-75)	LMHP 2016 66%	LMHP 2017 67%	LMHP 2018 69%	National ⁽⁴⁾ 66%

Data Footnotes:

- (1) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005.
- (2) Bassett LW, Hendrick RE, Bassford TI, et al, Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994.
- (3) D’Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 5th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: *Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas*, Reston, VA, American College of Radiology, 2013.
- (4) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality Report,” 2017 Screening Rates.
- (5) National Quality Measures for Breast Centers (NQMBC) www.nqmbc.org database.

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



Health Tips – Nutrition Tips for Chemotherapy

Chemotherapy can cause numerous side effects that may further decrease overall health, including nausea, vomiting, diarrhea, constipation, dry mouth, mouth pain, poor appetite, early fullness, taste changes and fatigue. Complying with the following health tips during chemotherapy treatment can help to alleviate symptoms and manage stress:

- Consume six to eight small healthy meals and snacks throughout the day with foods that are easy to prepare and eat.
- If meats are not tasteful, try consuming chopped or ground meats mixed with a healthy sauce or casserole. Tastes may change during chemotherapy, and flavors can be adjusted depending on preference.
- Fruits and juices are easy to consume and may increase taste for other foods.
- Allow friends and family to shop and prepare food based on preference.
- Eat a larger breakfast to maintain energy.
- Consume foods with mild flavor to decrease nausea or vomiting triggers from high-flavor foods.
- Consume cooler foods, as warm or hot foods can increase aromas that cause nausea or vomiting. Cool foods also can help to soothe mouth sores caused by chemotherapy.
- It is important to consume proteins and carbohydrates for energy and to aid the healing process.
- Eat whole wheat bread, oats, brown rice, or other whole grains and cereals, which contain nutrients such as complex carbohydrates, vitamins, minerals, and fiber, that provide energy and help to relieve constipation from chemotherapy treatment.

The oncologist providing chemotherapy or a dietitian can provide further food and nutrient recommendations based on the intensity of treatment and symptoms.

Emotions and Cancer Recovery

The cancer recovery process can be stressful on the mind and body. Cancer treatments require patients to take time away from work, family, household tasks or other important activities, thus creating more stress. Patients may have depression or anxiety concerning cancer recurrence or length of recovery. The effect that cancer treatment can have on a person’s body also may create negative self-perception. All of these negative emotions can affect the recovery process by potentially increasing the severity of symptoms, such as nausea and vomiting. Patients who receive cancer treatment at Licking Memorial Hospital (LMH) receive tests that gauge their stress-levels and assistance from clinical staff to manage a high stress level.

Cancer patients at LMH are provided a distress screening at their initial chemotherapy infusion or during their education for their oral chemotherapy agents, and then given another screening at the last treatment.

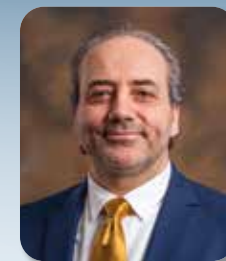
Distress screenings are used to monitor a patient’s emotions and struggles during treatment. On average, patients tend to have a higher stress level during the distress screening at their first treatment than at their final treatment. Knowing these stress levels may help the patient discover effective coping methods to manage their emotions during treatment, including:

- Social support – discuss emotions with friends, family, or the cancer care team. Expressing emotions and talking to an effective listener can help the patient to feel less burdened and provide relief of emotions.
- Exercise and proper diet – recommended exercise and dietary changes can help to relieve stress and maintain strength throughout treatments.
- Self-encouragement to boost positive emotions and confidence.
- Consider meditation, prayer or spiritual reflections.

- Engage in activities that bring joy, including reading, watching a favorite show or movie, creating art or other enjoyable activities.
- Seek help from a professional counselor for relief from negative emotions. Medication can be administered to help decrease negative emotions or mood swings that may be a side effect from the cancer treatment.

It is important to note that feeling negative emotions during cancer treatment is normal for patients. Discussing emotions with the oncologist providing care can help to determine a course of action for treating negative emotions. Assistance may be based on whether the negative emotions are side effects from cancer treatment or due to the stress of treatment. The oncologist works alongside the patient to provide the best, most appropriate treatment to reduce stress and negative emotions during a difficult time of life.

New Appointments



Bashar Alawad, M.D.,
joined Licking Memorial
Hospitalists.



Mark T. DeFrancisco, D.O.,
joined Licking Memorial
Vascular Surgery.



DeRen Huang, M.D.,
joined Licking Memorial
Neurology.



John M. Mitchell, M.D.,
joined Licking Memorial
Surgical Services.



Ariane S. Neyou, M.D.,
joined Licking Memorial
Heart Center.



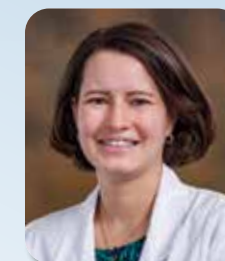
Colleen M. Pema, D.O.,
of Hospice of Central Ohio,
joined the LMH Medical Staff.



William H. Phillips, D.O.,
joined Licking Memorial
Vascular Surgery.



Briana A. Schuelke,
APRN-CNP,
of Hospice of Central Ohio,
joined the LMH Medical Staff.



Leah C. Thornton, M.D.,
joined Licking Memorial
Anesthesiology.



Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Hannah Pellett

Just a few years later, Tom, also a nurse, accepted a position at Licking Memorial Hospital (LMH). The couple now was expecting their second child. They heard about the Baby Expo at LMH, an event presented by the LMH Development Council featuring Maternal Child staff and area businesses, offering an opportunity for attendees to learn more about local baby/maternity products and services. At the event, which is now known as Preparing for Baby – a Resource Fair, Tom and Hannah had the opportunity to tour the Maternity area on the LMH Third Floor. The couple viewed the technology used during the birthing process including a wireless monitor that allows the mother to move around the room and up and down the hallways, and the specially-designed, fully adjustable beds that allow multiple positions for maximum comfort during and after delivery. The bed includes a bar that facilitates a squatting position.

In addition to the tour, Hannah discovered that LMH has certified nurse midwives on staff. “I made an appointment to see Loretta Long, APRN-CNM. She was open to doing things differently and giving me the opportunity to kneel when delivering my baby.” When Hannah labored with Tetton, she discovered she was most comfortable when kneeling. “Lying on your back compresses the pelvis, so I did not want to deliver like that again,” Hannah said. Hannah also wanted Tom to be involved in the actual delivery. “Loretta was supportive and I felt so comfortable with her.”

When Hannah went into labor, she and Tom were taken to their private birthing suite at LMH and were given the freedom to experience the process as they had planned. Hannah was allowed to wear clothing in which she

felt comfortable. The Maternal Child nurses connected the wireless monitor, placing it under Hannah’s tank top out of the way. They offered water and other comfort items as needed. Lauren Baker, D.O., was the attending physician who monitored Hannah’s labor. Hannah’s birth preferences and goals were discussed and a low-intervention approach to her care was provided. Family members also were welcomed inside the room to offer support to Hannah and Tom. “My mother, who is an obstetrics nurse, and my sister-in-law, who is a nurse at LMH, were in the room with us. My mother was very impressed with the wireless monitor, she had never seen anything like it.” As labor progressed, Hannah began to waiver in her decision not to have an epidural, but after gentle encouragements and assistance in staying focused from her care team, she ultimately decided to labor without it.

When the time came to deliver the baby, Dr. Baker encouraged Hannah to deliver in the position she felt most comfortable. Dr. Baker guided Tom’s hands and instructed him on how to gently bring the baby out. “Tom essentially delivered the baby, then placed our son, Ogden, on my chest. It was such a different experience than our first son,” Hannah said. “Dr. Baker was so calm and gentle.” Hannah also asked the staff about delayed cord clamping – a prolongation of the time between the delivery of the newborn and the clamping of the umbilical cord. Leaving the umbilical cord intact for a few minutes allows more blood to transfer from the placenta to the baby, sometimes increasing the child’s blood volume by up to a third. The iron in the blood increases the newborn’s iron storage, which is vital for healthy brain development. Hannah and Tom learned that delayed cord clamping is performed

As a nurse, Hannah Pellett believes it is important to be informed and actively participate in one’s own health care. Doing research and having an understanding of health concerns is vital to taking control of personal wellbeing, which she did during her first pregnancy. She read all she could about the birthing process to find the latest information and techniques utilized in Canada and many European countries that lead to a better maternal and infant experience. She and her husband, Tom, felt giving birth at a hospital would not be beneficial because some common birthing practices can increase the odds of cesarean section and the need for an epidural. The couple opted to contact a midwife team to assist in a home water birth – the process of giving birth in a tub of warm water.

When Hannah went into labor with her first baby, everything was going as planned, until the midwives became concerned that the baby was having heart rate decelerations and felt moving to the hospital for constant fetal monitoring would be prudent. Hannah was rushed to a hospital outside of Licking County where her son’s birth was treated as an emergency. Without being asked what she wanted, Hannah was instructed to lie on her back and given an episiotomy as staff members yelled at her to push. “It was a very stressful event and I felt I had no control over what was happening to me,” Hannah said. Her son, Tetton – now 4 years old, was delivered safely and perfectly healthy within 20 minutes of arriving at the hospital. However, Hannah felt the traumatic process left her feeling rundown, and she was slow to recover.

Maternity Care – How do we compare?

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

1. According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. **In 2019, there were 990 babies delivered at Licking Memorial Hospital (LMH) – 53 of those babies weighed less than 2,500 grams.**

	LMH 2017	LMH 2018	LMH 2019	National ⁽¹⁾
Low birth-weight infants	5.4%	5.3%	5.3%	8.0%

2. Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women’s Health providers have increased their efforts to assess patients’ active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH’s free “Quit for You, Quit for Your Baby” tobacco cessation program. **During 2019, 28 percent of patients reported smoking during pregnancy and were referred to the program. The below measure reflects the statistical improvement at the time of delivery.**

	LMH 2017	LMH 2018	LMH 2019	National ⁽²⁾
Patients who reported smoking during pregnancy	32%	31%	28%	12.3%
Patients who reported smoking on admission for delivery	N/A	23%	19%	State Average ⁽³⁾ 14.1%

3. Exclusive breastfeeding is recommended as the optimal nutrition for infants for the first six months of life, with continued breastfeeding after the introduction of solid foods for the first year or longer, if desired. The American Academy of Pediatrics (AAP), ACOG, World Health Organization and other healthcare organizations support this recommendation recognizing the significant lifelong health benefits of breastfeeding for both mother and child. The AAP recommends breastfeeding should be initiated within one hour of the infant’s birth and recommends against routine supplementation of newborn infants with formula or glucose water unless medically indicated. LMH provides prenatal education as well as support and assistance during the postpartum period to help mothers achieve their goals for successful breastfeeding.

	LMH 2017	LMH 2018	LMH 2019	LMH Goal ⁽⁵⁾
Breastfeeding rate upon discharge	61.9%	57.5%	59%	greater than 55%
Breastfed infants receiving exclusive breast milk prior to discharge	76%	70%	81%	National ⁽⁶⁾ 54%

4. Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages are preferable.

	LMH 2017	LMH 2018	LMH 2019	National ⁽⁶⁾
First-time C-sections	13%	15%	14%	15%

5. Elective deliveries are scheduled in advance rather than occurring naturally, either through induction or C-section. Studies have shown that elective inductions performed before 39 weeks’ gestation have higher rates of newborn complications, higher C-section rates, and longer hospitalization for mothers.

	LMH 2017	LMH 2018	LMH 2019	National ⁽⁴⁾
Elective deliveries performed before 39 weeks	0%	0%	0%	2%

Maternity Care – How do we compare? (continued on page 20)

routinely for all patients at LMH due to these proven benefits, and Tom was given the honor of cutting the cord.

After giving birth to Ogden, Hannah and Tom were offered plenty of “snuggle time” to bond with him. LMH encourages Kangaroo Care, a method of skin-to-skin contact that both mother and father can participate in during the baby’s hospital stay. Skin-to-skin contact assists in keeping the baby’s heart rate steady, breathing regular and reduces pain. The staff provides support and the one-on-one education including assistance from a certified lactation consultant. “It was so nice to be taken care of and have the opportunity to ask questions and receive assistance in breastfeeding. The best gift, though, was the gourmet meal. It

was so delicious and nourishing,” said Hannah. LMH offers new parents a chef-prepared gourmet dinner for two served by candlelight to allow them to celebrate in the privacy of their room. “The entire experience, from arrival to discharge, was a stark difference than my first delivery, instead of begging to be released, this time we did not want to leave,” Hannah said.

LMH earned Baby-Friendly designation in 2016 through Baby-Friendly USA, Inc. – the gold standard in care, which encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. The criteria are challenging, designed to set the standards for the best possible

breastfeeding support for mother and infant in the maternity setting. LMH was the first community hospital in Central Ohio to earn the designation.

Licking Memorial Women’s Health has five OB/GYN physicians and two certified nurse midwives. The midwives care for low-risk women while the physicians additionally specialize in high-risk pregnancy care. All of LMH’s obstetric providers are dedicated to helping women meet their goals for labor and birth by using evidence-based birth techniques that require minimal interventions and have high rates of patient satisfaction.

Education on Low-intervention Births

Low-intervention births are on the rise as women desire to have more control over their birthing experience. In recent years, the American College of Obstetrics and Gynecology (ACOG) has updated their recommendations on limited interventions during labor and delivery for low-risk pregnancies. These guidelines suggest that limited medical intervention methods produce the best outcomes for low-risk pregnancies.

Relaxation, preparation and knowledge are essential aspects of a positive birth experience. Licking Memorial Hospital (LMH) focuses on creating a family-centered experience to ensure that mothers receive the highest quality maternity care. The staff of obstetric and neonatal professionals collaborate with the mother and her support group to craft an individualized birthing plan to meet her expectations and provide a positive birthing experience.

“Our staff offers a no-judgement environment to discuss the mother’s expectations and desires for her birthing experience,” said Heather Burkhart, Vice President Acute Care Services at LMH. “Women who want to have a low-intervention birth need to talk with their physician at the prenatal visit and discuss why natural childbirth appeals to them.”

There are a number of comfort measures that provide natural pain relief and can be very effective during labor and childbirth. Birthing techniques such as patterned breathing, relaxation and visualization strategies can help a woman focus her energy to manage pain. Patterned breathing enhances oxygen flow to the baby and is vital to the contracting uterus. Relaxation techniques that focus on the five senses such as soft lighting in the delivery room, music therapy, aromatherapy and massage can increase feelings of comfort and tranquility, relieve stress, and relax tense muscles.

Movement and position changes are critical to help a woman experience less pain during labor. Upright positions such as sitting,

standing, and walking tend to be the most comfortable for laboring women. Moving around during labor may help to ease discomfort by shifting pressure and can help labor progress with the simple effect of gravity. Sitting on a birthing ball keeps the baby properly aligned in the pelvis and encourages pelvic mobility. It can be used in the hands and knees position to decrease pressure on the hands and wrists.

“Our nurses are trained in a variety of labor and positioning techniques that can be utilized to ease pain and increase comfort,” Heather said. “We are open to allowing the mother to use whatever birthing technique she wishes. Our main goal is to keep a mother and her baby safe. The benefit of having a low-intervention birth at LMH is that the mother has immediate access to emergency services should the need arise.”

LMH offers a variety of childbirth and parenting programs to prepare expectant mothers and their coaches for what to expect while in labor, through birth and into postpartum care. The following classes are offered through First Impressions and are free of charge with registration. To register for any of the following classes, call (220) 564-3388 or go to www.LMHealth.org/Community/Classes-Events.

- **Stork Tours** – available for women and their partner to tour LMH’s state-of-the-art facilities, meet members of the physician team and learn more about maternity services offered at the Hospital.
- **Childbirth Education** – teaches mothers and their birth coach about breathing techniques, comfort measures, labor, delivery, and what to expect postpartum.

- **Prenatal Breastfeeding Basics** – expectant parents learn about the benefits of breastfeeding for mothers, babies and society.
- **Mother-baby Basics** – new mothers learn about infant growth and development, infant stimulation, newborn care, and infant and child safety.
- **Boot Camp for New Dads** – a men’s group for first-time dads to gain confidence in their fathering abilities. Expectant fathers will learn valuable content such as the needs of new mothers, childcare basics, and the role of fathers. Men complete Boot Camp for New Dads with greater confidence and preparation for fatherhood and are ready to be a team with their baby’s mother. The class is held simultaneously with the Saturday session of the Mother-baby Basics class and is led by Master Coach Fathers and veteran dads with babies.
- **Infant CPR** – for expecting parents, grandparent and caretakers.
- **Sibling Preparation** – prepares older children for their role in the family and what to expect when visiting mom and new baby.
- **Grandparenting** – expectant grandparents focus on changes in the best and safest practices for caring for newborns in recent years.

Preparation is key to a safe and healthy delivery. The LMH Maternal Child staff is available to answer questions and provide information to help each mother create a birthing experience that meets her every need and ensure that she receives the highest quality care.

Maternity Care – How do we compare? (continued from page 19)

6. Group B streptococci (GBS), which emerged in the U.S. in the 1970s, is an infection that is associated with illness and death among newborns. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2017	LMH 2018	LMH 2019	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	100%	100%	100%	100%
Number of newborns testing positive with GBS	0	0	0	0

*Beginning in 2016, mothers who delivered within four hours of arrival at LMH are excluded from this measure.

7. Gestational diabetes (GDM) is one of the most common clinical issues during pregnancy. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the U.S., and all expectant patients should be screened between 24 and 28 weeks’ gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2017	LMHP 2018	LMHP 2019	LMH Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	93%	93%	greater than 90%

Data Footnotes:

(1) Preliminary data for 2013. National Vital Statistics Reports, 63(2). Hyattsville, MD: National Center for Health Statistics. Available at http://www.cdc.gov/nchs/data/nvsr/nvsr63/nvsr63_02.pdf

(2) Tong, VT, Dietz, PM, et al. Trends in Smoking Before, During and After Pregnancy – Pregnancy Risks Assessment Monitoring System (PRAMS), United States, 40 sites, 2000-2010.

(3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5226303/>

(4) HospitalCompare.hhs.gov Comparative Database.

(5) Breastfeeding Report Card, United States / 2013, National Center for Chronic Disease Prevention and Health Promotion.

Available at www.cdc.gov/breastfeeding/pdf/2013BreastfeedingReportCard.pdf.

(6) MIDAS+ CPMS Comparative Database

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



Donors Recognized for Contributions to Licking Memorial Health Foundation

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

Benefactor Level

Benefactors are special friends of Licking Memorial Health Systems (LMHS). Comprised of individuals, businesses and organizations, Benefactors support the LMHS mission to improve the health of the community with a commitment of \$50,000 or more.

Cindy and Thaddeus Webster

LMHS President & CEO Rob Montagnese (left) presented Cindy and Thaddeus Webster with a glass recognition piece in appreciation of their Benefactor Level commitment. Cindy serves LMHS as Vice President Financial Services, and Thaddeus is a firefighter for the City of Newark.

As the Chief Financial Officer (CFO) of LMHS, Cindy oversees the Fiscal Services, Coding, Corporate Compliance, Patient Accounting, Central Billing and Registration departments.

She joined LMHS in 1991, became Vice President Revenue Cycle in 2007 and was named Vice President Financial Services in 2009. In 2013, *Columbus Business First*

honored her as the Non-profit CFO of the Year.

Cindy serves as Vice President of the Licking County Senior Citizens Levy Advisory Board and on the Midland Theatre Board of Directors. She also is a member of the Newark-Heath Rotary. She previously served on the Weathervane Playhouse Board of Directors and the LMH Development Council Annual Support Committee. Cindy holds a Bachelor of Arts in business administration from Mount Vernon Nazarene University.

Thaddeus is a lifelong Licking County resident and graduated from Utica High School. Before joining the City of Newark

Fire Department, he served in the United States Marine Corps. In his spare time, he enjoys shooting firearms, playing golf, and riding ATVs.

The Websters live in Newark and have an adult son, Nathan, and daughter-in-law, Drisa. They also enjoy the company of their two grandchildren, Emma and Kasey.



The Caduceus Society

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

Patty Whisman, M.D.

LMHS President & CEO Rob Montagnese (right) welcomed Patty Whisman, M.D., to the Caduceus Society with a glass recognition piece. Dr. Whisman has served the medical needs of the Licking County community since 1976 and joined Licking Memorial Family Practice in 1995.

Dr. Whisman earned her Medical Degree from The Ohio State University and completed a year of surgery residency at Mount Carmel Medical Center in

Columbus. She served as LMH Chief of Staff from 1994 to 1996 and as Chair of the LMH Active Medical Staff Credentials Committee since January 2004. She was named LMH Physician of the Year and honored as a YMCA Woman of Achievement in 1995.

Dr. Whisman is a member of Newark Rotary Club, and her community involvement also includes serving on the Board of the Newark-Granville Symphony

Orchestra, as well as participating in Women in STEM at The Works and A Call to College at Newark High School. She is a past member of the Board of Directors of the Midland Theater.

Dr. Whisman has an adult daughter, Jennifer Lemasters, and two grandchildren, Aubrey and Jacob. She enjoys cooking, walking, collecting art, and driving her Tesla.



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

Donors

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

Capital Improvement Fund

TWIGS 6
TWIGS 8
TWIGS 24

Community Cornerstone Club

Lowell S. Anstine
Patricia C. Bates-Woods
Rick and Ann Campbell
In Memory of Eddie Cline – Carolyn Cline
Mr. and Mrs. (D) Jack Crockford
James W. DeSapri, D.O.
Dr. and Mrs. Joseph E. Fondriest
Terry K. and Terrie L. Frame
Nasie Gallagher
Shari Gallup
Dori & T.D. Griley
Sue Henry-Mounts
Mr. Lewis C. Huston, Jr.
Stephen and Patricia Johnson
Cindy S. Kikeli
Mr. and Mrs. Willard R. Kuhlwein
Dr. Joyce L. Malainy
Jerry S. and June Nethers
Georgeann G. Peters
Susan Reid
Larry and Penny Sargent
Jon R. Spahr
State Farm Companies Foundation
Jennifer and Dick Utrevis
Denny and Carol Wheeler
Brad and Tricia Zellar

Cradle Roll

In honor of Liam Thompson
By: Licking Memorial Health Systems
In honor of Rowan Dillon
By: Licking Memorial Health Systems
In honor of Viviann Gail Russell
By: Licking Memorial Health Systems

General

Anonymous
Anonymous
Drs. William and Sara Healy
Chung Hee Koo, M.D.
Joe and Krys Mortellaro
Howard Siegrist
Willard E. Smucker Foundation

Honorary

In honor of Tom Argyle
By: Women of St. Francis de Sales
In honor of Mallory Grieb
By: Pataskala United Methodist Women

Memorial

In memory of Nancy Davis
By: Debra Matesich
In memory of Joan Ford
By: Jane Simmons
In memory of Kay Gutridge
By: Ronald and Rosemary Clippinger
Barbara VanAllen
Cindy and Thaddeus Webster
Ted and Stacy Welch
In memory of Joyce Frances Monarchino
By: Patricia and Robert McGaughy
In memory of Mary Jane Riggi Pickstone
By: Licking Memorial Hospital Medical Staff
In memory of Raymond Bliss Smiley
By: Susan Zapara
In memory of Ruth Charlotte Smiley-Wilson
By: Susan Zapara
In memory of Gene and Scooter Wolford
By: Martha Wilson

Paving Our Future

In memory of Nate Dunn
By: Angel and Preston Dunn
In memory of Meyer Edward Reigle
By: Licking Memorial Hospital – Maternal Child
In memory of Roger C. VanWinkle
By: Debbie Waller

William Schaffner Society

Leah & Tom Argyle

Development Spotlight – Phil Cassone and Sue Hopper

The Licking Memorial Hospital (LMH) Volunteer Executive Board President serves a two-year term and joins the LMH Development Council Annual Support Committee as part of their duties. Former President **Phil Cassone** represented the LMH Volunteer Department as a member of the Development Council from January 2018 to December 2019, and current President

Sue Hopper

assumed the responsibility in January 2020.

During his term as President of the Volunteer Executive Board, Phil enjoyed interacting with fellow

Development Council members and learning about the many facets of the Hospital, in addition to recent renovations. “I received a wealth of information regarding LMH and the renovations that expand services for Licking County community members,” Phil said. “It is impressive to see the amount of support that LMH has from the Development Council to help improve the health of the community.”

Phil is a 20-year resident of Licking County and currently resides in Heath. He served in the U.S. Army and is a Vietnam War Veteran. He enjoys collecting coins, bowling, playing golf and spending time with his three children and seven grandchildren. Phil continues to volunteer at LMH and has provided more than 1,200 hours of volunteer service.

Sue is excited to attend her first Development Council meeting in March and looks forward to making a difference in her new role. “I am eager to learn more about LMH and connect with the community leaders who serve on the Development Council,” Sue says.

“I hope to contribute helpful opinions from my volunteer experiences and offer ideas to keep improving an already tremendous Hospital.” Sue enjoys volunteering to help add to the patient experience and provide assistance to guests when visiting LMH.

Sue has provided more than 1,700 volunteer hours and previously served on the LMH Volunteer Executive Board as Vice President. She enjoys spending time with her son and his family, especially her two granddaughters. She loves attending theatrical productions and traveling, including frequent trips to Walt Disney World. Sue also takes pleasure in reading, walking and shopping.

LMHS Hosts Active•Senior Bingo Event



In late February, Licking Memorial Health Systems (LMHS) presented the Active•Senior Bingo event in the Licking Memorial Hospital (LMH) Café. LMHS President & CEO Rob Montagnese called bingo numbers for the nearly 130 participants. Lucky winners received gift card prizes to area businesses.

Active•Senior Bingo is held annually and participation counts toward the Active•Senior program goals. Members of the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental and Social. By earning points, participants are encouraged to stay physically fit and maintain a healthy diet through completing health-related goals. At the end of the Active•Senior period, point totals are calculated and can be used during an auction at the Active•Senior Celebration in June.

The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2019/2020 goal program will continue through April 30, 2020. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.

Volunteer Spotlight – Nathalie Weiss

Nathalie Weiss became a Licking Memorial Hospital (LMH) volunteer during her freshman year of college at Denison University in 2017. She grew up in Cincinnati and volunteered at Cincinnati Children’s Hospital while in high school. Nathalie enjoyed interacting with children to raise their spirits when they were feeling nervous for their appointment in the Radiology Department. Her previous experience reaffirmed her interest in volunteering when she learned about the LMH Volunteer Department at a Denison Involvement Fair.

Nathalie currently serves at the LMH Main Lobby Front Desk and helps visitors find room numbers, directs patients and guests to Hospital destinations, and assists with wheelchair access. Because of her experience at

LMH, Nathalie believes it is important for college students to volunteer.

“Volunteering helps students to network and become engaged in the community,” Nathalie said. “Because college students, in most cases, are at school more than they are at home, it is important to become involved in the community and create an opportunity to positively impact someone’s day. At LMH, I have found how important it is to have someone greeting people and showing kindness to those who may need it, and I have enjoyed contributing to the caring environment here.”

Nathalie currently studies biology with a minor in chemistry at Denison and is a writer for the University’s science magazine, *The Synapse*. She is a treasurer for her sorority, Kappa Kappa Gamma, and also enjoys playing tennis with her friends and writing poetry.

LMH’s 122nd Birthday Celebrated by Helping Those in Need

On January 17, Licking Memorial Hospital (LMH) celebrated 122 years of improving the health of the Licking County community. For the 16th year, Licking Memorial Health Systems (LMHS) celebrated this “birthday” milestone by collecting donations for those in need. Donations consisted of new blankets and outerwear, as well as monetary gifts. The collected goods were donated to The Center for New Beginnings and The Salvation Army of Licking County.

weather items equaled 245.6 pounds, with 202.8 pounds being donated by the first-place team comprised of Café, Culinary Services, Environmental Services, Laundry and Transportation staff members. Monetary donations totaled \$11,858, and the team comprised of Hospitalists, Anesthesiologists, LMHP Administration and Pathology staff was awarded first place by donating \$2,125.

“This celebration is another opportunity for our employees to assist the community,” said Rob Montagnese, LMHS President & CEO. “I am proud of our organization and the generosity of our employees in helping those less fortunate in Licking County.”

Three babies were born at the Hospital on January 18. In honor of the shared birthday with LMH, the mothers of each newborn received a \$122 Target gift card.

A friendly competition between interdepartmental teams occurred to see which groups could donate the largest amount of cold weather items in pounds and the largest monetary donation to assist needy individuals and families of Licking County. Employees and medical staff gathered in the LMH Café for the announcement of the winners. Total contributions of cold



Retiree Spotlight – Dorothy Futrell

Dorothy Futrell enjoys spending time at the Licking Memorial Wellness Center. She works out twice a week and always takes time to talk with other Licking Memorial Health Systems (LMHS) retirees who remember her from her 33 years at Licking Memorial Hospital (LMH). Now 90-years-old, Miss Dottie – as many affectionately refer to her – is still recognized and appreciated for her sense of humor and giving spirit.

Dottie has lived in Licking County all her life. She was born and raised in Johnstown. In high school, she had considered becoming a nurse, but life lead her in a different direction. On her 30th birthday – January 12, 1960, she was hired as a nurse’s aide at what was then Newark City Hospital, located at the corner of Buena Vista and Everett Avenues. With four children at home, Dottie was motivated to accept the job that offered great benefits. “Working at LMH was the best thing I have ever done,” Dottie said. “There are so many wonderful people there and it was a good, clean job.” She fondly remembers the hiring process and education she received from Ann Howard, a nurse and administrator who spent over 40 years in various positions at LMHS.

After serving as a nurse’s aide, Dottie became a ward secretary, performing clerical duties for the nursing units, and later became a ward supervisor. She did take a job at a different hospital for a short time, but soon returned because she loved the job and people in Newark. Dottie met her husband, Bill, at Newark City Hospital. He was the head of housekeeping at the time. “People called him ‘Mister Clean’ because he was very serious about his job. He wanted the facilities to look perfect,” she said. “I used to tease him and unplug his buffer as he was working.” Dottie also enjoyed assisting in planning the annual Christmas party for the staff, especially helping shop for needed items.

In 1966, Dottie was part of the staff who assisted in moving to the new Licking Memorial Hospital. “I stocked the laboratory shelves and did what I could to get the new building ready for patients,” Dottie said. “Things were very different then. We had to shake glass thermometers in order to get them ready for use and boil catheters at the end of our shifts. It was a real treat to go to unit-dose and single-use, disposable packages.” Her fondest memories are of enjoying commarderie with her coworkers. “We always found something to laugh and smile about,” she said.

During her time at LMH, Dorothy wrote a number of books of poetry. Dottie retired from LMH in 1996, but soon took a part-time job at Captain D’s as a dining room manager. Even now, Dottie continues to work, assisting with genealogy research at the Library. She raised her four children, Ron, Bob, Russ and Rosanna, while working. Dottie now has 12 grandchildren, 36 great-grandchildren and 9 great-great-grandchildren.



Commemorate a New Baby with the LMH Cradle Roll Program

You are invited to celebrate and commemorate the arrival of a new baby through a gift to the Cradle Roll Program at Licking Memorial Hospital.

Three levels of giving are available:

Cradle Roll Bronze (\$25 to \$149)

Cradle Roll Silver (\$150 to \$249)

Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).

Cradle Roll Gold (\$250 or more)

Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).

A gift of any amount will receive:

- A receipt for your contribution
- A letter of acknowledgment to the honoree’s family
- The names of the baby and the donor placed in the Cradle Roll log in the Main Lobby of the Hospital
- Your gift listed in Licking Memorial Health Systems’ *Community Connection* magazine and Annual Report



Handcrafted step-up stool (Shown with cherry finish)



Handcrafted child-size rocker (Shown with oak finish)

For more information, or to make a donation, please call (220) 564-4102. To print a donation form, visit www.LMHealth.org. Gifts are tax-deductible to the extent allowed by law.

The Mary Jane McDonald Building a Healthier Community Award

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for ongoing work and/or a specific project that has improved the health of the community. The award will be presented at the 2020 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

For more information, contact Veronica Patton, Vice President Development & Public Relations, at (220) 564-4101.

Nomination Form

Nominee’s name: *(individual or group)* _____

Address: _____

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

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

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

Additional comments:

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

Your name _____ Address _____ Phone number _____

All nominations must be received in the Development Office, Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055 by June 19, 2020, at 5:00 p.m.



Licking Memorial Health Systems

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