



Licking Memorial Health Systems

Community Connection

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online at LMHealth.org.

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M e a s u r a b l y D i f f e r e n t . . . f o r Y o u r H e a l t h !

Lifetime Achievement Reception Honors Distinguished Recipients

In November, the Licking Memorial Hospital (LMH) Development Council hosted the Lifetime Achievement Reception to honor individuals and organizations whose service to Licking County reflects Licking Memorial Health Systems' (LMHS) mission to improve the health of the community. The event was held at the J. Gilbert Reese Center on the campus of Central Ohio Technical College (COTC) and The Ohio State University (OSU) at Newark and featured the presentation of the prestigious Lifetime Achievement and The Mary Jane McDonald Building a Healthier Community awards and recognition of the 2024 A Lifetime of Care recipients.

Lifetime Achievement Award – Lou Reese

Licking Memorial Health Systems (LMHS) is pleased to announce that Lou Reese is the 2024 recipient of the prestigious Lifetime Achievement Award. She and her late husband, J. Gilbert (Gib) Reese, have worked tirelessly to enhance the quality of life in Licking County, which includes supporting LMHS and its mission to improve the health of the community.

Together, Lou and Gib supported the construction of nearly every building and structure on the OSU Newark campus, sponsored large-scale community events, such as the annual Independence Day Concert and Fireworks, and even called the community to action with a \$10 million match to support the growth of scholarships for students attending COTC and OSU Newark. While Gib has received much of the recognition for the incredible growth and development at OSU Newark, campus leadership recognized that Gib was able to be a front-line leader, advocate,

and supporter for the campus because of Lou's loyalty, devotion, and support.

Lou continues to support the campus through the Newark Campus Development Fund and has spearheaded the development of COTC's Italian Immersion Program, which to date has given nearly 100 COTC students and nearly 100 Italian students the life-changing opportunity to experience the culture, language, cuisine, and customs of a country halfway around the globe.

In July 2007, Lou and Gib donated funds to build the Gib and Lou Reese Pavilion Fountain, located in front of Licking Memorial Hospital's (LMH) surgical pavilion. The couple was honored as Founder Level donors – which denotes a Licking Memorial Health Foundation (LMHF) contribution of \$100,000 or more. In memory of Gib and in appreciation for his care at LMH, Lou made another

Founder Level gift in 2019 to support the physical therapy and wellness center facility at 1717 West Main Street, The Gib Reese Center for Physical Rehabilitation. Additionally, Lou is a multi-year Condor Sponsor for the Golf Gala, LMH's largest annual fundraiser, and she has served as a member of TWIGS (Togetherness, Willingness, Imagination, Giving, Sharing), an LMH fundraising organization.

Lou demonstrated her commitment to arts beautification many years ago when she began purchasing life-size bronze sculptures as a gift to the community. Nearly 30 sculptures by prominent artists can be found around Newark and Licking County. At the shared campus of COTC and OSU Newark, Lou's collection of resplendent bronze benches that are part of renowned sculptor, Gary Lee Price's "Great Contributors Series" inspires greatness and creates a memorable campus experience for faculty, staff, students, and visitors.

"Through her incredible support, passion, and commitment to the arts in Licking County, Lou has elevated our sense of community to new heights," LMHS President & CEO Rob Montagnese said. "Her investment in the arts has empowered others to find ways to celebrate her incredible legacy and instill a sense of pride in our residents."

Most recently, Lou donated a sculpture to LMH in recognition of LMH's dedication to improve the quality of life in Licking County. The newest addition to the striking assembly of sculptures throughout the county features four individuals who have each made a significant impact on the medical field.

Designed by Gary Lee Price, the sculpture includes Florence Nightingale, the founder of modern nursing; Louis Pasteur, French chemist, pharmacist, and microbiologist who discovered pasteurization; Virginia Apgar, best known for inventing the Apgar

score, a method to quickly assess the health of a newborn immediately after birth; and Jonas Salk, American virologist and medical researcher who developed the first vaccine for polio. The medical icons are gathered around a board table, and the empty chairs encourage visitors to sit with these great minds to learn more about and reflect upon their exceptional influence on the field of healthcare. The sculpture has been placed in the Main Lobby of the Hospital adjacent to the Donor Wall.

Through her leadership on both the Thomas J. Evans Foundation and The Gilbert Reese Family Foundation, Lou has played a critical role in countless community projects, often offering community challenges to encourage a broad range of public support. Other examples of projects include:

- Revitalization and reopening of Newark's landmark Midland Theatre
- Creation of over 40 miles of bicycle trails linking Licking County communities
- Renovation of the historic Arcade in Downtown Newark
- Addition of turf fields at the Newark City Schools for baseball, softball, and the marching band
- Renovation of the Northridge Football Stadium
- Renovation of the Granville High School Football Stadium
- Funding and operation of the Lou and Gib Reese Ice Arena in Newark
- Funding and staff support for FRAMEWORK, a planning initiative created to align Licking County communities on a desired future
- Renovations to Mound City Little League fields
- Everett Park Renovations, including a skatepark, community garden, dog park, picnic pavilion, and playground
- Renovation of the historic Louis Sullivan Building
- Restoration of the exterior of the historical Licking County Jail

The Mary Jane McDonald Building a Healthier Community Award – Friends of the Licking County Library

LMHS presented the Mary Jane McDonald Building a Healthier Community Award to Friends of the Licking County Library for Dolly Parton's Imagination Library which provides books to give to children, from birth to age five, free of charge. The Friends of the Licking County Library is a nonprofit organization whose purpose is to promote the continued growth, development, and use of the library by people of all ages, backgrounds, and diverse interests. The Friends of the Licking County Library purchases the Imagination Library program from the Dolly Parton Foundation for each child, which costs \$25 per year, per child.

By sending each enrolled child a book every month, Dolly Parton's Imagination Library program assists children in developing their minds and imagination for academic success and positive mental health. Licking County currently has 5,830 children enrolled in the program, which is just over 56 percent of the population from birth to age five. The Friends of the Licking County Library's main goal is to reach 60 percent of children in that age

range. The volunteers of the Friends of the Licking County Library raise the funds to cover the expenses of the program through book sales three times a year, grants, and donations.

The Licking Memorial Hospital (LMH) Development Council created the Building a Healthier Community Award in 2005 to honor a group or organization in Licking County with an ongoing work or project that reflects LMHS' mission to improve the health of the community. It was renamed the Mary Jane McDonald Building a Healthier Community Award in 2018.

Mary Jane was a member of the LMH Board of Directors from 1981 to 1987, and a member of the LMHS Board of Directors from 1988 to 1999. She was elected as the first female chair of the LMHS Board in 1991 and received the Lifetime Achievement Award in 2001. Mary Jane dedicated her time and talents to enriching the lives of countless Licking County residents through her charitable and selfless acts of volunteerism.



First Federal Savings President and CEO Sally Wallace Heckman, granddaughter of Lou Reese, accepted the LMHS Lifetime of Achievement Award from LMHS President & CEO Rob Montagnese on Lou's behalf.



LMHS President & CEO Rob Montagnese presents representatives from Friends of the Licking County Library with the Mary Jane McDonald Building a Healthier Community Award.



(continued on page 4)

A Lifetime of Care – Michael E. Campolo, D.O., and Elliott Davidoff, M.D.

LMHS honored Michael E. Campolo, D.O., and Elliot Davidoff, M.D., with A Lifetime of Care recognition. The award was created in 2018 to honor physicians for their extended service to the Licking County community. Physicians who have served on the Licking Memorial Hospital (LMH) Active Medical Staff for 35 years or more, or have 50 years or more of service combined between the Active Medical Staff and Honorary Medical Staff, are featured on a display near the LMH Main Lobby.



Dr. Campolo

served on the LMH Active Medical Staff from 1984 until his retirement in April 2024, and continues his service as part of the Honorary

Medical Staff. He earned his Doctor of Osteopathic Medicine degree from Ohio University College of Osteopathic Medicine in Athens, Ohio. After opening his solo practice, Dr. Campolo became the President and Managing Partner of Newark Physician Association/Medical & Surgical Association, Inc. He also served as the Newark City Health Director, the Medical Director for the Licking County Justice Center, several nursing facilities, and as team physician for Newark Catholic High School.



Dr. Davidoff provided comprehensive eye care to Licking County residents from 1977 until his retirement in June 2024, and continues his service as part of the Honorary

Medical Staff. He received his medical degree from New York Medical College in New York, New York, and completed an internship at Lenox Hill Hospital, and an ophthalmology residency at Bronx-Lebanon Hospital Center of the Albert Einstein College of Medicine in Bronx, New York. In 1980, he founded Center For Sight in Newark. In addition, he has served on the Licking Memorial Hospital Executive Committee and is a former Chief of Staff and Vice Chief of Staff.

Healthcare-related Sculpture Donated to LMH

A bronze sculpture was installed in the Main Lobby of Licking Memorial Hospital (LMH), in an alcove adjacent to the Donor Wall. Lou Reese, the 2024 Lifetime Achievement Award recipient, donated the bronze sculpture in recognition of LMH's dedication to improve the quality of life in Licking County. Lou is dedicated to arts beautification and education and has supported LMHS and its mission to improve the health of the community for decades. The sculpture was her concept, and she hoped to offer historical education for the community about the medical field. She has commissioned nearly 30 life-size, custom bronze sculptures that can be found at various locations throughout Newark and Licking County.

The new sculpture was designed by Gary Lee Price, a nationally acclaimed sculptor who also created a number of the other

sculptures in the collection. The sculpture features four individuals who have each made significant contributions to healthcare:

- Florence Nightingale – the founder of modern nursing.
- Louis Pasteur – a French chemist, pharmacist, and microbiologist who discovered pasteurization.
- Virginia Apgar – an American physician and researcher best known for inventing the Apgar score, a method to quickly assess the health of a newborn immediately after birth.
- Jonas Salk – an American virologist and medical researcher who developed the first vaccine for polio.

The medical icons are gathered around a board table. Empty chairs at the table encourage people to sit with the group and learn more about the influence that the four provided to the medical field. A biography for each of the four individuals has been placed near the sculpture for more information.



LMHS President & CEO Earns Prestigious Awards

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese was recognized by Columbus Business First as part of a new recognition program, the Innovators in Healthcare and Life Sciences Awards. The awards were created to honor individuals and organizations making advances in research, and the new technologies improving patient outcomes and driving efficiency throughout the healthcare industry. The inaugural honorees, which includes a number of categories, were recognized in a special section of Columbus Business First. Rob was honored in the Community Outreach category.

Rob is dedicated to the LMHS mission of improving the health of the community, ensuring that LMHS offers the best quality care, and that residents are able to maintain a healthy lifestyle. He has recently begun to focus on how social drivers, such as housing, food insecurity, and transportation, affect community health, and is steering LMHS efforts to reduce health disparities in Licking County.

LMHS has been assisting community members with transportation by offering LMH Ride, free transportation for non-emergent healthcare appointments, and by working with Licking County Transit to establish bus transportation throughout the county. To address food insecurity, LMHS collaborated with the Food Pantry Network (FPN), to open the FPN Market in an LMHS building, which is located in an area not previously served by FPN. Finally, Rob works with several local non-profit organizations aimed at helping community members find stable housing.

The panel of Columbus Business First judges also considered the contributions that Rob and LMHS have made to the community. Every year, LMHS participates in numerous philanthropic initiatives including free activities for youth and seniors and supports numerous non-profit organizations. Rob embraces the knowledge that assisting

other non-profit organizations is vital to creating a healthy, thriving community, and improves health as well as quality of life.

Wittenberg University Alumni Servant Leader Award

The Wittenberg University Alumni Association presented Rob with the Servant Leader Award at a ceremony held in October. The award is bestowed upon alumni who have distinguished themselves through outstanding service and embody the Wittenberg spirit of service, compassion, and integrity. Rob earned a Bachelor of Arts in Business Administration degree from Wittenberg in 1992. In addition to his work with LMHS to reduce healthcare disparity and establish several free clinics in underserved neighborhoods, Rob has made numerous volunteer contributions to other non-profit organizations in the community.

Rob contributes to the community through service to numerous non-profit and educational organizations. He currently serves as the Chairman of the Central Ohio Technical College Board of Trustees, Treasurer of Big Brothers Big Sisters (BBBS) Foundation Board, Chairman of the Newark Campus Development Fund, Emeritus Member of the Salvation Army Advisory Board, Chairman of The Works Board, and a Board Member for First Federal Savings, GROW Licking County, Our Futures in Licking County, and the Institute for Health Innovation. He also serves as a member of the Newark Rotary Club and the Boys & Girls Club Advisory Board.

While providing the best quality healthcare is vital to a strong community, Rob understands that prevention is as important as quality treatment to keep a community healthy and vibrant. He is also a fiscally responsible leader, and LMHS remains an independent healthcare organization due to his diligence in maintaining a conservative and effective financial approach. He and his wife, Lauren, also a Wittenberg

alumnus, live in Licking County. The couple has one daughter and two sons. He has coached sports teams for many years in the Central Ohio area.



LMHS Invests in New Technologies in 2024

New Electrophysiology Equipment Enhances Cardiac Care

The physician and staff at Licking Memorial Cardiac Electrophysiology tests and evaluates the heart's electrical system to diagnose abnormal heart rhythms, or arrhythmia. If the heart's electrical signals function improperly, including beating too fast, too slow, or with an irregular pattern, it may lead to stroke, heart failure, or cardiac arrest if left untreated. Recently, Licking Memorial Health Systems (LMHS) installed new state-of-the-art equipment to enhance and improve the Cardiac Electrophysiology staff's ability to recognize and treat arrhythmias originating in the upper two chambers, or atria, of the heart.

Treatment for arrhythmia includes medications, lifestyle changes, and procedures such as cardiac ablation. During cardiac ablation, a physician guides a catheter through a vein and into the heart. A device at the tip of the catheter emits hot or cold energy to destroy small areas of heart tissue that are causing the heart's electrical signals to misfire. The new technology, including the Nitron Cryoconsole, the Abbott SensiTherm Multi-esophageal Monitoring System, the Boston Science Medical RF Puncture Generator, the Abbott Ensate X EP System, the Abbott View Mate Intracardiac Ultrasound, and GE ComboLab, allows for cardiac ablation and other electrophysiology procedures to be performed safer and more efficiently.

The Nitron CryoConsole uses extreme cooling, or cryoablation, to neutralize the impaired areas of the heart.

During cryoablation, it is important to monitor the temperature of the heart and surrounding structures, such as the esophagus. The Abbott SensiTherm system provides rapid-response, real-time temperature readings of the back of the heart that allows the physician to adapt and ensure that the cold temperatures delivered during the procedure stay within a safe range.

The Boston Science Medical RF Puncture Generator is also designed to reduce the damage to surrounding tissue during cardiac ablation. Sometimes the electrophysiologist may need to make a small hole from the right atrium to the left atrium to reach the area of the heart that is causing the arrhythmia. Previously, the physician would use a needle to create the hole. The RF Puncture Generator delivers radiofrequency energy to a needle, which cuts through the wall that separates the atria in a safe and controlled method to minimize damage to healthy tissue.

The Ensate X EP System, a cardiac mapping system that creates 3D models of the heart, assists the electrophysiologist with locating and treating the areas of the heart causing abnormal heart rhythms. Using catheters and electrodes attached to the patient, the system collects and converts the heart's electrical signals to provide the electrophysiologist with a 360-degree view of the heart. The highly detailed model helps the physician to effectively

identify abnormal tissue and precisely navigate the catheter to the areas where cardiac ablation is needed. The Abbott ViewMate Ultrasound console also provides high-quality imaging for electrophysiology procedures. Using advanced intracardiac ultrasound technology, the console provides the physician with a visual of the structures of the heart and blood flow during catheterization.

As with all procedures, tracking the patient's vital signs and overall condition is critical for favorable outcomes. To assist the Electrophysiology team with monitoring the patient during cardiac ablation and other catheterization procedures, LMHS upgraded the current system from a GE MacLab to a GE ComboLab. The MacLab is a recording system that analyzes and tracks blood pressure, heart rate, and the amount of blood that the heart pumps. The new ComboLab combines the MacLab with a CardioLab to also allow the Electrophysiology staff to evaluate the electrical signals in the heart to assess and manage heart rhythm issues. With the new system, the electrophysiologist can obtain more accurate data that provides for better diagnosis and treatment planning of arrhythmia.

Conditions that result in arrhythmias starting in the upper two chambers of the heart include atrial fibrillation (AFib), atrial flutter, atrial tachycardia, bradycardia, and AV blocks. The new equipment provides for safer outcomes while reducing the time that patients are in surgery by approximately half.

Drug-coated Balloon Angioplasty Available for Heart Patients

Licking Memorial Hospital (LMH) now offers drug-coated balloon (DCB) angioplasty. DCBs were recently approved by the Food and Drug Administration as a treatment option for patients who develop repeat blockages preventing blood flow through previously placed stents. Although DCBs were initially developed more than a decade ago, their potential in coronary interventions has recently sparked renewed interest, and LMH's cardiologists have been using the device since September. The new technology offers an alternative to the insertion of a second metal stent.

While balloon angioplasty is highly effective, within a year, five to ten percent of patients experience

in-stent restenosis, or a re-narrowing of the treated artery and recurrence of symptoms that requires additional repair. The DCB offers an effective treatment strategy for the management of coronary in-stent restenosis. The specialized coronary devices are comprised of a balloon catheter with an engineered coating that allows the delivery of a medical agent directly to the vessel wall during an angioplasty. During the procedure, a balloon is inflated to flatten the plaque against the wall of the artery, opening the artery and restoring blood flow. Then the balloon is deflated and removed from the body and the drug-coated balloon is inserted into the previously treated narrowed area. The DCB is then inflated, and the medication

on the balloon surface is delivered to the wall and surrounding tissue.

The medication used in the coating is an anti-proliferative agent, which means the medication inhibits the cells from growing. Research has found that the use of a DCB reduced the likelihood of patients experiencing a blockage, a myocardial infarction, or a heart attack caused by lack of blood flow to the heart. The procedure may be performed as outpatient surgery and requires minimal recovery time. A healthcare professional will then evaluate if further treatment is necessary to maintain healthy blood flow through the area treated.

Integrating Devices to Improve Efficiency and Quality of Care

Licking Memorial Health Systems (LMHS) has invested in new equipment that improves the efficiency and quality of care in key areas of Licking Memorial Hospital (LMH) including the Emergency Department and patient care units. The new equipment integrates data and transfers the information directly to LMH's electronic health record, Epic. The equipment includes intravenous (IV) clinical integration technology and an expansion of the use of the Capsule Medical Device Information Platform.

The new IV integration system enables management of IV medication delivery by linking smart infusion pumps, the medication order, patient information, and Epic to ensure the correct IV medication at the prescribed dosage and rate is administered to the proper patient and seamlessly documented into the medical record. The process reduces the occurrence of medication errors and adverse events. LMH also developed and coordinated a comprehensive

implementation plan to ensure the healthcare team has access to this advanced technology to improve safety in the administration of IV medications, which is one of the most common areas where medication errors can occur.

Capsule Medical Device Information Platform improves clinical decision making and workflow by integrating data from a number of medical devices such as ventilators, continuous dialysis machines, balloon pumps, and the Arctic Sun Hypothermia machine. Capsule uses a specially programmed touchscreen, the Capsule Neuron, that contains a number of standard cable connection interface ports. A device identification module (DIM) is placed on cable connectors for each individual medical device. When a medical device is in use for a patient, that device can be plugged into the Capsule monitor which then automatically transfers the information into LMH's electronic health record, Epic.

With the new technology, nurses and other staff members are better able to focus on the patient and offer more personalized care. Each medical device offers unique data important for a provider to understand and treat a patient. By combining information from several devices, the data can be analyzed quicker to provide needed information to the care team. Everyone involved with the patient's care has faster access to these vital decision-making data points faster which allows the staff to be more proactive. The technology creates a more efficient workflow. Capsule has been utilized in the operating room (OR) by the anesthesia staff, and the nursing staff and physicians in the intensive care unit (ICU). The devices will soon be in place for the post anesthesia care unit (PACU) and surgical recovery rooms at LMH – Tamarack.



Point-of-care Analyzer Offers Fast Results

In a collaborative project between the Licking Memorial Hospital (LMH) Intensive Care Unit (ICU) nursing staff and the Laboratory Department, Licking Memorial Health Systems (LMHS) invested in portable analyzers which can perform electrolyte and blood gas testing at the patient's bedside in the ICU. The new technology allows nurses to perform laboratory testing at the bedside on a small volume of blood. Results are available in less than a minute and provide the physician with vital information to assist in treatment decisions.

For critically ill patients in the ICU, top quality patient care demands quick analysis, efficiency, and extensive information to identify proper treatment. The new analyzers supply the critical information within minutes by testing the blood for high or low levels of electrolytes, glucose, and blood gases

including carbon dioxide and oxygen. Having access to the results immediately assists in evaluating the patient for several conditions including respiratory distress, sepsis, and kidney or heart failure.

LMHS employees are encouraged to research and seek out new technologies, procedures, or practices that align with the mission to improve the health of the community. ICU manager, Zach Derugen met with Medical Laboratory Supervisor Carrie McPherson to find ways to provide needed laboratory test results without compromising quality. They reviewed vendors and worked to find easy-to-use equipment that would provide the best benefit to the patients.

"The LMHS leadership team and I strive to empower our employees to search for resources and methodologies that will enhance our quality of care and create a better work environment for our

staff," shared LMHS President & CEO Rob Montagnese. "The collaboration between the nurses and Laboratory on this project stands as a stellar example of teamwork and dedication to providing the best clinical outcome for our patients. We are proud of the research and care the team took to find a solution that will save precious time in the decision-making process."

In addition to the nurse having access to the results in under a minute, the analyzers are designed to communicate with Epic, the electronic health record, sending the results directly to the patient's chart. Efficiency is a key component of optimal patient evaluation and treatment, and the new analyzers can save valuable time in providing key laboratory test results for urgent situations performed in the ICU, at the point of care.

The new technology has been integrated into the Laboratory's current track system that transports samples through the various testing modules. In addition to health conditions such as diabetes, the analyzer has increased testing efficiency for liver function, kidney health, cholesterol levels, and other important biomarkers. The equipment has become an essential tool for Medical Laboratory Scientists to deliver faster and more accurate results, which ultimately improves patient outcomes.

valuable time, and reducing the chance of errors. Additionally, the analyzer's automated quality control and sample handling system reduces human error and provides more reliable results.

With the Atellica Analyzer's larger capacity, laboratory staff can also perform more tests in less time. The faster results assist physicians and other healthcare providers to make quicker decisions and begin treatment without delay. The analyzer can also be expanded in the future to allow the Laboratory to run tests that are currently outsourced to other labs. Performing more tests in-house will decrease turnaround time for patients.

LMH Laboratory Installs New Chemistry Equipment

The Licking Memorial Hospital (LMH) Laboratory recently implemented the Siemens Atellica Analyzer that conducts a wide range of chemistry and immunoassay tests. This advanced system delivers more efficient, faster results, diagnoses, and enhanced patient care.

The Atellica Analyzer combines two modules – CH (Chemistry) and IM (Immunoassay) – to perform extensive testing that is critical in diagnosing various health conditions such as diabetes, infections, and cancer. With the all-in-one system, Medical Laboratory Scientists can run all necessary tests in one place without switching between analyzers, saving

LMH Announces Physician of the Year

In October, Licking Memorial Hospital (LMH) held the annual Medical Staff Recognition Dinner at the Cherry Valley Hotel to show appreciation for the physicians' commitment to improve the health of the community. The LMH Active Medical Staff is comprised of 159 physicians who represent more than 30 medical specialties. Additionally, 62 physicians are members of the consulting staff.

Following a social hour and dinner, LMH Chief of Staff Gary D. Sutliff, M.D., announced new medical staff appointees and recognized physicians who were celebrating five-year service anniversaries. To conclude the evening, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese announced that the 2024 Physician of the Year award recipient was Terrill D. Burnworth, D.O., who joined Licking Memorial Emergency Medicine in 2001. Dr. Burnworth currently serves as the Medical Director of the Emergency Department (ED), managing all aspects of the care provided by the practitioners in the ED and urgent care locations.

Born in Steubenville, Ohio, Dr. Burnworth is a graduate of Weirton Madonna High School, West Virginia University School of Pharmacy, and West Virginia School of Osteopathic Medicine. He completed an emergency medicine residency at OhioHealth Doctors Hospital in Columbus. Dr. Burnworth is a member of the American College of Osteopathic Emergency Physicians and the American Osteopathic Association, and his special areas of interest are trauma and ultrasound. Dr. Burnworth is a supporter of the American Cancer Society. He and his wife, Brittney, have two sons, Andrew and Maddox.

The Physician of the Year award recipient is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees included Bradley R. Lawson, M.D., and Kenneth C. Parker, M.D., both of Licking Memorial Otolaryngology (ENT).

2024 Physician Service Awards

55 Years of Service
Chung Han Koo, M.D.

45 Years of Service
Mary Beth Hall, M.D.
Thomas J. Hall, M.D.

40 Years of Service
Michael E. Campolo, D.O.
Owen Lee, M.D.

30 Years of Service
John L. Adams, M.D.
James L. Barrett, M.D.
Joseph E. Fondriest, M.D.
Andrew C. Seipel, M.D.

25 Years of Service
David E. Born, M.D.
Khanh V. Dang, M.D.
Donald A. DeShetler Jr., M.D.
Talya R. Greathouse, M.D.
Hsien J. Hsu, M.D.
Joshua C. Nelson, D.O.
Howard L. Reeves, D.O.

20 Years of Service
Jeremy R. Campbell, D.O.
Kevin J. Finley, M.D.
Ann V. Govier, M.D.
Phillip G. Savage, D.O.
Hints A. Tewoldemedhin, M.D.

15 Years of Service
Abhay J. Anand, M.D.
Matthew C. Bromley, D.O.
Megan E. Miller, D.O.
Latha Urs, M.D.

10 Years of Service
Lisa M. Karres, D.O.
Marita L. Moore, M.D.
D'Anna N. Mullins, M.D.
Aleksandar Tancevski, M.D.
Elizabeth A. Yoder, D.O.
Grant L. Yoder, D.O.

5 Years of Service
Cynthia A. Kearse, D.O.
Navin S. Muni, M.D.
Andrew M. Reaven, M.D.
Scott W. Rossio, D.P.M.

Past Recipients of the LMH Physician of the Year Award

- 1988 – Charles F. Sinsabaugh, M.D.
- 1989 – Craig B. Cairns, M.D.
C. Michael Thorne, M.D.
- 1990 – Mark A. Mitchell, M.D.
- 1991 – Carl L. Petersilge, M.D.
- 1992 – Edward A. Carlin, M.D.
Harold E. Kelch, M.D.
- 1993 – Gerald R. Ehram, M.D.
- 1994 – William K. Rawlinson, M.D.
- 1995 – Patty A. Whisman, M.D.
- 1996 – J. Michael Wills, M.D.
- 1997 – Terry P. Barber, M.D.
- 1998 – Mary Beth Hall, M.D.
- 1999 – Debra A. Heldman, M.D.
- 2000 – Frederick N. Karaffa, M.D.
- 2001 – Elliot Davidoff, M.D.
Bryce I. Morrice, M.D.
Mark L. Reeder, M.D.
- 2002 – Jacqueline J. Jones, M.D.
- 2003 – Owen Lee, M.D.
- 2004 – Larry N. Pasley, M.D.
- 2005 – Joseph E. Fondriest, M.D.
- 2006 – May-Lee M. Robertson, D.O.
- 2007 – Peter T. Nock, D.O.
- 2008 – Eric R. Pacht, M.D.
- 2009 – Ann V. Govier, M.D.
David E. Subler, M.D.
- 2010 – Richard A. Baltisberger, M.D.
David R. Lawrence, D.O.
- 2011 – Talya R. Greathouse, M.D.
- 2012 – Bassam Kret, M.D.
- 2013 – Shakil A. Karim, D.O.
- 2014 – Brent M. Savage, M.D.
- 2015 – Garth A. Bennington, M.D.
- 2016 – Janae M. Davis, M.D.
- 2017 – Audrey K. Bennett, M.D.
- 2018 – Elizabeth A. Yoder, D.O.
- 2019 – Matthew C. Bromley, D.O.
- 2020 – LMH Medical Staff
- 2021 – Kevin M. Ouweleen, M.D.
- 2022 – Lori J. Elwood, M.D.
- 2023 – Bradley R. Lewis, M.D.



2023 Physician of the Year, Bradley R. Lewis, M.D., (left) assists LMHS President & CEO Rob Montagnese (right) in presenting the 2024 Physician of the Year award to Terrill D. Burnworth, D.O. (middle)

Support LMH Through Honorary and Memorial Giving

Licking Memorial Health Systems (LMHS) provides Licking County residents with quality care, close to home. The community's steadfast support, offered through monetary gifts, allows LMHS to continue to maintain its high standards of treatment. Through contributions to Licking Memorial Health Foundation (LMHF), individuals, businesses, and foundations assist in providing state-of-the-art equipment and capital expansions that improve the health of the community. The Licking Memorial Hospital (LMH) Development Council is responsible for increasing charitable donations to LMHF and has developed a variety of giving programs for the convenience of those who would like to support the Hospital, including the Honorary and Memorial Giving program. This program offers a special opportunity to pay tribute to a beloved friend or family member through a gift to LMHS given as a memorial or to provide recognition to living individuals.

When deciding to donate to an organization, especially when it is in memory of a friend or family member, Tara Houdeshell, Executive Director of A Call to College, always considers

the personal connection between her, the loved one she is honoring, and the organization. In the last months of his life, her father, Dave Houdeshell, spent considerable time at LMH. "The Hospital was responsible for extending my father's life by a precious nine months," Tara said. "These months provided our family with the opportunity to cherish the time we had together, have the conversations our hearts needed, and focus on a man we love and respect deeply. For these reasons and more, when given the choice, I will always donate to LMH in memory of loved ones."

Several others also paid tribute to Dave with a donation to LMH. "My father's care was complicated but always top notch," Tara said. "I believe the majority of those who donated in his honor were aware of his struggles and of how well he was taken care of at LMH. Donating to the Hospital was a perfect way to honor him."

Directing the donations of interested friends, family, and colleagues to LMH can be a fitting way to give back to the community while memorializing family

members who have passed. Some families request charitable contributions in lieu of flowers for funerals, and many have paid their respects in this manner. For those who participate in honorary and memorial contributions, the honoree and donor names are listed in the Giving Log located in the LMH Main Lobby, the *Community Connection* magazine, and the LMHS *Annual Report*. Individuals recognized with a donation are notified by mail that a gift was received in their honor.

Financial donations to LMHF can also be made through online giving and text-to-give. Interested supporters may visit LMHealth.org and click on Donate in the top right corner of the homepage. Individuals can also contribute instantly using their phone's native messaging application. To make a donation, donors can text 12712 to (614) 230-0347, and then follow the prompts to give to LMHF through the Columbus Foundation website. Both methods securely protect all information provided online.

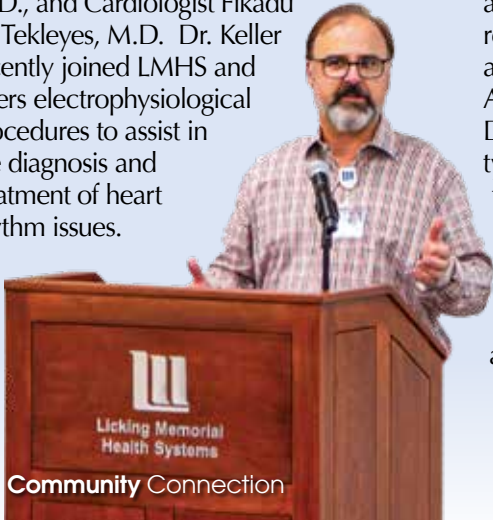
LMHS, a not-for-profit organization, reinvests revenue over expenses back into providing care for the community.

Gifts may be designated for a specific department, service, facility, or piece of equipment. However, unrestricted gifts allow money to be used where the need is greatest. For the remainder of 2024 and throughout 2025, donations received for LMHF will help fund the construction and development of the LMHS Education & Event Center. The 30,000-square-foot facility will serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources. As Licking County continues to grow and thrive, the Center will enhance the opportunity for education, connectivity, and relationships within our community.

Every contribution to LMHF – whether large or small – is important to the quality of care at LMH. There are many ways that families and the business community can join together to support LMH. Donations are a fitting way of remembering a loved one's legacy while advancing the community's healthcare. All charitable contributions to LMHF are tax-deductible to the extent allowed by law. Donations are used for capital expansion, renovation projects, or equipment needs. For more information about charitable giving, please call the Development Department at (220) 564-4102.

Corporate Breakfast Addresses Comprehensive Cardiac Care

The Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast titled "Comprehensive Cardiac Care," for community leaders in the Main Street Café in September. LMHS President & CEO Rob Montagnese introduced the speakers, Electrophysiologist John J. Keller, M.D., and Cardiologist Fikadu G. Tekleyes, M.D. Dr. Keller recently joined LMHS and offers electrophysiological procedures to assist in the diagnosis and treatment of heart rhythm issues.



Dr. Keller addressed the need to offer better patient access to the procedures to care for paroxysmal atrial fibrillation (PAF), a type of atrial fibrillation (AFib) that occurs in intermittent episodes. Atrial fibrillation is a growing epidemic, and studies have found that performing an ablation at the onset of symptoms reduces the progression of the disease and decreases the risks associated with AFib, including stroke and heart attack. Dr. Keller also explained the two different types of ablation. Using radiofrequency to heat the tip of a catheter, he can stop unwanted signals through several point-by-point applications around the pulmonary vein. A cryoballoon may also be used to freeze tissue in the heart and disable unwanted electrical signals.

To assist in diagnosing cardiovascular disease, Dr. Tekleyes discussed cardiovascular computed tomography (CT). LMHS has been providing cardiac CT calcium scoring since May 2022. Last year, the Radiology Department upgraded the CT scanners and now offers improved images and faster scanning times. CT calcium scoring assists in identifying calcification in arteries in the heart which is an indicator of coronary artery disease, the leading cause of death in the United States. Identifying patients with high scores, especially those who are not experiencing symptoms, offers better patient outcomes as a treatment plan can be created quickly to avoid further damage to the heart.

Corporate Breakfasts are sponsored by the LMH Development Council to inform community leaders about LMHS' new technology and services. The Development Council was established in 1987 to increase charitable giving to the Hospital and to promote positive community relations. Approximately 80 distinguished members of the community volunteer their time to serve on the Development Council.



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Golf Gala Proceeds Fund Technical Advances at LMH

The Licking Memorial Hospital (LMH) Development Council hosted the 2024 Golf Gala on September 16 at the Denison Golf Club. All proceeds from this event funded technological advances at LMH, supporting Licking Memorial Health Systems' (LMHS) mission to improve the health of the community.

“Modern technology in the medical field is constantly changing, and LMHS has had numerous technological advances over the years,” said LMHS President & CEO Rob Montagnese. “LMHS is very fortunate to remain an independent community hospital with a strong financial foundation. The support we receive from this event will continue to allow us to provide the best care and improve the health of the community.”

LMHS has invested in the following technologies in 2024:

- Electrophysiology equipment
- Blood gas analyzer designed for point of care testing in the ICU
- CensiTrac® surgical instrument tracking and management system
- IV pump integration
- Capsule Medical Device Information Platform, in the Post-anesthesia Care Unit and Urgent Care Department, which improves clinical decision making and workflow by integrating data from several medical devices such as ventilators, continuous dialysis machines, balloon pumps, and the Arctic Sun Hypothermia machine

A total of 156 golfers comprised the 39 teams that participated in the split tee format. Rob announced the team and individual awards in a recorded ceremony that featured the 2024 Golf Gala Honorary Chairs, Cindy and Jim Young, and Golf Gala Committee Chair, Pat Jeffries. The video was available to view online the following day.

Kessler Sign Company, Inc., which included Rodger Kessler, Ray Lynn, Josh Wise, and Joe Allen, took first place. Each team member received a trophy and a round of golf with a cart at the

Denison Golf Club. Jamey Baker, Rusty Baker, Russell Taylor, and Jonathan Hight, representing ValueCare Ambulance Service, each received a round of golf with a cart at Kyber Run Golf Course for finishing in second place. Claypool Electric took home the consolation trophy as the highest-scoring team.

Individual award winners included:

- Closest to the Pin – Rodger Kessler
- Longest Drive (Women) – Stephanie Mollica
- Longest Drive (Men) – Shawn Thompson
- Longest Putt – Steve Flint

This year's **Club Sponsor (\$7,500 and above)** was Denison University, and the **Condor Sponsors (\$7,500 and above)** were Park National Bank and Lou Reese.

Ace Sponsor (\$5,000) included MedBen; Mid-Ohio Development Corporation; Southgate Corporation; and Stedman Floor Co., Inc.

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Bureau, Inc.; and ValueCare Ambulance Service.

The Driver Sponsor (\$1,500) was Brett Lowe Mechanical, Inc.; the **Games Sponsor (\$1,500)** was Going Green Services, LLC; the **Pro Sponsor (\$1,500)** was Griffin's Floral Design & Wine Shop; the **Links Sponsor (\$1,500)** was Matesich Distributing Co.; the **Fairway Sponsor (\$1,500)** was OhioHealth; and the **Hole-in-One Sponsor (\$1,500)** was The Hinderer Motor Company.

The **Birdie Sponsors (\$1,000)** were Anomatic Corporation; Jerry & Betty Ashcraft; Central Ohio Technical College; Craig Cairns, M.D., M.P.H.; CK Construction Group, Inc.; Delta Dental; Flint Ridge Nursing & Rehabilitation; The Guanciale Group of Coldwell Banker Realty; Heckman's Lawn Service; Hospice of Central Ohio, Inc.; Dr. Megan Miller & State Representative Kevin Miller; Mitchell Systems, Inc.; Molina Healthcare; NBC4; Reese Pyle Meyer PLL; River Radio Ministries; Sunny 95; UKG; and Sarah & John Wallace.



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Lung Cancer Screening Awareness

Licking Memorial Health Systems (LMHS) is working to raise awareness and encourage those at risk of lung cancer to schedule their annual screening. Lung cancer is the second most common cancer and the leading cause of cancer death in the United States. One in 18 people in the U.S. will be diagnosed with lung cancer in their lifetime. The overall 5-year survival rate for lung cancer is fairly low at 20.5 percent. However, the survival rate increases if the disease is detected and treated early as a result of regular screenings.

Lung screening is used to find cancer at an early stage before symptoms appear. Symptoms of lung cancer can vary between people and may include coughing that worsens or does not go away, chest pain, shortness of breath, hoarseness, chronic bronchitis, and unexpected weight loss. Most people with lung cancer do not experience any symptoms until the cancer is at an advanced stage, increasing the importance of annual screenings for those most at risk.

Studies suggest that early detection through screening reduces lung cancer deaths by 16 to 20 percent. The U.S. Preventive Services Task Force recommends screening for individuals who are between the ages of 50 and

80, show no signs or symptoms of lung cancer, currently smoke or quit smoking within the last 15 years, and have a tobacco smoking history of at least 20 pack-years. A pack-year is the equivalent of smoking one pack of cigarettes, or about 20 cigarettes per day, for one year.

Licking Memorial Hospital (LMH) offers lung cancer screenings using low-dose computed tomography (LDCT) scans to those individuals who meet the criteria. The scan takes about five minutes and provides an overview of the lung using the lowest radiation dose possible to detect lung nodules. A nodule appears on the scan as a small, rounded spot that looks like a white shadow. Nodules are common and most are noncancerous; however, a nodule can represent early lung cancer.

LDCT scans are part of a larger program designed to support patients who are at risk for lung cancer. Those who meet the guidelines for LDCT will receive a baseline screening exam. Patients will have a follow-up LDCT scan at least once per year based on previous results. Even if the scan detects no abnormalities, it is important to have a yearly LDCT scan to continually assess the lifetime risk. The images (below) illustrate the importance of the annual screening and how quickly nodules can form.

Lung cancer that is detected through LDCT is often considered early stage when treatment is more likely to be successful. Medicare covers the cost for the annual scan for those who meet the guidelines. Other insurance plans may cover the screening, but may have different guidelines. Patients who have concerns about their lung cancer risks should speak with their healthcare provider to determine if a lung screening is recommended. If the physician decides that a lung screening is needed and the patient meets the criteria, an LDCT scan will be ordered.

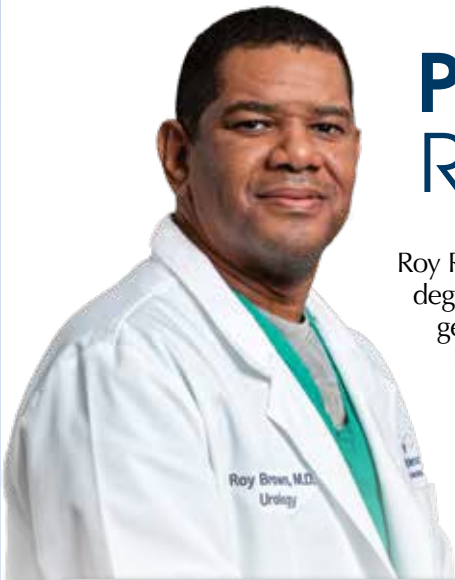
Smoking is the number one risk factor for lung cancer and is estimated to account for approximately 90 percent of all cases. The LMH Tobacco Cessation Program, Quit for Your Health, is designed to help people stop using tobacco. Using evidence-based techniques, a Certified Tobacco Treatment Specialist will work with participants to develop a plan that will provide an opportunity to become tobacco-free and reduce the chances of developing cancer. Individuals may enroll in the program through either a physician or self-referral. For more information, call (220) 564-QUIT (7848).

Lung Cancer Screening Comparison

The image on the left was acquired as a baseline of the patient's lung condition in 2017. A follow-up screening was recommended six months after the initial scan, and then annually. The patient received an annual exam in 2018, but did not participate in further follow-up scans. In January 2020, a member of the patient's healthcare team ordered a CT scan immediately. The image on the right shows the suspicious result discovered upon examination.



Physician Spotlight – Roy R. Brown Jr., M.D.



Roy R. Brown Jr., M.D., joined Licking Memorial Urology in October 2021. He earned his medical degree at the University of Minnesota Medical School in Minneapolis, Minnesota, and completed a general surgery and urology residency at Eastern Virginia Medical School in Norfolk, Virginia. He is board certified in urology.

Dr. Brown is a member of American Medical Association, American Urological Association, American Society of Clinical Urologists, National Medical Association, American Board of Urology, American College of Surgeons and Ohio Urological Society.

Ask a Doc – Bladder Health with Roy R. Brown, M.D.

Question: Can exercise or other lifestyle changes improve my bladder health?

Answer: People rarely talk about bladder health with their physician or primary provider due to embarrassment; however, many bladder conditions may be treated through simple lifestyle changes such as changing the diet or exercising. Located in the lower abdomen, the bladder is a hollow organ, much like a balloon, that stores urine. Urine contains waste and extra fluid remaining after the body utilizes what is needed from the food and beverages consumed. Each day, adults pass about a quart and a half of urine through the bladder and out of the body.

As people age, the bladder changes. The elastic bladder tissue may toughen and become less flexible. A less flexible bladder cannot hold as much urine as previously held and leads to more frequent trips to the bathroom. The bladder wall and pelvic floor muscles may weaken, causing difficulty in emptying the bladder completely and causing urine to leak. Issues such as infection and bladder pain may ensue.

While some changes that affect the bladder cannot be changed, there are simple, healthy methods to improve bladder health and control. First, it is important to consider fluid intake. Drinking too little or too much fluid can worsen bladder issues. Limit drinks

with caffeine, such as coffee, tea, and pop, and be aware of foods, such as soups, that may add to the total amount of fluid intake. Drinking more fluids in the morning and afternoon will assist in avoiding the need to urinate at night. How much fluid a person needs may vary based on health, activity level, and the community in which they live. In general, drink enough fluids to encourage urination every few hours.

Healthy eating and maintaining a healthy weight may also prevent factors that raise the chances of developing bladder issues, such as obesity and diabetes. Many people find that alcohol, spicy foods, chocolate, artificial sweeteners, caffeinated, carbonated, and citrus beverages, as well as high-acid foods, such as citrus and tomatoes, contribute to bladder irritation and inflammation. Avoid such foods and drinks for a time to determine if bladder symptoms improve. Include fiber-rich foods to assist in proper colon health. Pressure from the colon can hinder the bladder from expanding.

Finally, exercise regularly. Physical activity assists in preventing bladder issues and maintaining a healthy weight. Increased blood flow transports more oxygen-rich blood to the bladder and other vital organs.

Bladder issues may disrupt day-to-day activities and decrease quality of life. When people have such issues, they may avoid social settings and experience difficulties in completing tasks at home or at work. Common bladder issues include urinary tract infections, urinary incontinence, and urinary retention. Symptoms of bladder issues include:

- Inability to hold urine or leaking urine
- Needing to urinate more frequently or urgently
- Cloudy urine
- Blood in the urine
- Pain or burning before, during, or after urinating
- Trouble starting or having a weak stream while urinating

Individuals who experience any of these symptoms should talk to a healthcare provider.



Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care

Patient Story – Justin Wolfinger

For Justin Wolfinger, the past few years have brought challenging health issues, and discovering that he had diabetes became an added hurdle on his journey to healing. In 2022, just before Thanksgiving, Justin was experiencing heavy coughing when he felt a pop on his left side. Later, he noticed a great deal of discomfort in the area when inhaling and feared he had broken a rib. During a visit to an emergency room, X-rays were taken, and the treating physician informed Justin that he had sustained internal bruising and suggested that the muscle around the ribs would heal on its own.

Justin was raised on a farm and spent most of his early life in Fairfield County. After moving to Licking County, he attended Central Ohio Technical College and The Ohio State University at Newark to learn electrical engineering. After many years in Information Technology, he felt he wanted to do more to help people. Justin had accepted a position at an adult daycare facility. He tried to continue to work after the injury he sustained, but the pain worsened.

After visiting other area hospitals, Justin made an appointment with Charles L. Geiger, D.O., at Licking Memorial Family Practice – Tamarack. Dr. Geiger ordered laboratory testing including an A1C test, a blood test that measures glycated hemoglobin, or blood sugar. Test results reflect the average blood sugar level of the past two to three months and can be utilized to diagnose diabetes. Target levels for A1C vary based upon age and other factors; however, the goal for most adults is less than 5.7 percent. Justin's A1C results showed his blood sugar level was over 11 percent. Dr. Geiger prescribed medication to lower his

A1C and referred Justin to the Licking Memorial Medication Therapy Clinic.

The Medication Therapy Clinic assists patients taking diabetes medications to create a treatment plan to manage care and offer education about the correct dosage, the importance of close supervision by a healthcare team, and the signs and symptoms of complications from the medication. Clinical pharmacists, nurses, and dietitians with specific knowledge and training in diabetes work together with the patient to reach personal goals for better health. A variety of methods for monitoring and reporting glucose levels are also offered to the patients.

Reducing his A1C level became critical to Justin's treatment for the pain in his side. Further exams revealed that Justin had fractured several of his ribs. Due to the diabetes, it was harder to heal such injuries. Working with a physical therapist also was not helpful in the healing process. It was determined that Justin would require surgery to repair the damage; however, the surgery was not possible as long as Justin's A1C was so high. His care team wanted Justin to reduce his A1C to lower than 8 percent.

Working with the staff at the Medication Therapy Clinic, Justin began utilizing a continuous glucose monitor (CGM), a device with a sensor that automatically estimates blood sugar levels throughout the day and night. The pharmacists assisted in managing medications, and a dietitian worked with Justin to modify his diet. After his blood sugar levels were properly managed, Justin was able to receive surgery.

"I learned so much from everyone at the Medication Therapy Clinic. I began

consuming healthier proteins, more fruits and vegetables," Justin shared. "It did not take long to lower my A1C with their help, and the lifestyle changes have been more than beneficial. It was lifesaving. I would not have been able to undergo the surgery necessary to repair my ribs. I believe they saved my life."

During the surgery, the surgeons discovered that pieces of the broken bones from Justin's ribs were stabbing into his lungs. He received bone grafts and titanium rods to repair a number of the ribs. Since the surgery, Justin has continued to monitor and manage his blood sugar and is now able to maintain an A1C of 6.1 percent. Justin is grateful for the LMHS staff and his mother, Darlene, for driving him to his many appointments.

"I was so impressed with the way everyone treated Justin. They were kind and worked diligently to determine the underlying causes of his coughing and pain," Darlene shared. "You could just tell they were concerned about him. Even if he did not have an appointment, if a staff member thought of something that could help him, they would call him personally and discuss their ideas with him. It was so nice to witness their dedication to Justin."

In addition to the staff of the Medication Therapy Clinic, Justin also wanted to share his gratitude to the numerous other specialists for their assistance during the past few years. The staff of Licking Memorial Pulmonology worked to assist with Justin's breathing issues including sleep apnea. Members of the Hematology/Oncology Clinic also assisted in searching for underlying causes of Justin's coughing.

Diabetes Care – How do we compare?

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

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

	LMHP 2021	LMHP 2022	LMHP 2023	National
LMHP patients with diabetes having HbA1C test	86%*	77%	78%	88% ⁽¹⁾
LMHP patients with diabetes receiving eye exam	41%*	52%	51%	58% ⁽¹⁾
LMHP patients with diabetes having foot exam	47%*	71%	73%	80% ⁽²⁾
				LMHP Goal
LMHP patients with diabetes having lipid profile	84%*	85%	88%	90%
LMHP patients with diabetes having microalbuminuria test	64%*	70%	73%	85%

2. The hemoglobin A1C (HbA1C) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time. While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the disease. The goal for most people with diabetes is 7% or less.

	LMHP 2021	LMHP 2022	LMHP 2023	National ⁽¹⁾
LMHP patients with diabetes with HbA1C less than or equal to 7%	43%*	50%	53%	38%

3. People with diabetes are at high risk for heart disease. An elevated LDL ("bad") cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease – a very serious complication of diabetes. An LDL level of 100 milligrams per deciliter (mg/dL) or less is considered best for heart health.

	LMHP 2021	LMHP 2022	LMHP 2023	National ⁽¹⁾
LMHP patients with diabetes with LDL less than or equal to 100 mg/dL	71%*	80%	77%	48%

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Diabetes Self-management Education & Support participants who obtained an HbA1C test	100%	100%	98%	Greater than 85%

*Due to COVID-19 restrictions throughout 2020 and 2021, some patients were unable to obtain regular testing or attend in-person appointments.

Data Footnotes:

(1) Average of reported Commercial, Medicare, and Medicaid/HEDIS measures.

(2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program



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

Food Insecurity Contributes to Negative Health Outcomes

Food insecurity is a major public health concern in the United States. The lack of access to affordable, nutritious food is associated with increased risk for chronic health conditions such as obesity, heart disease, and diabetes. Research shows that food insecurity in all its forms is a major risk factor for type 2 diabetes. People who face food insecurity are two to three times more likely to develop type 2 diabetes than those who have consistent access to food.

There are two types of food insecurity. Persistent food insecurity occurs when individuals experience persistent hunger, malnutrition, and other health problems associated with inadequate access to nutritious foods. Transient food insecurity is more common and usually caused by temporary economic hardship, such as job loss or health-related issues.

Type 2 diabetes is a chronic health condition that occurs when the body does not use insulin properly. Insulin is a hormone produced by the pancreas that helps glucose, or blood sugar, enter cells to be used for energy. Blood glucose is the body's main source of energy and comes from two sources: the liver and food consumption. When the body is unable to produce enough insulin or cannot use insulin well, which is known as insulin resistance, it causes glucose to remain in the blood, resulting in high blood sugar, or hyperglycemia.

Several factors can lead to hyperglycemia, such as eating too much, physical inactivity, stress, illness, certain medications, and poor medication management for diabetes. Symptoms of hyperglycemia may include frequent urination, increased thirst, feeling weak or unusually tired, and blurred vision. The longer a person's blood sugar level

remains high, the more likely they are to develop serious symptoms.

A healthy, balanced diet is an essential component to managing diabetes. Consuming nutritious foods in managed portion amounts and at consistent times helps people with diabetes lose weight, lower cholesterol, decrease blood pressure, and increase energy. According to the U.S. Department of Agriculture (USDA), a healthy diet should include a variety of fruits and vegetables, whole grains, fat-free or low-fat dairy products, lean protein-rich foods, such as fish, poultry, eggs, legumes, nuts, seeds, and healthy oils.

Food deserts are neighborhoods and communities that have limited access to affordable and nutritious foods, particularly fresh produce. These areas are often found in low-income neighborhoods and rural communities. The USDA defines food deserts as regions where people live more than one mile from a supermarket in urban neighborhoods, or ten miles away in rural areas. This often leads to people shopping for their groceries at convenience marts or dollar stores that may not contain fresh produce and healthier food options, causing individuals to purchase inexpensive, readily available foods that do not have the nutritional value needed for a healthy diet. Poor eating habits can have a negative impact on individuals with diabetes and lead to serious complications, including cardiovascular disease, kidney, eye, or nerve damage, foot problems, slow healing of wounds, and increased risk of infection.

To help combat food insecurity in Licking County, Licking Memorial Health Systems (LMHS) recently partnered with the Food Pantry Network (FPN) of Licking County to open the FPN Market,

which occupies the LMHS building at 131 McMillen Drive in Newark. The Market offers eligible customers a grocery-style shopping experience with a selection of food items including fresh produce, dry goods, dairy, and meat products. The Market is open Monday through Friday, from 11:00 a.m. to 4:00 p.m., and customers are welcome to visit once per week. The extended hours allow customers to visit during a time that best fits their schedule.

LMHS also provides a Fruit and Vegetable Prescription Program for eligible participants and their families to maintain a balanced diet by offering a prescription to redeem free, fresh fruits and vegetables at the Licking Memorial Hospital Main Street Café. From June through September, participants may choose to receive tokens once per week to shop at the Canal Market District Farmer's Market in Downtown Newark to purchase fresh fruits and vegetables. This healthy eating initiative is currently offered to the following patients:

- Breast cancer patients who have completed treatment and received a survivorship care plan
- Patients who have stage 1 or 2 chronic kidney disease with prediabetes or diabetes and obesity with a BMI of 40 or greater

Licking County Transit offers a Deviated Fixed Route service for Licking County residents to provide greater access to transportation. The Main Street Route (Red Line) contains a stop at the FPN Market as well as several LMHS medical facilities. The 21st Street Route (Blue Line) offers a variety of stops along 21st Street in Newark, and the Granville Route (Green Line) provides access to the Granville area. All three lines connect at a central hub located at 1717 West Main Street.



Allison, known as Allie, and Justin Beaird were born and raised in the area and very familiar with the quality healthcare provided by Licking Memorial Health Systems. The couple chose Licking Memorial Hospital (LMH) when it was time to give birth to both of their sons, Connor and Parker. For regular well-baby check-ups and illnesses, both boys visit Licking Memorial Pediatrics – Tamarack for care.

Connor, now 4-years-old, began experiencing frequent ear infections as a toddler. When Connor would contract an illness such as a cold or other respiratory infection, he would begin running a fever and the discomfort in his ears was evident. Allie would take Connor to visit Teresa M. Blanchard, APRN-CNP, a registered nurse practitioner who works with Richard A. Baltisberger, M.D. After numerous visits with the same diagnosis of an ear infection, Teresa referred Connor to Kenneth C. Parker, M.D., at Licking Memorial Otolaryngology (ENT).

"I knew Connor was miserable," Allie shared. "He was sad and upset. It is really difficult to witness such pain in your child. Teresa was wonderful with him, and neither she nor Dr. Baltisberger ever made me feel as though I were overreacting. They took my concerns seriously and listened intently to the details of Connor's ongoing issues with his ears. Dr. Parker treated us the same way, with respect and kindness."

An ear infection, also known as otitis media, is an inflammation of the middle ear, the air-filled space behind the eardrum that contains the tiny vibrating bones of the ear. Eustachian tubes are canals that connect the middle ear to the back of the throat, regulate air pressure in the ear, and prevent fluid from

Quality Reporting to the Community

Patient Story and Benchmarks for Pediatric Care

Patient Story – Connor and Parker Beaird

accumulating in the middle ear space. If a eustachian tube is not functioning well, fluid does not drain from the middle ear space and can cause muffled hearing. Viruses and bacteria may also lead to excess middle ear fluid. In these cases, the middle ear fluid is infected and often causes discomfort in addition to muffled hearing.

Middle ear infections are the most common childhood illness other than colds. Ear infections occur most often in children between 6 months and 2 years, and can be a common occurrence until the age of 8. Young children are more susceptible to ear infections because the eustachian tubes do not function as well as adults which encourages the fluid to gather behind the eardrum. A child's immune system, the body's infection-fighting system, is also still developing meaning children may not have the antibodies needed to fight the infection. Finally, children are more likely to contract illnesses from other children.

Typically, an ear infection will resolve without treatment within 3 to 5 days. However, for children who suffer chronic ear infections, a physician or otolaryngologist may suggest that the child receive ear tube surgery. Ear tubes are tiny, hollow tubes made from plastic or metal, that surgeons place into the eardrums during surgery. An ear tube allows air into the middle ear to prevent fluid from building up behind the eardrums. Most ear tubes are made to fall out of the ear within 8 to 16 months as the hole created during surgery heals.

Dr. Parker recommended ear tube surgery for Connor. During the procedure, Dr. Parker created a tiny hole in the eardrum with a small scalpel, suctioned out fluids from the middle ear, and placed the tube in the opening in the eardrum. The

procedure was performed at LMH and did not take long. In addition to ear tubes, Dr. Parker also removed Connor's adenoids. Adenoids are a patch of lymphoid tissue located at the back of the nasal passage that works to trap harmful bacteria and viruses that may be inhaled. Connor's adenoids had become enlarged and Dr. Parker believed the swelling was also contributing to the ear infections. Since the surgery, Connor has had no more issues with ear infections.

Unfortunately, Parker, who is 18-months old, has been experiencing the same issues with his ears. He has endured 6 ear infections in the past few months. Knowing that Connor needed surgery to alleviate his symptoms, Allie quickly recognized the need to visit Dr. Parker. Dr. Parker agreed that Parker would be a good candidate for ear tube surgery as well.

"I have learned to always trust my intuition about my child's health and when something is wrong. I did not expect to have both my children undergo surgery within months of each other, but it has been for the best," Allie shared. "I am so grateful that Teresa, Dr. Baltisberger, Dr. Parker, and the other staff members at the Pediatrics office take time to truly listen to their patients. We are always treated like family. My children know the providers and feel comfortable in their care."

Connor received surgery in April while Parker was scheduled for August. Both procedures were successful and the boys have recovered well. Ear tube surgery carries a low risk of serious issues and is typically recommended for patients with repeated, long-lasting ear infections. Talk to a pediatrician if your child experiences frequent ear pain or trouble hearing.

Stroke Care – How do we compare?

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

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

- 3 doses of Haemophilus influenzae B (influenza type B)
 - 3 doses of hepatitis B
 - 1 dose of varicella (chicken pox)

	LMHP 2021	LMHP 2022	LMHP 2023	National
Childhood immunization rate (4:3:1:3:3:1 series)	77%	72%	77%	70% ⁽¹⁾

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

	LMHP 2021	LMHP 2022	LMHP 2023	National
Persons aged 13 through 17 completing HPV vaccination series	61%	50%	52%	62.6% ⁽²⁾
Adolescent children receiving varicella vaccination	91%	91%	94%	90% ⁽²⁾
Adolescent children receiving meningococcal vaccination	83%	83%	84%	88.6% ⁽²⁾

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

	LMHP 2021	LMHP 2022	LMHP 2023	LMHP Goal
Children with pharyngitis receiving test before antibiotics	87%	88%	91%	60%

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

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Total number of children served	178	165	185	N/A

Data Footnotes:
(1) Centers for Disease Control and Prevention, National Immunization Survey, Vaccination Coverage Among Children Aged 19-35 Months – United States, 2017. Published October 12, 2018.
(2) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by age at interview; National Immunization Survey-Teen (NIS-Teen), United States, 2022.

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



Pertussis (Whooping Cough)

Pertussis, also known as whooping cough, is a highly contagious respiratory infection caused by the bacterium Bordetella pertussis. The bacteria attach to the cilia, which are tiny, hair-like extensions, that line the upper respiratory system and release toxins that damage the cilia and cause the airway to swell. Initially, symptoms resemble those of a common cold, such as sneezing, runny nose, low-grade fever, and a mild cough. Within two weeks, coughing becomes more severe, leading to coughing fits that cause a high-pitched whooping noise as the individual inhales.



When an infected person sneezes or coughs, small particles containing the bacteria are released into the air, which others nearby can inhale. Pertussis can also be spread by touching fluid from an infected person’s nose or mouth and then touching their own eyes, nose, or mouth.

Pertussis can cause serious illness in people of all ages, but it is most dangerous for infants because their immune systems are not fully developed. Infants do not receive their first scheduled immunization for pertussis until they are 2 months of age; therefore, they have a greater risk for severe complications, which may include pneumonia, slowed or stopped breathing, and dehydration or weight loss due to feeding difficulties. In rare instances, it can cause brain damage due to lack of oxygen and seizures. Complications can be life-threatening for infants younger than 6 months old.

According to the Centers for Disease Control and Prevention (CDC), cases of whooping cough are on the rise. In 2023, Ohio led the nation with more than 630 cases of whooping cough, a 400 percent increase from the previous year. Experts believe one reason for the rise in cases is that people are not receiving the vaccine for pertussis.

The first vaccine for pertussis, DTaP, is given as part of the

childhood immunization schedule to children at 2 months of age. DTaP is a combination vaccine that protects against three serious bacterial infections: diphtheria, tetanus, and pertussis. Additional doses of the vaccine are administered at 4 months, 6 months, between 15 and 18 months, and between 4 and 6 years of age.

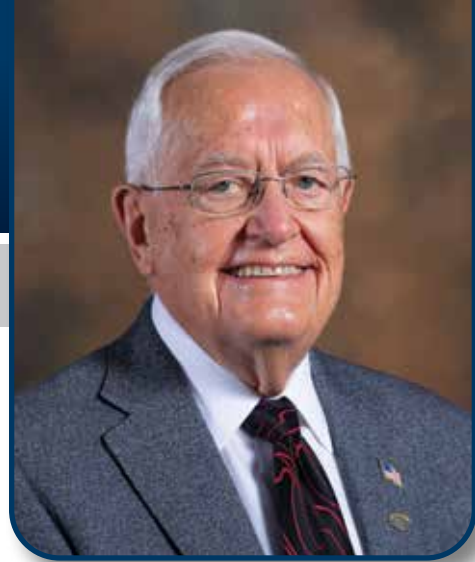
The DTaP vaccine received as a child eventually wears off, leaving teenagers and adults susceptible to pertussis during an outbreak. Whooping cough spreads easily from person to person. Some people have mild symptoms and are unaware that they have whooping cough, but they can still spread the bacteria to others. Many babies who contract whooping cough are infected by older siblings, parents, or caregivers who are unaware they have the illness.

Vaccination is the best prevention for pertussis and is especially crucial for anyone who cares for or is in close contact with infants on a regular basis. The CDC recommends the Tdap (Tetanus, Diphtheria, Pertussis) vaccine for children 7 years and older, adolescents, pregnant women, and adults. While the Tdap vaccine contains a lower dose of the pertussis component compared to DTaP, it serves as a booster shot to maintain immunity. Adults should receive a booster dose every 10 years.

LMHS Participates in Pataskala Parade

Licking Memorial Health Systems staff members participated in the Pataskala Parade on August 17. LMHS President & CEO Rob Montagnese drove the parade vehicle that included Laurie Schaeffer, D.O., of Licking Memorial Dermatology, and Keri Hershberger, M.D., of Licking Memorial Family Practice – Pataskala. LMHS mascot Scrubs and other staff provided giveaway items to the parade attendees.





Quality Reporting to the Community

Patient Story and Benchmarks for Rehabilitative Care – Inpatient and Home Care

Patient Story – Robert “Bob” McGaughy

Robert “Bob” McGaughy was raised in Newark and has dedicated himself to improving the quality of life in the community by spending many hours working and volunteering with numerous organizations including Licking Memorial Health Systems (LMHS). Though he retired as the Vice President of Human Resources after 25 years with the organization, Bob continues to serve LMHS and is now the Chair of the Development Council. He has also served as a Board Member for Licking Memorial Hospital (LMH), The Ohio State University at Newark, the Newark Granville Symphony Orchestra, Par Excellence School, Campus View Village, Newark Rotary, the Newark Rotary Club Foundation, The Salvation Army, and the Licking/Knox Goodwill.

Dealing with continuous pain in his knees, and with a desire to continue his volunteer work, Bob visited Orthopedic Surgeon Kevin M. Ouweleen, M.D., of Licking Memorial Orthopedic Surgery to discuss treatment options. Dr. Ouweleen agreed that Bob would benefit from knee replacement surgery for both knees and scheduled the first procedure in October 2023. After surgery, Bob was admitted to the Acute Inpatient Rehabilitation Unit (ARU) at Licking Memorial Hospital (LMH), a specialized care center for patients who require medical care while receiving therapy to recover from an accident, injury, illness, or surgery.

Patients in the ARU receive individualized care based on physical need and functionality. Admission is dependent on many factors, including medical necessity, commit to at least three hours of therapy, five days per week, the ability to achieve rehabilitation

goals in a reasonable time period, and the likelihood that the patient will be able to return home after being discharged from the Unit.

“I truly felt the ARU at LMH was the right fit for me to successfully recuperate after my knee replacement surgery,” Bob shared. “Being sent straight home after surgery would not have had the same effect on my recovery. The schedule is very regimented, and they create a very controlled environment. Visitors were not permitted on the floor until after 3:00 p.m. The schedule was beneficial because I knew I had no other choice but to perform the exercises and activities provided by the therapists. I do not believe I would have been as disciplined at home. It was also a blessing for my wife because it would have been difficult for her to assist me in getting up to do the needed exercises. She also enjoyed the responsibility of not having to care for me.”

After having his second knee replacement surgery in January, Bob again returned to the ARU. “The staff in the ARU are outstanding. David W. Koontz, D.O., the Director of the Unit, is extremely motivating and runs a tight ship. He told me if I could not tolerate the three hours of therapy, that I would not be allowed to stay. The therapists and assistants were demanding yet patient. They encouraged me to push myself in a positive, professional way that made me feel as though I could accomplish the goals they set for me. I was up and walking within hours of the procedure. During my therapy sessions they assisted with everything I would need to return home, even the little things you might not consider such as putting on shoes. They became friends to me.”

After nine days in the ARU, Bob was discharged and returned home, and continued therapy at The Gib Reese Center for Physical Rehabilitation, LMHS’ physical rehabilitation facility, located at 1717 West Main Street in Newark. Again, he felt a close bond with his physical therapist, Michael Pyle, and physical therapy assistant Tory Worstell, who assisted in continuing the strength exercises. Bob met the goals set for him and has since been released from therapy.

“Overall it was a great experience. My only regret is that I did not have the replacement surgery sooner,” Bob said. “The rehabilitation process was an integral part of my recovery and do not believe I would have healed as well or as quickly if I had been sent home. I tell my friends that we have the best healthcare services available right here in our own community, and that they should take advantage of all that is available to them. Dr. Ouweleen is an excellent surgeon and the technology, equipment, and care is of the highest quality.”

Since his recovery, Bob has returned to his volunteer work and remains active with the Rotary Club and the Development Council. He was able to assist with the Golf Gala this year. During his stay at LMH, a friend of Bob’s visited and offered Bob the opportunity to take communion. Bob enjoyed the visit and felt moved to become a Eucharistic minister himself. He now visits friends and members of the Catholic church who would like to partake in communion while in the Hospital.

Hip and Knee Replacement at LMH

Licking Memorial Health Systems (LMHS) recently received Advanced Hip and Knee Replacement Certification from Det Norske Veritas (DNV). DNV is a Norwegian company that provides services related to quality management, risk assessment, and sustainability. The certification affirms LMHS’ excellence in orthopedic surgery within the scope of hip and knee arthroplasty and related procedures inclusive of initial diagnostic services, surgical services, and therapies related to hip and knee replacement care.

The DNV Advanced Hip and Knee Replacement Certification shows that LMHS has the resources and commitment to provide the best possible care for hip and knee replacement patients. The requirements for certification are informed by the ERAS® Society Orthopaedic guidelines, the guidelines of the American Academy of Orthopaedic Surgeons, and relevant requirements of the CMS Conditions of Participation for Hospitals.

Total joint replacement is a surgical procedure in which parts of an arthritic or damaged joint are removed and replaced with a metal, plastic, or ceramic prosthesis. The prosthesis is designed to replicate the movement of a normal, healthy joint. Hip and knee replacements are the most performed joint replacements. The procedure is meant to eliminate pain and improve movement for those who suffer from damage to the cartilage that lines the ends of bones due to conditions such as arthritis or a fracture.

The hip is a ball and socket joint. The rounded top of the femur, also called the thighbone, fits into the cuplike socket of the pelvis. The ball rotates in the socket to permit the leg to move up, down, forward, backward, and sideways. Elastic tissue called cartilage covers the ends of the thighbone and pelvis and serves as a cushion, which allows the ball to glide easily inside the socket.

The knee is a complex hinge joint comprised of three bones: the thighbone, the tibia, or shinbone, and the patella, or kneecap. When a person bends or straightens their knee, the end of the thighbone rolls against the end of the shinbone with the kneecap gliding in

front. Cartilage lines the knee and acts as a cushion between the thigh and shinbone allowing the bones in the joint to move without causing pain.

The most common cause of joint pain is arthritis. Arthritis occurs when the cartilage cushion wears out and the bones in the hip or knee joint rub together, causing damage and resulting in pain and reduced motion. Disease and injury can also cause joint pain, stiffness, and swelling. Treatments such as medication, exercise, weight loss, and physical therapy may help to relieve joint pain; however, a physician may recommend joint replacement surgery for an individual if the pain is interfering with their daily activities and quality of life.

Individuals who choose to undergo hip or knee replacement surgery at Licking Memorial Hospital (LMH) are required to attend a free, pre-operative class that assists patients in preparing for surgery and recovery. The two-hour class includes information about the joint replacement procedure, as well as pre-admission testing, what to expect during the Hospital stay, exercises to perform before and after surgery, and preparing the patient’s home for a safe return.

Following surgery, early movement is important to help offset the effects of anesthesia, prevent blood clots, and promote healing. Activity and exercise will help build strength and flexibility to support the new joint. The average Hospital stay after a joint replacement surgery is one to three days. During this time, physical and occupational therapists will assist the patient in learning how to use and protect their new joint. Before leaving the Hospital, patients must be able to get in and out of bed by themselves, walk with crutches or a walker on a level surface, and perform their exercise program. Knee replacement patients must be able to bend and straighten their knee.

Upon discharge, patients will be sent home with detailed care instructions from their surgeon, as well as a list of daily exercises to perform to improve

strength and mobility. Patients will continue to receive outpatient physical and occupational therapy either at home or an outpatient facility, such as Licking Memorial Rehabilitation Services.

Physical therapists will focus on building strength, balance, and range of motion. Occupational therapists will assist with skills needed to perform daily tasks, such as bathing or dressing.

The recovery process for total joint replacement surgery can take up to one year; however, most patients are doing well after two to three months. It is important that patients carefully follow their surgeon’s instructions, attend all physical therapy sessions, and perform the recommended exercises at home. Maintaining a healthy weight, attending follow-up appointments with the surgeon, and staying active will help patients achieve long-term success.



Rehabilitative Care – Inpatient and Home Care – *How do we compare?*

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

1. Patients who are undergoing rehabilitation are at increased risk for falls due to factors such as the expectation of increased independence, weakness, and possibly pain medication. Falls can result in injuries and potentially delay a patient's rehabilitation. All Acute Inpatient Rehabilitation Unit (ARU) patients receive daily assessments for their level of fall risk and are advised of precautionary measures.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	0	0	0	0

2. Upon admission to the ARU, patients receive a standardized assessment scoring their ability to perform daily activities, such as walking, dressing, and personal hygiene. The quality indicators (QI) are composed of measures to capture the improvement in an individual's function. The skills are reassessed before discharge.

	LMH 2021	LMH 2022	LMH 2023	National ⁽¹⁾
Overall rate of improvement in self-care ability	11.3%	12.6%	15.1%	13.9%
Overall rate of improvement in self-mobility	23.9%	24.7%	26.5%	36%

3. The goal of the ARU is to help patients who have experienced an illness or injury improve their functional status and mobility so that they may return home rather than to a nursing care center.

	LMH 2021	LMH 2022	LMH 2023	National ⁽¹⁾
ARU patients discharged directly to home	82.6%	87%	82.2%	88.7%

4. Inpatients' level of satisfaction with their healthcare experience is affected by many factors, such as achievement of therapy goals, staff communication skills, nurse response times, and facility cleanliness. To monitor the quality of care, the ARU at Licking Memorial Hospital (LMH) offers patients an opportunity to offer feedback through a post-discharge survey. A score of 4 or 5 is considered ideal.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Overall patient satisfaction with ARU experience	97.6%	93.9%	92.9%	90%

5. LMH Home Care provides skilled professional care to patients at home. Services are based on the individual's needs and include a wide range of support, such as therapy, nursing care, medication instruction, pain management, home management, financial needs assistance, emotional support, as well as others. LMH surveys Home Care patients regarding their level of satisfaction on a scale of 0 to 10, to evaluate how well their needs are being met. A score of 9 or 10 is considered ideal.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Percent of Home Care patients rating LMH a 9 or 10	90.8%	95.1%	92.9%	90%

6. LMH Home Care patients often have some degree of physical deficit which can interfere with their ability to walk and quality of life. The Home Care staff provides physical therapy and other support to help patients improve their walking function.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Home Care patients with improved walking function	96%	98%	86%	75%

7. Patients who have physical impairments due to illness, surgery, or injury may not recognize fall hazards in their homes. Items such as throw rugs, stairs without railings, extension cords across floors, and slippery bathtubs are particularly dangerous to recovering patients. The LMH Home Care staff offers a safety evaluation of the patient's home, as well as an assessment of the patient's own physical abilities in the home environment.

	LMH 2021	LMH 2022	LMH 2023	LMH Goal
Fall risk assessment completed for every Home Care patient	100%	100%	100%	100%

Data Footnotes: (1) Uniform Data System for Medical Rehabilitation Report



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

LMHS Honors Former Board Members

Licking Memorial Health Systems (LMHS) hosted an annual appreciation dinner in the Main Street Café at Licking Memorial Hospital (LMH) in October to recognize and honor the service of former Board members. Community leaders selflessly volunteer their time and talents to serve on the Boards of Directors that govern LMHS and LMH. During the evening, LMHS President & CEO Rob Montagnese outlined the strategic goals set to continue providing the best quality care for Licking County.

Rob explained how social determinants have a significant impact on healthcare in the community and recounted the efforts that LMHS has made to improve the health of the community by providing greater access to transportation, healthy foods, and affordable housing. Through a partnership with Licking County Transportation, the Licking Memorial Medical Campus at 1717 West Main Street became a hub for three new deviated fixed bus routes that allow residents to travel to various locations in Newark and Granville.

LMHS worked with the Food Pantry Network (FPN) to establish the FPN Market, which occupies the LMHS building at 131 McMillen Drive in Newark. The Market offers eligible customers a grocery-style shopping experience with a selection of food items including fresh produce, dry goods, dairy, and meat products. LMHS continues its partnership with Habitat for Humanity – MidOhio and is also working with the Licking County Coalition for Housing to help homeless and low-income individuals and families in the Licking County community and beyond.

In his presentation, Rob also provided information about plans for the LMHS Education & Event Center. The facility will provide a central location for employee education and events and will also serve as a place to meet, learn, and share in activities that promote healthy lifestyles and offer valuable resources.

Rob concluded the evening by thanking the former Board members for their

continued support to improve the health of the community. "The LMH and LMHS Boards of Directors' strong financial management has allowed the Hospital and Health Systems to remain independent while offering top-quality care to our families, friends and neighbors through a variety of services, state-of-the-art technology, and outstanding facilities. We continue to benefit from the legacy of your dedication and progressive thinking," Rob said. "Because all of our former and current members diligently promote our mission to improve the health of the community, we remain financially stable while providing excellent service to Licking County residents."

LMH has been governed by a Board of Directors since 1898, when the first nine-room Hospital was established on North Third Street in Newark. The LMHS Board of Directors, created in 1984, oversees operations of the Hospital, Licking Memorial Health Professionals private practices, and Licking Memorial Health Foundation.



Licking Memorial Health Foundation Recognizes New Donors

The William Schaffner Society

The William Schaffner Society was created in memory of William Schaffner, the first Chairman of the Licking County Hospital Commission in 1961, and an instrumental player in the county bond issue that financed the current location of Licking Memorial Hospital. He dedicated his life to providing quality healthcare services to our community. Membership is extended to those who make a commitment of \$10,000 or more paid over a period of 10 years, and a donor affirms William Schaffner’s belief in the need for quality healthcare at the local level.

Wesley Carl VanMeter II

Wesley Carl VanMeter, II recently accepted a glass recognition piece from President & CEO Rob Montagnese and LMH Board Chair Jacqueline Parrill, Ed.D., for his financial support and commitment to join the William Schaffner Society.

Wesley joined LMHS in 2005 and serves as a Medical Laboratory Technician (MLT) where he performs patient testing to help diagnose, treat, and prevent disease. He received an associate degree as an MLT from Muskingum Area Technical College in 2001.

Wesley and his wife, Melissa, live in Zanesville. Melissa is employed at

LMHS as a Respiratory Therapist. The couple has four adult children, Andrew, Sydney, Benjamin, and Kenzie, and three of them work at LMHS. Sydney is a Patient Care Assistant in Radiology, Benjamin is a Clinical Exercise Physiologist in Non-invasive Cardiology, and Kenzie is a phlebotomist in the Laboratory.

Wesley played football in high school and college, and he was featured on Fox Sports for cage fighting. His hobbies include studying the Bible, spending time with his family, especially embarking on Sunday rides with Melissa.



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

Donors

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

Capital Improvement Fund

Goodwill Industries
TWIGS 6

Community Cornerstone Club

Anonymous
Reed and Mel Fraley
Judy Franklin
Jay and Cheri Hottinger
Ms. Patricia Law
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Bob and Connie Noth
Judy and Fred O’Dell
Marcia J. Phelps
Mary Lynne Rotruck
Steven and Diane Snow

Founder

Clarissa Ann Howard (D)

General

Anonymous
Anonymous
Clarissa Ann Howard (D)

Memorial

In memory of: Larry E. Caudill
By: Diann Caudill
In memory of: Heather Cho
By: Licking Memorial Hospital Medical Staff
In memory of: Charles Franks
By: Frank and Dusty Stare
In memory of: Bob Kent
By: Alice Ann Abel
Barbara J. Gage
Tara Houdeshell
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Marilyn D. Sundin

In memory of: George Marovich
By: Robert and Theresa Reese

In memory of: Natalie D. Thomas
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In memory of: Beth Yocum
By: Carol Wheeler

Paving Our Future

The Original Bunko Group
James and Trinda Ward

William Schaffner Society

Michael & Michelle Gromofsky
Anna Ruhl, DNP, CNP

Honorary Medical Staff Celebrated

In August, Licking Memorial Hospital (LMH) welcomed members of the Honorary Medical Staff for a special luncheon in appreciation of the years that they spent providing care to the Licking County community. The annual event, which was established in 2007, offers the retired physicians an opportunity to socialize with one another and is a gesture of LMH’s enduring gratitude for their service.

“Thank you for your commitment to the medical profession and dedication to

improving the health of our community,” Licking Memorial Health Systems President & CEO Rob Montagnese said. “The high standard of quality care that you established at LMHS continues to inspire the physicians who work here today, and we are grateful for your service and the legacy you have helped build.”

The LMH Honorary Medical Staff currently is comprised of 52 physicians who retired after longtime service on the LMH Active Medical Staff and have

maintained an outstanding reputation in the community. Physicians who attended this year’s event included (front row, left to right): Mary Beth Hall, M.D., Thomas Hall, M.D., John Adams, M.D., Robert Kamps, M.D., Mark Mitchell, M.D., Elliott Davidoff, M.D., John Winsch, M.D. (Back row, left to right): Pattye Whisman, M.D., Thom Wood, M.D., Zdravko Nikolovski, M.D., John Quimjian, M.D., RR Evans, M.D., Larry Pasley, M.D., Gerald Ehrsam, M.D., Douglas Schram, D.O., Donald Harris, D.O.



Development Spotlight – Mary Jane Carrier

For more than 40 years, Mary Jane Carrier provided exceptional and dedicated care to patients of Licking Memorial Health Systems (LMHS) as a registered nurse and Maternity Services manager. The Mount Carmel School of Nursing graduate primarily worked in the Licking Memorial Hospital (LMH) obstetrical unit – assisting patients in the labor and delivery department and providing educational programs for expectant parents. While a Maternity Services Manager, she was asked to join the LMH Development Council. At this time, the Development Council was coordinating a project to renovate the Maternity Unit and her expertise was a welcome addition. She has now served on the Development Council for more than 30 years.

Currently, Mary Jane is a member of the Annual Support Committee. The Committee is responsible for the philanthropic support of LMH and oversees fundraising events, and solicits gifts from all sources, including special contributors, such as the John Alford Fellowship, The William Schaffner Society, and Caduceus Society. “The committee does an excellent job identifying and setting appropriate

fundraising goals,” said Mary Jane. “A significant effort is made to ensure LMH can provide patients cutting-edge healthcare in a community hospital setting.”

Mary Jane also sees the Development Council as an opportunity to converse with others who share her desire to serve Licking County residents. “I enjoy meeting with the Committee members and learning about their involvement in the community,” said Mary Jane. Additionally, as a Development Council member, Mary Jane shares her experiences and knowledge of the advancements and services available at LMHS with the community.

She also commends LMHS for the organization’s community outreach efforts. “LMHS is always connecting with other community organizations that can assist in improving the health of the community,” Mary Jane said. “The recent collaborations with Licking County Transit and the Food Pantry Network are a few examples of how LMHS tries to holistically meet healthcare needs of Licking County residents.”

Mary Jane also enjoys attending the Corporate Breakfast programs sponsored by the Development Council. “The events are extremely informative and highlight LMHS’ engagement within the community and the technological and medical advancements at the Hospital.”

Now retired, Mary Jane lives in Newark with her husband and describes her tenure with LMHS as a wonderful experience. “From the moment I enter the building and until the time I leave, the staff are always kind, considerate, and knowledgeable.

In addition to her time in Maternity Services, Mary Jane was a sexual assault nurse who coordinated LMH’s sexual assault programs for adults and children. She was involved with the 1999 opening of The Kids’ Place – a facility that provides comprehensive, multi-disciplinary evaluation of children who are suspected victims of abuse and/or neglect. The Kids’ Place is a cooperative effort of LMHS, Licking County Children’s Services, the Licking County Prosecutor’s Office, and county law enforcement agencies.

LMHS Partners with ValueCare Ambulance Service

Licking Memorial Health Systems (LMHS) has selected ValueCare Ambulance Service as its new preferred medical transport provider. The ambulance company was chosen based on its value-based medical transport model that focuses on safety, reliability, competency, and care. LMHS will continue to utilize all current transportation companies as the need for additional support arises.

“We were very pleased to learn that the values and commitment of ValueCare align closely with our mission to improve the health of the community,” said LMHS Vice President Acute Care Services Heather Burkhart. “We are confident that our patients and residents of Licking County will receive timely, cost-effective, and high-quality care in medical transportation.”

ValueCare Ambulance Service was founded in 2017 as a private, independent medical transport company and provides service to patients throughout the state of Ohio. The company has multiple resources around Licking County and serves several surrounding counties, including Fairfield, Knox, and Muskingum. LMHS is ValueCare’s first client in Licking County.

“Our collaboration with LMHS demonstrates that our growth is driven by a truly value-based medical transportation program, and it is an honor to partner with the primary healthcare provider in Licking County,” said ValueCare Owner & CEO Jamey Baker. “As an independently owned and operated company, ValueCare can be nimble, efficient, and creative with

medical transportation solutions and innovations that will support the strategic initiatives of LMHS well into the future.”

ValueCare Ambulance Service is headquartered in Zanesville, Ohio. In addition to the partnership with LMHS, ValueCare plans to establish a new, fixed location in the Newark area later this year. The company is committed to working, buying, and hiring locally, as well as supporting local service organizations throughout Licking County.



New Appointments



Ezana N. Bekele, M.D.,
joined Licking Memorial
Gastroenterology.



R. Stephen Cooke, M.D.,
joined Licking Memorial
Anesthesiology.



Tung V. Dao, D.P.M.,
of Orthopedic Specialists &
Sports Medicine, joined the
LMH Medical Staff.



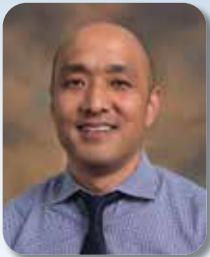
Alyssa D. Drosdak, M.D.,
joined Licking Memorial
Gastroenterology.



Ebonee L. Emanuel,
APRN-CNP,
joined Licking Memorial
Women’s Health – Newark.



Esteban Grovas Cordovi, M.D.,
joined Licking Memorial
Gastroenterology.



Eugene Hong, M.D.,
of Newark Radiation Oncology,
joined the LMH Medical Staff.



Courtney N. James, M.D.,
joined Licking Memorial
Anesthesiology.



Anna M. Ruhl, APRN-CNP,
joined Licking Memorial
Emergency Medicine.

Thank you VETERANS!

To show our gratitude on Veterans Day, Licking Memorial Health Systems (LMHS) honors those who have served our country in the armed forces, including our employees, volunteers, active medical staff, Board members, and Development Council members listed below. Thank you for your service and the sacrifices you have made for the liberty and security of our country.

Please join LMHS in recognizing the following individuals for their service to our country:

Name	Branch	Department	Name	Branch	Department
Brandi Aber	Air National Guard	Laboratory	Alisha Kirkpatrick	Navy Reserves	Laboratory
Brian Adams	Marine Corps	Information Systems	Jeff Kreager	Army National Guard	Volunteer
Dick Birtcher	Marine Corps	Transportation	Chris Lallathin	Marine Corps	Endocrinology
Matt Born	Air Force	2-West	Owen Lee, M.D.	Army	Radiology
John Bowyer	Army	Information Systems	Vicki Lennon	Army	Community Case Management
Dale A. Boyd, Jr.	Navy	Plant Operations	Michelle Martin	Army	Psychiatric Services
Dennis Brown	Air Force	Respiratory Therapy	Michael Massaro	Army Reserves	LMHS Board Member
Sherri Brubaker	Air Force	Surgery	Mark Mayle	Air Force	Information Systems
Alizza Burkholder	Marine Corps	Radiology	Alissa McConnell	Navy	5-East
Damon Chesney	Army	Environmental Services	Jay McKinney	Navy	Emergency
Jacqueline Cleland	Army	Women’s Health - Downtown	Phil McLellan	Army	Engineering Services
Mike Cochran	Army	Environmental Services	Jeff McTerrell	Army	Information Systems
Edward Compton	Navy	Plant Operations	Christopher Meyer, M.D.	Air Force	Surgical Services
James Cooper, Esq.	Navy	LMH Board Member	Patience Miller	Air Force	LMPC Coding
Jeff Craft	Navy	Surgery	Michelle Monro, D.O.	Air Force	Psychiatric Services
Elliot Davidoff, M.D.	US Public Health Service	Center For Sight	Darlene Montgomery	Army	Public Relations
Sadie Deckard, PA-C	Army Reserves	Orthopedic Surgery	Seth Montgomery	Marine Corps	Cardiology
Chris Dimos	Marine Corps	Information Systems	Robert Mueller, M.D.	Navy	Orthopedic Surgery
Mandy Dougherty	Navy	5-East	Thomas Mullady	Marine Corps Reserves	Development Council
Sandy Doughman	Army	Health Information	Khalif Murrell	Navy	Environmental Services
Lindsay Dunham	Air Force	Radiology	Autumn Myers	Ohio Army National Guard	Intensive Care Unit
Don Dunton	Army	Laboratory	Alec Neubauer	Navy	Information Systems
Cameron Evans, PA-C	Army National Guard	Emergency	Clay Ogles	Air National Guard	Plant Operations
Michael Feaster	Army	Coronary Care Unit	Ralph Offensmeier	Army	Volunteer
Bill Fielding	Air Force	Volunteer	Jessica Pack	Army	Information Systems
Kevin Finley, M.D.	Air Force	Urgent Care - Granville	Kary Perkovic	Navy	Psychiatric Services
Pete Fleming	Army	Information Systems	Calista Puryear	Army	4-West
Christopher Forbush, D.O.	Army	Family Practice - Hebron	Curtis Pyle	Marine Corps	Information Systems
David Fosco	Army National Guard	Safety & Security	George Rhodes	Army	Community Case Management
Ken Friel	National Guard, Marine Corps	Transportation	Alek Rogne	Navy	Intensive Care Unit
Mark Gargaro	Army	Transportation	Tamera Scherer	Army	Labor and Delivery
Audrey Garove	Army	Radiology	Andrew Seipel, M.D.	Army National Guard	Family Practice - Licking Valley
Shelley Gittens, M.D.	Army National Guard	Pediatrics - Tamarack	Debbie Shaw	Army	Culinary Services
Herb Gregg	Navy	Volunteer	Wyatt Slonaker	Marine Corps	Information Systems
Alexis Hagans	Air National Guard	Emergency	Darin Smaage	Navy	Information Systems
Michael Harper	Army	Urgent Care - Downtown	Delania Smith	Army	Environmental Services
Malcolm Harris	Air Force	Radiology	Doug Smith	Navy	Printing Services
Ryan Haught	Navy Reserves	Safety & Security	Sadie Smith	Army	Volunteer
Marcus Hawkins	Navy Reserves	Safety & Security	Scott Smith	Navy, Air National Guard	Environmental Services
Scott Hayes	Air Force	LMH Board Member	Denny Stewart	Army National Guard	Volunteer
Tabitha Haynes	Air Force	Information Systems	Michael Stout	Army	Surgery
Dave Hiatt	Army	Volunteer	Kim Swartz	Army National Guard	Registration
Matt Holmes	Marine Corps	Information Systems	Brian Thatcher	Army	Process Improvement
Angel Huber	Army	Gastroenterology	Allan Thomas, PA-C	Army	Emergency
Ann Hupp	Army	Surgery	David Wallace	Army	Culinary Services
Pat Jeffries	Army	Development Council / LMHF Board Member	Steve Warren	Army	Urgent Care - Downtown
Amanda John, APRN-CRNA	Navy	Anesthesiology	Jim Whitaker	Air Force	Engineering Services
Nick Keisel	Marine Corps	Safety & Security	Beth Worstall	Army	Respiratory Therapy
Patrick Kelly	Navy	Financial Services / Professional Billing	Elizabeth Yoder, D.O.	Navy	Psychiatric Services

LMH Hosts Interventional Cardiology Reunion

Patients who received life-saving Interventional Cardiology services at Licking Memorial Hospital (LMH) gathered for a special event in the Main Street Café at Licking Memorial Hospital (LMH). Patients and their guests reconnected with the staff who provided their care, met fellow community members with shared experiences, and enjoyed a heart-healthy meal.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese welcomed the attendees and provided a brief update regarding LMHS. Rob emphasized that LMHS remains a strong community hospital for Licking County and the surrounding areas.

Hassan Rajjoub, M.D., of Licking Memorial Cardiology, expressed his admiration to the group for the strength and resilience each has shown throughout their recovery, and he praised

them for embracing the challenge to make changes necessary for a healthier future.

“Surviving a heart attack is a monumental achievement, and it is a second chance at life that brings with it an opportunity for change, reflection, and growth,” Dr. Rajjoub said. “The heart is not only a vital organ, but also a symbol of love, strength, and life itself. By taking steps to care for it, you are embracing life with both hands.”

Mike Lorenz was the featured speaker at the event. Mike experienced a heart attack in December 2023. After performing strenuous activity while moving into a new home, Mike felt short of breath and was losing consciousness. Mike’s wife, Sandy, who is a nurse, recognized that Mike was having a heart attack and called 911. The Granville Fire Department responded to the call and transported Mike to LMH. Dr. Rajjoub

then performed the procedure to open Mike’s artery.

“I cannot say thank you enough to Dr. Rajjoub, the LMH staff, and the Granville Fire Department for saving my life,” Mike said. “This experience has made me appreciate everything in my life so much more. I owe it to my family and to everyone who helped me in my recovery to make the most of every day.” Members of the Granville Fire Department attended the event. Mike personally thanked them and recognized them during his speech.

Attendees received a T-shirt, LMHS-branded giveaway items, and were entered into a raffle drawing to win various gift cards to local businesses. LMH hosts the Interventional Cardiology Reunion annually in the fall.



LMHS Purchases Hartford Fair Market Steer Grand Champion

In August, Licking Memorial Health Systems (LMHS) purchased the Market Steer Grand Champion at the 166th Hartford Fair. Owned by Cody Foor, the steer weighed in at 1,424 pounds. Cody is from Pataskala and involved in the Boots-n-Buckles 4-H Club. LMHS President & CEO Rob Montagnese then presented over 900 pounds of beef from the purchase to Major Timothy Higgins of the Salvation Army of Licking County. The donation will be used in the Salvation Army soup kitchens and food pantries to benefit community members in need.



In Memoriam – Employees, Retirees, Volunteers

Despite having more than 2,200 employees, Licking Memorial Health Systems’ (LMHS) staff is a closely connected team of individuals who depend upon each other to fulfill the organizational mission to improve the health of the community. Therefore, the loss of an employee, retiree, or volunteer always affects the organization in a profound way. As a tribute to their dedication, LMHS honors employees who passed away during their service to the organization, and retirees and volunteers who passed away during the last year.

LMHS is greatly appreciative of the time and talent that each of these individuals dedicated to the organization’s mission. Please join LMHS in offering continued condolences to their family and friends.

Employees

Braedon Pollman, Culinary Services, passed away Friday, August 23, 2024, after 11 months of service.
Deb Latham, Respiratory Therapy, passed away Saturday, October 26, 2024, after 5 years of service.
Becky Sarbach, Hospital Billing, passed away Friday, January 19, 2024, after 16 years of service.
Natalie Thomas, Oncology Manager, passed away Monday, August 26, 2024, after 6 years of service.
Joyce Williams, Professional Billing, passed away Saturday, December 21, 2024, after 23 years of service.

Retirees

Kathryn Baldeschwiler retired from ED Case Coordinator after 46 years of service.
Margaret Cahill retired from Surgery after 9 years of service.
Darlene Carr retired from Environmental Services after 14 years of service.
Barbara Diblasio retired as a Staff Nurse after 1 years of service.
Clarissa Ann Howard retired from Administration Services after 39 years of service, and served as a volunteer with TWIGS 24 from 1993 to 2023.
Kathleen Kosier retired from Environmental Services after 22 years of service.
Vickie Lovell retired from Environmental Services after 22 years of service.
Carol McClain retired from Culinary Services after 25 years of service.
David Meckley retired from Transportation after 13 years of service.
Leila McMahon retired as a Physicians Clerk after 19 years of service.
Douglas Neely retired from Radiology after 32 years of service.
Helen Norris retired from Housekeeping after 21 years of service, and served as a volunteer with TWIGS 24 from 1986 to 2023, and LMH Volunteer from 2000 to 2024.
Garland Nott retired from Transportation Services after 24 years of service.
Rebecca Patterson retired from Labor and Delivery after 29 years of service.
Martha Poulton retired from Oncology after 22 years of service.
Ruth Prichard retired from Culinary Services after 29 years of service.
Mary B. (Swank) Reid retired from Case Management after 25 years of service.
Mary Stout retired from Employee Health after 23 years of service.
John Stretton retired from Environmental Services after 27 years of service.
Jean Voorheis retired as a Social Service Assistant after 13 years of service.
Jeffrey W. Walker retired from Security after 6 years of service.
Pamela Walker retired from Patient Care Assistant after 35 years of service.
Thomas Walker retired from Environmental Services after 24 years of service.
Carolyn Wells retired from Maternal Child after 33 years of service.
Donna Winegardner retired from Registration after 25 years of service.
June Worth retired from Transcription after 12 years of service.

Volunteers

Norma Allene Blackstone, TWIGS 15 from 1986 to 1987.
Bob Brooker, LMH Volunteer from 2013 to 2024.
Pamela Froelich, TWIGS 8 from 2014 to 2023.
Nancy Gifford, TWIGS 6 from 2017 to 2024.
Thelma Lucille McCurdy, LMH Volunteer from 2011 to 2024.
Joan Omlor, LMH Volunteer from 2005 to 2023.

New Messaging System Now Available

Licking Memorial Health Systems (LMHS) has implemented Hello World, Epic's text notification and messaging system that allows patients to easily and conveniently manage their healthcare. Patients who enroll in the new Hello World notification system will receive text notifications from LMHS about appointments, bills, payments, new test results, and more. Patients may easily respond to messages with simple prompts, allowing them to confirm or cancel appointments or pay bills.

Individuals can enroll in the program, or opt in, by texting "START" to 60761, or request text messages when checking in at their next appointment. Patients may also enroll through their MyChart account by logging in and selecting Account Settings in the main menu, then Communication preferences.

Patients are not required to enroll in Hello World text messaging. Those who wish to no longer receive text messages from LMHS can revoke their enrollment

by texting "STOP" to 60761 or they can opt out via their communication preferences in MyChart. If individuals wish to once again receive messages, they can simply text "START" to the same number or use MyChart.

Among the notifications, LMHS patients or their designated proxy will receive an appointment notification text message when an appointment is scheduled. An appointment confirmation message will be sent two days prior to the appointment if the appointment has not been confirmed. At that time, prompts will be provided that allow the patient to confirm, reschedule, or cancel the appointment. If no response is provided to the appointment confirmation text message, the appointment will remain scheduled; however, a member of the care team may call to confirm the appointment.

LMHS does not charge for this program; however, message and data rates may apply from mobile carriers. The patient

is responsible for any carrier fees such as data plan charges, tolls, out-of-area roaming, and other charges. Message frequency may vary.



Retiree Spotlight

Kelly Walsh retired from Licking Memorial Health Systems (LMHS) in 2021 after 42 years of dedicated service in the Pharmacy Department. A proud graduate of Ohio Northern University and a Licking County resident, Kelly began her career in 1979, during a time when Licking Memorial Hospital (LMH) still used the tube system to send medication and



paperwork between departments, and before computers became a staple in the healthcare system. In those early days, everything was documented by hand, and medications were delivered by cart to various patients and floors throughout LMH.

A dedicated and diligent worker, Kelly took pride in performing her job well and making a positive impact on those around her. She approached each day with enthusiasm, enjoying the opportunity to help her friends, fellow staff members, and the community. She embraced the challenges with devotion, laying the foundation for a long and fulfilling career. As technology advanced, Kelly successfully adapted, even navigating the transition to the EPIC system, a milestone that transformed the way that patient care is delivered.

Kelly met her husband, Ron Walsh, through her work at LMHS while he was

serving with the Newark Fire Department, where medication replacements were often navigated from the Hospital to the local fire station. They married in 1982, shortly after they met, and raised four children together.

Kelly's years of service were especially rewarding during the last decade, where she found great meaning working on the Fifth Floor Oncology Unit. The friendships that she formed with her coworkers were another source of joy with many colleagues becoming lifelong friends. With her career being centered around family and faith, her time at LMHS was filled with laughter and support.

Enjoying her retirement, Kelly spends most of her free time with her husband, children, and ten grandchildren, as well continuing her involvement in the Heath Ohio Cornerstone Church through organizations such as Kingdom Pillars and LifeWise Academy.

LMH Garden Offers Seeds of Hope

Since 2015, the Licking Memorial Health Systems (LMHS) Culinary Services Department, in partnership with Plant Operations, has cultivated and maintained a one-acre vegetable and flower mini-farm on Dickerson Street. A variety of seasonal produce, herbs, and flowers are harvested annually for use in the Main Street Café at Licking Memorial Hospital (LMH). In addition to serving as a supplement for fresh produce and herbs, a part of the mini-farm has been designated a "Seeds of Hope Garden," an area where cancer patients, survivors, and caretakers can visit for respite.

Participants of LMH's Cancer Support Group were invited to visit the garden in September to harvest fresh vegetables and cut flowers to create their own arrangement. Facilitated by the LMH Oncology staff, the group offers encouragement, education, and an opportunity for participant discussion.

Individuals diagnosed with cancer or are in remission, those who have lost loved ones to cancer, and caregivers are invited to attend the group on the fourth Tuesday of every month. A healthy food option, selected by the Oncology Dietitian, is served at the meeting. Vegetables harvested from the garden were used by Culinary Services to create a dish for one of the meetings. During the summer and fall, produce and flower arrangements from the garden were brought to the cancer support group for participants to take home.

LMHS employs a full-time gardener, Kristina Mohler, to care for the mini-farm on Dickerson Street. She has been enthusiastic about supporting the Oncology staff and the Cancer Support Group. Visiting the garden offers the group members an opportunity for activity through gardening and access to fresh produce. Visitors are encouraged

to take home anything they harvest. This year's crop included several varieties of tomatoes, peppers, beans, potatoes, and squash. Kristina has also been growing quinoa and numerous types of wildflowers to encourage pollinators, such as butterflies, to visit the area.



Volunteer Spotlight – John Uible

John Uible has been a dedicated volunteer with Licking Memorial Health Systems (LMHS) for two years, bringing his passion for community service to every interaction. Retiring from Park National Bank in 2022, John's commitment to giving back is rooted in his deep connection to the people of Licking County. Originally from the Cincinnati area, and a graduate of Denison University, John has made Newark, Ohio his home. His involvement at LMHS began after a fellow member of Spring Hills Baptist Church encouraged him to explore volunteering following his retirement.

John has accepted various roles at LMHS, including mail distribution, working in patient registration, and serving as a wayfinder. Most recently, John has been volunteering at the Food Pantry, where he enjoys providing hands-on assistance to those in need.

In addition to his volunteer work, John has been deeply involved in community

outreach. He is a former member of the Newark City Council and currently serves on the Boards of the Newark Development Partners and the Friends of the Licking County Library. His passion for improving his community is reflected in these roles, in which he actively contributes to local development and educational initiatives.

Outside of his volunteer efforts, John enjoys engaging in a wide range of hobbies. His interest in politics keeps him well-informed. He also enjoys walks, traveling to new places, and cherishing time with his family. John's wife, Julie, works for A Call to College at Newark High School, helping students pursue higher education. Together, they have two children, Andrew and Kate. John is also an active member of his church where he finds great fulfillment in contributing to programs and connecting with fellow members. His passion for people is evident in everything he does, whether he is helping others at LMHS or attending to his personal interests.

John describes his time volunteering at LMHS as a rewarding experience. He encourages others to get involved, emphasizing that it is a meaningful way to connect with the community while making a positive difference. Volunteering has allowed him to continue his commitment to serving others even after his retirement, and he hopes to inspire others to do the same.



Active•Senior Pickleball

In October, LMHS hosted the Active•Senior Pickleball event at the courts near the Lou & Gib Reese Ice Arena. More than 30 seniors played in teams of two for up to 30 minutes. Each player was entered into a raffle for the opportunity to win pickleball-inspired gifts such as a pickleball bag, water bottle, and other items. Gift cards to the LMH Main Street Café were awarded to the winning team members of each match. Participation in the event counted toward the Active•Senior Program goals.

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

2024-2025 program began May 1, 2024, and continues through April 30, 2025. For more information or to register for the Active•Senior Program, please visit LMHSActiveSenior.org or call the Licking Memorial Events Line at (220) 564-1560.



Active•Senior Brunch Walk

On August 27, 66 Licking County seniors participated in the Active•Senior Brunch Walk. Participants enjoyed a walk that began at the Rotary Park Pavilion on Sharon Valley Road in Newark and a healthy brunch. During the walk, Megan Miller, D.O., of Licking Memorial Family Practice – Heath, discussed managing cholesterol.

Cholesterol is a waxy, fat-like substance that is made in the liver, and is needed to form cell membranes, aid in digestion, develop hormones, and convert vitamin D. However, as the cholesterol in the blood increases, so does a person's risk for heart disease. Consuming a diet of fruits and vegetables, whole-grains, and healthy fats, in addition to exercising regularly, is essential to maintaining healthy cholesterol levels. Additionally, cholesterol and the risk of heart disease or stroke can be reduced through weight loss, smoking cessation, and prescription medications.

Participants in the Active•Senior Program, designed to promote healthy lifestyles for adults, ages 60 and older, are encouraged to earn points by

completing a variety of goals in each of four categories: Physical, Nutritional, Mental, and Social. The Active•Senior Program was designed, reviewed, and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program. Individuals should discuss their personal exercise and nutrition goals with their physician. To date, more than 900 individuals have registered for the growing program. For more information or to register for the Active•Senior Program, please visit LMHSActiveSenior.org, or call the Licking Memorial Events Line at (220) 564-1560.



Active•Fit Period 3 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 3. Participants in the Youth Wellness Program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements.

Meta Quest 2 Virtual Reality Headset & Fitness Software

Torin Napier
Brady Frazier
Clint Laughlin

Bicycle & Helmet

Doren Klettlinger
Reyan Bhattarai
Logan Ford

Athletic Shoes

Darren Shroyer
Eila Frederick
Sawyer Turner

iPad & Fitness Software

Addison Page
Riley Anderson
Nalla Duggan

\$100 Dick's Sporting Goods Gift Card

Jackson Grubb
Bradlee Ellis-Carsey
Mackenzie Brown
Elisabeth Coroneos
Lane Dunkle
Gwen Mathers
John Clark
Lily Krueger
Katie Schmidt
Brielle Dawson

\$50 Dick's Sporting Goods Gift Card

Ramsey Cook
Luka Sanchez
Marley Hall
Dominic Egleston
Alan Khanal
Viktor Thompson
Kennady Massie
Nicholas Cooper
Makenna Jackson
Willow Miskell

The Active•Fit Program has registered over 13,000 participants who select health-related goals and track their progress at ActiveFit.org. There are exciting Active•Fit events and opportunities for children to get active and learn about their health during the year. Period 1 for 2023-2024 began September 1 and continues through December 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

Active•Fit YOUTH WELLNESS PROGRAM

The Active•Fit program promotes healthy lifestyles for youth ages 6 to 12. Participants who complete the free program will be entered into a drawing to win prizes!

To register, visit ActiveFit.org



Sign Up Today!



Licking Memorial Health Systems

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Community Events

Walk with a Doc

Saturday, February 15, 9:00 a.m.
Licking County Family YMCA – Knoll Gym
470 W Church Street, Newark

Join Elizabeth W. McIntosh, M.D., of Licking Memorial Family Practice – Johnstown, as she leads a discussion about asthma.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided.

To register, call the Licking Memorial Events Line at (220) 564-1560.

First Impressions – Maternal Child Classes

- Boot Camp for Dads
- Pregnancy & Childbirth Education Classes
- Grandparenting
- Childbirth & Mother-baby Basics One-day Course
- Prenatal Breastfeeding Basics Class
- Sibling Preparation Class

Unless otherwise noted, classes are located in the Licking Memorial Hospital First Floor Conference Room. To register for classes, visit LMHealth.org or call (220) 564-3388.

Diabetes Self-management Education and Support (DSMES)

Class sessions are offered twice a month:

Session 1

First two Wednesdays of each month, 9:00 a.m. to 12:00 Noon
Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark

Session 2

Third and fourth Wednesdays of each month, 3:00 to 6:00 p.m.
Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark

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

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

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

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