

Community Connection

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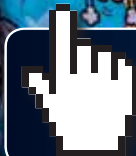
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LMHS Sports Screening Program Keeps Youth in the Game

Licking Memorial Health Systems (LMHS) will continue its commitment to youth wellness by hosting the annual Sports Screening Program in May. Offered at no cost, the comprehensive screenings help to ensure that Licking County student-athletes entering grades 7 through 12, as well as students enrolled in C-TEC's Criminal Justice, Fire and Physical Therapy programs, are safely participating in sports and other physically challenging activities.

A key component of the LMHS Sports Screening Program is the Heart to Play electrocardiograms (EKGs) and echocardiograms that are provided to students entering grades 7, 9 and 11. The painless EKG displays the heart's electrical impulses, and the echocardiogram screens the functioning of the heart's valves and muscles. These screening tests can identify heart conditions that place an athlete at risk for a sudden cardiac death even when there are no symptoms.

Abby Caskey (pictured below and right), who planned to try out for the Newark Catholic High School swim team as a freshman, attended the Sports Screening Program in May 2018. There were no reasons to suspect Abby had a heart condition; however, her EKG and echocardiogram results indicated an abnormality that required further evaluation. She was referred to a cardiologist for additional testing that revealed she had Wolff-Parkinson-White (WPW) syndrome, a potentially fatal heart condition characterized by a rapid, pounding heartbeat.

"I have been swimming competitively since fourth grade, but I noticed that I sometimes felt dizzy and lightheaded during practice in middle school," Abby said. "However, I thought it was an indication of dehydration or fatigue, not a serious heart condition."

Abby's father, Bill, who is Chief of the Granville Police Department, added, "My wife and I had heard of the program, but did not realize how valuable it is until Abby received an unexpected WPW diagnosis. When she complained of dizziness during training, my initial thought was that it would pass as her conditioning improved. I had no idea that the actual cause was a life-threatening heart condition. There is no way I can express my gratitude to LMHS for offering this program, and I would encourage everyone in the community to take advantage of it."

Following her WPW diagnosis, Abby underwent a cardiac ablation to correct the issue. She has been symptom-free since the procedure, but is taking a break from swimming to study jujitsu. Whether she returns to the pool or decides to focus on martial arts, Abby is confident in her ability to be physically active in the future.

"Having a heart condition changes your point of view," she said. "I was nervous following the diagnosis, but now I am aware of the symptoms and can notify my parents immediately if the dizziness returns during strenuous activities. Because I also will have regular checkups

with a cardiologist, I know that I can continue to do the things I love to do without worrying about my health."

Since the EKG testing began in 2008, 11 Licking County students have been discovered to have WPW and were referred to a cardiologist for treatment. Several other serious cardiac abnormalities also have been detected and treated in students who were previously unaware of their conditions. In 2018, heart screenings were administered to 265 middle and high school students, four of whom were referred to their primary care physicians for follow-up with possible cardiac abnormalities.

"Stories like Abby's are why we continue to offer Heart to Play screenings at no cost to the community," said LMHS President & CEO Rob Montagnese. "We are extremely proud that our efforts to identify heart conditions that otherwise could result in tragic circumstances have been so successful for more than a decade. The peace of mind that parents and their children have knowing that they are safely participating in physical activity makes this an invaluable program."

The LMHS Sports Screening Program also features the ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) baseline concussion test, which is also offered to student-athletes entering grades 7, 9 and 11 who participate in a contact sport and do not have testing available at their school. ImPACT is a computerized evaluation system that assesses the brain's cognitive functions, such as memory, attention span and reaction times, to establish a cognitive baseline. If a concussion is suspected following an acute head injury, an athlete should be examined by a primary care or emergency room physician. The ImPACT test is re-administered within 24 to 72 hours after the injury and the new, post-injury results are compared to the baseline computer test. The difference in the two scores, along with serial examinations, help physicians determine the amount of time that the athlete will need in order to make a safe, full recovery.

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

"The safety of student-athletes in Licking County remains one of our top priorities," Rob said. "We are pleased to provide heart and baseline concussion screenings in conjunction with the state-required pre-participation screenings in one convenient appointment and at no cost. Offering these excellent services to area youth for a 14th consecutive year continues our commitment to improve the health of the community."

Screening dates are available throughout the month of May, and a second

location is being added this year to make the program conveniently accessible for all residents of Licking County. The first two dates will be held at the Pataskala Health Campus with Licking Memorial Pediatrics on Tamarack Road in Newark hosting the remainder of the program.

As an added benefit this year, students who complete the LMHS Sports Screening Program will receive a \$10 gift card to a local restaurant. The gift card will be presented at the checkout station on the night of the program after a staff member verifies all necessary forms have been completed.

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

their student can participate on their scheduled night.

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



Pat Jeffries Receives *Columbus CEO HealthCare Achievement Award*



A volunteer for more than 30 years, Pat Jeffries, Licking Memorial Health Systems (LMHS) Board Member and Licking Memorial Hospital (LMH) Development Council Executive Committee Member, recently was awarded the Columbus CEO HealthCare Achievement Award Volunteer of the Year. The HealthCare Achievement Awards recognize outstanding Central Ohio healthcare professionals and organizations for making a difference in the lives of their patients, colleagues and community. The recipient of the Volunteer of the Year Award, makes a positive impact by devoting time and expertise to support local healthcare organizations, patients and the community.

Pat has been involved with LMHS in numerous capacities over the years. His leadership and dedicated service to LMHS has proven invaluable. Pat has given his time and talents selflessly, helping to fulfill the mission of LMHS by working to improve the health of the community. Pat joined the LMH Development Council soon after its inception in 1987, and has served on the Executive Committee, Community Relations Committee, The Mary Jane McDonald Building a Healthier Community Award Committee and

as Chairman of the LMH Golf Gala Committee. He and his wife of 51 years, Linda, also served as Honorary Chairs of the Golf Gala in 2010. In addition, Pat led the Community Cornerstone Campaign for several years. The LMH Development Council is a group of community volunteers who help the Hospital raise funds for worthwhile projects and help facilitate strong communication between the community and LMHS leadership. He served as Chairman of the LMH Board for nearly a decade before joining the LMHS Board of Directors. Pat recently served as Chairman, and was nominated to serve a third term on the LMHS Board. His service to LMHS also includes being a member and Chairman of the LMH Foundation Board of Directors and the Licking Memorial Professional Corporation Board. The organization has benefited greatly from his earnest leadership and encouragement.

An ambassador to the community on behalf of LMHS, Pat has been committed to Licking County his entire life, and truly exemplifies the spirit of the community in a giving and meaningful way. Pat certainly has earned the respect of his peers and continues to dedicate himself in a wide variety of community organizations, whose projects benefit greatly from his generous service and commitment. A truly outstanding individual and exceptional citizen of Licking County, Pat has been recognized on numerous occasions for his outstanding contributions to the community.

In 2014, Pat was honored with the prestigious Lifetime Achievement Award, the highest award that LMHS confers each year. This special recognition honors those whose vision, inspiration and leadership have touched and enriched many lives. The Ohio Cancer Research Association honored Pat with the John W. Alford Memorial Award and Newark Rotary Club presented him

with the BRAVO award for Community Service. He was the 2014 Rotarian of the Year for the Newark Rotary Club. He also received the Alumni Citizenship Award from Newark City Schools and the Outstanding Young Man in Licking County Award as well as the Distinguished Service Award for Licking County.

Even in retirement, Pat continues to support Licking County residents as a leadership consultant, and has truly contributed to the success of the community through his ability to inspire others to perform at the highest level. Not only does he provide service as a trainer and speaker, he also serves as:

- Chairman of The Works' Corporate Membership Committee
- Chairman of the Midland Theatre Board of Directors
- Sergeant-at-Arms of the Newark Rotary Club

Pat's dedication and vision have positively affected the lives of many Licking County residents. In his position as Manager of Learning and Development with State Farm, Pat was responsible for training thousands of associates, all who benefited greatly from his encouragement and extensive knowledge. After retiring from a 38-year career at State Farm, he held the position of Academic Director over Business, Engineering, Public Services and Technology and Dean of Arts, Sciences & Integrated Studies at Central Ohio Technical College. Pat views his involvement with LMHS as an excellent way to utilize the motivational and leadership skills that he developed at State Farm, and is grateful for the opportunity to continue working directly with community members. He considers education to be the cornerstone of his personal mission, to facilitate the learning process for people striving for excellence on the job and in everyday life.

LMH Leads Nation with Implementation of New Testing for Cardiac Patients

Licking Memorial Hospital (LMH) recently became the first facility in the nation to implement high-sensitivity cardiac troponin. Troponins are a group of proteins found in skeletal and heart (cardiac) muscle fibers that regulate muscular contraction. Troponin tests measure the level of cardiac-specific troponin in the blood to help detect heart injury. Detection of an elevated cardiac troponin is defined as a myocardial injury. The injury is considered acute if there is a rise and/or fall of cardiac troponin values.

Following a physician evaluation, patients entering the Emergency Department (ED) suffering from heart attack symptoms normally receive a blood test to measure their troponin. Previously, the test was performed upon arrival and at three- and eight-hour intervals. The high-sensitivity troponin test requires a blood draw immediately, performed by ED staff and again at one- and two-hour intervals, performed by a Laboratory phlebotomist. Results provide confirmation or denial of a cardiac event with 98 percent assurance.

The high-sensitivity results are available considerably faster, allowing physicians to make a more prompt diagnosis for possible cardiac patients. Within three hours, physicians can determine if a

patient needs to be admitted for further cardiac care or can be discharged safely. The previous eight-hour requirement to make this determination has been condensed to approximately two. The decreased testing time lowers wait time for all patients. Hospital admissions also are reduced as patients are not admitted unnecessarily before the final results are available. With patients moved to the appropriate areas for care more quickly, beds are open to care for additional patients, decreasing the overall turnaround time for all ED patients.

"The precision of this test is extremely valuable," explained Lorei Reinhard, Director of Laboratory Services. "The results help physicians better manage cardiac patients in the ED. It is especially helpful with female patients who often present with atypical symptoms. The level of care needed can be determined much more quickly, in turn producing better outcomes for all patients. While this test is expected to be the standard of care soon, we are proud to be a leader in the nation, elevating our quality of care for the Licking County community."

"Cases which presented as a possible cardiac event are now able to be more quickly confirmed as acute coronary syndrome or potentially ruled out," noted Brad Copley, Director of Emergency

Services. "Since women and men often exhibit different symptoms, this feature of the testing also affirms its benefit to patients."

Now implemented as part of the nurse protocol for chest pain patients, the initial blood draw may be performed in ED triage by a nurse. A Laboratory phlebotomist completes the following two blood draws. For each test, the average time from Laboratory receipt of the physician order to result verification is 35 minutes, a goal the Laboratory staff meets at a 98 percent rate. The new Laboratory automation system, which is expected to be fully operational by April, will further decrease this time.

Available in Europe for several years, high-sensitivity troponin recently was approved by the Federal Drug Administration. The American College of Cardiology released the new testing functionality in August 2018 and LMH began utilizing it in October 2018. The blood specimens are analyzed by the new Centaur XPT instruments, installed during the recent Laboratory renovation. The majority of the work completed by these instruments is troponin testing with approximately 100 tests performed daily, each taking between 15 to 18 minutes. The two Centaur XPTs are able to perform over 450 tests per hour.



Red Dress Event Encourages Women to Practice a Heart-healthy Diet



Licking Memorial Health Systems (LMHS) presented The Heart Truth: A Red Dress Event on February 7 for nearly 300 guests at the Bryn Du Field House in Granville. The annual Red Dress Event encourages women to make heart-healthy lifestyle changes in cooperation with the American Heart Association's (AHA) Go Red for Women Day, which was celebrated nationally on February 1. The red dress has become a national symbol to increase awareness that heart disease is the number one cause of death for women. "LMHS believes that this Red Dress event is very important each year. It is encouraging that so many guests attend to learn more about heart disease prevention," stated Rob Montagnese, LMHS President & CEO.

The featured speaker, Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, presented "Let Food Be Thy Medicine: The Power of Plants." Heart disease is the number one killer of Americans, responsible for one out of every three deaths, and affecting more than 92 million people. Dr. Hourmouzis pointed to the standard American diet as the main contributing factor of this staggering statistic. "Due to medical advances, we are living longer, but are living sicker by eating like the future does not matter," she stated.

A product of this American diet, atherosclerosis – the buildup of fats, cholesterol and other substances in and on the artery walls – is a common symptom of heart disease, but can affect arteries anywhere in the body. This buildup, often referred to as plaque,

restricts blood flow. The plaque can burst, which could trigger a blood clot and cause a cardiac event.

There are numerous contributing risk factors for heart disease, including smoking, obesity, elevated cholesterol, diabetes, hypertension, physical inactivity, and an unhealthy diet. However, Dr. Hourmouzis recommends a whole food and plant-based diet to combat many of these risk factors. The diet consists of:

- Fruits
- Vegetables
- Legumes
- Whole grains
- Minimal/no animal protein
- Foods naturally low in salt, sugar and saturated fat
- Whole foods, not processed

Research has shown that practicing this type of diet helps to eliminate the majority of coronary heart disease risk factors. Individuals eating a plant-based diet commonly notice lower blood pressure and body mass index, decreased cholesterol, plaque build-up and insulin sensitivity, and less inflammation in the body. Dr. Hourmouzis also noted that increasing exercise and sleep can reduce stress and benefit overall health.

LMHS Culinary Services staff provided heart-healthy appetizers for the guests along with the recipes for all of the items offered. Free blood pressure testing and hand massages also were offered to guests. Each attendee received \$10 in Canal Market District tokens and a Red Dress lapel pin to wear on Go Red for Women Day.



Antibiotic Stewardship – Acute Bronchitis and Respiratory Syncytial Virus

Antibiotics have transformed the practice of medicine, making infections that previously were life-threatening readily treatable. The prompt initiation of antibiotics to treat infections is proven to save lives. However, antibiotics are used to fight infections caused by bacteria, not viruses. Viruses are smaller than bacteria and cannot survive outside of the body's cells because they infiltrate healthy cells to stay alive. The antibodies that the immune system produces are the most effective treatment against a virus, such as acute bronchitis or respiratory syncytial virus (RSV).

RSV is one of the most common causes of childhood illness. The virus can cause cold-like symptoms and respiratory illnesses that can create severe symptoms in young children and infants. Older children and adults also are susceptible to the virus; however, the symptoms are mild or nonexistent. RSV can develop into rhinorrhea — a runny nose due to nasal congestion — and acute bronchitis. The development of RSV into these diseases can create severe symptoms, especially in young children and infants. Some parents may ask for an antibiotic prescription for themselves or their children; however, antibiotics are not effective in combating viruses and could potentially harm the person taking the antibiotic.

Treatment for RSV or acute bronchitis depends on the severity of the illness, but mostly relies on the immune system's antibody production to combat the virus. It is recommended to obtain plenty of rest, drink plenty of fluids, use lozenges, or follow physician recommendations for over-the-counter medications for symptom treatment and to combat the virus. If symptoms are severe in children or adults, hospitalization is recommended and the infected person can be given intravenous (IV) fluids, humidified oxygen or mechanical ventilation (breathing machine). The body is able to eliminate viruses, but should be aided with remedies to decrease the severity of symptoms.



Consequences of taking antibiotics without a bacterial infection in the body can range from minor to severe side effects, such as hindering the body's ability to combat the virus, or developing a rash, diarrhea, an antibiotic-resistant infection, or a Clostridium difficile infection – a sometimes deadly form of diarrhea. Using an antibiotic for a virus will not be useful and could potentially create a resistance to a certain antibiotic. When an antibiotic is used, vulnerable bacteria are killed and the resistant bacteria are left to multiply and grow. Widespread use of antibiotics to treat viral illnesses, such as the common cold, flu or sore throats are examples of antibiotic misuse that can promote the spread of resistance, which adversely impacts the health and outcomes of other patients who have not yet been exposed to resistant organisms.

A growing body of evidence demonstrates that hospital-based programs dedicated to improving antibiotic use, commonly referred to as Antibiotic Stewardship Programs (ASPs), can both optimize the treatment of infections and reduce adverse events associated with antibiotic use. Antibiotic stewardship refers to coordinated interventions designed to improve and measure the appropriate use of antibiotics by promoting the selection of the optimal antibiotic drug regimen, dose, duration of therapy, and route of

administration. ASPs help clinicians improve the quality of patient care and patient safety by increasing infection cure rates and reducing treatment failures. The programs also significantly reduce the rate of hospital-acquired infections and antibiotic resistance. Moreover, these programs often achieve these benefits while saving hospital resources.

Licking Memorial Hospital (LMH) initiated an ASP nearly four years ago. The program is a sub-committee of the Pharmacy and Therapeutics Committee that works closely with the facility's Infection Control Committee as well. LMH's multi-disciplinary approach includes physicians, pharmacists, representatives from the laboratory and microbiology, wound care, pathology, critical care, process improvement and information systems departments "We are continually expanding our program to include additional knowledgeable staff who offer valuable information and resources and work collaboratively," Licking Memorial Infectious Disease physician Rachel DeMita, M.D., noted. "Integrating each of these areas into the ASP, enables LMH to thoroughly address the impending threat of antibiotic resistance and better protect patients in our community," she continued. Meeting quarterly, this Committee strives to ensure the best antibiotic treatment for each patient without promoting resistance.

Colon Cancer Awareness Month

Nationally, the month of March is dedicated to colon cancer awareness. Licking Memorial Health Systems (LMHS) is working to raise awareness throughout the month through a community campaign focused on healthy eating for colon health that includes a new website, LMHSColonHealth.org. The website contains detailed information and resources about Colorectal Cancer and features high-fiber recipes and fitness guidance.

Colon cancer is the third most common cancer and the second leading cause of cancer-related deaths in men and women in the United States. Over 95,520 cases are expected to be found in the United States this year; however, preventative screening can help to decrease the rising number of people diagnosed with the disease. The colorectal cancer survival rate has been increasing, due in part to increased awareness and screening. Finding polyps and cancer in the earlier stages provides the best opportunity for successful treatment.

The risk for developing colon cancer increases with age. More than 90 percent of colorectal cancers occur in people who are 50 years old or older; however, incidence in those younger than 50 is on the rise. Precancerous

polyps and colorectal cancer may go undetected because many experience no symptoms in the early stages; however, symptoms may include:

- A change in bowel habits including diarrhea, constipation or a change in consistency
- Blood in or on the stool (bowel movement)
- Stomach pain, aches or cramping
- Unexplainable weight loss
- Weakness or fatigue

Colorectal cancer symptoms also can be associated with many other health conditions. Only a medical professional can determine the cause. Early signs of cancer often do not include pain. Do not delay in seeing a physician – colon cancer is highly treatable if detected early.

People with a parent, sibling or child who has been diagnosed with colorectal cancer are at a higher risk of developing the cancer than those without a family history. Many lifestyle-related factors have been linked to colon cancer including being overweight or obese, physical inactivity, diet, smoking and heavy alcohol use. These risk factors can be managed or changed in order to decrease the chance of developing

colorectal polyps that can lead to cancer. Health experts recommend being more active and limiting the amount of red and processed meats in the diet while increasing the amount of fiber consumed.

All dietary fiber, also known as roughage, comes from plants, bushes, vines or trees, and includes fruits, legumes, vegetables and whole grains. Unlike other food components, such as fats, proteins or carbohydrates, fiber is not digested or broken down by the body. Instead, it passes relatively intact through the stomach, small intestine and colon which promotes regularity and decreases the chance of diverticulosis – a condition that develops when pouches (diverticula) form in the wall of the colon – and perhaps colon cancer.

Throughout the month of March, LMHS staff members will discuss Colon Cancer prevention through a high-fiber diet at a number of community events including LMHS' Walk with a Doc Event on Saturday, March 23. LMHS encourages those who are at the age of 50 or older to participate in a colon screening for the benefit of their health. Contact your primary care physician today to schedule a colon screening.



For more resources, visit

LMHSColonHealth.org

DON'T DELAY! Contact your physician for a screening.

LMHS' Accomplishments in 2018 Reviewed at Corporate Breakfast

As services and programs at Licking Memorial Health Systems (LMHS) expanded in 2018, more patients than ever turned to LMHS for care. LMHS President & CEO Rob Montagnese outlined the year's growth during a presentation at the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in February.

Community leaders in attendance learned about educational programs and events over the past year, as well as upcoming opportunities for 2019. Among those listed were the Red Dress Event, Active•Fit and Active•Senior programs, health-related summer camps for children, Walk with a Doc, reunions, recognition dinners, Hospital & Healthcare Week, the Cancer Survivors Picnic, and the annual Golf Gala.

In 2018, Emergency Department visits decreased while Urgent Care visits increased. "These statistics directly reflect our goal in opening additional Urgent Care facilities, offering care for Licking County residents in a more appropriate setting," Rob explained. Urgent Care locations provided care to a record number of patients, 42,471 – 3,700 more than in 2017.

- Rob also shared a variety of fun facts, including:
- 2,026 candlelit dinners served to maternity patients and their guests
 - 202,729 hours devoted to cleaning
 - 1,916,024 pounds of laundry processed
 - 1,530 pounds of produce grown in the LMH garden and greenhouse
 - 17,535 courtesy shuttle passengers (average 67 per day) transported
 - 188 tons of cardboard recycled

LMHS once again was very involved in the community, donating funds to the capital campaigns to build the Evans Foundation Skate Park as well as a new Licking County Family YMCA – Western Branch facility. Several area high schools also received sponsorships as part of the LMHS Healthy Community Project. Resources were used for a variety of

sporting venue improvements, including turf and track projects, as well as press box renovations.

Rob shared that one of the programs he is most proud of in his 13 years as president is the Sports Screenings program featuring Heart to Play screenings. Designed to improve the health of children and teens, LMHS provides pre-participation screenings, EKGs and baseline concussion screenings, free of charge to the county's middle and high school students who participate in sports, marching band, law enforcement, firefighting, and other physically demanding activities. Since its inception 11 years ago, 10,488 sports screenings have been performed, identifying 34 students with heart defects. "We are extremely proud to offer this service to help keep our young athletes safe."

Initiatives completed in 2018 focused on providing improved patient care. Significant departmental renovations to Radiology and Cardiology included equipment upgrades and room redesign, offering increased room size for patient comfort and additional room for rehabilitation and technological services. The BioFire FilmArray Torch, now being used in the Laboratory, is the latest advancement in molecular infectious

disease testing and significantly reduces infection diagnosis time. LMHS was one of the first hospitals in the country to install a state-of-the-art suspension training system for physical therapy patients. With very low impact, patients benefit from a total body workout by engaging a broad range of muscle groups, improving mobility, endurance and cardiovascular functions.

Looking ahead in 2019, LMHS plans to complete the nurse call light system upgrade and Laboratory expansion, to include an automated track system and 9,000 sample refrigerated storage module. The 32,210 square foot addition to the West Main Street Medical Campus, which will be the new location for Physical, Occupational and Speech Therapy, and Dermatology and Gastroenterology physician offices, is expected to be complete in the spring.

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



National Doctors' Day – Honoring our Physicians

In 1991, a proclamation was issued by President George Bush establishing March 30 as National Doctors' Day. The President – in accordance with a joint resolution from Congress – acknowledged those who serve their communities and society by caring for and working to heal others. The proclamation notes that reverence for human life and individual dignity is both the hallmark of a good physician and the key to truly beneficial advances in medicine. The vocation of medicine entails a tremendous responsibility and requires years of study and training. Many physicians endure long and unpredictable hours while coping with the demands of work and family life. The proclamation encourages all Americans to observe National Doctors' Day with appropriate programs and activities to honor all physicians and recognize their leadership in the prevention and treatment of illness and injury.

Before Doctors' Day was recognized as a national observance, residents of Georgia created a statewide practice of honoring physicians on March 30. The observance began in Winder, Georgia, in 1933 when Eudora Brown Almond, wife of Dr. Charles B. Almond, encouraged her community to send greeting cards and red carnations to physicians and place flowers on the graves of deceased physicians. March 30 was chosen because it marked the day in 1842 when Georgia physician Crawford W. Long, M.D., used an ether anesthetic for the first time during surgery. In 1934, the Georgia State Medical Alliance adopted a resolution to pay tribute to doctors on March 30 and were integral in spreading the tradition. The red carnation remains a symbol of Doctors' Day.

Licking Memorial Health Systems (LMHS) has embraced the annual observance celebrating the Medical Staff for their dedicated service and ongoing support of the LMHS mission of improving the health of the community. Every year during the month of March, LMHS publicly thanks the Medical Staff through a publicity campaign and hosts celebrations including a breakfast and gourmet lunch. LMHS encourages patients and community members to also honor and recognize the physicians for their sacrifice by giving a donation to Licking Memorial Health Foundation (LMHF) in their physician's honor. Physicians who are recognized through a donation receive an acknowledgment of the gift on the donor's behalf. To make a donation honoring a physician, please contact the Licking Memorial Hospital Development Office at (220) 564-4102.

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

Name

Address

City

State Zip

Enclosed is my gift of \$

In honor of

Comments

Please send notification of this gift to:

Name

Address

City

State Zip

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



Behind the Scenes – Switchboard

The communication heart of Licking Memorial Hospital (LMH) can be found tucked out of sight on the LMH First Floor in a small room that contains the Private Branch Exchange (PBX) switchboard – a telephone system used to receive and dispatch all types of calls. The room also is equipped with monitors, alarms and phones connected to statewide emergency centers that require monitoring and are programmed to emit distinct sounds. To someone visiting the room, the sights and sounds could seem overwhelming, but the Communications Console Operators have systems and standard procedures in place to quickly respond to each ring, alarm or visual cue. The Operators have embraced Licking Memorial Health Systems' (LMHS) mission to improve the health of the community by sustaining a positive communication connection between patients and LMHS employees.

Nine employees serve as Communications Console Operators. The switchboard always is in operation, and is staffed by two individuals working a 12-hour shift during the day, and one working the 12-hour overnight shift. With a headset and computer screen, the Operators answer calls from the public and direct the calls to patient rooms or the proper department within LMH or other LMHS facilities. "The Console Operators are a dedicated group of employees who understand how important it is to keep the lines of communication open at all times. They work together to make certain someone is available every minute of every day," Jeanna Alban, the Console Operators Manager said.

The switchboard also serves as the physicians' answering service. In the past, messages were handwritten and delivered to the physician. With current technology, the Operators are able to contact physicians in a number of different ways, including secure text messaging.

When answering calls from the public, the Operator's mission is to listen carefully to the needs of the person calling. At times, callers may be frantic due to a medical issue that needs immediate attention, so a compassionate, caring response is vital to calm the person and determine where to route the call. "The Operators are amazing at getting to the core of what a caller needs through all types of emotional responses. They offer the information needed or find the right department that can assist that caller," Jeanna said. The majority of the current Operators are long-time employees, and their expertise allows them to quickly address and respond to any situation.

Each Operator is responsible for three phone lines. Two are for incoming calls, and the third line is dedicated for LMH staff use in emergency situations. By dialing the designated extension within the Hospital, an employee can report all types of emergencies and initiate the call for assistance. Facilities outside the Hospital have a red phone that connects to the Operators. LMH uses a number of emergency overhead paging codes designated by a different color to alert employees of situations that require a response. These codes include such issues as a heart attack, tornado, fire or a major disaster. The Operators are responsible for activating the overhead page

for many of the codes and confirming action is being taken. "The Operators are the eyes and ears of the Hospital and must remain calm and composed during stressful situations. The employees are exceptional at multitasking and keeping an even keel no matter what is happening around them," said Jeanna.

The Operators also are responsible for alerting LMHS staff about outside emergencies. LMH is connected to the Ohio Public Health Communication System and the Central Ohio Trauma System. In case of a major disaster, such as a tornado, the statewide emergency networks contact LMH to alert the Operators of the possibility of mass injuries. The Operators then initiate the overhead paging system and contact the Emergency Department staff and other departments to gather information on LMH's preparedness to assist with mass casualties including information on the number of beds available for the wounded. The Operators then report back to the state agency as quickly as possible. The state requires hospitals to respond to disaster calls within one hour of the notification. During a recent drill, LMH was one of only two hospitals in the state that met the standard response. State agencies also rely on LMH to be prepared during large public events should something catastrophic occur that lead to a large number of people being injured. For example, during football games at The Ohio State University, LMH is contacted to determine if the Emergency Department has space available for possible trauma patients. The Operators are responsible for reporting back to the state agency.

Security is a priority for the nightshift Operator. The main doors to the Hospital are locked in the evenings, but there is a call box available with a camera. The Operators respond to those who use the call box, and can open the door, if necessary. There also are call boxes in the parking lot for those who might need assistance. If called upon, the Operators can contact the LMH Police, Newark Fire Department or Emergency Medical Services.

The Console Operators rely on support from the team of analysts in the Communications Department. The analysts program the computer systems to create accounts for each Operator, and create processes that make it easy for the Operators to access information about LMH, the staff and patients. "When I took the position of Manager recently, I was amazed at how well everyone works together," Jeanna said. Being a Communications Console Operator can be very stressful as the sights and sounds can overload the senses, but the dedicated team working at LMH understands the importance of the mission and do all they can to keep the lines of communication open.

Community Education – Healthier for Life Workshop

Date: Thursdays, April 4, 11, 18 and 25
Location: LMH First Floor Conference Rooms
Time: 6:00 to 8:00 p.m.
Speakers: Aundrea Parker, R.D., L.D.
 Donya Hageman, P.T.A., C-PT, CFNS
 Debra Y. Larabee, R.N., B.S.N.



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



Donya Hageman,
P.T.A., C-PT, CFNS



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

Weight loss organizations often promise significant results to participants who adhere to their plans or purchase their services. Yet, 33 percent of American adults remain overweight and the numbers continue to climb. Diets and weight loss services frequently fail, leaving participants feeling discouraged, deprived and still struggling to lose weight.

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

Healthier for Life is a four-part program and will be held on four consecutive Thursday evenings, **April 4, 11, 18 and 25**, from **6:00 to 8:00 p.m.**, in the Licking Memorial Hospital First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. A meal will be provided for all participants. The program is free; however, space is limited and registration is required. To register, please call (220) 564-1560.



Supporter Spotlight – Licking County Foundation

Licking Memorial Hospital (LMH) is a not-for-profit organization dedicated to the mission of improving the health of the community. With the support and generosity of many Licking County residents, organizations and businesses, LMH is able to offer quality patient care services, obtain state-of-the-art equipment and educate staff members on the latest advances in health care. LMH is proud to garner support from area nonprofit organizations including the Licking County Foundation (LCF). LCF's mission is to improve the quality of life for all citizens of Licking County, which it fulfills by building community endowment, addressing needs through grant making and serving as a leader, catalyst and a resource for charitable giving. "We are fortunate to have such a caring, engaged and innovative healthcare system serving our community. The Licking County Foundation is very grateful for our lasting partnership with LMH and look forward to our multiple-year grant collaboration to continue making a difference in the lives of people in our own backyard," said Connie Hawk, LCF Director.

LCF was established in 1956 as an organization that accepts donations from those who wish to enhance the educational, social, cultural, health and civic resources of Licking County. The Foundation is a collection of funds from donors that is distributed through over 260 unique funds, grants and scholarships to nonprofit organizations and individuals for the purpose of helping people live happy, healthy and hopeful lives. "We are stewards of the donors' wishes and work to change lives by providing resources to the community," said Megan Evans, LCF Donor Services Officer. The organization

offers members of the community the opportunity to create a lasting legacy. Those who donate can designate how the funds are spent so that those in the community can appreciate what is important to that specific donor.

Each year, LCF accepts grant proposals from area nonprofit organizations seeking funding for new programs, emerging needs and innovative services. The Governing Board of LCF, assisted by a volunteer Grant Review Committee, reviews the proposals and chooses recipients based on the wishes of donors and the communities' most pressing needs. Community grants support a wide variety of programs that benefit and provide services for the ever-changing needs of the community. LCF's designated and agency funds provide support to specific organizations, projects or programs. Generous donors provide a perpetual source of revenue to offer support to specific nonprofit agencies, educational institutions, faith-based organizations or other tax exempt charitable entities. The Foundation recently began accepting applications as part of a quarterly program to award Capital Grants. The Capital Grants program provides local nonprofit organizations funds for capital projects and equipment needs. In 2016, LCF launched an Event Sponsorship program. This program offers funds for various community events hosted by nonprofit organizations and government entities that engage and enrich the community.

In addition to supporting local nonprofit organizations, LCF offers numerous grants and scholarships every year to local students. Many donors choose to set up scholarship funds to assist area students

to achieve their goals of pursuing a higher education. Since 1968, LCF has awarded thousands of scholarships to area students who want to continue their education and work towards a successful career. Scholarships are available for students of all different levels of education – including graduating high school seniors, those pursuing advanced degrees, students furthering their education through trade or technical school and adult re-entry students.

For local educators, several grants and awards are available to enhance teaching skills and honor community teachers who exemplify excellence in their fields. One such fund – the Tibbie Leslie Travel Grant – was established to encourage teachers to travel abroad to expand their knowledge and enhance their teaching ability. Tibbie Leslie, a physical education teacher, graduated from Newark High School and traveled with a group of educators every summer. She established the travel grant through her will because she felt her learning experiences while traveling were so meaningful.

Aside from offering funds to other organizations, LCF is working to enhance and improve the community through a large renovation project. In 2013, the Louis Sullivan Building of Newark, located at One North Third Street, was generously gifted to the Licking County Foundation by Newark native, Stephen Jones. Since then, LCF and a team of dedicated community volunteers have been working to restore the building. The building opened its doors in 1915 as The Home Building Association Company – one of only eight banks designed by noted American architect Louis Sullivan – a mentor to Frank Lloyd Wright.

Throughout its history, the building has been home to a butcher shop, jewelry store and an ice cream parlor. In 1973, the Sullivan Building was added to the National Register of Historic Places. When restoration is complete, the historic building will be open for the public to enjoy and Explore Licking County will be located on the upper level.

LCF is a long-time supporter of Licking Memorial Hospital. Many donors have designated funds to be distributed to different areas of LMH including the Dr. Henry Lynn Hook Fund. Dr. Hook helped establish a pulmonary and respiratory department at LMH and served as its Director from 1966 until his retirement in 1989. The Fund is given to the Respiratory Therapy Department of LMH to benefit the educational endeavors of the Respiratory Therapy staff. LCF also provides LMH with a multiple-year grant to assist in the operation of the Licking Memorial Dental Clinic for Children. The Clinic was established to provide access to preventative dental care for the uninsured children of Licking County. "The Dental Clinic fulfills such a unique need, and provides an invaluable service for the children. That need has continued to grow since it was established," said Megan. The Clinic is open one day a month and children are offered free dental care along with education on the importance of good dental hygiene. Continued partnerships with organizations such as LMH allow LCF to work toward its goal of improving the quality of life for all citizens of Licking County.

Honoring Your Parents

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

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

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

Your generous gift, which is tax-deductible to the extent allowed by law, will help LMH maintain the high standards of medical treatment and care essential to the well-being of our community. For more information, contact the Development Department at **(220) 564-4102** or view the brochures at www.LMHealth.org.



LMH's 121st Birthday Celebrated by Helping Those in Need

On January 18, Licking Memorial Hospital (LMH) celebrated 121 years of improving the health of the Licking County community. For the 15th year, Licking Memorial Health Systems (LMHS) celebrated this milestone by collecting donations for those in need. Donations consisted of new blankets and outerwear, as well as monetary gifts. The collected goods were donated to The Center for New Beginnings and The Salvation Army of Licking County.

A friendly competition between interdepartmental teams occurred to see which groups could donate the largest amount of cold weather items in pounds and the largest monetary donation to assist needy individuals

and families of Licking County. Employees and medical staff gathered in the LMH Café for the announcement of the winners. Total contributions of cold weather items equaled 187.3 pounds – a team comprised of Environmental Services, Transportation, Laundry, Culinary Services and Café, was noted as first place winners with a donation of 142.2 pounds. Monetary donations totaled \$10,849.36 – the team comprised of Hospitalists, Anesthesiologists, LMHP Administration and Pathology was awarded first place by donating \$1,600.

“This celebration is a reminder of our employees’ constant determination to improve the health of our community throughout LMH’s 121 years,” said Rob Montagnese, LMHS President & CEO. “We are grateful to our employees who are willing to give back to the community by helping those who are less fortunate.”

One baby was born at the Hospital on January 18. In honor of the shared birthday with LMH, the mother of the newborn received a \$121 gift card to Target.



Physician Spotlight



Bradley R. Lawson, M.D., joined Licking Memorial Otolaryngology in February 2017. Dr. Lawson received his Doctor of Medicine degree at The Ohio State University College of Medicine in Columbus. He completed a residency in Otolaryngology – Head and Neck Surgery at the University of Arkansas for Medical Sciences in Little Rock. Dr. Lawson also received fellowship training in Thyroid and Parathyroid Surgery at Harvard Medical School in Boston, Massachusetts.

Dr. Lawson is a member of the American Thyroid Association, the American Association of Clinical Endocrinology, the American Head and Neck Society, and the American Academy of Otolaryngology – Head and Neck Surgery. He is certified by the American Board of Otolaryngology – Head and Neck Surgery.

Ask a Doc – Sinus Infections with Bradley R. Lawson, M.D.

Question: *My cold symptoms seemed to have worsened. Could I have an illness other than the common cold?*

Answer: Generally, people recognize the symptoms of a cold – congestion or runny nose, sneezing, cough and sore throat. More than 200 viruses have been identified that can cause a common cold, including the family of viruses called rhinoviruses. A person who contracts one of these viruses can expect some improvements in the symptoms in five to seven days. If the congestion or runny nose lasts longer than 14 days without improvement, or starts to improve and then becomes worse, it is possible the sinuses have become infected. In addition to congestion, sufferers may feel pain and pressure behind the eyes, cheeks and forehead. A sinus infection may require treatment with antibiotics.

infection because the symptoms are very similar, including congestion, nasal discharge and headache. Someone with a sinus infection may experience a fever which is not typical of symptoms of a cold.

Typically, a sinus infection can be treated in a similar manner to a cold by using over-the-counter pain relievers or by irrigating the sinuses with a saline rinse. Many bacterial sinus infections are not serious enough to warrant a prescription antibiotic and will subside in approximately 14 days. Antibiotics are an option if the symptoms do not improve. The best course of action is to take preventive measures such as maintaining a healthy diet, drinking plenty of fluids and exercising proper hand hygiene. Over-the-counter decongestants also can help alleviate

symptoms including the pressure and pain felt in the face and forehead; however, using such medications for more than three days can worsen the congestion and raise blood pressure and heart rate.

An acute sinus infection is temporary, but some people may experience chronic sinusitis when the immune system no longer recognizes bacteria that commonly live in the sinuses. Blockage in the nose, drainage from the nose, facial pain or pressure, and decreased sense of smell that continues for long periods of time may be an indicator of chronic sinusitis. Treatment to manage the symptoms include saltwater nasal rinses and daily nasal steroid sprays. Extreme cases may require surgery.

If left untreated, chronic sinusitis can cause permanent damage to the sinuses and lead to more serious illnesses. Visit a primary physician for evaluation if sinus issues cause frequent work or school absences.

The sinuses are a group of air-filled, connected bony cavities found behind the nose, eyes, brows and cheekbones. Membranes in the walls of the sinuses produce mucus that traps germs and other pollutants. Tiny hair-like structures called cilia on the sinus walls move the mucus from the sinuses into the nose. A cold or allergy attack can cause inflammation of mucous membranes blocking the openings into the sinuses which can interfere with the draining process. With excess mucus in the sinuses, bacteria may begin to breed, leading to an infection.

It can be difficult to distinguish between a cold virus and a bacterial



Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care

Patient Story – Pat Argyle

cancer treatments at LMH. The entire process seemed to go very quickly. For an unfortunate and challenging situation, everything was handled so positively. It was a wonderful experience,” Pat shared.

Pat began her chemotherapy in mid-November 2015. She received four cycles of chemotherapy – every three weeks. She received her treatments through a port (also known as a port-a-cath), a small device that is implanted under the skin to allow easy access to the bloodstream to draw blood and infuse medications such as chemotherapy. A port is most often inserted during a same-day surgical procedure, performed with a local anesthetic. “Having the port was wonderful as it eliminated the necessity for me to have an IV placed at each treatment,” Pat explained. “I did not experience any problems and it was removed upon completion of my treatments.”

During her chemotherapy sessions, Pat always was kept comfortable. She enjoyed custom-made breakfast meals through LMH Culinary Services and relaxing massages from LMH licensed massage therapists. To help protect her from infection, Pat was equipped with a Neulasta® Onpro® on-body injector. The patch-like device was applied after chemotherapy and automatically delivered a medication the following day to reduce the risk of infection, allowing her to recuperate in the comfort of her own home without having to return to the Hospital. She was able to remove the patch herself when the dose was finished.

Upon completing chemotherapy in February 2016, Pat began radiation treatments for approximately six weeks. Each week she received daily radiation therapy lasting only a few minutes. She also was able to participate in a research trial during her radiation treatments and met regularly with two research nurses during the process. She was given a cream to apply to her skin to decrease any burning effects from the radiation.

The LMH Oncology Navigation Team assists patients through all facets of their recovery. One of the key members of this team, the Oncology Nurse Navigator, is dedicated to providing resources and support for patients throughout the cancer journey. The Nurse Navigator referred Pat to a specialized wig shop and recommended a “Look Good, Feel Better” class. The two-hour class, organized and presented by a local spa owner, offered a variety of tips to help patients feel good about themselves and their appearance and provided a 25-piece makeup kit. During her treatment, Pat also received anti-nausea medication and was provided ideas to combat changes in her taste, such as using plastic silverware and eating hard candy. Staff prepared her for the possibility of fatigue and recommended drinking Ensure or Boost to provide energy and needed protein. “I was given so much help and offered ample support. I cannot say enough about the staff,” Pat commented. “They were always very upbeat and happy, while trying to ensure that each patient had the best experience possible. They are very passionate about the care they provide patients and it is evident that they enjoy getting to know each individual.”

About a year after receiving her original diagnosis, a follow-up mammogram revealed Pat was cancer free, however, she has continued to follow up with Dr. Mullins for breast cancer surveillance. Since it has been over two years since her diagnosis and treatments, her visits are now every six months for checkups. “I am very grateful for the care I received. Each time I go back the visit is filled with hugs and happy greetings. The staff is so pleasant and interested in how I am doing.” Throughout and since her cancer journey, Pat has shared her experience with friends and other patients who were not treated at LMH. “People are continually impressed with the level of care I received. I tell them, ‘You missed it all because you did not come to LMH.’”

Cancer Care – Patient Story (continued on page 20)

Cancer Care – How do we compare?

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

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

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Percentage of cancers correctly identified by the mammogram	91.4%	96.9%	88.24%	78% ⁽¹⁾
Percentage of patients without cancer correctly identified by the mammogram	99.2%	98.6%	98.6%	90% ⁽²⁾

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

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	7.3	5.4	5.3	2 to 10 ⁽³⁾

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

	LMH 2015	LMH 2016	LMH 2017	National ⁽⁵⁾
Wait times:				
Screening to diagnostic mammogram	8.1 days	5.6 days	5.5 days	6 days
Diagnostic mammogram to needle/core biopsy	15.4 days	7.2 days	6.6 days	6 days
Biopsy to initial breast cancer surgery	NA	10 days	13 days	21 days

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

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

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

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Cancer Registry patients with annual follow-up	93%	93%	92%	greater than 80%

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

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Newly diagnosed and/or treated patients in clinical trials	11%	9%	7%	greater than 2%

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



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

Very active in their church, Pat and Lynn serve regularly and teach self-reliance and personal finance classes. They enjoy gardening and spending time with their family – they have twelve grandchildren, two great grandchildren and are expecting a third in April. Pat and her husband have recently moved to Licking County to be near Licking Memorial Health Systems (LMHS) for needed healthcare services. “LMHS is very involved in the community and we appreciate that,” she remarked. “We are active in the senior community

here and attend and enjoy many LMHS events, as well as the Active•Senior events.”

A routine mammogram can detect breast cancer before any symptoms are noticed. Mammography procedures are available in the Women’s Imaging Center on the LMH First Floor, and also at Licking Memorial Women’s Health, located at 15 Messimer Drive in Newark. Appointments can be scheduled through a physician’s office, or by calling LMH Central Scheduling at (220) 564-4722 with a physician’s order.

LMH offers a comprehensive cancer program unique for a community hospital, providing major forms of cancer care, including surgery and chemotherapy. The Hematology/Oncology Department at LMH has been continuously accredited by the American College of Surgeons’ Commission on Cancer since 2000 and also is a Quality Oncology Practice Initiative (QOPI) Certified Practice.

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

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal
LMHP active patient population that received screening tests for:				
Cervical cancer (female patients, age 21 to 65)	81%	77%	74%	75%
	LMHP 2015	LMHP 2016	LMHP 2017	National⁽⁴⁾
Breast cancer (female patients, age 50 to 75)	83%	81%	81%	69%
	LMHP 2015	LMHP 2016	LMHP 2017	National⁽⁴⁾
Colorectal cancer (all patients, age 50-75)	64%	66%	67%	66%

Data Footnotes:

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

Health Tips – Age Recommendations for Screenings

Screening tests are used to find cancer in people who have no symptoms. Screening offers the best chance of finding cancer as early as possible – while the disease is treatable and has not spread. Age often is considered a risk factor for many types of cancers; however, family history or genetic disorders can place people at a higher risk for cancers such as colon, breast and cervical. Patients may be an appropriate candidate for genetic testing if a family member has had any of the following conditions:

- Uterine (endometrial) cancer before age 50
- Colon or rectal cancer before age 50
- Two or more of the following cancers: colon, uterine (endometrial), ovarian, stomach, small bowel, brain, kidney/urinary, ureter, renalpelvis
- Breast cancer before age 50
- Ovarian cancer at any age
- Two or more relatives diagnosed with breast cancer
- Male breast cancer diagnosed at any age
- Pancreatic cancer
- Any family member with known BRCA gene
- Two or more relatives with melanomas
- Prostate cancer

If it is determined that a patient is at higher than average risk, screenings for colon and breast cancer should begin as early as age 21. If not at a higher risk for cancer, follow the below age recommendations for cancer screenings:

Men				
Age	Colon Cancer	Lung Cancer	Prostate Cancer	
45	Begin screenings		Begin screenings if higher than average risk	
50			Begin screenings if average risk	
55		Heavy smokers		
Women				
Age	Colon Cancer	Lung Cancer	Breast Cancer	Cervical Cancer
21				Begin Pap test every 3 years
30				Pap test every 5 years
40-44			Annual mammogram if patient chooses	
45	Begin screenings		Annual mammograms	
55		Heavy smokers	Mammogram every 2 years	

Preventative Care to Lower the Risk of Cancer

Preventative care including screenings, checkups and patient counseling are used to lower the risks of all types of cancer or to detect such at an early stage when treatment is likely to work best. The federal Affordable Care Act (ACA) includes a special focus on providing required coverage for a wide range of preventive services, including some cancer screenings, that must be covered without the enrollee having to pay a copayment or co-insurance or meet a deductible. This applies to those with employer and marketplace health plans. Regular screening tests may lead to early detection of breast, cervical, and colorectal (colon) cancers which provides the best opportunity for effective treatment.

Breast cancer mammography screenings are among the ACA-covered preventive services for women. In addition to the standard mammogram, Licking Memorial Health Systems (LMHS) offers digital breast tomosynthesis (DBT), also known as 3D mammography exams. A DBT exam is far more accurate in earlier breast cancer detection than any other mammogram. Similar to a traditional 2D mammogram, the technologist positions the patient, compresses the breast and takes images from different angles. The DBT exam captures multiple images of the breast, creating a layered 3D image that allows the radiologist and physician to view more details. Minor radiation dose is used during the DBT exam – approximately the same amount as a traditional film mammogram and well within the FDA safety standards for mammography.

With colorectal cancer screenings, physicians often are able to detect precancerous polyps and early-stage malignant tumors when they are the most easily treated. Patients who do not have symptoms or an increased risk of colorectal cancer are usually advised to begin regular screenings at age 50. LMHS offers four types of colorectal screening tests: colonoscopy, flexible sigmoidoscopy, high-sensitivity fecal occult blood test and Cologuard® at-home kits that tests the patient’s DNA

and detects the presence of blood in the stool. Colonoscopy allows the gastroenterologist to view the entire large intestine while the patient usually is sedated. It is considered to be the “gold standard” of colon cancer screening methods because the physician is able to see any abnormalities directly. In addition, the physician may be able to remove polyps, if present, during the procedure.

Yearly lung cancer screening is recommended for people who are at high risk, including anyone between 55 and 80 years old who is a heavy smoker or has quit within the past 15 years. A heavy smoker is defined as someone who has smoked an average of one pack of cigarettes per day over a 30-year period or two packs a day over a 15-year period. Licking Memorial Hospital (LMH) offers low-dose computed tomography (LDCT), a procedure that utilizes an X-ray machine and low-dose radiation to make a series of very detailed pictures of the lungs by scanning the body in a spiral path. The LDCT has been shown to decrease the risk of death from lung cancer in current and former heavy smokers.

Hereditary cancers, including breast, ovarian, colorectal and prostate cancer, are caused in part by gene mutations passed from parents to children. Although only 10 percent of cancer cases are considered hereditary, these types of cancers can be more deadly. The cancer usually begins to develop in a patient at a younger age than the more common sporadic forms of cancer. Through genetic testing, researchers can determine if someone carries a specific mutation that puts them at an increased risk for

developing hereditary cancers. LMH offers a risk assessment and genetic testing to allow staff to implement strategies for earlier detection. The process begins with a family history risk assessment questionnaire. A physician reviews the questionnaire to determine if there is a possible risk, at which time the patient would be provided information about the testing process and asked if they would be interested in the testing. A blood sample is sent to a reference laboratory considered to be a leader in genetic and molecular diagnostic testing. The results are then sent to the patient’s physician who helps the patient understand the results. Genetic testing may be appropriate for individuals with the following characteristics:

- Family members who had a cancer diagnosis at an unusually young age
- Personal history of multiple types of cancer
- Several close blood relatives with the same type of cancer
- Being a member of a racial/ethnic group that is known to be associated with genetically inherited cancers





Quality Reporting to the Community

Patient Story and Benchmarks for Maternity Care

Patient Story – Kat Fields

her physician had placed a special order for a test drink without dye to ensure successful test results. “With my previous experience, I greatly appreciated all of their additional efforts to comfort me and provide such extraordinary care throughout my pregnancy.”

Kat entered LMH in labor on January 8, her baby’s due date. Upon arrival, she was three centimeters dilated and on-call physician Lauren Baker, D.O., of Licking Memorial Women’s Health, suggested she walk for several hours to help labor progress. “I was so nervous and questioned whether this was really happening, if my labor was progressing accordingly and if the baby was ready to come,” said Kat. “The entire nursing staff was extremely encouraging and supportive, and I felt very comfortable with Dr. Baker.” After only about 30 minutes of walking, Rachel Calhoun, R.N., Maternal Child Department, noted that she looked ready and suggested a re-check. In fact, Kat was now six centimeters dilated. She had progressed quickly, three centimeters in just 30 minutes. Her son was born healthy just a few hours later.

“I was so appreciative to spend that first hour with Jaxon. The nurses truly understood how important that time was to me. I think it is wonderful LMH is a Baby-Friendly Hospital, offering so many significant practices, valuable to families with newborns,” noted Kat. She also made special mention of how welcoming the environment was, the massage she received, and the special meal she and her husband shared before returning home. “I was reassured by the safety features in place and strict protocols to protect my son during our stay. My room and the entire floor were very quiet and peaceful and kept incredibly clean. As a new mother, you worry about all these things, and I was put at ease in every possible way,” she continued. Many of her friends and family members even noted how spacious her room was in comparison to other area Columbus hospitals.

Kat also expressed gratitude to the knowledgeable anesthesiologist, pediatric hospitalist and lactation consultants who cared for her and her son, taking time to explain epidural medications and talk the new parents through their son’s circumcision. “I exclusively breastfed Jaxon for nine months and would not have been able to do so without the assistance of Marcia Fisher, Maternal Child Certified Lactation Consultant, who was amazing and incredibly attentive. She offered me numerous ways to contact her and spent several lengthy phone conversations assisting me through challenging moments.”

A fairly uncommon decision, Kat and her husband had waited until birth to learn the sex of the baby. “It was very touching. Several of the nurses remained past the end of their shifts to learn our baby’s gender. Rachel stayed two hours past her shift and came to check on me frequently in Labor and Delivery. Shania Kelly, R.N., was an incredible source of support throughout my epidural process. I will never forget her kindness. These women were angels to me that night, giving me the confidence I needed to get through. I am forever grateful.”

Kat is nearing completion of her third year as Principal of Heath High School. She also has three step-children.

LMH earned the Baby-Friendly designation in 2016 through Baby-Friendly USA – the gold standard in care, which encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. The criteria are challenging, designed to set the standards for the best possible breastfeeding support for mother and infant in the maternity setting. LMH was the first community hospital in Central Ohio to earn the designation.

In the fall of 2016, Kat Fields learned she was pregnant for the first time. During an ultrasound at her 12-week appointment, medical staff were unable to find a heartbeat, and it was determined that development had ceased during the tenth week. “From the very beginning of my experience, I was treated with respect and kindness. I was devastated by the news I received, but the physicians and staff at Licking Memorial Women’s Health – Newark were so caring and reassuring, offering hugs and talking me through the entire process,” shared Kat. “My sister’s wedding was in five days, and I was concerned about how everything would work out. They were very accommodating, and I was scheduled for an emergency D&C the next morning.” Also known as dilation and curettage, a D&C is a surgical procedure often performed after a first-trimester miscarriage. In a D&C, dilation refers to opening the cervix; curettage refers to removing the contents of the uterus.

When Kat became pregnant again in April 2017, the Licking Memorial Women’s Health staff were very attentive to her concerns and needs. “They went above and beyond to take good care of me. Anytime throughout my pregnancy that I became nervous, they were always willing to talk with me and/or have me visit the office for a quick checkup,” she explained. “They were incredible to me. I felt like they were family.”

Kat suffered from an allergy to the dye used in the glucose tests, so she was nervous she would experience the same reaction when she had to repeat the test after failing the first one. Because it was a vital component to her care during pregnancy, she was required to repeat the test. When she arrived at Licking Memorial Hospital (LMH) for the test, she discovered that

Maternity Care – How do we compare?

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

- According to the American Academy of Pediatrics, small-for-gestational-age infants are those who are born weighing less than the 10th percentile for their given gestational age. At term, this weight is 2,500 grams (5 pounds, 8 ounces). Many factors contribute to low birth weight, including lack of prenatal care, a mother’s poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are at increased risk for health problems. Adequate prenatal care and healthy practices can significantly reduce the incidence of low birth-weight deliveries. **In 2018, there were 1,042 babies delivered at Licking Memorial Hospital (LMH) – 68 of those babies weighed less than 2,500 grams.**

	LMH 2016	LMH 2017	LMH 2018	National ⁽¹⁾
Low birth-weight infants	6.5%	5.1%	6.5%	8.2%

- Smoking during pregnancy is an important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of preterm births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are higher than the national rate, Licking Memorial Women’s Health providers have increased their efforts to assess patients’ active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH’s free “Quit for You, Quit for Your Baby” tobacco cessation program. **During 2018, 31 percent of patients reported smoking during pregnancy and were referred to the program. The below measure reflects the statistical improvement at the time of delivery.**

	LMH 2016	LMH 2017	LMH 2018	National ⁽²⁾
Patients who reported smoking during pregnancy	21%	32%	31%	7.2%
Patients who reported smoking on admission for delivery	N/A	N/A	23%	State Average ⁽³⁾ 14.1%

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Breastfeeding rate upon discharge	74%	61.9%	57.1%	greater than 55%
Breastfed infants receiving exclusive breast milk prior to discharge	78%	76%	70%	National ⁽³⁾ 53%

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

	LMH 2016	LMH 2017	LMH 2018	National ⁽¹⁾
Maternity patients who had a C-section	28%	25%	29%	32%
First-time C-sections	15%	13%	15%	National ⁽¹⁾ 22%

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

	LMH 2016	LMH 2017	LMH 2018	National ⁽⁴⁾
Elective deliveries performed before 39 weeks	0%	0%	0%	2%

Maternity Care – How do we compare? (continued on page 24)



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

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Mothers with GBS receiving antibiotic within 4 hours prior to delivery	99%	100%	100%	100%
Number of newborns testing positive with GBS	0	0	0	0

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

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

	LMHP 2016	LMHP 2017	LMHP 2018	LMH Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	96%	93%	greater than 90%

Data Footnotes:

- (1) NCHS, National Vital Statistics System, Natality. National Vital Statistics Reports, Volume 67, Number 1
- (2) Cigarette Smoking During Pregnancy: United States, 2016; National Center for Health Statistics; Centers for Disease Control and Prevention
- (3) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5226303/>
- (4) HospitalCompare.hhs.gov Comparative Database
- (5) MIDAS+ CPMS Comparative Database

Health Tips – Milestone Vaccinations

To keep children healthy, it is recommended that they visit a primary care physician or pediatrician regularly for well-child visits. During these appointments, the physician will discuss development milestones, as well as needed vaccinations. Vaccines protect children against certain diseases by building up their immune system. Some vaccines will be given as one dose or two or more doses. To be completely immunized against a disease, a child must receive all the recommended doses. Recent evidence suggests that immunizations may have a protective effect against Sudden Infant Death Syndrome. Below is a chart of the milestone vaccinations as recommended by the Centers for Disease Control.

Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years	4-6 Years
HepB	HepB									
		RV	RV	RV						
		DTaP	DTaP	DTaP			DTaP			DTaP
		Hib	Hib	Hib		Hib				
		PCV13	PCV13	PCV13		PCV13				
		IPV	IPV			IPV				IPV
								Influenza (Yearly)*		
						MMR				MMR
						Varicella				Varicella
								HepA [§]		

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you do not need to start over, just go back to your child's physician for the next shot. Talk with your child's physician if you have questions about vaccines.

FOOTNOTES:
 * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are receiving an influenza (flu) vaccine for the first time.
 § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the last dose. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that create a risk for infection or will be traveling outside the United States, talk to your child's physician about additional vaccines that may be needed.

Education to Reduce Infant Mortality Rates

The Ohio Department of Health (ODH) has been dedicating resources to reduce the infant mortality rate – the number of babies who died during the first year of life. In 2017, the number of infant deaths declined to 982, only the second time since the state began keeping records in 1939 that Ohio had fewer than 1,000 infant deaths in a year. State health officials have made progress with initiatives to assist local health organizations at the county level to connect mothers with needed health care and services. ODH continues to dedicate resources to improving birth outcomes and racial disparities. While the number of white infants who died decreased by 60, the number of African American infant deaths increased by 15.

In Licking County, the number of infant deaths dropped dramatically in one year. In 2016, ODH reported 20 infant

deaths out of 2,101 live births. The 2017 ODH report shows 7 deaths out of 1,900 live births. The Licking County Health Commissioner called for the formation of the Licking County Infant Mortality Task Force in 2015 to develop strategies to reduce preventable infant deaths in Licking County. As members of the Task Force, Licking Memorial Health Systems (LMHS) supported the efforts to promote and provide effective health care for women before and during childbearing years, and educating residents about giving birth to and raising healthy babies. LMHS offers First Impressions Educational Programs including Childbirth Education, Prenatal Breastfeeding Basics, Newborn Basics and Infant CPR. These programs are offered free of charge and are designed to provide information to help prepare for birth and caring for a newborn. LMHS also offers, at no cost, a tobacco cessation program – Quit for You, Quit for Your Baby – because smoking places a woman at higher risk for preterm labor and delivery. The program includes one-on-one meetings with a counselor to assist expectant and postpartum mothers.

The leading causes of infant death in Ohio are conditions related to premature birth, birth defects and Sudden Infant Death Syndrome (SIDS). Certain medical conditions, including some that occur only during pregnancy, are considered risk factors for preterm labor and premature birth. These conditions, such as urinary tract infections, high blood pressure and

gestational diabetes, can be managed in order to reduce the risks to both mother and child.

Women are encouraged to adopt the following healthy behaviors to reduce the risk of premature birth:

- Take folic acid supplements prior to and during pregnancy
- Maintain a healthy diet and weight
- Participate in regular physical activities
- Stop using tobacco products
- Avoid drinking alcohol and using illicit drugs
- Discuss prescription medications with a physician
- Obtain recommended preventive health screenings

LMHS also educates families about safe sleep practices to prevent serious injuries as well as SIDS or Sudden Unexplained Infant Deaths (SUIDs). Infants are at the highest risk for SIDS between 2 and 4 months old. While the cause of SIDS is not known, it is more likely to occur when the baby is sleeping on his or her stomach. It is recommended that babies be placed on their back to sleep until they are 12 months of age. Using a firm mattress with tightly fitted sheets and avoiding soft bedding, comforters, pillows and blankets also is recommended for the safety of the infant. Additionally, never share a bed with an infant, who instead should be placed in a separate, but nearby safe place to sleep such as a crib, bassinet or Pack 'n Play®.

Flu season poses another threat to pregnant women and infants. Normal changes in the immune system that occur during pregnancy may increase the risk of flu complications – some of which can be life-threatening to the woman. Contracting the flu also places a pregnant woman at higher risk for preterm birth. The Centers for Disease Control and Prevention recommend that pregnant women, women who are breastfeeding and children 6 months of age and older receive a flu shot. The flu vaccine along with the recommended vaccinations for children are vital to reducing the infant mortality rate in Licking County as well as Ohio.



Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The John Alford Fellowship

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. By joining the Alford Fellowship with a commitment of \$25,000 or more over a 10-year period, a donor affirms John W. Alford's belief in the need for quality health care at the local level.

Audrey Bennett, M.D.

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) welcomed Audrey Bennett, M.D., of Licking Memorial Pathology, to the John Alford Fellowship with a glass recognition piece. She continues her generous support of LMHF after completing a pledge to the Caduceus Society, a group of LMH Honorary and Active Medical Staff members who provide funds for the latest medical technology by pledging a minimum of \$10,000 over 10 years.

Dr. Bennett joined LMH in June 2008 and was named the 2017 Physician of the Year. She received her Medical Degree at Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. Dr. Bennett completed a

residency in anatomic pathology/clinical pathology at the University of Virginia in Charlottesville, Virginia. She earned a Bachelor of Science degree in Combined Sciences at Youngstown State University in Youngstown, Ohio, and a Bachelor of Science degree in Physical Therapy at Cleveland State University in Cleveland.

Dr. Bennett is board certified in anatomic pathology and clinical pathology. She is a member of the United States and Canadian Academy of Pathology, American Society for Clinical Pathology, College of American Pathologists and Ohio Society of Pathologists.



Lori Elwood, M.D.

Lori Elwood, M.D., of Licking Memorial Pathology, also continued her support of LMHF by joining the John Alford Fellowship after completing a commitment to the Caduceus Society. In appreciation of her generosity, she received a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left).

Dr. Elwood joined LMH in 2000 and currently serves as Chief of Staff, Chief of Pathology and Medical Director of the LMH Laboratory. She earned her Medical Degree and completed an internship and residency in Internal Medicine at the University of Nebraska Medical Center in Omaha, Nebraska. She also completed a residency in

pathology at the University of Colorado Health Sciences Center in Denver, Colorado. Dr. Elwood completed a hematopathology fellowship at the National Cancer Institute, National Institutes of Health in Bethesda, Maryland. She served as deputy chief of the cytopathology section and received clinical tenure in the laboratory of pathology at the National Cancer Institute before leaving academic medicine. Dr. Elwood is board certified in anatomic and clinical pathology, cytopathology and internal medicine.



Benefactor Level

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

Willard E. Smucker Foundation

The Willard E. Smucker Foundation recently joined the Benefactor Level after making a generous contribution to the LMHF annual project. In 2019, LMHF is supporting the expansion project at the Licking Memorial Medical Campus located at 1717 West Main Street in Newark. Gifts received will help fund the 32,210 square foot addition to the medical building which will serve as the new location for Physical, Occupational and Speech Therapy services. These services will be expanded to accommodate patient needs. Dermatology and Gastroenterology physician offices, as well as a Wellness Center, also will be located in the expanded facility. In addition, an increased parking area and an access road from Terrace Avenue are included in the project.

"Expanding the services available at the Licking Memorial Medical Campus will enable us to continue providing high-

quality health care to the community. The facility will provide a convenient location for Licking Memorial Dermatology and Gastroenterology physician offices, while also increasing the space available for patients to receive therapy services and access to state-of-the-art rehabilitation equipment," LMHS President & CEO Rob Montagnese said. "It is my honor to recognize the Willard E. Smucker Foundation as a member of the Benefactor Level in appreciation of their financial support of this project. We are extremely grateful for the organization's continued generosity toward LMHS."

Construction began on the Licking Memorial Medical Campus expansion in July 2018 under the supervision of general contractor Corna Kokosing and the assistance of several local companies, including Claypool Electric and Gutridge Plumbing. The project is expected to be completed in the first half of 2019.

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

Donors

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

Benefactor

John and Anne Peterson

Capital Improvement Fund

TWIGS 6
TWIGS 8

Caduceus Society

Dr. Hinsta A. Tewoldemedhin and Family

Cradle Roll

- In honor of Logan Arruda
By: Licking Memorial Health Systems
- In honor of Everly Rae Bice
By: Licking Memorial Health Systems
- In honor of Hurley Dean Ford
By: Licking Memorial Health Systems
- In honor of Ella Grace Reuscher
By: Licking Memorial Health Systems
- In honor of Eleanor RaeAnne Siddle
By: Licking Memorial Health Systems
- In honor of Ava Rose Thompson
By: Licking Memorial Health Systems
- In honor of Layne Everett Wills
By: Licking Memorial Health Systems
- In honor of Abby Blalock
By: Licking Memorial Health Systems

General

- AmazonSmile Foundation
- Anonymous
- Anonymous
- Donna and Robert Carpenter
- Mr. Alan B. Conant
- Timothy R. Gatens, M.D.
- Max S. Gill, D.O.
- Kroger Community Rewards
- Joyce L. Malainy, Ed.D.
- Skip and Carol Salome
- Howard Siegrist
- Ms. Marilyn D. Sundin

John Alford Fellowship

- Brad & Erin Allen
- Dr. Richard and Jane Baltisberger
- Audrey K. Bennett, M.D.
- Lori J. Elwood, M.D.
- Dr. David and Pamela Subler

Memorial

- In memory of Delores Bourne
By: Paula Fry
- In memory of Pierce Michael Cashdollar
By: Kingfisher Systems, Incorporated
- In memory of Lucena L. Ong Gonzales, M.D.
By: Licking Memorial Medical Staff

- In memory of Dan Guanciale
By: Veronica and Mark Patton
- In memory of Donna Lee Lutz
By: Tina Akers
- In memory of Mary Jane McDonald
By: Licking County Foundation
Robert and Patricia McGaughy
- In memory of Sharman Meyer
By: Reese Pyle Meyer Community Fund
- In memory of J. Gilbert Reese
By: Veronica and Mark Patton
- In memory of Gene and Scooter Wolford
By: Martha Wilson
- Paving Our Future**
- In honor of Donald B. Adams, D.O.
By: June Adams
- In honor of Seth Ellington
By: 2018 WAS Crew
- In honor of Deborah Kohman and Family
By: Deborah Kohman
- In honor of Karen Thissen
By: Mammo Girls and Jay
- In honor of Billy W. & Doris E. Williamson
By: James and Carolyn Matthews

Active•Fit Program Creates Healthy Habits for Participants

The Licking Memorial Health Systems (LMHS) Active•Fit program debuted in 2012 as an incentive-based, healthy goal-oriented program and featured a variety of events for youth, including the Inflatable Fun kickoff event at LMHS Family Movie Night, Historical & Nature Tour at Blackhand Gorge, and Wii® Just Dance Party. The Program's successful debut continued into 2013 with additional activities, such as Bowling, Field Day and a 1K Run. Those who began the goal program in 2012 at the starting age of 6 are now reaching their final year of participation eligibility.

Liz Barringer-Smith was excited to sign up her 6-year-old daughter, Maya Smith, for the new healthy goal program during the first year and attend the inaugural Active•Fit Junior Chef at C-TEC in 2013. C-TEC culinary students demonstrated healthy recipes, which the Junior Chefs prepared themselves and enjoyed at the end of the event. Liz wanted Maya to learn kitchen skills and develop healthy habits while participating in the Active•Fit program. Maya continued to participate in the program events and rarely missed the opportunity to complete her goals to qualify for the prize drawings.

After she ran in the Active•Fit 1K, she discovered an enjoyment of running and competing. "After she crossed the

Active•Fit 1K finish line, she was so elated," Liz says. "That was all it took for her to be bitten by the running bug." Maya decided to join North Fork Schools' running club that allowed elementary school students to be mentored by junior high and high school coaches and runners. She participated in the running club from third through sixth grade, then joined the Utica Middle School cross country team. "If I had not been involved in the Active•Fit program, I doubt that I would have found my love for running," Maya says. "Although it involved some early mornings, I enjoyed my time in the program and I'm grateful for the lessons it has taught me." In addition to running, she continues to enjoy cooking with her mother as a fun family activity. Now approaching age 13, Maya no longer will qualify for the program; however, she will continue to maintain a healthy lifestyle through her hobbies – a focal point of the Active•Fit program.

"This program offers Licking County youth the needed tools to establish lifelong positive healthy habits, which is a main goal of the Active•Fit program," LMHS President & CEO Rob Montagnese said. "Maya is an example of the desired outcome for participants in the Active•Fit program through learning skills to set and achieving personal goals that result in a healthy lifestyle."

The Active•Fit program continues in 2019 with a full year of fun events planned for Licking County youth. Program events in 2019 include Bowling, Field Day, Junior Chef, Mini-triathlon and two Family Movie Nights. All of these events can count towards the goals set by the child and parent, guardian or mentor, and allow the children to socialize with others while learning how to be active. The events also create an opportunity for children to find a hobby they enjoy while benefiting their long-term health.

The program is available for youth ages 6 to 12. During each period, the child will select four "Active" goals and four "Fit" category goals that may be completed during the four-month timeframe. Each goal is documented online by the participant at www.ActiveFit.org under the supervision of the parent, guardian or mentor. When all goals have been accomplished for each period, the youth participant automatically will be entered into a drawing for great prizes. Program registration is available online at www.ActiveFit.org. For questions, please contact the Licking Memorial Public Relations Department at (220) 564-1560.



Period 1 Active•Fit Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 1. Participants in the Youth Wellness Program who completed their fitness goals between September 1 and December 31 were entered into a special drawing. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 2 for 2018-2019 began January 1 and continues through April 30. For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.

Nintendo Switch & fitness software

Joesy Kramer, Licking Valley Intermediate
Hydel Stokes, Stevenson Elementary
Connor Young, Pataskala Elementary

Bicycle

Chase Gostrue, John Clem Elementary
Charleigh Jacobs, Carson Elementary
Georgia McDaniel, Licking Valley Elementary

Athletic Shoes

Teagan McDonald, Hebron Elementary
Chloe Sandbrink, Garfield Elementary

iPod Touch & fitness software

Colten Britton, John Clem Elementary
Riquelle Cummings, John Clem Elementary
Natalie Davis, Etna Elementary
Emma Powell, Kirkersville Elementary

\$100 Dick's Sporting Goods Gift Card

Paige Freeman, Etna Elementary
Violet Gillam, Pataskala Elementary
Cameron Gordon, John Clem Elementary
Mariah Grumm, John Clem Elementary
Gage Hickman, John Clem Elementary
Serenity-Rayne Michael, Licking Valley Intermediate
Caleb Powell, Pataskala Elementary
Alexander Scott, John Clem Elementary
Lillian Tatman, John Clem Elementary
Brooklyn Wheatley, Etna Elementary

\$50 Dick's Sporting Goods Gift Card

Madison Barnhart, John Clem Elementary
Braden Barnhill, Etna Elementary
Colten Brown, John Clem Elementary
Mason Bush, Pataskala Elementary
Evangeline Gayheart, John Clem Elementary
Chase Robinson, Etna Elementary
Annie McKinney, Newton Elementary
Garet Sayers, John Clem Elementary
Zion Scott, John Clem Elementary
Kassie Wallace, Etna Elementary



Health Screenings • Bubble Soccer • Zumba
Gymnastics • Free Throw Shooting • Healthy Snacks
Inflatables • Obstacle Course • Face Painting and Balloons

The Health & Fitness Fest is FREE and open to all youth in the community.

Participation at this event will count toward your Active•Fit program goals.

Visit www.ActiveFit.org or call (220) 564-1560 for details.

Health & Fitness Fest

Sponsored by:
Licking County Family YMCA, Denison University and Licking Memorial Health Systems

Saturday, April 6
12:00 Noon – 3:00 p.m.

Licking County Family
YMCA Mitchell Center
470 West Church Street, Newark

Take the Health & Fitness Fest challenge!
Complete a total of eight activities and health screenings at the event to be entered in a drawing for great fitness prizes.

LMHS Hosts Active•Senior Bingo Event

In late February, Licking Memorial Health Systems (LMHS) presented the Active•Senior Bingo event in the Licking Memorial Hospital (LMH) Café. LMHS President & CEO Rob Montagnese along with Captain Bingo, LMHS Retiree and Board of Directors member Mark Mitchell, M.D., called the Bingo numbers for the nearly 140 participants. Lucky Bingo winners received prizes such as \$25, \$50 and \$100 gift cards to area businesses including Giant Eagle,

Home Depot, Sears, Barrel and Boar Restaurant, Dick's Sporting Goods, Reader's Garden, AMC Theaters, Spa on the Avenue, Darden Restaurants, Speedway and more.

Active•Senior Bingo is held annually and participation counts toward the Active•Senior program goals. The 2019 Active•Senior Game Show, a favorite among participants, returns in May. The fun, educational event includes prize-based games similar to *The Price is Right*. Members of the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental and Social. By earning points, participants are encouraged to stay

physically fit and maintain a healthy diet through completing health-related goals. At the end of the Active•Senior period, point totals are calculated and can be used during an auction event at the Active•Senior Celebration, held in June. The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician.

The 2018/2019 goal program will continue through April 30, 2019. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



UPCOMING EVENTS

Dance

Licking Memorial Health Systems presents the **Active•Senior Dance**, part of the **Active•Senior** program, to be held on **Thursday, April 11, from 7:00 to 9:00 p.m.**, at the **Bryn Du Field House**, 537 Jones Road NE in Granville.

Guests, ages 60 and up, are invited to attend this free, fun event, which will feature upbeat music from the 40s, 50s, 60s, 70s and 80s, dance instruction and prizes for the best dance participants. Suggested dance attire is semi-formal, and dance partners are not required to attend. Beverages and hors d'oeuvres will be provided.



Registration is required and space is limited to the first 180 guests. To register for the event, please call LMHS Public Relations at (220) 564-1560.

Game Show

Licking Memorial Health Systems (LMHS) will present the **Active•Senior Game Show**, **Wednesday, May 15, at 1:00 p.m.**, at **The John Gilbert Reese Center on the campus of The Ohio State University at Newark and Central Ohio Technical College**. Guests, ages 60 and up, will have an opportunity to participate either as an audience member or contestant in the *Price is Right* themed game. Attendees may count this activity toward their **Active•Senior** goals.

LMHS CEO & President Rob Montagnese will host a variety of games including Plinko, Punch-a-Bunch, Money Grab, Peak of Health, Race Game and Operation. The traditional spinning of the wheel will earn contestants entry into the Showcase Showdown where two prize packages will be awarded.



active senior game show

Space is limited and registration is required for the Active Senior Game Show. To register, please call LMHS Public Relations at (220) 564-1560.

walk WITH a DOC

Elizabeth Yoder, D.O., of Licking Memorial Outpatient Psychiatric Services, led a discussion about Repetitive Transcranial Magnetic Stimulation, or TMS, at the Licking County Family YMCA Western Branch in Pataskala during January's Walk with a Doc event. February's event featured Richard Baltisberger, M.D., of Licking Memorial Pediatrics – Tamarack. More than 30 participants enjoyed a walk at the Licking County Family YMCA while learning about acid reflux and GERD in children.

The monthly program gives participants an opportunity to ask general health questions related to the physician's specialty during a 40-minute walk at various locations in Licking County. The Walk with a Doc series will continue throughout the year with various health topics presented by physicians of Licking Memorial Health Systems. More details about Walk with a Doc events can be found on the back page of **Community Connection**.



Community Education – Chronic Obstructive Pulmonary Disease



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

Date: Tuesday, April 23

Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.

Speaker: Kenneth Justice, R.R.T., RRT-NPS-ACCS, AE-C

Chronic Obstructive Pulmonary Disease, also known as COPD, refers to a group of conditions that obstruct air flow and cause trouble breathing. COPD includes emphysema, chronic bronchitis and in some cases, asthma. According to the Centers for Disease Control and Prevention, almost 15.7 million Americans report a diagnosis of COPD. Additionally, more than 50 percent of people with poor lung function also may have undiagnosed COPD. Early detection and treatment often can alter the course and progression of this potentially debilitating disease.

Join Registered Respiratory Therapist Kenneth Justice, R.R.T., RRT-NPS-ACCS, AE-C, for an informative discussion on the diagnosis, prevention and treatment of COPD on **Tuesday, April 23, at 6:00 p.m.**, in the Licking Memorial Hospital First Floor Conference Rooms. A meal will be provided for all participants. The program is free; however, registration is required. To register, please call (220) 564-1560.

Retiree Spotlight – Connie Donaker

Connie Donaker grew up in Licking County in the small town of Fallsburg where her father operates a well drilling business along with her two brothers. In 1980, she began a career at Licking Memorial Hospital (LMH), first as a care technician on 5-South. As she assisted the nursing staff to care for patients, Connie took classes at Central Ohio Technical College to

earn her nursing degree. After becoming a nurse, she took several different positions throughout the Hospital including



the Critical Care Unit and Radiology. Moving to a dayshift, Connie took a position in Cardiology where she spent the rest of her nearly 38-year career. Her duties included administering stress tests and electrocardiograms to patients and assisting in the Catheterization Laboratory. Connie enjoyed spending time and getting to know the patients and her coworkers.

During Connie's career at LMH, she witnessed many changes. Technology and new techniques increased the chances of surviving a heart attack. Within the Catheterization Lab, the physicians and nurses work to remove blockages from arteries as quickly as possible with minimally-invasive procedures. Previously, a patient suffering a heart attack would be offered medications to break down blood clots and would spend weeks in recovery. With the new technology and procedures, the patient spends a much shorter duration of time in the Hospital with fewer risks of complications. Connie also witnessed the growth of Licking Memorial Health Professionals as more physicians joined the group offering a variety of specialties and expertise.

Connie valued her time as a nurse in Cardiology. She was able to get to know the patients and spend more one-on-one time with them. "The patients appreciated the staff. They really can tell when someone cares about their comfort and wellbeing," Connie said. The staff works together well and helps each other. Connie felt her greatest accomplishment was the bond she formed with coworkers and patients. Her love for people and willingness to assist the technicians, nurses and physicians alike earned her the respect of all. Her coworkers nominated her for the Clarissa Ann Howard Nursing Award for Clinical Excellence in 2010. "It was an honor knowing my work was appreciated," Connie said.

Connie had been considering retirement in 2017, but she did not feel ready to leave her close-knit group of coworkers and patients. Then, she had to have her leg amputated because it had been crushed in a motorcycle crash. With a long road of rehabilitation ahead, Connie made the difficult decision to retire from LMH. During her months of recovery, her coworkers worked to encourage and care for her by bringing food and visiting. "They really showed their love and support for me. I am so grateful for

every one of them. They keep in touch and we try to get together when we can," Connie said. She has learned to use a prosthetic leg and hopes to be able to ride her bicycle again soon. Before the crash, Connie was an avid cyclist, riding several times in the Pelotonia – a weekend bike ride traversing 100 miles to raise funds for cancer research.

Connie spent time in physical therapy, and her physicians say she has advanced quickly and is ahead of the typical recovery schedule. Upon her physician's suggestion, she joined an amputee support group and has met many new people who gather for activities and offer support. Since her retirement, Connie has not just focused on recovery, she has pursued a number of interests and hobbies to keep her hands and mind busy. She enjoys woodworking – building and refinishing furniture which she gives away to her family and former coworkers – and cross-stitching. Recently, Connie adopted a puppy she named Ruby and now is in the process of training her. Connie also enjoys spending time with her family, including her brothers, sister and 82-year-old father, Harold, who still operates his drilling business and cares for cows on his farm.

New Appointments



Tabitha A. Gartner, APRN-CNP, joined Licking Memorial Emergency Medicine.



Brian F. Goodhue, D.O., joined Licking Memorial Emergency Medicine.



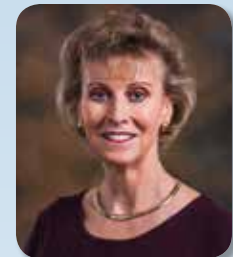
Sean T. McCarthy, M.D., joined Licking Memorial Gastroenterology.



Karen L. Smith-Silone, D.O., joined Licking Memorial Gynecology.



Rebecca A. Thomas, APRN-CRNA., joined Licking Memorial Anesthesiology.



Maureen Y. Yablonski, M.D., joined Licking Memorial Gynecology.

Development Spotlight – Julio Valladares

Julio Valladares joined the Licking Memorial Hospital (LMH) Development Council Education and Membership Committee in 2018. Julio accepted the offer to join when he was approached by Development Council Executive Committee Chair Bob McGaughy. Julio manages the financial activities of the Newark City School District as Chief Financial Officer (CFO) and Treasurer of Newark City Schools. During his tenure with the Development Council, he has learned more about Licking Memorial Health Systems (LMHS), its mission and educational opportunities offered to the community.

"I have been impressed with LMHS and the amount of effort dedicated to their

mission," Julio says. "The Council excels in communicating LMHS progress in relation to their mission with Council members and the community." He has observed the importance of providing urgent care facilities throughout the community as an example of the effort that LMHS devotes to improving the health of the Licking County community.

Through his involvement with the Development Council, Julio can see the behind-the-scenes efforts of LMHS and the Council to advance and improve community health. "LMHS continually collaborates with its employees and Development Council by considering ideas regarding community events, patient care, or other means to improve

Licking County healthcare. I enjoy being part of the process to expand upon community health services," Julio says.

Julio received his Master in Business Administration degree from Franklin University in Columbus. He volunteers at the Licking Coalition of Housing Development preparing income tax returns and also is a member of the Newark Rotary Club and Central Ohio Technical College (COTC) Accounting Advisory Committee. He currently lives in Newark with his wife and enjoys spending time with his three children and four grandchildren.



Volunteer Spotlight – Janice Bennett

Janice Bennett began her volunteer service at Licking Memorial Hospital (LMH) in 2016. She assists in many different areas of the Hospital; however, her favorite task is delivering flowers to patient rooms. “When I take flowers to patients, their faces are full of appreciation. It helps to move their focus from their health onto something that makes them feel grateful,” Janice says.

an activity to aid the community. She saw information online regarding LMH volunteering opportunities and she decided to apply.

“Everyone I’ve encountered at LMH has been very friendly, and I enjoy meeting new people,” Janice said. “Whether I interact with volunteers, employees or patients, my experience has been very rewarding.”

Janice grew up in Gallipolis in Southern Ohio along the Ohio River. Later, she moved to Columbus and worked at the Franklin County Department of Jobs and Family Services as a clerk and office manager. After retiring, Janice wanted to find

Janice also is a member of TWIGS 8 and works in the Hospital Gift Shop. She cherishes spending time with her two children and enjoys traveling. She has visited Hawaii, Mexico, Canada and California, but her favorite destination is Daytona Beach, Florida.



The Mary Jane McDonald Building a Healthier Community Award

Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County for ongoing work and/or a specific project that has improved the health of the community. The award will be presented at the 2019 Lifetime Achievement Reception. Please note – multiple winners may be selected for the same year.

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

Nomination Form

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

Address: _____

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

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

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

Additional comments:

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

Your name

Address

Phone number

All nominations must be received in the Development Office, Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055 by June 21, 2019, at 5:00 p.m.

Commemorate a New Baby with the LMH Cradle Roll Program

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

Three levels of giving are available:

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

Cradle Roll Silver (\$150 to \$249) – Babies honored at the Silver level will receive a beautiful, handcrafted step-up stool (choice of two finishes).

Cradle Roll Gold (\$250 or more) – Babies honored at the Gold level will receive a striking, handcrafted child-size rocker (choice of two finishes).

A gift of any amount will receive:

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

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

Handcrafted step-up stool
(Shown with natural cherry finish)



Handcrafted child-size rocker
(Shown with natural maple finish)





Licking Memorial Health Systems

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Community Events

Walk with a Doc

Saturday, April 27, 9:00 a.m.
Evans Foundation bike path at 157 East Jersey Street, Johnstown
Suellywn Stewart, M.D., of Licking Memorial Family Practice –
Johnstown, will discuss dehydration.

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, please call LMHS Public Relations at (220) 564-1560.

Active•Fit Health & Fitness Fest

Saturday, April 6, 12:00 Noon to 3:00 p.m.
Licking County Family YMCA, 470 West Church Street, Newark
Youth ages 6 to 12, take the Health & Fitness Fest challenge!
Complete a total of eight activities and health screenings to be entered in a drawing for great prizes. Count this event toward your Active•Fit goals. Call (220) 564-1560 for additional information. See page 29 for more details.

Active•Senior Dance

Thursday, April 11, 7:00 to 9:00 p.m.
The Bryn Du Mansion Field House, Granville
Dance instruction for music from the 40s, 50s, 60s, 70s and 80s for adults over 60 and prizes for the best dance participants. Beverages and hors d'oeuvres will be provided. Count this event toward your Active•Senior goals. Space is limited to the first 180 guests. Call (220) 564-1560 to register. See page 30 for more details.

First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-2527 or visit www.LMHealth.org.

Community Blood Pressure Screenings

Second and fourth Thursdays of each month, 1:00 to 3:00 p.m.
No charge. Open to the public.
Licking Memorial Wellness Center at C-TEC
150 Price Road, Newark

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

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

Second and fourth Saturdays of each month, 9:00 to 10:00 a.m.
No charge. Open to the public.
Shepherd Hill, 200 Messimer Drive, Newark

A provider will answer questions about chemical dependency and treatment options. Call (220) 564-4878 for more information.

For more information about any LMHS event, please call (220) 564-1560, or visit www.LMHealth.org.

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 www.LMHealth.org.**

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

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2019 Licking Memorial Health Systems. All rights reserved.