



Licking Memorial Health Systems

# Community Connection

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**Check out** our Quality Report Cards  
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# Licking Memorial Kids' Place Earns National Award

Licking Memorial Kids' Place recently was named a Program of Excellence by the Hospital Charitable Services Awards, a national program sponsored by Jackson Healthcare. The program recognizes hospitals whose commitment to their community has led to innovative efforts for improving community health and increasing access to healthcare education and services. One of only 10 programs nationwide to earn this designation, Kids' Place is an accredited child advocacy center at Licking Memorial Hospital (LMH) that provides a safe place for child abuse victims and has effectively helped children and families reduce the long-term impact of abuse trauma. In collaboration with its multidisciplinary team, Kids' Place offers comprehensive assessments of children who are suspected victims of sexual abuse, physical abuse and/or severe neglect.

Kids' Place was commended for exceptional work in setting new standards for impacting underserved populations in sustainable ways. Licking Memorial Health Foundation was presented with a \$10,000 check designated for the program at the National Hospital Charitable Services Conference held in Atlanta, Georgia.

"These initiatives are not alone in giving back to their communities," said Charles R. Evans, FACHE, Chairman of the Hospital Charitable Services Awards program. "What makes them truly extraordinary is the impact they achieve through their commitment to serving others, and the outstanding ways they make substantial and caring contributions."

Jackson Healthcare instituted the Hospital Charitable Service Awards in 2010 to honor exemplary hospital-sponsored community programs, share their stories and make them models for other programs. Jackson Healthcare also uses the awards to cultivate community hospital programs that want to encourage and learn from one another to establish best practices.

Each nominee had to demonstrate excellence in at least one of five areas: community impact, innovation, collaboration, transferability and/or best practice.

Through the support of Licking Memorial Health Systems (LMHS), Kids' Place was established in 1999 as a coordinated community project. Community professionals identified the need to combine local resources to improve the identification, investigation, prosecution and treatment of child abuse in Licking County. Collaborative community agencies then formed Kids' Team to provide coordinated, multidisciplinary services for abused children in Licking County with the specific goal of reducing the risk of re-traumatization throughout the investigation process. Kids' Team member agencies include:

- Licking County Department of Job & Family Services/Child Protective Services
- Licking County Prosecutor's Office
- Newark City Law Director's Office
- Licking County Law Enforcement
  - Licking County Sheriff
  - Newark Police
  - Heath Police
  - Hebron Police
  - Pataskala Police
  - Johnstown Police
  - Buckeye Lake Police
  - Utica Police
  - Union Township Police
  - Granville Police
  - Hartford Village Police
  - Reynoldsburg Police
- Licking County Victim Services
- Licking County Adult Court Services
- Licking County Juvenile-Probate Court
- Licking Memorial Pediatrics
- Mid-Ohio Psychological Services, Inc.
- Transitions Counseling Center
- The Woodlands
- Behavioral Healthcare Partners of Central Ohio, Inc.
- PBJ Connections
- The Village Network

The Kids' Place facility is designed to offer children and families the support and resources needed to begin the healing process. "As advocates for child abuse and neglect victims, we recognize that Kids' Place plays an important role in keeping our children safe," said Debbie Young, LMH Vice President Patient Care Services. "The Health Systems' mission is to improve the health of the community, and we are proud to have the opportunity to support the well-being of local youth through Kids' Place."

A child entering the facility is greeted with a welcoming, toy-filled reception area and professionals trained to meet the unique needs of each child. After the child is examined by an LMH physician or certified nurse practitioner, he/she is interviewed by a trained forensic interviewer from Children Services or local Law Enforcement while other integral members of the Kids' Team watch behind the scenes from a confidential, detached observation room. Members of the team then share information, discuss the outcomes of the medical exam and forensic interview, and determine a course of action that is in the best interest of the child. The facility is designed to support critical investigation services while providing a comfortable and confidential environment that limits any additional trauma for the child.

To report a suspected case of child abuse or neglect, contact the Licking County Job & Family Services abuse and neglect hotline at (740) 670-8888, Monday through Friday from 8:00 a.m. to 5:00 p.m. After regular hours and on weekends and holidays, contact the Licking County Sheriff's Office at (740) 670-5500.



# Drs. Ehrsam and Mitchell Receive Hometown Hero Awards

At the annual Hometown Heroes Breakfast on March 15, the American Red Cross of Licking County honored Gerald R. Ehrsam, M.D., and Mark A. Mitchell, M.D., with Healthcare Hero Awards. Drs. Ehrsam and Mitchell both are physicians at Licking Memorial Internal Medicine in Newark.

Together, Drs. Ehrsam and Mitchell opened their practice (originally named Newark Internal Medicine) in 1976, and they are credited with bringing the specialty of internal medicine to Newark. Drs. Ehrsam and Mitchell received the awards in recognition of their trailblazing contributions to the community's health.

## Gerald R. Ehrsam, M.D.

Dr. Ehrsam (middle left) was instrumental in the implementation of a new electronic health records (EHR) system at Licking Memorial Health Systems (LMHS) at a time when only 5 percent of the hospitals and healthcare systems in the U.S. had similar technology. As a result of the EHR, physicians are better able to track patients' care, such as overdue immunizations and preventive health screenings. The EHR is an invaluable tool that aids physicians in the management of patient care. Today, Dr. Ehrsam continues to serve as the Director of Informatics.

Dr. Ehrsam received his bachelor's degree from The Ohio State University. During his undergraduate years, he also played football for the Buckeyes under Coach Woody Hayes. He then earned a Medical Degree at The Ohio State University College of Medicine and completed his internship and residency in internal medicine at Mount Carmel Medical Center in Columbus. Dr. Ehrsam is board certified in internal medicine. He and his wife, Linda, have three children: Kelly, Amy and Jerry.



## Mark A. Mitchell, M.D.

Dr. Mitchell (middle right) began laying the framework for the new Licking Memorial Health Professionals in 1994. This new model brought participating physicians into LMHS' employment, freeing them from the burden of administrative duties, such as physician recruiting, hiring office staff, billing, signing contracts with insurers and maintaining their facilities. He was later named Vice President of Clinical Affairs at Licking Memorial Hospital.

Dr. Mitchell received his bachelor's degree from the University of Notre Dame before earning his Medical Degree at The Ohio State University College of Medicine. He completed his internship and residency at Mount Carmel Medical Center in Columbus. Dr. Mitchell is board certified in internal medicine. He and his wife, Cathy, have three children: Benjamin, Rebecca and Jessica.

LMHS President & CEO Rob Montagnese said, "Four decades ago, Licking County was incredibly fortunate to have two young physicians choose to make this community their home. Through their outstanding skills as internal medicine physicians and their passion for improving medical technology, we have been able to build the excellent healthcare system that we have today. As Drs. Ehrsam and Mitchell prepare to retire in 2016, I thank the Red Cross for this recognition of their lifetime of achievement."

The Red Cross' Hometown Heroes Awards recognize individuals in the community who embody the values of courage, compassion, character, humanity, personal initiative and responsibility. The awards are made in several categories, including Healthcare Hero, Military Hero, Community Hero, Fire/Rescue Hero, Law Enforcement Hero, Youth Hero and Workplace Hero.

# LMHS Launches **Active•Senior** Program

Licking Memorial Health Systems (LMHS) recently launched a free goal-oriented program to benefit seniors in Licking County. The Active•Senior Wellness Program will promote healthy lifestyles for adults ages 60 and older. The goals of the program are as follows:

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



“We continuously encourage and support healthy lifestyles for residents in all stages of their lives, and Active•Senior will further accomplish our goal of improving the health of the community,” said Rob Montagnese, LMHS President & CEO. “The new Active•Senior program specifically

reaches out to an important segment of our community to promote their physical, mental and social health,” he continued.

The benefits of physical activity for seniors are numerous. Staying active helps maintain healthy bones, muscles, and joints, as well as helping to control joint swelling and pain associated with arthritis. Regular exercise lowers the risk of coronary heart disease, high blood pressure, colon cancer and diabetes. Physical activity also has been shown to reduce symptoms of anxiety and depression and foster improvements in mood and feelings of well-being.

Social contact can be just as effective as exercise at improving mood and quality of life. Staying socially active can help maintain good physical and emotional health as well as cognitive function. Interaction with peers leads to a sharper mind and provides a sense of belonging and connection to the world. Similar to physical activity, social interaction also leads to health benefits, such as a potentially reduced risk for Alzheimer’s disease, cardiovascular problems, osteoporosis, rheumatoid arthritis and even some cancers. An active social life also can boost the immune system.

Active•Senior was created with all of these factors in mind, looking to benefit the seniors in the community. Each year, the Active•Senior goal program will begin in May and finish at the end of April. Throughout the year, participants will work to achieve

goals in four categories: Physical, Nutritional, Mental and Social. Each category features 20 goals, each of which is tied to either a specific event or a long-term healthy habit. Upon completion of each goal, participants earn a designated number of points.



At the end of each program year, the Health Systems will hold an Active•Senior celebration during the month of June. During the event, which will include an auction, participants may use the points earned throughout the year to bid on exciting prizes, such as valuable gift cards,

FitBit fitness trackers, bicycles and more. Participants must achieve at least eight goals in each of the four categories in order to attend the event and be eligible for prizes. The Active•Senior program also will feature various fun events throughout the year for participants to improve their health, connect with friends and family and earn points toward their goals.

For additional program information or to register for the event, please contact LMHS Public Relations at (740) 348-1560. Goal program registration and information is available on the website at [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org).

Interested participants, age 60 and older, may register online at [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org), and create a custom username and password. Registration on the website will allow participants to document their progress on an ongoing basis for an opportunity to win great prizes. Participants also may track their progress in an Active•Senior booklet, and then transfer the information to the Active•Senior website prior to the end of each program year in April. Booklets will be available at Licking Memorial Hospital, Licking Memorial physician offices and other select community locations.

The Active•Senior program booklet and corresponding website were designed to promote healthy lifestyles for adults through various activities. These activities have been designed, reviewed and approved by medical and clinical staff, to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician.

To launch the program, the Health Systems will host an inaugural event – the Active•Senior Dance – to be held Thursday, June 16, from 7:00 to 9:00 p.m., at the Doubletree Hotel in Downtown Newark. The free event is open to the public, ages 60 and older, and will include a DJ, dance instructor, dance contests with prizes, hors d'oeuvres and beverages.



**Active•Senior**  
WELLNESS PROGRAM

# LMHS Supports New Canal Market District

On Friday, May 27, the Thomas J. Evans Foundation will dedicate the new Canal Market District (CMD) in Downtown Newark. A collaborative effort between the Thomas J. Evans Foundation, the City of Newark, Licking County and numerous Licking County partners, the project is the culmination of a 30-year vision of J. Gilbert Reese. The dedication event, starting at 6:00 p.m., will include several live music acts, food trucks and a beer and wine garden featuring two local breweries and wineries.

The centerpiece of the District will be the Canal Market Plaza – three separate structures forming an open-air market with 46 spaces for vendors and

additional space in the center pavilion. The Plaza will be home to a Farmer's Market every Tuesday and Friday, 4:00 to 7:00 p.m., from June through October. Located at 24 East Canal Street, the Market will offer free parking in the newly-renovated Licking County parking garage at 53 South 2nd Street, a public restroom and community green space. A picturesque brick walkway from the historic Pennsylvania Railroad Station to the Licking County Courthouse, lined with plaques of historic locations and points of interest in Licking County, will complete the Plaza.

First announced in 2014 by the Thomas J. Evans Foundation, the CMD will be

managed by the Canal Market District Enterprise Hub, a nonprofit group. "With several urban renewal projects in the downtown area, local leaders are committed to ensuring that healthy, affordable and locally-produced food is central to the economic development of Newark and Licking County as a whole," explained Jennifer Roberts, Administrative Director for the Foundation and Board Member for the CMD. "The Canal Market District was established to assess the needs of the community, develop various local food initiatives and work collaboratively with the community to bring a marketplace to local producers and access to healthy food to the community," she continued.



# Opening Soon

Anne Peterson, Licking Memorial Health Systems (LMHS) Vice President Human Resources & Support Services, serves as Chair of the CMD Enterprise Hub. "At LMHS, we understand that good nutrition is a critical building block for a healthy life. Yet many people in our community lack access to high-quality healthy foods. In addition, many of our residents can benefit from education on how to use these healthy, locally produced items to prepare simple, quick and wholesome meals. Our aim at the CMD is to provide better access as well as education," she explained. "Centrally located, the Market will serve residents in Downtown Newark and the surrounding areas," Anne



continued. "We are working with local residents to learn more about how we can best serve their needs."

In addition to the Market, the CMD Board also is researching the possibility of developing a Food Enterprise Hub. The goal of the Food Hub would be to serve as a produce aggregation and micro-processing center, allowing local buyers to connect with local growers. This facility would provide equipment and support for small business owners who are just getting started, and facilitate a connection between farmers and local institutional buyers, such as Licking Memorial Hospital (LMH), Denison University and area restaurants. "Not only will this facility help the community's economy, it also will allow the Hospital to offer even fresher food for the patients," explained Anne.

Having already attracted nearly 60 interested vendors, the CMD Board hopes to expand the availability of locally grown food for the Licking County community while increasing business for Ohio food producers with a first class market space for Ohio vendors. "We view the market as a business incubator for many local, small businesses," said Jazz Glastra, Senior Operations Director for the CMD. The variety of vendors is vast, including local produce, meat, dairy, bakery items, salsa, sweet tea, pretzels, honey, coffee and ice cream. "We would like shoppers to be able to purchase all their groceries at the market," she continued. With vendors coming from Licking County as well as Marion, Westerville, Dublin, Zanesville and Lancaster, the Market aims to bring people to Newark, picking up where the Ohio Canal left off when it closed in 1913. By bringing people together to share local food and crafts, the Market is a historic echo of the Canal, which served as the gateway for commerce.

Through a partnership with the Licking County Health Department and the

Creating Healthy Communities Initiative, the Canal Market Plaza will be the first market in the county to accept WIC, SNAP and Senior Nutrition Coupons. This partnership achieves yet another CMD project goal of providing healthy food access to citizens on food assistance programs and ensuring food assistance benefits can be used to purchase local foods. The WIC – or Women, Infants and Children – program provides assistance specifically to mothers and their young children. The largest program in the domestic hunger safety net, SNAP – the Supplemental Nutrition Assistance Program – provides assistance for millions of low-income individuals and families and also provides economic benefits to communities. Recipients of these programs will be able to use their benefits to purchase many items at the Canal Market. The Ohio Senior Farmers' Market Nutrition Program is organized through LifeCare Alliance. Vegetables, fresh fruits, herbs and honey will be available through this program.

In addition to the Farmer's Market, the CMD also will offer community events, crafters' markets, educational opportunities, cooking classes, children's gardening activities and more. In an effort to assist community members to learn convenient and healthy ways to prepare fresh foods, LMH chefs will be on hand for cooking demonstrations on occasion throughout the market season. The Market District also will be available for concerts and special events. "The CMD will provide an area of revitalization dedicated to the county's history, culture and local bounty," Jennifer stated.

Downtown revitalization also can be seen in the construction of LMHS' new medical facility at the corner of 4th and Locust streets, which is currently underway. The new building will include an Urgent Care facility and a primary care practice, and is expected to be completed by the end of 2016.

# LMHS Ranks Among the Nation's Top 20 Best Workplaces in Health Care

For the second year in a row, Licking Memorial Health Systems (LMHS) has been named one of the nation's Best Workplaces in Health Care. Recently, Fortune and Great Place to Work® released their evaluations after approximately 36,000 healthcare employees in the U.S. responded anonymously to survey questions about their workplace environment. LMHS is ranked twelfth among the nation's healthcare organizations as a best place to work.

"As an organization, we again are pleased to confirm that our efforts to ensure an excellent workplace environment are making a difference for our employees, as noted by the survey," LMHS President & CEO Rob Montagnese said. "We believe that such efforts also have been a benefit to our patients, who receive excellent care from dedicated staff. Over the years, the Health Systems has continued to expect a higher standard for our employees, and we are pleased that our high-caliber staff consistently meets and exceeds these expectations. We are grateful and proud of our team for their commitment to improving the health of the community."

In addition, such employee satisfaction recognitions assist in recruiting and retaining highly qualified staff. "The Health Systems has been successful in attracting a stellar group of healthcare professionals," noted Anne Peterson, Vice President

Human Resources & Support Services. "Our employees have the option of working in a variety of metropolitan hospitals, but choose to serve at LMHS because of our positive work environment and excellent benefits." In 2015, LMHS also received the Best Places to Work in Healthcare Award from Modern Healthcare, in addition to the Fortune and Great Place to Work recognition.

"Employees at the Best Workplaces in Health Care are working in a family-like atmosphere where everyone's got each other's back and they're working toward a common goal of taking care of people," says Michael C. Bush, CEO of Great Place to Work. "And the organizations that foster these inspiring, collegial cultures benefit by becoming talent magnets."

With more than 1,900 employees, Licking Memorial Health Systems is Licking County's largest employer. Employee benefits include tuition assistance, free uniforms, free wellness center access and variety of exercise classes, free biometric screenings, performance recognitions, special occasion celebrations, and excellent

medical, dental and vision insurance packages. For more information about employment at LMHS, please visit [www.LMHealth.org](http://www.LMHealth.org).





# 2016 Heart to Play Screenings Begin

For the 11th consecutive year, Licking Memorial Health Systems (LMHS) is offering free pre-participation sports screenings to local youth. Middle and high school students involved in sports, marching band, or C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible to receive the screenings, which will be offered throughout May and early June.

As part of the screenings, the Heart to Play program provides electrocardiograms (EKGs) and echocardiograms free of charge. EKG screenings will be offered to all students in grades 7, 9 and 11, as well as any student in grade 8 who is new to the program. Additionally, echocardiogram testing will be provided to all students in grades 9 and 11 this year.

The painless EKG displays the heart's electrical impulses and the echocardiogram screens the functioning of the heart's valves and muscles. These screening tests can identify heart conditions that place the athlete at risk for a sudden cardiac death even when there are no symptoms. Students who do not clear the EKG or echocardiogram will be referred to their primary care physician for further evaluation prior to clearance to participate in strenuous activities.

Since the EKG testing began in 2008, 10 Licking County students have been discovered to have a potentially fatal heart condition known as Wolff-Parkinson-White Syndrome and were referred to a cardiologist for treatment. Several other serious cardiac abnormalities also have been detected and treated in students who were previously unaware of their conditions. In 2015, heart screenings were administered to 397 middle and high school students, and 17 students were referred to their primary care physicians for follow-up with possible cardiac abnormalities.

Another key component of the screenings is the ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion test, which is administered every other

year to athletes in grades 7 through 12 who attend a school that does not perform testing. ImPACT is a computerized evaluation system that assesses the brain's cognitive functions, such as memory, attention span and reaction times, to establish a cognitive baseline. If a concussion is suspected following an acute head injury, an athlete should be examined by a primary care or emergency room physician. The ImPACT test is re-administered within 24 to 72 hours after the injury and the new, post-injury results are compared to the baseline computer test. The difference in the two scores, along with serial examinations, help physicians determine the amount of time that the athlete will need in order to make a safe, full recovery.

LMHS also offers free physical examinations to student-athletes in grades 7 through 12, which the Ohio High School Athletic Association (OHSAA) requires annually of all student-athletes. A parent or guardian must complete a comprehensive questionnaire, including a medical and family history. The physical screening portion of the exam will be completed by LMHS medical personnel. 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 that case, a student eligible for the Heart to Play program or ImPACT testing may participate in those screenings, without receiving a pre-participation physical exam.

"As part of the Health Systems' youth wellness initiative, we want to encourage youth throughout Licking County to participate in sports and other physically challenging activities while ensuring they do so safely," LMHS President & CEO Rob Montagnese said. "Offering the Heart to Play screenings at no cost in conjunction with the state-required pre-participation screenings has proven



to be an invaluable tool in protecting young lives. The addition of baseline concussion testing in 2011 only furthered our commitment to the safety of student-athletes in the Licking County community. We are extremely proud of how successful our free pre-participation screenings have been over the past decade, and look forward to providing this excellent service to area youth again this year."

Parents should contact their school's athletic director if they are interested in participating in the free examinations offered by LMHS. Athletic directors can provide school-specific screening details and permission forms, which must be completed prior to the screenings. A parent/guardian must be present at the screening program and have all completed forms available at check-in to ensure their student can participate on their scheduled night.

It is important to note that the 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](mailto:sportsphysicals@LMHealth.org) for more information or with any questions you may have about the pre-participation screening program.

# 2016 Cancer Survivors' Picnic

**Date:** Sunday, June 5

**Time:** 1:00 – 3:00 p.m.

**Location:** LMH Front Lawn

Licking Memorial Hospital (LMH) will host a Cancer Survivors' Picnic in recognition of the 29th Annual National Cancer Survivors' Day. We hope that you will join us to celebrate and acknowledge all survivors and their families.

The program will begin at 1:30 p.m., and an aerial photo of all survivors will be taken at approximately 2:15 p.m. In case of inclement weather, the picnic will be moved indoors to the LMH Café. Please call (740) 348-4102 by Tuesday, May 31, to register for this free event.



Bethany Wyles, D.O.

## Community Education – Skin Cancer Awareness

**Date:** Thursday, May 19

**Time:** 6:00 p.m.

**Location:** LMH First Floor Conference Rooms

**Speaker:** Bethany Wyles, D.O.

According to the National Cancer Institute, 40 to 50 percent of Americans who live to age 65 will have non-melanoma skin cancer at least once. Experts say that the cumulative effects of the sun can begin during childhood years; therefore, development of early sun safety practices against ultraviolet (UV) radiation is critical. Because this type of cancer is so prevalent, Licking Memorial Hospital (LMH) is offering a free educational session to inform community members about the sun's damaging effects and the ways to prevent dangerous exposure.

Bethany Wyles, D.O., of Licking Memorial Dermatology, will discuss the value of skin protection to prevent skin cancer on **Thursday, May 19**, at 6:00 p.m., in the LMH First Floor Conference Rooms. Laurie Schaeffer, D.O., and Kathleen Rogers, M.D., also of Licking Memorial Dermatology, will join Dr. Wyles to offer free skin cancer screenings (limited to one area of concern) following the program. The program is free; however, registration is required. To register, please visit our website at [www.LMHealth.org](http://www.LMHealth.org) or call (740) 348-2527.

# Hereditary Cancer Risk Assessments Help to Identify High-Risk Patients

In the past, the effects of genetic factors on the development of disease were largely unknown. The mapping of the entire human genome in 2003 made it possible for researchers to begin to identify specific genes and their functions, leading to significant improvements in preventive and personalized medicine. Because several genes have been discovered to be associated with cancer syndromes, healthcare providers are better able to identify patients who have a high risk of developing certain cancers. This can help patients take action to potentially reduce their risk, and can lead to earlier diagnoses and more effective treatments.

Every cell in the body contains thousands of genes that control the cell's functions. Mutations most commonly are the result of damage to the genes acquired over the course of a lifetime due to external factors such as tobacco use, a high-fat diet, or exposure to ultraviolet sunlight. However, medical researchers estimate that approximately 5 to 10 percent of all cancers are related to inherited genetic mutations. Individuals with hereditary cancer are more likely to have relatives with the same type or a related type of cancer. They also may develop more than one form of cancer in their lifetime, and they often are diagnosed at an earlier than average age.

"By identifying high-risk patients, we can implement strategies for earlier detection or prevention of malignancies," said Lori Elwood, M.D., Medical Director of Laboratory and Chief of Pathology at Licking Memorial Hospital (LMH). "Furthermore, for patients who already have had a cancer diagnosis, genetic testing may help their family members to understand their own risk and make informed decisions regarding their cancer-prevention and detection strategies."

While newer technologies have made widespread testing possible in recent years, it remains underutilized at most

healthcare facilities throughout the country. Led by Dr. Elwood and Lorei Reinhard, Director of Laboratory Services at LMH, Licking Memorial Health Systems (LMHS) has partnered with LMH physicians and a reference laboratory considered to be a leader in genetic and molecular diagnostic testing, in order to increase the Health Systems' use of hereditary cancer screenings.

The Licking Memorial Oncology and Licking Memorial Women's Health physician offices now offer testing that identifies elevated risk for eight types of cancer, including breast, ovarian, endometrial, colorectal, gastric, pancreatic, melanoma and prostate cancer. The Health Systems' goal is to implement hereditary cancer risk assessments in Licking Memorial primary care practices as well. LMHS also will employ a Genetics Navigator with ongoing training and education in genetics, who will work with physician practices to optimize the use of hereditary cancer risk assessments.

The hereditary cancer risk assessment process includes the completion of a family history questionnaire, followed by elective genetic testing for patients who are identified as high-risk based on their family history. Genetic testing involves a laboratory analysis of a patient's blood sample in order to

identify gene mutations with known associations to certain forms of cancer.

The Health Systems has identified 1,185 patients as of March 31, 2016, who are considered to be at increased risk of hereditary cancer due to their family history. That knowledge allows them to consider blood testing and/or taking steps to lower their risk, including making healthy lifestyle changes, taking preventative medication, initiating screening tests earlier than the normally recommended age, and possibly undergoing preventative surgery (such as mastectomy to prevent breast cancer).

The Health Systems continuously evaluates new testing options and works to ensure that the latest technology is available for the Licking County community. Using the knowledge gained from genetic testing, LMHS healthcare providers are able to provide education and resources to patients, facilitating better prevention and early diagnosis of cancer. While a positive result does not necessarily mean a patient will develop cancer and a negative result does not imply zero risk, genetic testing can greatly improve patient care and help to relieve some of the anxiety surrounding cancer diagnoses.

## Genetic testing may be appropriate for individuals with the following characteristics:

- Family members who had a cancer diagnosis at an unusually young age
- Multiple personal diagnoses of unrelated cases of cancer
- Several close blood relatives with the same type of cancer
- The presence of a birth defect that is known to be associated with genetically inherited cancers
- Being a member of a racial/ethnic group that is known to be associated with genetically inherited cancers

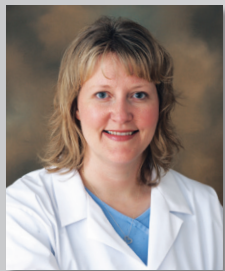
# Physicians Honored on National Doctors' Day

In honor of National Doctors' Day, Licking Memorial Health Systems organized several events to show appreciation to the Licking Memorial Hospital (LMH) Medical Staff. National Doctors' Day takes place on March 30 each year, and was established by former President George H.W. Bush in 1990 to honor physicians annually throughout the U.S. During the month of March, the Health Systems, as well as patients from the community, showed appreciation for the dedicated service of the Medical Staff. LMHS publicly thanked the Medical Staff through a publicity campaign, while many community members made donations to Licking Memorial Health Foundation (LMHF) in honor of their physicians. All contributions benefitted technological advances at LMH.

The formal celebrations took place at the Hospital on National Doctors' Day with complimentary massages and a breakfast in honor of LMH Medical Staff physicians. A gourmet lunch also was served to all Medical Staff members in April, catered by the LMH Food Service Department.

"National Doctors' Day presents an excellent opportunity to celebrate the outstanding care provided by our Medical Staff year-round," said LMHS President & CEO Rob Montagnese. "They demonstrate their commitment to this community every day through their compassionate and professional care. National Doctors' Day allows us to recognize and honor these dedicated physicians and their stewardship of the health of Licking County residents."

The LMH Medical Staff includes approximately 164 physicians and 46 consulting physicians who care for the community. Throughout the year, those who wish to make a donation to LMHF in honor of their physician may contact the LMH Development Office at (740) 348-4102.



Cheryl Barker, Au.D., CCC-A

## Community Education – Tinnitus

**Date:** Tuesday, May 17

**Time:** 6:00 p.m.

**Location:** LMH First Floor Conference Rooms

**Speaker:** Cheryl Barker, Au.D., CCC-A

Most Americans will experience tinnitus (ringing in the ears) or some form of hearing loss in their lifetime. Tinnitus and hearing loss can profoundly affect the ability to participate in everyday life.

Join Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology for an informative discussion on the latest research and treatment advancements for tinnitus and hearing loss on **Tuesday, May 17**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, registration is required. To register, please visit our website at [www.LMHealth.org](http://www.LMHealth.org) or call (740) 348-2527.

# 2016 Boards of Directors Announced

Licking Memorial Hospital (LMH) is pleased to announce the recent addition of community leader Paul Thompson to the LMH Board of Directors. Nancy Neely was elected to her first term as Chairman, Joyce Malainy is serving as Vice Chairman and Michael Massaro is serving as Secretary.

Paul Thompson has been President & CEO of First Federal Savings since 1999. He received a Bachelor of Science in business finance from Miami University in Oxford, Ohio. He currently serves on the Board of Directors at the Ohio Bankers League and is a member of its Government Relations Council. He also is a member of the Mutual Institutions Committee, the Mortgage Markets & Lending Technology Committee of the American Bankers Association, the Finance & Investment Committee of the Licking County Foundation, and Newark Rotary Club. Paul is Secretary for the Board of A Call to College and serves on the First Federal Foundation Board of Directors. He recently completed a two-year term on the Office of the Comptroller of the Currency's Mutual Savings Institution Advisory Committee. Paul is a Past Chairman of the Licking County Chamber of Commerce and Past President of The Midland Theater Board of Directors.

The Licking Memorial Health Systems (LMHS) Board of Directors also welcomed a new member, the Honorable Craig Baldwin, who previously served on the LMH Board of Directors. After its annual elections, the LMHS Board of Directors installed new officers for 2016. Patrick Jeffries is Chairman, Linda Dalgarn is Vice Chairman and Kim Fleming is serving as Secretary/Treasurer.

The LMHS Board of Directors oversees all aspects of the Health Systems' three corporations that include LMH, Licking Memorial Professional Corporation and Licking Memorial Health Foundation. It is comprised of 10 community leaders, including a physician advisor, who set policies and guide the Health Systems through its day-to-day operations.

LMH has a separate Board of Directors, made up of 15 community leaders, including a physician advisor, who guide the daily operations and policies of the Hospital. Members of both Boards are dedicated individuals who volunteer their time to ensure that the best health care and services are available for the community.

## Members of the 2016 LMHS Board of Directors include:

Patrick M. Jeffries (Chairman)  
Linda K. Dalgarn (Vice Chairman)  
Kim Fleming (Secretary/Treasurer)  
Hon. Craig R. Baldwin  
Michael D. Cantlin  
Eschol Curl, Jr.  
Patrick D. Guanciale  
Gary A. Ryan  
Gerald R. Ehrsam, M.D.,  
Physician Advisor  
Robert A. Montagnese, Ex Officio

## Members of the 2016 LMH Board of Directors include:

Nancy G. Neely (Chairman)  
Joyce L. Malainy, Ed.D.  
(Vice Chairman)  
Michael J. Massaro (Secretary)  
Deborah A. Kohman (Treasurer)  
David E. Doney  
David L. Hile  
Cheri Hottinger  
Laurel B. Kennedy, Ph.D.  
Brian Mortellaro  
Rev. Michael A. Noble,  
B.A., M.Div., D.Min.  
Sharad Thakkar, Ph.D.  
Paul M. Thompson  
Bart M. Weiler  
Robert A. Montagnese, Ex Officio  
Talya R. Greathouse, M.D.,  
Ex Officio, LMH Chief of Staff



## Easter Bunny Visits Pediatric Patients

As part of an outreach program by the Licking County Sheriff's Office called Some Bunny Loves You, the Easter Bunny made a visit to Licking Memorial Pediatrics – Tamarack. The program is designed to familiarize children with law enforcement officers under positive circumstances. Pediatric patients posed with the Easter Bunny, as well as Licking County Sheriff Randy Thorp (left) and LMHS President & CEO Rob Montagnese (right).

# A Tribute to Mothers



**March 2015**

Leighton, born on March 15, is all smiles with her mom, Melissa Queen.



**April 2015**

Danielle Lisska welcomed her son, Blake, into the world on April 7.



**May 2015**

Maverick will celebrate his first birthday on May 9 with his mom, Ashley Mitchell.



**September 2015**

Erica Brown holds tight to her daughter, Eva, who joined the family on September 1.



**October 2015**

Kristin Rothweiler keeps busy with Keegan and Keaton, who joined the family on October 21.



**November 2015**

Amber White welcomed her son, Owen, just after Thanksgiving on November 27.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public.

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the babies born at Licking Memorial Hospital this past year.



**June 2015**

Cruz, born on June 5, enjoys being held by his mom, Chelsea Houston.



**July 2015**

Ann Hancock sits with her smiling baby girl, Adley, born on July 22.



**August 2015**

Rowyn, born on August 22, poses with mom, Chantele Looney.



**December 2015**

Daniella Hoar celebrated the New Year with her daughter, Elizabeth, who arrived on December 27.



**January 2016**

Emily McInerney shows off her daughter, Emma, born on January 24.



**February 2016**

Lauren Alspach snuggles Quinn, her son, born on February 6.

There were 1,092 babies born at Licking Memorial Hospital in 2015.



# Physician Spotlight

**Even F. Wang, M.D.**, joined Licking Memorial Neurology in July 2015. Dr. Wang received his Doctor of Medicine degree from St. George's University in St. George, Grenada. He completed an internal medicine internship, a neurology residency and a fellowship in neurophysiology and electromyography – all at The Ohio State University. He earned his undergraduate degree at Northwestern University in Evanston, Illinois.

Dr. Wang specializes in diagnosing and treating disorders of the nervous system, including disorders of the brain such as stroke, multiple sclerosis, headaches, memory loss, Parkinson's disease and tremors. He also addresses tumors of the spine, transverse myelitis, and diseases of the spine such as cervical stenosis, as well as peripheral and muscle disorders including neuropathy, dizziness, ALS, myasthenia gravis, and muscle weakness.

## Ask a Doc – Reducing Strokes with Even F. Wang, M.D.

**Question:** Is there anything I can do to lower my risk of having a stroke?

**Answer:** The brain is supported by four major blood vessels that branch into a network of smaller blood vessels, each originating from the heart. Blockage of any of these vessels, called arteries, can result in an ischemic stroke, which accounts for about 90 percent of all strokes. A hemorrhagic stroke often involves similar symptoms, and occurs when a blood vessel in the brain bursts, causing bleeding within the brain. In the United States, nearly 800,000 people suffer a stroke each year. Although stroke can occur at any age, an individual's risk increases with age.

Commonly promoted treatments for strokes are effective for ischemic strokes only, as their purpose is to unblock the affected artery. One type of treatment, called a tissue plasminogen activator (tPA), is a potent blood thinner that works very quickly. However, it carries a risk of significant bleeding, including bleeding within the brain. More recently, surgical procedures have become available to remove clots from blocked arteries, though these procedures carry a variety of risks and are not recommended for every patient. Because of the risks and limitations associated with tPA and surgical procedures, the criteria to qualify are strict in order to avoid causing any unnecessary harm. In fact, more than 80 percent of patients are ineligible for these treatments.

As a result, prevention is extremely important. Fortunately, genetic factors

– such as race, gender, or a family history of blood clots – account for just 10 percent of the risk of stroke. The remaining 90 percent includes avoidable and/or manageable factors, such as smoking, diabetes, obesity, high blood pressure and high cholesterol. These factors are interrelated, and often can be managed simultaneously through positive lifestyle changes. The following recommendations can help to reduce the risk of both ischemic and hemorrhagic strokes:

- **Quit smoking:** Smoking causes damage to the blood vessels over time, making them narrower and more susceptible to blockages. The free Quit for Your Health tobacco cessation program at Licking Memorial Hospital is designed to help individuals stop using tobacco. For more information or to schedule an appointment, please call (740) 348-QUIT (7848).
- **Follow a healthy diet and avoid overeating:** Drinking water is a simple way to avoid consuming excess calories and sugar. Increase your fruit and vegetable intake, and choose foods with a high fiber content, such as beans, nuts and whole grains. It also is beneficial to replace red meat and chicken with a healthier fish option, such as salmon. Finally, limiting the amount of salt in your diet can help to lower your blood pressure.
- **Exercise:** Most adults should aim for 2 hours and 30 minutes of moderate-intensity exercise or 1 hour and 15 minutes of vigorous-intensity exercise total each week. Moderate-intensity exercise may include walking briskly, biking slower than 10 miles per hour, or ballroom dancing. Vigorous-intensity exercise may include running, biking faster than 10 miles per hour, or swimming laps.
- **Limit alcohol intake:** Alcohol can have an adverse effect on blood pressure. The Office of Disease Prevention and Health Promotion recommends no more than two drinks per day for men, and one drink per day for women. One drink is defined as containing 14 grams of pure alcohol, such as 12 fluid ounces of regular beer or 5 fluid ounces of wine.
- **Take your medications regularly and consistently:** Do not stop taking prescribed blood pressure or diabetes medications without first consulting your physician. These medications help to manage symptoms but do not cure the underlying conditions. Atrial fibrillation (AFib) also is a significant risk factor for stroke, and individuals should carefully follow their physician's instructions regarding medications such as blood thinner.
- **Keep regular appointments with your primary care physician:** Your primary care physician can monitor your cholesterol, blood pressure and weight



in order to prescribe medications and make personalized recommendations for a healthier lifestyle.

In the event of a stroke, immediate medical care is vital. Ensure that your friends, family members, and coworkers understand the warning signs of a stroke. Symptoms may include drooping of the face, numbness or weakness of the face, arm or leg (especially on one side of the body), difficulty speaking, confusion, impaired vision, difficulty walking, and/or severe headache. If a stroke occurs during sleep, individuals may experience symptoms upon waking up.

While symptoms may manifest differently depending on the location of the stroke, the common factor is that they occur quickly over a matter of minutes. When such a sudden change is detected, emergency medical services should be contacted immediately. According to the Centers for Disease Control and Prevention, patients who receive medical care within three hours of the onset of symptoms tend to encounter fewer long-term complications, even for those who are outside the acceptable timeframe for tPA.

Incremental changes can have a profound impact on your health over time. Set goals to make small improvements to your lifestyle each week, such as exercising for 10 additional minutes, replacing red meat with fish at least once, or increasing your vegetable intake by one additional serving per day. Consistency and continuous improvements will help you to form long-lasting healthy habits that can reduce your risk for a stroke and numerous other concerns.

## New Shuttle MVP Delivers Comprehensive Rehabilitation

The Shuttle MVP machine, which functions as a versatile rehabilitation tool, is the latest addition to the Licking Memorial Hospital (LMH) Physical Therapy Department. The Shuttle MVP is used by physical therapy patients and professional athletes alike to develop muscle strength and control while minimizing harsh joint impact. A wide variety of patients can benefit from its use, particularly those recovering from knee or ankle injuries, as well as those who are experiencing back pain or general weakness. For patients whose surgeons have recommended the use of a shuttle machine, the addition of the Shuttle MVP allows for physical therapy sessions to be scheduled locally.

To use the Shuttle MVP, a patient lies down on their back, placing their feet on the kickplate. From there, they may perform a variety of exercises with minimal joint impact, including squats, jumps, leg presses and calf raises. The Shuttle utilizes heavy-duty elastic bands to create resistance, which is easily adjustable – from 12.5 to 300 pounds – depending on each patient's abilities and needs.

LMH Physical Therapist Dave Alianiello, P.T., CSCS, said that the Shuttle allows for targeted treatment by minimizing the burden of physical restrictions, such as an inability to bear weight. "It is important to work on improving muscle strength and range of motion as soon as possible following many types of injuries and surgeries," Dave said. "The Shuttle simplifies a variety of exercises that many patients are unable to perform while standing up." The Shuttle MVP also can assist senior patients in improving overall strength and coordination in a

controlled environment, allowing them to approach their everyday tasks with confidence.

Plyometric exercises, such as jumping, involve quickly exerting the muscles in short, intense bursts. While these types of exercises can greatly improve a patient's balance, coordination and strength, they tend to involve too much joint impact to be a viable option for many physical therapy patients. However, the Shuttle MVP enables patients to perform low-intensity plyometric drills while protecting their joints from excessive impact, thanks to the padded kickplate and supine position.

During the later stages of rehabilitation, when an injury is largely healed, patients may progress to higher intensity plyometric exercises that mirror the sporting environment more closely. By performing these types of exercises with minimal impact in a safe, controlled setting, patients are able to focus on improving strength and practicing good form in order to help prevent re-injury upon returning to their sport.

LMH Physical Therapy treats a variety of patients, including those with orthopedic and neurological conditions, heart disease or back pain, and those who are recovering from an accident or surgery. Staff therapists create customized treatment plans that are designed to increase strength and mobility, with a focus on returning patients to their everyday lives as smoothly and efficiently as possible. LMH Physical Therapy is located in Newark and Pataskala, and consultations may be scheduled with a physician's referral by calling (740) 348-4953.



# Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care

## Patient Story – Charlotte McTerrell Dynes

Now that she has settled in, Charlotte McTerrell Dynes enjoys living in Ohio, but her first weeks as a Newark resident were troublesome. During her relocation from California in March 2015, many of Charlotte's personal items were lost or broken. Then, before she had an opportunity to become established with new medical providers, symptoms of her chronic obstructive pulmonary disease (COPD) flared up and she was admitted to Licking Memorial Hospital (LMH).

Charlotte, a 67-year-old retired electroencephalogram (EEG) technician, had been diagnosed with COPD in her late 50s. Her symptoms were mild at first, but worsened after her husband's death in 2013. Her physician advised that California's desert dust was aggravating her respiratory condition, so Charlotte decided to sell her house and move to Ohio where two of her three children already lived.

The combination of packing up the contents of her California house, traveling cross country, moving into a new house and suffering the loss of cherished possessions proved to be detrimental to Charlotte's health. "When I become stressed or anxious, it affects my COPD, and I start to cough," she explained. Charlotte kept taking her medications and night-time oxygen treatments, but her symptoms still worsened. "I had wheezing and shortness of breath. Then I started to ache in my lower back. I had been in Newark for only two weeks, so I didn't know anyone other than my family, and I did not have any doctors yet. It was scary."

Charlotte was admitted to LMH to stabilize her blood oxygen level and was visited by Asegid H. Kebede, M.D., of Licking Memorial Pulmonology. She also received an introductory visit from Mary Reid, R.N., under a new COPD Home Visit program at LMH.

Statistically, one of every five patients in the U.S. who are hospitalized for a COPD complication will be rehospitalized within 30 days (for any reason, including diagnoses that are unrelated to COPD). LMH's new COPD Home Visit program is designed to help patients improve their COPD self-management and avoid preventable hospitalizations.

"Mary talked to me about the way that medications and exercise affect COPD. She said that I should call her any time that I had questions or needed help," Charlotte recalled. "One of my biggest problems at the time was that I needed a primary care physician right away in addition to Dr. Kebede, my pulmonologist. Mary is always very helpful – she was able to make an appointment with a local family practice physician for me. There have been times that I called Mary about breathing problems, and she made suggestions that saved me from needing to go to the Hospital."

To improve her overall strength and reduce shortness of breath, Charlotte attended Pulmonary Rehabilitation sessions at LMH two times a week for 8 weeks. "I liked exercising under the supervision of a Respiratory Department staff member," she said. "It gave me the confidence to push myself with more intensity without fear. When I graduated from the program, the staff presented me with a Rehabilitation graduate t-shirt that I enjoy wearing around the house."

As part of the COPD Home Visit program, Respiratory Therapy Educator Stephanie Coyle, R.T., also visits Charlotte at home to reinforce the importance of regular exercise and to monitor her oxygen treatment techniques. Charlotte said, "The COPD Home Visit program has been very valuable in helping me manage my condition. It helps just to have someone to talk to about my health between doctors' appointments."

In March 2016, exactly one year after her first hospitalization at LMH, Charlotte became sick as she recovered from a cold. "I started getting really tired. Then my lower back began to hurt, and I had shortness of breath. I had to stop talking to take a breath after every other word. I went to the Hospital, and the doctors found that my oxygen level was low. After three days, I was able to return home. If it had not been for all the education I received, I may have waited much longer before seeking help."

During her career as an EEG technician, Charlotte learned the impact that healthcare personnel can have on a patient's experience. "Mary and Stephanie have helped me a lot – they're both jewels. In fact, everyone at LMH has always been very courteous and friendly, and the Hospital is an excellent facility. That means a lot to patients," she commented. "I give LMH an A-plus rating!"

Charlotte has come a long way since her relocation to Newark a little more than one year ago. She remembers feeling isolated and anxious about her new surroundings, but she soon became involved in the community and met many new friends. "That's one thing about Ohio," she said. "You have the nicest people."

Charlotte now finds joy in her life by spending time with her family and comforting others who are sick or lonely. Through the Christian Life Center in Heath, she volunteers with Helping Hands Ministry, making phone calls and visits, as well as sending greeting cards to mark special occasions.

# Respiratory Care – How do we compare?

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

1. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease and diabetes. An estimated 25 percent of Licking County adults smoke.<sup>(1)</sup> LMHS offers free Quit For Your Health tobacco cessation education, counseling and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. Altogether, 2,319 patients received referrals to LMHS' tobacco cessation programs in 2015.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Six-month success rate for patients who completed Quit for Your Health <sup>(1)</sup>	63%	63%	61%*	greater than 25%
*Note: Due to program restructuring, no Quit for Your Health patients were seen in October and November 2014; therefore, no six-month follow-up information was collected in April and May 2015. This figure reflects 10 months' partial-year data for the months that the program was fully operational.				

2. Chronic obstructive pulmonary disease (COPD) is a serious lung condition that includes two life-threatening diagnoses, chronic bronchitis and emphysema. According to the American Lung Association, COPD is the third leading cause of death in the U.S. There is no cure for COPD, but with careful management, patients can enjoy longer and healthier lives. To monitor the quality of COPD patients' care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who died (for any reason, including reasons not related to COPD) within 30 days of a hospital admission.

	LMH July 1, 2011 – June 30, 2014	National <sup>(2)</sup>
Mortality rate of COPD patients within 30 days of hospital admission	7.1%	7.7%

3. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the number of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(3)</sup>
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.1

4. Some pneumonia patients who are hospitalized require treatment with a ventilator to assist their breathing. Although the ventilator can be life-saving, it carries the risk of serious complications, such as infections, stomach ulcers, blood clots and extended dependency on the ventilator. To help prevent complications, LMH staff members follow a best-practices protocol for patients on ventilators. Known as the "ventilator bundle," these five steps are carefully documented to ensure each patient receives the best possible care.

	LMH 2013	LMH 2014	LMH 2015	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	99.2%	99.3%	98.2%	greater than 90%
Daily test to reduce sedation	96.6%	99.1%	99.6%	greater than 90%
Stomach ulcer prevention	99.2%	99.7%	98.7%	greater than 90%
Blood clot prevention	99.2%	99.4%	99.0%	greater than 90%

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



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

**5.** Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine, if appropriate.

	LMH 2013	LMH 2014	LMH 2015	National <sup>(2)</sup>
High-risk patients screened for the pneumonia vaccine	99%	99%	99%	<b>92%</b>
Patients screened for the influenza vaccine	98%	98%	99%	<b>93%</b>

**6.** Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications, such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2013	LMHP Pulmonology 2014	LMHP Pulmonology 2015	National <sup>(4)</sup>
Asthma patients assessed for appropriate inhaled corticosteroid	100%	99%	92%	<b>87%</b>

**7.** Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate. LMHP physicians strongly encourage patients over the age of 65 years to receive a one-time dose of pneumonia vaccine and an annual influenza vaccine during each “flu season,” which runs from October to March.

	LMHP 2013	LMHP 2014	LMHP 2015	National <sup>(5)</sup>
Physician office patients over 65 years receiving the pneumonia vaccine	87%	87%	84%	<b>71%</b>
	LMHP 2012-2013	LMHP 2013-2014	LMHP 2014-2015	National <sup>(5)</sup>
Physician office patients over 65 years receiving the influenza vaccine	82%	82%	82%	<b>70%</b>

**8.** LMHS is committed to providing and encouraging free, easily accessible vaccines to all employees. In order to provide the safest care to our community, LMHS recognizes the importance of keeping the staff healthy.

	LMHS 2013-2014	LMHS 2014-2015	LMHS 2015-2016	National <sup>(6)</sup>	LMHS Goal
LMHS employees receiving the influenza vaccine	85%	81%	94%	79%	<b>greater than 80%</b>

**Data Footnotes:** (1) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program. (2) HospitalCompare. [hhs.gov](http://hhs.gov) Comparative Database. (3) National Healthcare Safety Network Report, Data Summary for 2012. Devices-associated Module (Medical-Surgical ICU<15 beds). (4) National Committee for Quality Assurance (NCQA) National Committee for Quality Assurance, “The State of Health Care Quality 2013.” (5) Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2013. (6) Centers for Disease Control and Prevention, Seasonal Influenza Vaccination Coverage Among Health-Care Personnel 2012-2013. MIDAS+ CPMS Comparative Database.



Tiffany Owens, M.D.

## Community Education – Asthma and Seasonal Allergies

**Date:** Thursday, June 16

**Time:** 6:00 p.m.

**Location:** LMH First Floor Conference Rooms

**Speaker:** Tiffany Owens, M.D.

Seasonal changes, as well as other environmental triggers, often bring unwanted and sometimes frightening symptoms for those who suffer from allergies and asthma. Allergies result when the body overreacts to elements in the environment. When the airways narrow and breathing becomes difficult, asthma is an allergic response at its worst.

Tiffany Owens, M.D., of Licking Memorial Allergy/Immunology, will discuss the latest information on the management of allergies and asthma on **Thursday, June 16**, at 6:00 p.m., in the LMH First Floor Conference Rooms. The program is free; however, registration is required. To register, please visit our website at [www.LMHealth.org](http://www.LMHealth.org) or call (740) 348-2527.

# COPD Home Visit Program

In an effort to improve the lives of community residents who have been discharged from the Hospital with a diagnosis of chronic obstructive pulmonary disease (COPD), Licking Memorial Hospital (LMH) now offers the COPD Home Visit program. With the new initiative, COPD patients may receive personalized assistance from a registered nurse, respiratory therapist and dietitian to help them develop better management of their symptoms.

COPD is a progressive lung condition that affects an individual's ability to breathe. It encompasses two serious respiratory diseases – chronic bronchitis and emphysema – COPD patients may have either or both of these conditions. With COPD, the stretchy tissue in the lungs loses its elasticity, and it becomes increasingly difficult for the lungs to expel carbon dioxide.

Symptoms of COPD may include a chronic cough, coughing up mucus, shortness of breath (especially with exercise), and tightness in the chest. Many COPD patients experience exacerbations, or flare-ups, of symptoms so severe that they may require hospitalization.

Although children can develop COPD, it is far more common in older adults, and usually is caused by tobacco smoking, second-hand smoke, industrial air pollutants or asthma. There is no cure for COPD, other than a lung transplant, but medications and exercise can manage symptoms effectively and slow the disease's progression.

LMH developed the COPD Home Visit program in 2015 to help patients improve

their disease management and reduce the need for hospital re-admissions. "COPD is a complicated disease, and patients often are overwhelmed by all the details of their own care," said Mary Reid, R.N. "I offer them one-on-one education to understand their symptoms and medications. I also can provide assistance in a wide range of services that will help them manage their health at home."

In most cases, Mary introduces herself to COPD patients while they are still in the Hospital or within a day or two after discharge to explain the free COPD Home Visit program. If the patient agrees, she schedules a home visit. She said, "The home visit is a good opportunity to monitor details that affect the patient's well-being. Together, we review the patient's medications to ensure that there is an adequate supply and they are being taken correctly. Sometimes, patients need help in making an appointment with a new primary care physician. One patient needed assistance in setting up a cell phone account. These may sound like small tasks, but a trip to a store or a long phone call may be very difficult for a patient who was just discharged from the Hospital and is not feeling well."

Severe COPD exacerbations can be caused by factors as simple as the common cold or a poorly ventilated wood stove. "Our COPD Home Visit staff ends up doing a lot of education and problem solving," remarked Debbie Young, Vice President Patient Services. "The goal of the program is to keep our patients out of the Hospital because frequent hospitalizations may indicate that the patient's respiratory condition is not being managed well."



The COPD Home Visit program may include sessions with a respiratory therapist and dietitian. The program's staff also offers education and advice to the patient's family and caregivers. "Overall, we identify what is needed for our patients to be successful in managing their COPD at home," Mary summarized. "Then we cheer them on when they find that success."

In the first year of the program, the COPD Home Visit program conducted nearly 150 visits. LMH also offers pulmonary rehabilitation at a nominal fee for patients who have been diagnosed with a chronic respiratory condition, and Licking Memorial Health Systems offers free tobacco cessation products and counseling through the Quit for Your Health program.

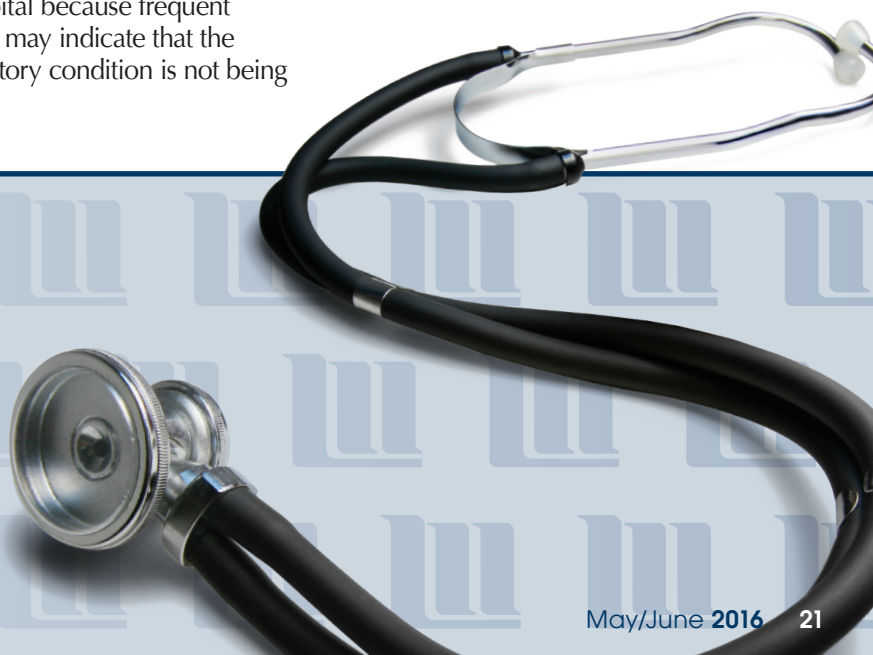
## New Appointments

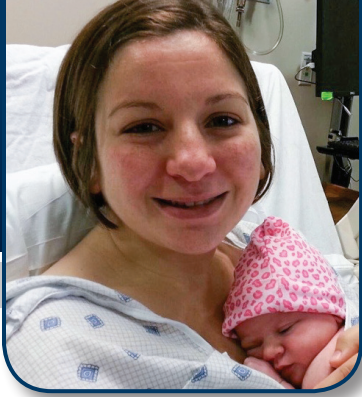


**Abul S. Ahsan, M.D.,**  
joined Licking Memorial  
Hospitalists.



**Allan R. Thomas, PA-C,**  
joined Licking Memorial  
Emergency Medicine.





# Quality Reporting to the Community

Patient Story and Benchmarks for Behavioral Health Care

## Patient Story – Christina Boeshart

Christina Boeshart of Newark had it all – a loving husband, a sweet toddler son and a newborn daughter. She had every reason to feel grateful and blessed. At least that is what all her family and friends told her. However, Christina was struggling privately with very different emotions.

Christina and her husband, Carl, were thrilled with the birth of their son, Logan, in 2011. She was initially excited to learn that she was expecting another baby a couple of years later, but those feelings waned early in the pregnancy. “I didn’t want my pregnancy any longer. I still kept all the appointments with my OB/GYN and took care of myself, but I was just going through the motions. I basically felt detached,” she said.

After the birth of her daughter, Mia, Christina’s emotions flipped, but not for the better. She commented, “They say that with peri- or post-partum depression, you detach from the infant, but in my case, I felt so guilty about not wanting the pregnancy that I focused all my attention on my daughter, and became detached from my son, who was just two-and-one-half years old at the time. I still took care of him, but mentally – I was not there. I had thoughts about leaving home and taking only my daughter with me. I even thought about suicide.”

As an early childcare home visitor, Christina knew that these negative thoughts were symptomatic of a mood

disorder, and she secretly used a screening chart to self-evaluate whether or not she should seek treatment. “I was checking ‘yes’ to many of the boxes, but I did not check all of them, so I rationalized that I was okay,” she recalled.

Christina kept her inward conflict mostly to herself. “I did not want to share my emotions with anyone else,” she said. “There is a lot of incorrect stigma associated with post-partum depression. Some people will tell you that you need to get out of the house more, or that you need to be grateful that you have healthy children. I did not have the courage then to tell my friends and family that these comments were not helpful.”

At Christina’s annual exam, Ngozi V. Ibe, M.D., of Licking Memorial Women’s Health, noticed that Christina did not seem her normal self. “I guess she noticed by my demeanor that I was not as excited or happy as usual about things that were happening in my life. Dr. Ibe prescribed an antidepressant that helped a lot.”

One year later, the symptoms of depression returned, and Christina’s family physician referred her to Elizabeth A. Yoder, D.O., of Licking Memorial Outpatient Psychiatric Services. Dr. Yoder prescribed a different antidepressant medication and began counseling sessions with Christina. “Things are good at home now,” Christina reported. “When

things start to get a little hectic with the kids, I can take a step back and manage my negative thoughts. It helps me enjoy my children and being a mom.”

In March 2015, Christina joined Newark resident Caitlin Estep, who had initiated a discussion group for other women who were dealing with post-partum depression. The group, called MOMS (Mothers Offering Mothers Support), meets the last Wednesday of each month at the Licking County Main Library to talk about issues that are affecting them. “A lot of women are wondering if they will have depression every time they have a baby, or how to deal with the depression when it is time to go back to work. MOMS is a safe place to share thoughts that they do not want to tell anyone outside the group. It is such a relief to state something that you’ve been secretly thinking, and see other women nodding their heads because they have thought the same thing, themselves. Once the group members understand that their anxiety over ‘harmful’ feelings indicates that they have a healthy ability to determine ‘right’ from ‘wrong,’ they can begin their journey to improvement.”

The board-certified physicians at Licking Memorial Outpatient Psychiatric Services offer effective treatment for peri- and post-partum depression. For an appointment, please call (740) 348-4873, or consult your obstetrician or family practice physician for a referral.

# Behavioral Health Care – *How do we compare?*

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

- Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. LMH provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2013	LMH 2014	LMH 2015	Goal
Psychiatric readmissions within 31 days	3.0%	3.4%	2.6%	less than 5.6%

- Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data show how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2013	LMH 2014	LMH 2015	Goal
Patients remaining abstinent	87%	95%	95%	greater than 85%
Improvement in quality of relationships	92%	96%	98%	greater than 85%
Improvement in overall physical and mental health	95%	98%	99%	greater than 85%
Improvement in overall quality of life	93%	98%	97%	greater than 85%

- Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by the appropriate medications for each patient’s situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2013	LMH 2014	LMH 2015	Goal
Average length of stay – alcohol treatment	2.4 days	2.5 days	2.8 days	less than 3 days
Average length of stay – opiate treatment	2.5 days	2.6 days	2.7 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	3.4 days	2.9 days	4.3 days	less than 5 days

- Education is considered an essential component of providing complete behavioral health care. A thorough understanding of the diagnosis, the purpose of medications, side effects to medications and the expected response to treatment leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2013	LMH 2014	LMH 2015	Goal
Diagnosis/disease education provided for patients and/or family	99%	99%	99%	greater than 97%
Medication education provided for patients and/or family	99.15%	99.21%	99.6%	greater than 97%

- Family participation is an important component in patients’ recovery. For continuity of care, a licensed professional clinical counselor or social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

	LMH 2013	LMH 2014	LMH 2015	Goal
Social work/family meeting during patient stay	91%	78%	84%	greater than 95%

- Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients’ blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

	LMHP 2013	LMHP 2014	LMHP 2015	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	95%	92%	90%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	95%	94%	94%	greater than 90%



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

# Effective Treatment Is Available for Post-partum Depression

Most expectant women envision that the first weeks after their babies' birth will be filled with joy and delightful discovery. The reality is that nearly 15 percent of mothers have deep, long-lasting feelings of sadness, resentment or anxiety regarding their baby's arrival. These mothers may be experiencing post-partum depression (also called peri-partum depression), and fortunately, treatment is available.

Post-partum depression does not have a single known cause, but may result from a combination of influences, including the mother's hormonal changes, sleep deprivation, recovery discomfort, stress and exhaustion. The disorder can occur after a woman's first baby, or following any subsequent births. Certain factors increase a women's risk for developing post-partum depression, including:

- History of depression after having a baby
- History of depression or bipolar disorder at any time in life
- Family history of depression or bipolar disorder
- A stressful life event during the pregnancy
- Medical complications during the pregnancy or childbirth
- Ambivalent feelings about the pregnancy
- A lack of emotional support from friends and family
- Alcohol or drug abuse

Elizabeth A. Yoder, D.O., is one of the four board certified physicians at Licking Memorial Psychiatric Services in Newark who treats patients with post-partum depression. "The symptoms occur while the patient is pregnant or within four weeks after giving birth," she explained. "At Licking Memorial Outpatient Psychiatric Services, we monitor very closely any of

our pregnant patients who have had a past history of depression and are already receiving psychiatric care. They are at an elevated risk of experiencing post-partum depression."

The providers at Licking Memorial Outpatient Psychiatric Services utilize counseling and medication treatment options, determined on a case-by-case basis. "Almost without exception, patients will be referred for individual talk therapy, and if symptoms are severe enough, consideration to starting antidepressant medication at the first evaluation. The choice of medication may be influenced by whether the mother is breastfeeding," Dr. Yoder explained. She added that it is beneficial for family members to join the counseling, as well. "With the patient's permission, I educate the family and friends on post-partum depression. Having support from family and friends is always helpful."

Post-partum depression differs from the so-called "baby blues" that women commonly experience after giving birth. The baby blues often are attributed to hormonal changes and adjustments to new parenthood. The baby blues are a temporary condition and should be reported to the physician if they last longer than two weeks. Post-partum depression may include thoughts of suicide or causing harm to the baby.

Women who want to speak to a physician at Licking Memorial Psychiatric Services about post-partum depression should contact their obstetrician or family practice physician for a referral. They also may contact Licking Memorial Psychiatric Services directly by calling (740) 348-4873.



William Stallworth,  
M.D.

## Community Education – Prostate Cancer

**Date:** Thursday, June 23

**Time:** 6:00 p.m.

**Location:** LMH First Floor Conference Rooms

**Speaker:** William Stallworth, M.D.

Prostate cancer is a major health concern in our community as the second most common form of cancer in Licking County. Although the disease often progresses slowly, it may be fatal if it spreads beyond the prostate gland to other parts of the body. Men who are diagnosed with prostate cancer may have several options for treatment and, when caught in the early stages, the disease has a cure rate of over 90 percent.

William Stallworth, M.D., of Licking Memorial Urology will present a free community education program to discuss prostate cancer on **Thursday, June 23**, at 6:00 p.m., in the LMH First Floor Conference Rooms. A free prostate screening will be available to the first 20 registrants. The program is free; however, registration is required. To register, please visit our website at [www.LMHealth.org](http://www.LMHealth.org) or call (740) 348-2527.



FOR YOUR HEALTH



**Saturday, July 23, 2016**  
**Registration – 7:30 a.m.**  
**Race – 8:30 a.m.**

**The Dawes Arboretum**  
 7770 Jacksontown Road,  
 Newark, Ohio 43055

**New for 2016:** Please register for all events online at [www.racepenguin.com](http://www.racepenguin.com)

**• 5K Run or Walk with Timing Chip**

Registration is \$15 in advance, if received by 5:00 p.m. on July 15, or \$20 the day of the race.

**• 5K Walk without Timing Chip**

Registration is free.

**• 1-mile Fun Walk**

Registration is free.

**• Active•Fit 1K (ages 6 to 12)**

Registration is free. The event will begin at 8:00 a.m. prior to the “For Your Health” 5K Run/Walk & 1-mile Fun Walk.

**Note:** Self-seeded starting corrals based on estimated finish times will be available.

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

Sponsored by:



**The Dawes Arboretum**  
 Trees ∞ History ∞ Nature



Licking County Family YMCA



**Licking Memorial Hospital  
 Development Council**



Member FDIC

# LMHS Health Summer Camps



**Camp Feelin' Fine**, June 3, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Camp Feelin' Fine is a free one-day camp that gives children with asthma, ages 7 to 12, the opportunity to take part in an outstanding educational and recreational program. Please call the Licking Memorial Hospital Respiratory Therapy Department at (740) 348-4190 by Friday, May 27, to register for the camp. Space is limited and is on a first-come, first-served basis.



**Camp Courageous**, July 15, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Youth, ages 7 to 12, who have had an encounter with cancer, whether personally or through a family member, are welcome to attend this event, designed to reduce stress and anxiety due to the uncertainties of the disease. The event schedule will include activities, crafts, presentations and more! Camp Courageous is free; however, space is limited and registration is required. To register, please call (740) 348-1890.



**Camp A1c**, July 29, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Youth, ages 7 to 12, who have diabetes are invited to join this one-day camp for camaraderie, fun activities and educational presentations. This event also is an excellent opportunity for parents to network and discuss diabetes issues. Camp A1c is free; however, space is limited and registration is required. To register, please call (740) 348-4915.

# Donors Recognized for Contributions

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

## The William Schaffner Society

Created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community, The William Schaffner Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

## The Family of Julie Cooper



LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left) welcomed the Family of Julie Cooper into The William Schaffner Society. A lifelong resident of Newark, Julie graduated from Newark High School, earned a Bachelor of Science in Chemistry from Denison University, and later taught chemistry to nursing students at The Ohio State University at Newark. She served on the Newark Hospital Board of Directors, and was active in the community as a member of numerous organizations including Monday Talks, 20th Century Club, Progressive Club and Licking Memorial Hospital TWIGS.

Julie and her husband, Jim (center right), were sweethearts since middle school and had been married for 70 years at the time of her passing in February 2015. The couple raised three sons – James (center left), Thomas and John – and have eight grandchildren and 14 great-grandchildren.

Jim, a retired court reporter, also is a lifelong resident of Newark. He served in the United States Marine Corps from 1942 to 1946 and achieved the rank of 1st Lieutenant. He is a member of AMVETS, American Legion Post 85 and Elks Lodge No. 391. Jim also is a member and Past President of the Newark Rotary Club and a former Commissioner of the Mound City Little League.

## The John Alford Fellowship

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. By joining the Alford Fellowship, a donor affirms John W. Alford's belief in the need for quality health care at the local level.

## Sallie and Tim Arnett



Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (right) recognized Sallie (left) and Tim Arnett for their commitment to the John Alford Fellowship. Sallie serves as Vice President Information Systems at LMHS. She oversees the operations of the Information Systems, Health Information and Communications Departments for LMHS, and is responsible for the strategic direction of the electronic medical record systems for the Hospital and physician practices.

Sallie received her Master of Science degree in health information systems from the University of Pittsburgh in Pittsburgh, Pennsylvania. She received her Bachelor of Arts degree from The Ohio State University in Columbus. Sallie is credentialed as a Registered Health Information Administrator (RHIA) by the American Health Information Management Association (AHIMA) and as a Certified Healthcare Chief Information Officer (CHCIO) by the College of Health Information Management Executives (CHIME). She is an active member of the American Health Information Management Association (AHIMA), CHIME, and the Health Information Management & Systems Society (HIMSS).

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

# Donors

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

## Capital Improvement Fund

Goodwill Industries  
TWIGS 6

## Community Cornerstone Club

Mr. and Mrs. Thomas Cav  
Jeff and Jane Cox  
Mr. and Mrs. Jeremy Fleming  
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Home Instead Senior Care  
Jay and Cheri Hottinger  
Shirley James  
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John Row  
Mr. Joseph M. Stenson  
Linda Supplee, CEO  
Select Specialty Hospital – Southeast Ohio  
Gretchen Treneff  
Charles and Jane Walker

## Cradle Roll

In honor of: Jaden Marie Bell  
By: Licking Memorial Health Systems  
In honor of: Brayden James Grove  
By: Licking Memorial Health Systems  
In honor of: Rachel Mary Hurlow  
By: Licking Memorial Health Systems

## Doctors' Day

In honor of: Abhay Anand, M.D.  
By: Jeanne McKenzie  
LMH Pain Clinic Staff  
In honor of: Richard Baltisberger, M.D.  
By: Ashley, Robby & Brady Montagnese  
In honor of: Garth Bennington, M.D.  
By: Veronica, Drew and Aaron Link  
Cindy and Thaddeus Webster  
In honor of: David Born, M.D.  
By: Maria Myers  
In honor of: Craig Cairns, M.D.  
By: LMHS Senior Management  
Jerry McClain  
Cindy and Thaddeus Webster  
In honor of: Khanh V. Dang, M.D.  
By: Karen and Craig Cairns  
In honor of: Elliot Davidoff, M.D.  
By: Karen and Craig Cairns  
Robert and Patricia McGaughy  
In honor of: Janae Davis, M.D.  
By: Veronica Link  
Sheila M. Miller  
Lauren Montagnese

In honor of: James W. DeSapri, D.O.  
By: Karen and Craig Cairns  
C. Franklin Gibson

In honor of: Gerald Ehrsam, M.D.  
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In honor of: Donald Fairbanks, M.D.  
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In honor of: Michael McFarlane, D.O.  
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In honor of: Mark A. Mitchell, M.D.  
By: Karen and Craig Cairns

The family of Nancy Fawcett  
Veronica and Drew Link  
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In honor of: Robert W. Mueller, M.D.  
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By: Jim and Beth Atkinson

In honor of: Peter T. Nock, D.O.  
By: Karen and Craig Cairns  
Rob Montagnese

In honor of: KW Tim Park, M.D.  
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In honor of: Kenneth Parker, M.D.  
By: Rob Montagnese  
In honor of: Hassan Rajjoub, M.D.  
By: Karen and Craig Cairns  
Ken and Laura Chapin  
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In honor of: Howard Reeves, D.O.  
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Sheila and Ron Miller  
Cindy and Thaddeus Webster  
Jack Wilson

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By: Karen and Craig Cairns  
In honor of: Suellywn Stewart, M.D.  
By: Helen Addis  
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By: Karen and Craig Cairns  
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In honor of: Paven K. Venkata, M.D.  
By: Karen and Craig Cairns  
In honor of: Vincent Walsh, D.O.  
By: Tom and Ann Mullady  
In honor of: Even F. Wang, M.D.  
By: Karen and Craig Cairns  
In honor of: Bethany Wyles, D.O.  
By: Sheila and Ron Miller  
In honor of: Elizabeth A. Yoder, D.O.  
By: Karen and Craig Cairns  
In honor of: Grant L. Yoder, D.O.  
By: Karen and Craig Cairns

## General

The Cato Corporation

## Grants

Jackson Healthcare, LLC  
Licking County Foundation, Licking County  
Independent Insurance Agents Designated  
Agency Endowment Fund

## Memorial

In memory of: Tracy Todd Bates  
By: Mr. and Mrs. Charles Bates

# LMH Volunteers Honored at Annual Recognition Dinner

Licking Memorial Health Systems (LMHS) recently hosted the annual Volunteer Recognition Dinner to pay tribute and show gratitude to more than 100 individuals who regularly devote their time to serve at the Hospital. Licking Memorial Hospital (LMH) volunteers assist at special events, distribute mail, greet patients and provide many additional services throughout the Hospital and Health Systems.

“Each of you should serve with the knowledge that you are a key part of our organization,” LMHS President & CEO Rob Montagnese (right) told the attendees. “Our volunteers donated more than 24,000 hours last year to assist our patients and staff, and we are truly grateful for all you do to help us improve the health of the community.”

Nominees for the 2016 Donald Day Volunteer of the Year Award included Bill Butler, Bob Brooker, Joyce Clemings, Bob Gabe, Gary Hamilton, Diane Hufford, Sue Weiland and Joann Walton.

Each year, award nominees are selected for their excellent work ethic and volunteer contributions.

Sue Weiland (left) was honored as this year’s award winner. An LMH Volunteer since 2013, Sue has devoted more than 1,800 hours to the

Hospital by serving in the Volunteer Office, TWIGS 8 Gift Shop and the front desk in the Main Lobby. She was nominated for the award by the Pain Clinic, where she transports patients following procedures and brings them beverages during treatment, if needed.

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4044 or visit [www.LMHealth.org](http://www.LMHealth.org).

## Past recipients of the Volunteer of the Year award include:

- 2015 – Joan Omlor
- 2014 – Eddie and Carolyn Cline
- 2013 – Harry Harper
- 2012 – Richard Stewart
- 2011 – Vickie Fogarty and Arlene Newman
- 2010 – Rene Halblaub
- 2009 – Joe Stenson
- 2008 – Janet Anderson and Elizabeth Ann Wood
- 2007 – Beverly Crockford and Betty Meyer
- 2006 – Nobel Snow
- 2005 – Marye Crispin
- 2004 – Donald Day
- 2003 – Robert Norman



## Volunteer Spotlight

**Caroline Roth** is one of the youngest volunteers at Licking Memorial Hospital (LMH). She became interested in volunteering for the Hospital when her father, Andrew Roth (who is a Certified Registered Nurse Anesthetist at LMH), suggested it would be a good fit for Caroline.

“I felt like it would be a good experience since I want to be a nurse,” she said. Caroline jumped at the opportunity to volunteer at LMH in hopes of learning more about the profession she plans to pursue after high school.

Caroline works in the Volunteer Department at LMH as a messenger within the Hospital as well as calling patients to remind them about their appointments. She also works in the Purchasing Department creating respiratory kits for patients. Caroline said her favorite part of working as a volunteer at LMH is interacting with other volunteers and individuals. “They are all older than me and I feel like I gain so much wisdom from working with them,” said Caroline.

Born in North Carolina, Caroline moved to Ohio in 2008. She lives in Newark with her parents, Andrew and Emily Roth, and her five younger siblings: Hannah, Gillian, Isiah, Lucy and Anderson. Caroline is home-schooled in the Christian Family Educators (CFE) program. Music is a big part of her life as she participates in the CFE choir, and plays trombone in the concert band, as well as piano. Caroline enjoys spending her free time reading fantasy literature, such as *The Chronicles of Narnia* and the *Percy Jackson* series.



# LMH Golf Gala Set for June 20

The Licking Memorial Hospital (LMH) Development Council will sponsor the 2016 Golf Gala at the Denison Golf Club, located at 555 Newark-Granville Road in Granville. This year's Honorary Chairs are Christy and Todd Ware of Hopewell, Ohio.

A 22-year employee of The Energy Cooperative, Todd is the President/CEO, a role he also fills for their family of companies – Licking Rural Electrification, Inc., National Gas & Oil, NGO Development, NGO Propane and NGO Transmission and Producers Gas Sales. He is Past President of Licking County United Way, a member of the Newark Rotary Club, past Treasurer of the Newark Rotary Club Foundation and currently the Treasurer of the Genesis Hospital Foundation Board. Todd also actively participates in various volunteer projects for United Way Day of Caring. He is a Board Member for National Rural Utilities Cooperative Finance Corporation, representing a four-state area, as well as a member of Audit and Loan Committees. Todd serves on the American Gas Association Leadership Council and Small Company Committee and as a Board Member for Buckeye Power, Inc. in Columbus. Todd served as the Assistant Girls Varsity Soccer Coach at West Muskingum High School from 2010 to 2014

and also has coached numerous local girls travel basketball teams.

Originally born in Zanesville, Todd has resided in Licking County for 22 years. He is a graduate of West Muskingum High School and earned a Bachelor of Science in business administration from The Ohio State University in Columbus. In his free time, Todd enjoys golf and is an avid runner.

Christy is a second grade teacher in the West Muskingum School District and is a past recipient of the Teacher of the Year at Hopewell Elementary. A graduate of Bishop Rosecrans High School, she earned a Bachelor of Science (BS) in early childhood development from The Ohio State University and a BS in education from Ohio University in Athens. Christy received a Master of Teaching degree from Marygrove College in Detroit, Michigan and currently is working to obtain her Lead Teacher license from Ohio Dominican University.

Born in Zanesville, Christy volunteers for Genesis Hospital Hospice, and her hobbies include running, exercise and outdoor activities. The Wares have two daughters – Danielle, 22, and Katie, 17.

The LMH Development Council is proud to acknowledge and thank the sponsors of the 2016 Golf Gala:

Ace Sponsors – The Energy Cooperative, Frontier Remodeling Co., John Hinderer Honda, Matesich Distributing Company, MedBen, Park National Bank and Stedman Floors Co., Inc.; Eagle Sponsors – All Weather Systems, The Claro Group, L.L.C., Coughlin Chevrolet in Pataskala, CS Construction Group Ltd., Dawson Companies, Gutridge Plumbing, Inc., The Home Depot, Interim Healthcare of Newark, The Jerry McClain Companies, Limbach Company, LLC, Newark Smiles, Robertson Construction, Scott Peterson of General Graphics, SmartBill Ltd., Summit Custom Cabinets, Surgical Interventions, LLC, and Waste Away Systems.

Additional sponsorship levels are available. Minimum donation amounts for sponsors are as follows:

- Birdie - \$1,000
- Hole - \$500
- Cart - \$250

Proceeds from the 2016 Golf Gala will benefit technological advances at LMH and assist with the Hospital's mission to improve the health of the community. If you are interested in being an event sponsor or donating a door prize, please call the LMH Development Office at (740) 348-4102.



You are invited to  
**TWO GREAT EVENTS**



**LMHS invites you to enjoy the Active•Fit Youth Wellness Event and Family Movie Night**

Bring the entire family to this FREE fun wellness event, and stay for Family Movie Night. The Health Systems will present the Disney animated film, *Big Hero 6*, in an outdoor screening.

**Date:** Friday, May 20

**Time:** Active•Fit Youth Wellness Event: 6:00 – 8:30 p.m.  
The movie will follow, beginning at dusk.

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

- The Active•Fit Event will include inflatable fun areas and games.
- Free snacks and beverages will be provided during both events.
- Please bring lawn chairs or blankets for the movie.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products and pets are not allowed.

**Note:** This event is weather permitting – rain date is Saturday, May 21.



**Active•Fit**  
YOUTH WELLNESS EVENT

**UPCOMING EVENTS**

**Active•Fit Triathlon**

Saturday, June 11  
(rain date: Saturday, June 18)  
Registration: 8:00 a.m.  
Event begins: 9:00 a.m.  
Municipal Park,  
near Creek Road in Pataskala

**Active•Fit Bowling**

Wednesday, July 13  
3:00 to 5:00 p.m.  
Park Lanes Bowling Center,  
located at 701 Hopewell Drive in Heath

**Active•Fit 1K**

Saturday, July 23  
Registration: 7:30 a.m.  
Event begins: 8:00 a.m.  
The Dawes Arboretum  
7770 Jacksontown Road in Newark

**Active•Fit Field Day**

Tuesday, July 26  
3:00 to 5:00 p.m.  
Alford-Reese Park (NASA Fields)  
600 Baker Boulevard in Newark

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

**For more information  
or to register, call  
(740) 348-1560.**



# Happy Father's Day

from **Licking Memorial Health Systems.**

# LMHS Partners with Local Organizations for Youth Wellness Events



Lallathin, Kymmbyrly LaVigne, Kalya Pelletier, Ashlee Rogers, Jacob Swartz, Ecclesia Wilburne and Sandra Yarnelli.

More than 200 youth assembled on Saturday, April 9, to attend the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University and Licking Memorial Health Systems. Children of all ages were able to participate in classes such as yoga and Zumba, and enjoy activities including basketball free throws, gymnastics, inflatable obstacle courses, face painting and more.

Nearly 100 Denison students volunteered at the event, leading the

and businesses," Rob Montagnese, LMHS President & CEO said. "The combined efforts, talents and resources not only lead to successful initiatives, but encourage healthy choices for children that are the building blocks of future healthy lifestyles."

LMHS plans to collaborate with the City of Pataskala, Park Lanes and the Newark Area Soccer Association (NASA) for a mini-triathlon, a bowling event and a field day, respectively. Please see page 30 for additional event details. All Active•Fit events are open to youth ages 6 to 12. To register for an event, please call LMHS Public Relations at (740) 348-1560.

Licking County youth participated in the Active•Fit Junior Chef program in March and the Health & Fitness Fest in April, learning about healthy meals and enjoying a variety of fitness activities. Nearly 300 children total gathered for the two events to participate in a variety of activities from creating fruit kabobs to navigating an inflatable obstacle course.

Seventy Junior Chefs visited stations to watch food demonstrations from culinary students at the Career and Technical Education Centers (C-TEC) during the Junior Chef event. The youth participants were guided through the steps of each recipe by instructors and were able to produce delicious and healthy food and drink creations, such as Southwestern Pinwheels and Sparkling Watermelon Lemonade. The children prepared five different dishes throughout the morning, which were combined into a healthy lunch and enjoyed at the conclusion of the event.

Children who participated in the Junior Chef event received a chef's hat and cookbook full of recipes to use at home. The healthy, kid-friendly recipes featured in the Junior Chef Cookbook were crafted by C-TEC Culinary Students. Cookbook contributors included CJ Anderson, Taylor Handshey, Lauren Hansel, Richard Hartman, Kaden Johnson, Elizabeth Jolly, Faith Justice, Serenity



children through the various activities located throughout the YMCA. Each participant was given a Fit•Tix activity form to take with them to the stations they visited, and collect achievement star decals upon completion of each health-related activity. At the end of the event, completed Fit•Tix forms were collected in a drawing for prizes including sport jump ropes, sports gift cards and a Razor scooter with helmet, among others.

Both event partnerships allow for an increased variety in the events available to Licking County, contributing to a healthy community. "We appreciate the opportunity to partner with community organizations



# Pastoral Care Breakfast Addresses Crisis Management

Pastoral leaders of area parishes gathered in March at Licking Memorial Hospital (LMH) for fellowship over breakfast and to discuss the variety of issues surrounding crisis management. The LMH Pastoral Care Department invites the spiritual leaders of the community, who regularly visit patients at the Hospital, to a special annual breakfast event in appreciation for their devoted service.

"We like to reach out to the pastors because they are here day and night caring for our patients," explained Chaplain Jeff Smith, Director of Pastoral Care. "We thank you and appreciate you, not only for what you do here, but also for what you do in your ministries and congregations," he said after offering the invocation.

Jeff and LMH Chaplain Cory Campbell presented, "Crisis Management: The 2:00 a.m. Phone Call." Those in attendance learned about the differences between stress and crisis, stress coping strategies, and the clergy's role in a crisis. Advice was offered on the best ways to minister to patients in crisis – what to do, what to say and what not to say. Jeff and Cory discussed the coping skills of our American culture and how these influence individuals during a crisis. Several moving personal stories were shared throughout the morning.

"The thing I've learned about crises is that you cannot schedule them," shared Jeff. "Ours is a time-driven culture and many times we are dealing with people who are trying to figure out how to fit a crisis into their schedule. This is where our skills are vital as we connect with them to help them focus and cope," he explained.

Cory noted that in school, clergy are taught coping strategies, but many times, are not introduced to personal coping techniques. "We have all experienced crises and it is an extremely emotional time. Therefore, we need to manage our own anxiety before we walk alongside the person in crisis," he said. "Ours is a ministry of presence, which provides so much for people," Cory continued. "Just being there and listening is sometimes the best thing you can do," he explained. Cory also mentioned the importance of focusing on the person in need, without making personal assumptions, and to always be prepared for any situation.

The LMH Pastoral Care Department was developed to meet the spiritual needs of patients, families and LMHS staff members. Pastoral Care staff members are available to provide spiritual and emotional support as it relates to medical decision-making, patient rights and medical ethics. Upon request, the Pastoral Care staff will notify a patient's minister, priest, rabbi or other clergy of the patient's hospitalization.

## Development Spotlight

**Tom Barnhill** joined the Licking Memorial Hospital (LMH) Development Council in October 2015, and serves on the Annual Support Committee. As an active community member, Tom appreciated being invited to serve on the Committee and looks forward to continuing to hear about new developments and technology that the Hospital offers to the local area.

Tom's experience and involvement in Licking County is broad, and includes his service as a firefighter and paramedic for West Licking Joint Fire District in Pataskala, President of the West Licking Professional Firefighters Union, and a board member of Big Brothers Big Sisters of Licking and Perry Counties. He has participated in a variety of fundraisers including Firefighters for Kids Toy Drive, health and safety promotion, and a charity softball tournament.

Reflecting on his recent addition to the Annual Support Committee at LMH, Tom views it as a natural fit. "I enjoy getting out into the community and interacting with others," he said. "I am able to spread the word about what LMH offers and help raise funds that will go back into the community by way of facility and technology improvements at the Hospital." He appreciates how Development Council members take the initiative to be present in the community, make connections with other organizations and work toward continuing LMH's mission to improve the health of the Licking County community.

Tom has been impressed with the educational programs and health-focused events offered free of charge to the public by Licking Memorial Health Systems (LMHS). "I was surprised by the volume of involvement the Health Systems has to the surrounding area. Events such as the 'For Your Health' 5K Run/Walk and 1-mile Fun Walk, Red Dress Event and Walk with a Doc programs are valuable to community members."

A graduate of Watkins Memorial High School, Tom attended Columbus State Community College and earned his EMT-Basic degree. He also attended The Ohio Fire Academy, graduating to become a Professional Firefighter in 2003. Tom and his wife, Kerry, currently reside in Blacklick, Ohio. They have a 3-year-old daughter, Finley. When Tom has free time, he enjoys coaching football for Southwest Licking Schools, camping, hunting, riding four-wheelers, backpacking and many other outdoor activities.





# Retiree Spotlight

Licking County native **John Tolliver** was a 20-year-old Engineering Assistant when he began his employment at Licking Memorial Hospital (LMH) in May 1970. He enjoyed the contrasting projects he was assigned each day so much that he continued his service to LMH until his retirement in May 2015.

In 1970, John was considered “the young kid” in the Plant Operations Department and was given most of the equipment repair and cleaning projects. “At that time in my life, I was happy to be given the overtime hours,” said John. “I learned so much about the Hospital’s HVAC (heating, ventilating and air conditioning) system, boilers, and medical gas and air systems. Since all of my coworkers in Engineering were older, I would crawl into the boilers to clean and repair them. I received a lot of hands-on experience that I was able to build on over my 45 years at LMH.”

John earned his stationary engineering license in 1973 and the timing was right for him to become an Engineer at LMH. He enjoyed a daily workload of repairs through 1978 when he was promoted to the position of Chief Engineer – which would later be retitled as Engineering Manager. At certain points during John’s career at LMH, he managed the Maintenance Shop and Plant Operations, which included building and plumbing supervision.

“The things I loved most about my job were the challenges it brought along with new projects to work on each day. I had certain daily routines to check and make sure equipment was running correctly, but I also had new tasks which were always changing and never redundant.”

Since his retirement, John enjoys being able to spend more time with his wife, Christina, and has embarked upon a new hobby of woodworking with his friend and fellow LMH retiree, Bob Townsend. John also is keeping busy by drag-racing cars and maintaining such on a new lift he installed in his garage. John has a “pile of grandkids” and is currently crafting a wooden cabinet for his new granddaughter who will be born in 2016.



## LMH Receives Donations for Youth Patients and Visitors from Area Students

Children who visit or are treated at Licking Memorial Hospital (LMH) will find a measure of comfort and entertainment waiting for them thanks to the efforts of some area students. As the result of a pair of recent service projects, Licking Memorial Health Systems President & CEO Rob Montagnese accepted two donations of art supplies, games and toys, which will be distributed to children by LMH staff members.

Members of the Future Career and Community Leaders of America (FCCLA) at Lakewood High School compiled activity kits to keep children entertained while awaiting treatment for

themselves or a loved one in the LMH Emergency Department. The FCCLA promotes leadership and personal growth – including character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation – through family and consumer sciences education. Representing the organization at the donation were (above, left to right): Annie Evans, Carianna Lehman, Rylea Amspaugh, Brianna Muncy, Cheyenne Headley, Trinity Porter, Meaghan Messer and Advisor Terri McKenzie.

As a class assignment, Sara Moore (left), a fifth-grader at Blessed Sacrament School, had to choose and complete her own service project. After researching several options, Sara raised funds to purchase and donate 100 boxes of crayons for pediatric patients at LMH – a goal she exceeded by more than 30 boxes.



# Document Shredding Event Will Benefit Technological Advances at LMH

Park National Bank (PNB) and Shred-it are hosting the 10th annual Community Shred Day in Newark on Saturday, May 21, from 8:00 to 11:30 a.m. The shredding services are free to the community, but donations will be accepted to benefit technological advances at Licking Memorial Hospital.

Participants are invited to bring paper items to PNB's Downtown Newark Main Office parking lot, located at the corner of Church and Third streets, for on-site shredding. Special drive-thru lanes for the Community Shred Day will be designated off Church Street. Truck-mounted equipment from Shred-it will crosscut the documents and materials into pieces no larger than 5/8 inch in size and transport the confetti-like shreds for recycling.

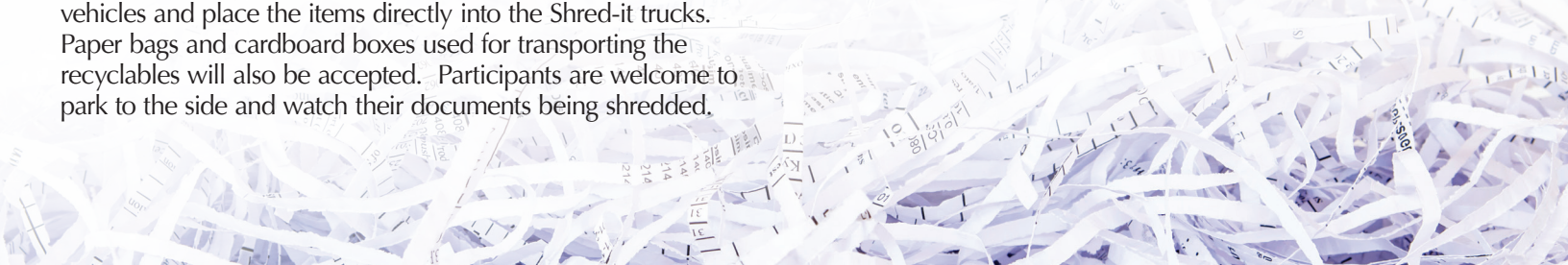
Materials that can be accepted for shredding include paper items, such as receipts, tax forms and medical records. Staples and paper clips do not need to be removed; however, papers must be removed from notebooks and binders. CDs, floppy disks and VHS cassettes will also be accepted for shredding offsite. No more than three standard-size boxes will be accepted per household, and items from businesses or organizations will not be accepted.

PNB associates will be available at the drive-thru lanes to unload vehicles and place the items directly into the Shred-it trucks. Paper bags and cardboard boxes used for transporting the recyclables will also be accepted. Participants are welcome to park to the side and watch their documents being shredded.

Licking Memorial Health Systems (LMHS) Vice President of Development & Public Relations Veronica Link said, "We appreciate PNB and Shred-it for providing this event to the community. At LMHS, ensuring the privacy of our patients' medical information is a priority. This event is an excellent opportunity for community members to ensure the confidentiality of their own personal documents."

Shred-it is a security-based company headquartered in Canada, with 140 branches around the world. The local Shred-it operation is based in Gahanna, and is an independent, locally-owned franchise of the Shred-it Corporation. Shred-it associates are FBI background-checked and fingerprinted.

The Park National Bank is the leading financial institution in Licking County and a top community bank in Central Ohio. Founded in 1908, it provides deposit, loan, and trust and investment services for families and businesses. Park consistently earns high marks and awards for its service, community leadership, and financial performance. Park operates 16 full-service offices in Licking and Franklin counties. The Park National Bank is a part of Park National Corporation (NYSE Amex: PRK), also headquartered in Newark, Ohio. For more information about Community Shred Day, call (740) 349-3724.



Kenneth Justice,  
R.R.T., RRT-NPS, AE-C



Stephanie Coyle,  
C.R.T.

## Community Education – Chronic Obstructive Pulmonary Disease

**Date:** Thursday, June 30  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.

**Speaker:** Kenneth Justice, R.R.T., RRT-NPS, AE-C  
Stephanie Coyle, C.R.T.

Chronic Obstructive Pulmonary Disease (COPD) refers to a group of conditions that obstruct air flow and cause trouble breathing. COPD includes emphysema, chronic bronchitis and, in some cases, asthma. According to the Centers for Disease Control and Prevention, while 15 million Americans report a diagnosis of COPD, more than 50% of people with poor lung function also may have the disease and simply not know it. Early detection and treatment often can alter the course and progression of this potentially debilitating disease.

Join Kenneth Justice, R.R.T., RRT-NPS, AE-C, and Stephanie Coyle, C.R.T., for an informative discussion on the diagnosis, prevention and treatment of COPD, on **Thursday, June 30**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, space is limited and registration is required. To register, please visit [www.LMHealth.org](http://www.LMHealth.org) or call (740) 348-2527.

# “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 2016 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

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

## Nomination Form

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

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

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Additional comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_  
Your name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone number

All nominations must be received in the Development Office,  
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055  
by June 24, 2016, at 5:00 p.m.



# Licking Memorial Health Systems

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# Community Events

### LMHS Family Movie Night & Active•Fit Event

Friday, May 20 (Rain date: Saturday, May 21)  
One Healthy Place in Pataskala

*Please see page 30 for more details.*

### Community Shred Day

Saturday, May 21, 8:00 a.m. to 11:30 a.m.  
Park National Bank, corner of Church and Third Streets, Newark

*Please see page 34 for more details.*

### Cancer Survivors' Picnic

Sunday, June 5, 1:00 to 3:00 p.m.  
LMH front lawn, 1320 West Main Street, Newark

*Please see page 10 for more details.*

### Active•Senior Dance

Thursday, June 16, 7:00 to 9:00 p.m.  
Doubletree Hotel in Downtown Newark

*Please see pages 4 and 5 for more details.*

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

Saturday, July 23  
Registration opens 7:30 a.m.  
Active•Fit 1K begins 8:00 a.m., 5K Run/Walk begins 8:30 a.m.,  
1-mile Fun Walk begins shortly thereafter. Registration fee  
required for runners and walkers with timing chips.

*Please see page 25 for more details.*

### LMHS Health Summer Camps

Camp Feelin' Fine – Friday, June 3, 9:00 a.m. to 3:00 p.m.  
Camp Courageous – Friday, July 15, 9:00 a.m. to 3:00 p.m.  
Camp A1c – Friday, July 29, 9:00 a.m. to 3:00 p.m.

*Please see page 25 for details about these free events.*

### Summer Active•Fit Youth Wellness Events

Active•Fit Triathlon – Saturday, June 11, 9:00 a.m.  
(Rain date: Saturday, June 18, 9:00 a.m.)

Active•Fit Bowling – Wednesday, July 13, 3:00 to 5:00 p.m.

Active•Fit 1K – Saturday, July 23, 8:00 a.m.

Active•Fit Field Day – Tuesday, July 26, 3:00 to 5:00 p.m.

*Please see page 30 for details about these free events.*

### First Impressions – Maternal Child Classes

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

For more information or to register, call (740) 348-2527 or visit [www.LMHealth.org](http://www.LMHealth.org).

### Community Blood Pressure Screenings

Second and Fourth Thursdays of each month, 1:00 to 3:00 p.m.  
Licking Memorial Wellness Center at C-TEC  
150 Price Road in Newark

No charge. Open to the public.

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

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

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

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

### Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.  
No charge. Open to the public.

Shepherd Hill, 200 Messimer Drive in Newark

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

For more information about any LMHS event, please call (740) 348-1560, or visit [www.LMHealth.org](http://www.LMHealth.org).

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

Visit us at [www.LMHealth.org](http://www.LMHealth.org).

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1503 to receive future mailings.

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