



Community Connection

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



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Measurably Different ... for Your Health!

LMHS and LMH Earn National and State Workplace-Related Awards



Licking Memorial Health Systems (LMHS) and Licking Memorial Hospital (LMH) have received prestigious awards on the national and state levels that focus on employment. With more than 1,800 employees, LMHS is Licking County's largest employer, as well as the county's primary healthcare provider. Jobs within the Health Systems range from entry-level seasonal labor to highly skilled medical professionals.

Rob Montagnese, LMHS President and CEO, said the recognitions are important to the entire Licking County community. "Excellent patient care is dependent upon a highly skilled and dedicated staff that works well together as a team," he commented. "Our reputation as an excellent workplace enables us to attract some of the most talented medical professionals in the U.S., and good employee retention is key to providing continuity of care. By providing our employees with excellent working conditions, we are able to provide our patients with excellent care, as these two awards demonstrate."

LMHS and LMH Earn National and State Workplace-Related Awards (continued on page 2)

LMH Implements Safe Sleep Education for Parents and Staff

In a state-wide effort, Licking Memorial Hospital (LMH) has joined the Ohio Hospital Association's (OHA) 'Safe Sleep is Good4Baby' campaign. The aim of this health campaign is to improve infant mortality rates in Ohio, which ranked 47th in the United States in 2012.

"Although many organizations have been working tirelessly to improve the statewide rate, Ohio continues to fall behind nationally," said Mike Abrams, OHA President and CEO. "As healthcare leaders in our communities, hospitals are ideal partners to help address this issue in a coordinated and targeted way."

LMH Implements Safe Sleep Education for Parents and Staff (continued on page 3)



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

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

COMMUNITY EDUCATION

Tinnitus

Date: Tuesday, September 23
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Cheryl Barker, Au.D., CCC-A

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Breast Cancer Awareness

Date: Thursday, September 25
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Carlos Domingo, M.D.
David Howell Jr., M.D.

(continued on page 2)

Dining with Diabetes

Date: Thursday, October 9
Thursday, October 16
Thursday, October 23
Location: LMH First Floor Conference Rooms
Time: 5:30 p.m.
Speaker: Annmarie Thacker, R.D., L.D., C.D.E. and Shari Gallup, M.S.

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“2014 Best Places to Work in Healthcare” Award

LMHS was named as one of the “2014 Best Places to Work in Healthcare” by Modern Healthcare, one of the leading sources of healthcare industry news in the United States. Modern Healthcare compiled a list of the nation’s top 100 healthcare-related companies for employment, based on anonymous surveys that were sent to randomly selected employees. The surveys asked probing questions about workplace factors, such as:



- Leadership and planning
- Culture and communications
- Role satisfaction
- Working environment
- Relationship with supervisor
- Training and development
- Pay and benefits
- Overall satisfaction

LMHS, which includes the Hospital, Licking Memorial Health Professionals and Licking Memorial Health Foundation, was one of only three healthcare providers in the state of Ohio to be included in the list of 2014 Best Places to Work in Healthcare. LMHS is the only healthcare provider in Central Ohio to receive the honor.

OHA’s “Top Twenty Percent Award” to Recognize Safety in the Workplace

The Ohio Hospital Association (OHA) has recognized Licking Memorial Hospital (LMH) for its superior record of employee safety. The OHA studied the safety records of 95 hospitals in the state and identified those with excellent safety programs and the lowest rates of job-related illnesses and injuries. As part of its 2014 Statewide Hospital Safety Campaign, the OHA honored the best-performing hospitals, including LMH, with a “Top Twenty Percent Award.”

Hospitals are among the most hazardous workplaces, according to the federal Occupational Safety and Health Administration

(OSHA). In terms of lost-time incidents, OSHA reports that hospital workplaces can be more hazardous for employees than construction sites or manufacturing facilities.

“We have an extensive safety program in place to protect our employees, as well as our patients and visitors,” explained Rob Montagnese, President & CEO of Licking Memorial Health Systems. “Much of the credit for our excellent safety record goes to our management staff for their attention to the processes and the employees’ work environment. We also have a Director of Safety who continuously monitors our patient handling procedures, facility maintenance and everyday actions to identify areas that need improvement. Not only does our staff benefit from the extensive safety measures, but our patients also receive better care from healthy caregivers. In addition, we are able to contain expenses better than many other healthcare facilities that must pass their higher workers’ compensation expenses on to their patients as operating costs.”

Nearly one-half of the hospitals’ injuries that result in work absences are related to lifting or repositioning patients. Clinical workers also are at personal risk for communicable infections and disease, as well as violent attacks from patients who may be confused or feeling extreme stress. Many other LMH employees, such as those in Plant Operations, Patient Accounts, Food Services, and Environmental Services, do not provide direct patient care, but still must take safety precautions for workplace hazards, including chemical spills, electrical shock, equipment malfunctions and falls.

Employees at LMHS receive many benefits including:

- Health, vision and dental insurance plans
- Paid time off
- Employee wellness programs
- Free uniforms (for applicable employees)
- Tuition reimbursement
- Employee recognition programs
- Free parking
- Tobacco-free environment

For more information about employment opportunities at LMHS, visit www.LMHealth.org, and click on “LMHS Careers.”

Community Education – Breast Cancer Awareness (continued from front page)



Carlos Domingo,
M.D.



David Howell Jr.,
M.D.

According to the National Cancer Institute, breast cancer is the most common non-skin cancer and the second leading cause of death in women. Based on current statistics, 1 in 8 women will develop breast cancer at some point in life. Men can also be affected by this disease. According to the American Cancer Society, roughly 2,360 men are diagnosed with invasive breast cancer each year. Attention to underlying risk factors, causes and early treatment provide the best defense against this potentially deadly disease.

Join Surgeon Carlos Domingo, M.D., Radiation Oncologist David Howell Jr., M.D., as they discuss the latest research and treatment strategies in the field of breast cancer on **Thursday, September 25**, at 6:00 p.m., in the LMH First Floor Conference Rooms. Following the program, the first 40 registrants will receive a free, private breast cancer screening. The program is free; however, registration is required, and space is limited. To register for the program, or for more information, please call (740) 348-2527.

Many factors influence infant mortality, but in Ohio each year, more than 150 incidents are sleep-related (including SIDS, accidental suffocation, positional asphyxia, overlay and undetermined causes). The American Academy of Pediatrics and the Ohio Department of Health recommend that all infants sleep alone, on their backs and in a crib every time they are placed to sleep to avoid these unfortunate tragedies.

The initiative, Safe Sleep is Good4Baby, draws attention to the vital part that safe sleep plays in reducing Ohio's infant mortality rate, and to educate parents, caregivers and the community about the importance of providing safe sleep environments for infants. The initiative promotes the ABCs of Safe Sleep, which instructs parents that infants sleep safest Alone, on their Back, in a Crib.

As a participant of the campaign, LMH has established the following steps:

- Development of a Safe Sleep policy
- Staff education Safe Sleep audits to be conducted regularly by staff
- Distribution of OHA campaign kits, containing:
 - ABCs of Safe Sleep insulated diaper bag
 - THIS SIDE UP sleeper

- ABCs of Safe Sleep pocket card, provided by the American Academy of Pediatrics
- Sleep Baby Safe and Snug board book
- Adding a needs assessment to determine need for resources at home

“The mission of LMH is to improve the health of the community, and by following the OHA's initiative, we are doing just that,” said Rob Montagnese, President & CEO of Licking Memorial Health Systems. “Educating parents on the Safe Sleep campaign is imperative to ensure the safety of infants, not only while they stay at the Hospital, but also at home.”

In addition, LMH has designated three Safe Sleep champions to facilitate the campaign: Karen Thompson-Snipes, M.S.N., Director of Maternal Child; Doree Good, R.N.C.; and Jessica Sauder, R.N. The team is investigating ways to obtain more resources for parents who are in need of infant cribs or items for an approved safe sleep environment.

Parents who are interested in learning more about the Safe Sleep campaign and to view the American Academy of Pediatrics' Guidelines for Infant Sleep Safety and SIDS Reduction should visit www.odh.ohio.gov/safesleep.

LMH to Host Baby Expo

Licking Memorial Hospital (LMH) will host its first Baby Expo on Sunday, October 19, from 1:00 to 5:00 p.m. The Baby Expo is an exciting opportunity for new mothers, expectant mothers, and women who are considering pregnancy to learn more about LMH's Maternal Child services. The event also is open to expectant women who plan to deliver at other facilities.

The Baby Expo will feature a variety of vendor displays, speakers and information on:

- Pregnancy care, including nutrition
- Breastfeeding
- Newborns' special needs, including nutrition and safe sleep
- “First Impressions” classes at LMH
- CPR for infants, children and adults
- Licking Memorial Pediatrics services
- Licking Memorial Women's Health services
- “Quit for You, Quit for Baby” tobacco cessation services
- Vendors' products for mothers-to-be, as well as mothers and babies

Tours of LMH's Maternal Child Department will be available on a first-come, first-served basis. Guests also will receive many give-away items and a chance to win door prizes. Light refreshments will be served. The Baby Expo is free and open to the community, and no registration is required. For more information, call (740) 348-4102.



LMH Receives Chest Pain Center with PCI Accreditation

Licking Memorial Hospital (LMH) is proud to announce its Cardiology Department has received accreditation as a Chest Pain Center with PCI (percutaneous coronary intervention) from the Society of Chest Pain Centers (SCPC). The accreditation is reserved for hospitals that have a more advanced level of expertise in caring for heart attack patients with high-tech interventional procedures.



Pictured above with a LIFEPAK® EKG monitor are LMH Cardiology Patient Care Manager Kim Heddleson, R.N., B.S.N., LMH Heart Center Physician Hassan Rajjoub, M.D., EMS driver Jared Tracy, LMH EMS Coordinator Jan Futral, and LMH Cardiology Clinical Coordinator Jane Tolliver, R.N., B.S.N. LMH's donation of EKG monitors to Licking County's EMS departments has reduced assessment time for patients who are having symptoms of a heart attack.

To achieve SCPC accreditation, LMH participated in a rigorous evaluation of its ability to assess, diagnose and treat patients who may be having a heart attack. By meeting the SCPC's guidelines for Chest Pain Center Accreditation, the community can be assured that LMH adheres to the strict standards for treating patients who may be having a heart attack. These standards include:

- Integrating the Emergency Department with local emergency medical squads
- Emergency assessment, timely diagnosis, and treatment of patients with heart attack symptoms
- Ongoing improvement of all aspects of care for cardiac patients
- Appropriate training and experience of physicians, nurses, technicians and other healthcare providers
- Administrative commitment to treating cardiac patients and allocating resources to ensure continued improvement
- Functional design of the Hospital to facilitate prompt treatment
- Educating the community on the signs and symptoms of a heart attack

“Unfortunately, patients sometimes wait before coming to the Hospital when they have heart attack symptoms, such as chest pain, upper body pain, shortness of breath, and nausea,”

said Debbie Young, Vice President Patient Services. “Part of the reason they delay is often because they are discouraged by the prospect of a long emergency room wait or an unnecessary hospitalization if they are having a ‘false alarm.’ The Chest Pain Center Accreditation is important because it emphasizes LMH’s prompt, aggressive and accurate response to each patient’s symptoms. The sooner a heart attack is treated, the better the patient’s outcome will be, because more heart muscle will be saved.”

LMH first received Chest Pain Center Accreditation in 2004. At that time, LMH was the 11th accredited chest pain center in

Ohio, and 82nd in the U.S. This new accreditation recognizes LMH’s high level of competence with PCI procedures, placing LMH among fewer than 500 hospitals in the U.S. that have received Chest Pain Center with PCI accreditation.

In 2007, Licking Memorial Health Systems (LMHS) invested \$300,000 to improve and standardize 12-lead electrocardiogram (EKG) equipment in Licking County’s emergency medical squads. In 2009, LMHS donated approximately \$155,000 worth of automatic defibrillator equipment to the county’s schools and law enforcement agencies. Also in 2009, LMH invested in a renovation project that placed the cardiologists, Licking Memorial Heart Center, Interventional Cardiology, Licking Memorial Heart Failure Clinic and Cardiac Rehabilitation in a central location to improve efficiency. In 2014, LMHS donated \$600,000 to upgrade the EKG equipment in the county’s emergency medical squads. LMHS purchased new LIFEPAK® EKG monitors for 31 emergency medical squads (EMS) in the county that were in need of an upgrade. The technology, when coupled with LIFENET® Receiving Stations in the LMH ED and catheterization lab, helps to significantly reduce a patient’s time to receive life-saving treatment at the Hospital.

Community Education – Tinnitus *(continued from front page)*



Cheryl Barker,
Au.D., CCC-A

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

Join Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology, for an informative discussion on the latest research and treatment advancements for tinnitus and hearing loss on **Tuesday, September 23**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

LMHS Still Finding Innovative Uses for Electronic Health Records



Gerald Ehram, M.D.

In 2000, Licking Memorial Health Systems (LMHS) was among the nation's leaders in developing an electronic health record (EHR) to modernize patient information. Fourteen years later, LMHS has developed innovative ways of using the EHR for population health management, a concept that improves the community's health by identifying individuals who have unmet medical needs and guiding them through the accepted "best practices" toward better health.

Gerald R. Ehram, M.D., of Licking Memorial Internal Medicine, serves as Director of Medical Informatics for Licking Memorial Health Professionals (LMHP). He was instrumental in developing LMHS' EHR beyond its original purpose of replacing paper documents. "We felt that the EHR could be more than just a repository for data," he said. "We created a tool to extract information about patients' care, so the organization could evaluate physician performance, and physicians could study their individual performances in real time and make improvements wherever necessary. At that time, there was no model for us to follow – we had to develop and test concepts from scratch."

A number of protocols for preventive measures (immunizations and cancer screenings), along with disease management (diabetes, hypertension, coronary artery disease, etc.) are programmed into the EHR. When LMHP physicians log into a patient's chart, they receive prompts that indicate which protocols are due for that particular patient. For example, a family physician might receive a prompt that a patient with diabetes was overdue for an annual eye exam or a hemoglobin A1c test. The physician would then be able to speak to the patient about the importance of regular eye exams and help set up an appointment with an ophthalmologist and order appropriate tests.

As a result of LMHS' advanced EHR capabilities, all LMHP pediatricians and family practice physicians have fully immunized at least 90 percent of their pediatric patients by the age of 2 years, compared to the national average of 72 percent. LMHP's outstanding childhood immunization rate was especially relevant earlier this year when Ohio was bombarded with two separate outbreaks of mumps and measles. The Ohio Department of Health reported that between January and July, 469 cases of mumps had been confirmed, while 377 cases of measles were

documented between March and July. Licking County was surrounded on all sides by affected counties where more than 700 individuals were treated with the two diseases. In fact, two of Licking County's adjacent neighbors, Franklin County and Knox County were determined to be the disease epicenters, yet only five cases of mumps and no cases of measles were recorded among Licking County residents.

"Part of the reason our residents were largely unaffected by the mumps and measles outbreaks is simply good luck," stated Christine McGee, Vice President Physician Practices. "However, there is little doubt that our aggressive immunization program, which was made possible by our physicians' meaningful use of the EHR, is also responsible. 2014 would have been a very difficult year for many families in our community if mumps and measles had been able to spread unchecked."

LMHS continues to find new applications for the EHR. The LMHP physicians all participate in e-prescribing medications directly to pharmacies. Through the secure patient portal, patients are able to receive and submit secure messages regarding their health information. They also may access their charts 24-hours a day.

LMHP physicians are now transitioning to the relatively new concept of population management. "After the physicians became comfortable with the EHR as a tool to improve care for the patients they see daily, we began to think about the patients who do not frequent the office," Dr. Ehram explained, "Now, physicians take responsibility for the quality of care for their entire patient populations, not just the patients whom they see regularly. Our EHR tools can identify patients who are overdue for a visit, a preventive measure, or testing, and allow the staff an opportunity to contact the patients to discuss their health care. Sometimes we determine there are barriers to the patient's care, such as financial difficulty or transportation issues. Once we understand the problem, often we are able to break down those barriers and help patients regain access to health care."

LMHS also continues to advance the development of the EHR by sharing its experience with other healthcare systems. Dr. Ehram has demonstrated LMHS' EHR to several other organizations that were exploring the technology, and in the fall of 2013, he outlined LMHS' system in a presentation to the Ohio Hospital Association Board of Directors.

Granville

14 Westgate Drive,
off State Route 16 and
Cherry Valley Road

Monday - Friday:
9:00 a.m. - 8:00 p.m.
Saturday & Sunday:
9:00 a.m. - 5:00 p.m.
Closed on Holidays



Pataskala

One Healthy Place,
off Broad Street

Monday - Saturday:
9:00 a.m. - 6:00 p.m.
Sunday:
12:00 Noon - 6:00 p.m.
Closed on Holidays



Licking Memorial
Urgent Care

Granville - (740) 348-7500
Pataskala - (740) 964-7600
www.LMHealth.org



Triage Process Ensures Emergency Department Patients are Treated Based on Medical Need

Each year, approximately 58,000 patients visit the Licking Memorial Hospital (LMH) Emergency Department (ED) to receive treatment for a variety of symptoms. When multiple patients arrive at the same time, wait times may be lengthy. To effectively manage such situations, the ED staff follows a set process to ensure that care is provided to all patients in a timely manner, with priority given to those with the most serious conditions.

After registration is complete, the ED staff performs an evaluation which includes taking a brief medical history, documenting the present illness, current medications, allergies, and recording vital signs. This first step, known as triage, determines a patient's priority of treatment and ensures immediate care for those with life-threatening conditions. Those with less severe illnesses and injuries are seen in order of the most to least serious. Any additional testing, treatments and procedures which are necessary then are performed in a private exam room by a specialized team, which is led by a physician and includes registered nurses, licensed practical nurses, medics, and point-of-care technicians.

To receive care as promptly as possible, patients with medical conditions that need to be treated immediately, but are not considered life-threatening, may opt to visit one of the two Licking Memorial Urgent Care locations instead of the Hospital's Emergency Department. The Urgent Care facilities in Granville and Pataskala offer patients the convenience of shorter average wait times to see a physician and lower out-of-pocket expenses.

Patients are encouraged to utilize Urgent Care services whenever possible. Conditions that usually can be treated at an Urgent Care facility include:

- Sore throat
- Ear infections
- Minor allergies
- Sprains

- Minor fractures
- Diarrhea
- Colds, flu and coughing
- Skin rashes
- Minor eye injuries
- Pink eye
- Nausea (without persistent vomiting)
- Insect stings (without allergic reaction)
- Minor fever
- Minor burns
- Urinary tract infections
- Minor cuts (even those requiring stitches)
- Minor animal bites

Medical attention for more severe illnesses and injuries must be received through the LMH Emergency Department, which is equipped with lifesaving tools and technology. Signs or symptoms of serious or life-threatening conditions that require immediate treatment in the ED include:

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

The Licking Memorial Hospital Emergency Department is always open to treat patients. Licking Memorial Urgent Care – Pataskala, located at One Healthy Place off State Route 16, is open Monday through Saturday, 9:00 a.m. to 6:00 p.m., and Sunday, 12:00 Noon to 6:00 p.m. Licking Memorial Urgent Care – Granville, located at 14 Westgate Drive at the intersection of State Route 16 and Cherry Valley Road, is open Monday through Friday, 9:00 a.m. to 8:00 p.m., and Saturday and Sunday, 9:00 a.m. to 5:00 p.m. Both Urgent Care locations are closed on major holidays.

Patient Experience Manager Helps Fulfill Patients' Needs

In April 2013, Licking Memorial Health Systems (LMHS) added a Patient Experience Manager to its staff. Jane Simmons' primary responsibility is to ensure that LMHS is providing a quality experience for all inpatients at Licking Memorial Hospital (LMH). "Ensuring excellent patient satisfaction is at the core of our values," said LMHS President & CEO Rob Montagnese. "We felt this role was important to successfully fulfill the needs of patients and solidify their positive experience."



To help with patients' questions and concerns, Jane provides each patient with a personal patient journal as a gift from the Hospital. "The journal seems to be a patient favorite, and helps them personally keep track of their medical care, as well as questions they may have," said Jane. "I tell patients that a journal helped me most when my mother was in the hospital, and I had a difficult time remembering things to ask the physician and nurse."

Throughout the week, Jane visits each patient who stays at the Hospital to make sure they are happy and that their needs are being met. "During our visits, we discuss the quality of their care and personal comfort," said Jane. "Oftentimes, I have the opportunity to tend to special requests such as obtaining extra blankets, magazines or food. My role is to ensure patients are satisfied with their stay at LMH and to help answer any questions they may have."

Jane also gives each patient her business card, so while they are in the Hospital or when they leave, she can be their primary contact person if a need arises. "Patients tend to feel comfortable talking to me because I am non-clinical, and I really try to get to know each of them on a personal level," said Jane. "I treat them like I would like my family members to be treated – respect plays a big part."

LMH Supports National Mammography Day with Free Mammogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women's Health, and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women in order to promote the importance of breast cancer screening awareness. LMH will sponsor screenings on National Mammogram Day, Friday, October 17. Tests will be performed from 7:00 a.m. to 6:00 p.m. at the Women's Imaging Center at LMH, and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 75. Any woman who is interested in receiving a free mammogram at LMH should contact her physician for more information and a referral.

In order to be eligible to participate in this program, women must meet the following criteria:

- Must reside or work in Licking County
- Must be at least 40 years old
- Must be uninsured, or not eligible for Medicare or Medicaid
- Must have a physician's referral
- Should have no symptoms of breast cancer
- Must not have received a free mammogram from LMH in the last 12 months

The free tests apply only to screening mammograms. The X-rays will be interpreted by Tri-County Radiologists, including Joseph



The Women's Imaging Center at LMH offers high-tech digital mammography for more precise diagnoses.

Fondriest, M.D., Owen Lee, M.D., Subbarao Cherukuri, M.D., Timothy Lifer, D.O., Edward Del Grosso, M.D., and Sean Choice, M.D. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program. However, financial assistance programs are available if follow-up is required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier's Office.



Licking County Library Levy

The Licking County Library is currently serving 10 school districts and more than 63,000 card holders through its Main Library, five branch locations and the bookmobile. The Library provides 359,113 books, 29,060 DVDs, 142,248 e-books, 617 print subscriptions, 60 public internet computers, 11 book discussion groups, and more than 1,000 child, teen and adult programs each year. In order to continue serving Licking County residents at a high quality level, the Library will be placing a renewal levy on the November 2014 ballot.

The State of Ohio funding has decreased by 26 percent in the past 13 years – it now supports all state public library systems with just 1.66 percent of the state tax revenue received. The successful 2010 levy was a 1-mill operating levy that funds 48 percent of the Library’s operating budget, and is set to expire at the end of 2015. In order to continue providing effective services to the community, Licking County Library is placing a 1 mill renewal, continuing operating levy on the November 2014 ballot.

“The funding generated from the operating levy will allow us to continue to provide traditional programs such as preschool story time, summer reading and book discussion groups,” Babette Wofter, Director of the Licking County Library, said. “It also will allow for the expansion of some programs including topics such as local history, gardening, yoga, grant-writing, teen gaming, crafts, photography and many more. Our goal is to create a destination in which all ages can visit the Library and experience something fun and educational.”



The Licking County Library’s Story Time program offers a variety of children’s activities and events promoting literacy and early learning.

“Licking Memorial Health Systems supports the mission of the Licking County Library,” Rob Montagnese, Licking Memorial Health Systems President & CEO, said. “The Library plays a vital role in enriching lives through literacy and lifelong learning skills and offers opportunities that allow our community to be more successful as a whole. Without the Library, our community loses a valuable educational resource.”

After budget cuts from state funding in 2008, the Library needed to pass a levy to compensate for the lost revenue.

In 2013 alone, Licking County citizens visited the six Library locations almost 145,000 times and checked out more than 1.2 million items. In addition, Library programs were attended by 32,000 children, teens and adults. The Library bookmobile made over 150 visits to Licking County schools, daycare

centers and outlying communities, and the summer reading program had more than 2,600 participants. The Library also provided Licking County residents with free Internet and Wi-Fi connection nearly 96,000 times for more than 4 million minutes, and more than 32,000 library e-books were downloaded.

Library patron Jayne Gibson said her experience at the Library has been invaluable. She provides child care for a 3-year-old family friend and takes him to the library once a week. "He loves the story time," Jayne said. "The staff is just excellent! He learns, gets to socialize with peers his own age, and it gives him a structure."

Jayne and her husband, Woody, also utilize the Library's books and DVDs regularly. "It's just nice to know the Library is there as a resource, and you can go at no cost," Jayne said. "We would be missing out if it was not available."

The 2014 renewal levy will not cost local taxpayers any additional money. The rate will stay the same, costing the owner of a \$100,000 home \$30.60 per year. The levy will support the Library by allowing materials to be purchased and updated, ensuring the continued operation of all six of the Library's locations, maintaining community programming and more.

"The 1-mill levy that generates 48 percent of our operating budget has helped us to maintain materials, programs and services system-wide. This includes the Main Library in downtown Newark, our five branch locations in Hebron, West Newark, Buckeye Lake, Utica and Johnstown, and the bookmobile," Babette said. "We were able to restore Sunday hours at the Main Library, renovate the Miller Library, and double the amount of money spent on materials such as books, DVDs, e-books and audiobooks with the 2010 levy. The renewal levy will help us maintain our presence in the community and continue to offer quality services to community members."

The 2010 Levy Funded:

- Restored Sunday hours
- Updated computers
- Doubled expenditures on materials
- Controlled staffing costs
- Expanded and enhanced programming
- Assistance with the moving, furnishing and equipment upgrade of the Buckeye Lake Library
- Renovation of the Emerson R. Miller Library
- Maintenance and upgrades to the Main Library

The 2014 Levy Will Help Fund:

- Acquisition of books, magazines, newspapers, DVDs, CDs, databases and other materials
- Local history programs, child and teen programs, computer classes, and other special events
- E-books, streaming video, downloadable music and audiobooks
- Access to more than 8 million items from 88 other public libraries in Ohio
- Computers and Internet access including Wi-Fi system wide
- Outreach services including the bookmobile
- Staff salaries and benefits
- Building maintenance and landscaping (Note: In 2010 customers complained more about the poor appearance of the landscape than fewer materials)
- Furniture and other equipment
- Utility costs

Community Education – Dining with Diabetes *(continued from front page)*



Annmarie Thacker,
R.D., L.D., C.D.E



Shari L. Gallup,
M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program for individuals with diabetes and their families that offers healthy alternatives for food preparation. The program, led by Registered Dietitian Annmarie Thacker, R.D., L.D., C.D.E., and Shari L. Gallup, M.S., will include healthy meal demonstrations, taste-testing and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension Office. Advanced registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and is due at the time of registration. Space is limited – please register by Friday, October 3.



Children Services Levy

In 2013, Children Services offered assistance to over 3,000 children involved in reports of abuse and neglect, including placing and caring for 508 foster care children and providing adoption assistance for 307 children with special needs. Children Services is a department within Licking County Job & Family Services and is focused on offering a range of social services on behalf of children who are at risk of abuse or neglect.

“At Children Services, we are committed to providing help to children in abuse and neglect situations,” John Fisher, Director of Licking County Job and Family Services said. “We provide foster care, adoption services, family case management, parent mentors and assist in partnerships with community resources, along with many other resources for children and families. In 2013, we investigated 1,162 reports and referred 775 additional cases to appropriate services, serving over 3,000 children.”

The Children Services Replacement Levy will provide funds to serve Licking County’s abused and neglected children, funding a portion of the cost of care and treatment of children. These services include foster care, residential treatment services and adoption assistance for children with special needs.

The 2014 Children Services Levy is not a new tax – it was passed as a 1-mill levy in 1985, and has since been replaced every 10 years. The 2014 replacement is a 1-mill levy, and does not require voters to increase millage. It will create an increase in revenue capturing the property value growth since it was last passed in 2004. This means that the 2014 levy will cost the owner of a \$100,000 owner-occupied home an additional 55 cents per month, or \$6.59 a year in property taxes. The current levy funds are dedicated in full to cover

costs associated with foster care and treatment services for children.

Dan DeLawder, Chairman of Citizens for Children Services and Park National Bank, encourages Licking County Citizens to continue their support and caring for children who are victims of abuse and neglect. “What can be more important than protecting our community’s most valuable and vulnerable assets – our children?” Dan said. “The Children Services Replacement Levy is the best way to positively impact children who need our help.”

Even with this small increase, the levy funds cover just over half of the dollars required to care for the children in Licking County. The funds from the levy are spent entirely on the care of children. John said, “Children Services is extremely grateful for the support we have received from Licking County, and the care of the child is always our number one priority. Every child deserves a good home, and these children are victims through no fault of their own.”

“Children Services provides a valuable service to the health of children in our community, and Licking Memorial Health Systems (LMHS) supports their mission,” LMHS President & CEO Rob Montagnese said. “LMHS provides care to approximately 200 children a year due to allegations of abuse alone. You never want to see a child suffering from abuse or neglect, but when it happens, we want to make sure Licking County has the resources available to help.”

For more information on the services offered through Licking County Job and Family Services, please visit www.lickingcountyjfs.com. The Licking County November election will take place on Tuesday, November 4, 2014.



Local Youth Grows His Own Garden

Active•Fit participant Dagan Ricketts is growing in more than one way with the help of the 6th Street Community Garden. Ten-year-old Dagan and his father, David Ricketts, started their first garden this summer. Together, they have maintained it every day – planting, weeding and harvesting a variety of fresh foods. They were inspired to start their garden after family friend Kathy Powell and her fiancé, Shaun Sommer, planted a few peppers and tomatoes in their backyard.

“I’ve never seen anyone take to gardening like these two,” Kathy said. “Dagan and David have put in a lot of hard work and sweat this summer, and it’s paying off. They haven’t had any trouble with plants growing at all.”

Dagan has his own plot in the 6th Street and Growing Community Gardens, just a few houses down from the Ricketts’ home. The organization provides community members with plots of land, garden tools and a few seeds to get started. The 6th Street location has served as an informal community garden for local residents since 1995, and in 2009, community members created the official location, “6th Street and Growing Community Gardens,” and a supporting nonprofit organization. Use of garden plots is free to gardening members, and donations help pay for tools, water and tilling.

Dagan decided to plant corn, lettuce, pumpkins, tomatoes and two types of squash in his garden this year. He said his favorite part has been watching the plants turn from seeds into full-grown produce that he and his family can eat. “I’ve never eaten acorn squash, so I’m really excited to try that,” Dagan said. “And (pointing to his tomato plants) I think that tomato on the end is going to turn red – it will be my first red tomato!”

Dagan and Kathy attended the Active•Fit Bowling event, where Dagan realized he was already accomplishing a majority of the goals he could set in the program. The goal that Dagan is most proud of is his garden. As a new participant in the Active•Fit

Program, Dagan selected his goals for Period 3, and has completed almost everything on his list.

Since its inception in 2012, the Active•Fit Youth Wellness Program has offered Licking County youth, ages 6 to 12, with an opportunity to set and track goals related to healthy living. The program also offers free, fun health-related events throughout the year. Those who complete their goals are entered into a prize drawing at the end of each 4-month period.

“We’ve been doing different things every Friday – like taking bike rides or going on walks,” Dagan said. “The only goals I haven’t done yet are to wash the car three times and pack a healthy picnic. If I win a Dick’s Sporting Goods gift card as an Active•Fit prize, I already know I’ll choose a punching bag to go with the boxing gloves I have!”

Along with their Friday activities, Dagan and his family are trying to eat a healthier diet, especially when they can gather ingredients from their garden. Dagan said he tried green tomatoes and squash for the first time this summer, and has used the lettuce for salads several times already. These activities allowed Dagan to check off his Active•Fit goals such as: “enjoy an active outing with your family once a week,” and “try a new fruit or vegetable.”

Neither David nor Dagan knew much about gardening before this summer’s experience, but with the help of Kathy, Shaun and the 6th Street and Growing organization, they’ve created a successful garden. Kathy said Dagan’s garden recently received a compliment from the Mayor of Newark, Jeff Hall, who took a tour of the 6th Street plot. Dagan is already planning for next year’s garden, where he will plant watermelon and green beans, and arrange his corn around the outside of his plot to create a walkway.

For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.

Lower-Risk Cardiac Catheterization Procedure Now an Option at LMH



Hassan Rajjoub, M.D.

Cardiac catheterization is one of the many procedures performed in the Licking Memorial Hospital (LMH) Heart Center. In the procedure, a long, flexible tube is inserted into an artery through a small needle puncture in the skin under a local anesthetic. As a diagnostic tool, cardiac catheterization is used to evaluate coronary artery disease, congenital heart defects, and heart valve problems, as

well as determine the causes of heart failure and heart muscle diseases. It also is utilized as an interventional procedure to treat heart attacks, repair narrowed heart valves, and open blocked arteries by performing angioplasty – inflating a balloon inside the artery to increase blood flow – or inserting a stent – a small mesh cylinder used to hold the arterial walls open.

According to a National Cardiovascular Data Registry report, more than 95 percent of cardiac catheterizations in the United States were performed through the femoral artery – a major artery which is accessed through a patient’s groin – as recently as 2008. However, a growing number of physicians, including Interventional Cardiologist Hassan Rajjoub, M.D., have obtained specialized training and proficiency in performing transradial cardiac catheterization as a less-invasive option.

In the transradial procedure, a catheter is inserted through the wrist into the radial artery – one of the main arteries in the arm – and threaded to the heart arteries. There is a low risk of bleeding because the radial artery is small and near the surface of the skin, and patients are able to sit upright immediately after the procedure. The traditional femoral approach, while considered safe, carries a slightly higher incidence of bleeding complications. To minimize the risk of hematomas and psuedoaneurysms, patients must lie flat for 2 to 6 hours following a transfemoral procedure.

“The advantage of transradial cardiac catheterization is not only limiting access-site complications, but also improving patient comfort and reducing procedural costs,” Dr. Rajjoub said. “A patient with fewer complications is likely to require a shorter hospital stay, recover more quickly and require less medical attention, all of which can significantly decrease expenses. Most importantly, radial access affords all of these benefits without sacrificing procedural success or long-term outcomes.”

Despite the advantages of the approach, transradial cardiac catheterization may not be appropriate for all patients, and careful evaluation is needed on a case-by-case basis to determine the best procedure to perform. For more information, call the Licking Memorial Heart Center at (740) 348-7750.

Shepherd Hill Physician Completes Fellowship for Addiction Medicine

In addition to Richard Whitney, M.D., Shepherd Hill now has a second Addiction Medicine specialist on staff. W. Andrew Highberger, M.D., recently completed a one-year fellowship in Addiction Medicine at Shepherd Hill, and is now certified in the knowledge and expertise to diagnose and treat alcoholism and other drug dependencies.

To gain certification in Addiction Medicine, physicians require at least one year of post-graduate training in a fellowship program as well as passing an examination given by the American Board of Addiction Medicine, which was established in 2007. Addiction Medicine specialists diagnose, detoxify, and provide treatment for alcohol and/or drug-dependent patients. In addition, the specialists can recognize and recommend treatment for complications of addiction, including co-occurring medical conditions and psychological disorders. Dr. Highberger is able to



Richard Whitney, M.D. (left), presents W. Andrew Highberger with a certificate in recognition of his completion of a fellowship in Addiction Medicine at Shepherd Hill.

consult with Licking Memorial Hospital (LMH) inpatients who may need detoxification or treatment for addictive disorders, upon their physician’s request. Additionally, Drs. Highberger and Whitney are now providing treatment of opiate addicted pregnant patients, in consultation with their OB/GYN physician.

Shepherd Hill, a department of LMH, is a nationally recognized and accredited treatment program located in Newark which provides inpatient, residential and outpatient services. These services include inpatient and outpatient

psychiatry, in addition to treatment of addictive disorders. Psychiatric disorders treated may include depression, mood disorders, anxiety and stress-related conditions, psychosis, and suicidal thought or behavior. Each patient receives a personalized treatment plan specific to his or her needs. Services are limited to adults 18 years and older.

Physician Spotlight – Garth A. Bennington, M.D.



Garth A. Bennington,
M.D.

Garth A. Bennington, M.D., joined Licking Memorial Family Practice in 2005. He earned his Doctor of Medicine degree from The Ohio State University College of Medicine and Public Health. He completed a family practice internship and residency at Grant Medical Center in Columbus, and earned a Bachelor of Science degree at Ohio University in Athens, Ohio. He is board certified in family medicine.

Dr. Bennington is accepting new patients at his practice, located at 150 McMillen Drive in Newark. Appointments are available by calling (740) 348-4823.

Ask a Doc – Shingles with Garth A. Bennington, M.D.

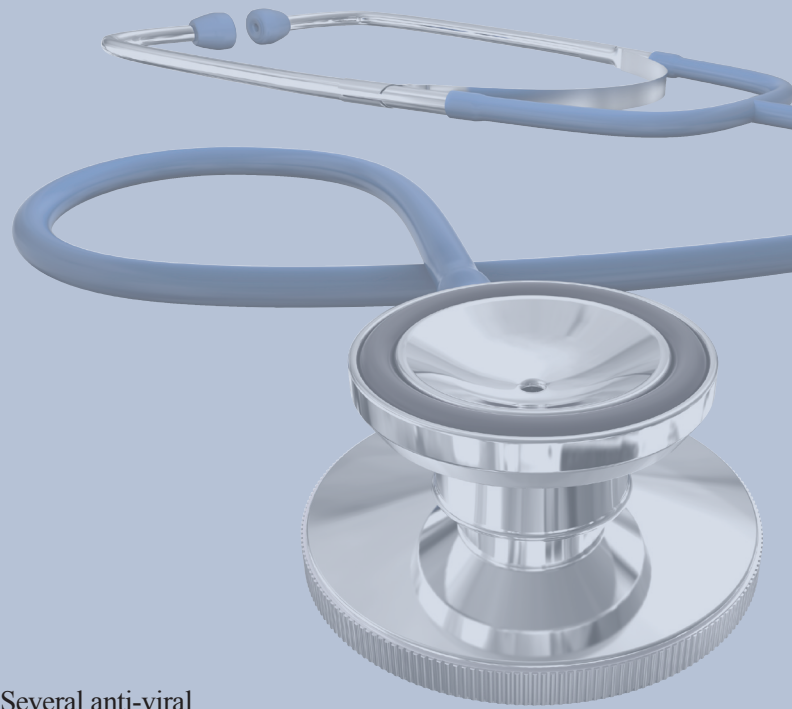
Question: My mother was recently diagnosed with shingles. What can I do to prevent shingles, and should I worry about her giving it to me?

Answer: Shingles (also known as herpes zoster) occurs in almost one out of every three people in the United States during their lifetime. Shingles is caused by the same virus that causes the chicken pox.

Shingles can occur at any age, but about one-half of all cases occur in men and women 60 years and older. Some people are at greater risk for getting shingles, including individuals who have a weakened immune system. Individuals with cancer, leukemia, lymphoma, human immunodeficiency virus (HIV) and those taking steroids or immunosuppressive medications after organ transplantation would be included in this category.

Shingles generally begins with unusual sensations that can feel like burning, itching or tingling in an area of the skin on one side of the body. Within one-to-two days, a blistering rash will develop in a band-like pattern. The pain from shingles can vary from mild to severe. The rash will generally last 7 to 10 days and then crusts over, much like the appearance of a cold sore crusting over. Unfortunately, in some cases, the pain may last longer than the rash.

It is not possible to catch shingles from another person. However, exposing individuals who have not had or been vaccinated for chicken pox can cause them to develop chicken pox. Exposure occurs by direct (skin-to-skin) contact with a shingles blister or from inhaling the virus by breathing close to a blister.



Several anti-viral medications are available to treat the virus. These medications help shorten the length and severity of the illness. They should be started as soon as the diagnosis is made. In the event that pain medications are required, general pain medications can be used in addition to medications that can help target the nerve pain directly.

Fortunately, shingles can be prevented. Those who have shingles should wash their hands frequently and keep the rash covered. They should avoid those individuals listed above who are at risk for developing the virus. The rash is no longer contagious after it has crusted over. A vaccine is available to help reduce the risk of shingles. The Centers for Disease Control and Prevention recommends routine vaccination of most people who are 60 years and older. Even people who have had shingles can receive the vaccine to help prevent future occurrences of the disease.

Educating oneself about shingles is important to prevent the development of shingles and reduce the risk of future complications. Complications of shingles include post-herpetic neuralgia (PHN). PHN can cause severe prolonged pain in the location of the rash even after it has resolved. In rare cases, shingles can lead to severe complications, such as blindness, pneumonia, hearing problems, brain inflammation (encephalitis) and death.

Understanding the treatment, transmission and ways to prevent shingles can reduce your risk of infection and serious complications. I would encourage you to discuss vaccination with your physician to reduce your risk of infection in the future.



Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care



Patient Story – Joan Davis

Joan Davis of Newark began tending to other people's needs at an early age. As a young girl, she learned to cook and clean so that her mother could work on the family's dairy farm. In her teenage years, she provided home care and baby-sat for a friend who had been severely injured in an automobile accident.

During her sophomore year at Lakewood High School, Joan began dating Terry, a classmate who rode the school bus with her, and sometimes worked on her family's farm. They were married after high school, and through the years, raised three children. After the children were grown, Joan worked as a housekeeper in Zanesville. Following retirement, she baby-sat for one of her five grandchildren on a daily basis. With her long-standing history of serving others, Joan found it difficult to have the roles reversed, relying on her physicians for help when she learned that she had diabetes in her mid-50s.

"The way that I found out that I had diabetes was strange," Joan said. "I had been having bad headaches, and stayed in bed a lot. I thought I was suffering from migraines. Then one day, I bought new eyeglasses. Within a week or two, I could not see very well, so I went back to the store and told them that I thought they had given me the wrong prescription. They double checked and told me that my eyes had changed since my examination, and recommended that I see my physician. I visited Dr. (Talya) Greathouse, and she ordered tests at Licking Memorial Hospital to check for diabetes."

After reviewing the results of Joan's glucose tolerance test, Dr. Greathouse diagnosed Joan with type 2 diabetes, commonly called "adult-onset diabetes." Joan was already familiar with the condition because her father had received the same diagnosis at the age of 71.

Dr. Greathouse prescribed oral medications for Joan and explained the role that a healthy diet and exercise have in managing her blood sugar levels. Dr. Greathouse also provided education on other diabetes management measures, such as proper foot care and the importance of regular eye exams.

"The dietary changes took a little getting used to at first," Joan remembered, "but now I am used to them. I have cut way back



Joan Davis likes to take walks at The Dawes Arboretum.

on fried foods, and I do not eat a lot of bread. I used to make a lot of cakes, but we do not have a lot of desserts, anymore. If I do have cake – at a birthday party, for example – I take only one piece and scrape off the icing. My taste has changed, and the icing tastes way too sweet for me now. I have been eating more healthy foods since 1999, and now I do not miss the old foods that I used to eat."

Joan found that providing day care for her grandson kept her active. "He is 2½ years old," she said, "and he has never

walked. He ran from the first day that he stood up. He is a typical boy – plays in the dirt and mud puddles. He definitely keeps me running."

When Joan is not running after grandchildren or taking care of other chores, she and Terry enjoy taking fresh-air walks for exercise. Their list of favorite walking routes includes some of the state's most scenic locales: The Dawes Arboretum, Black Hand Gorge, Columbus Zoo, Old Man's Cave, and the boardwalk at Buckeye Lake.

Despite Joan's efforts to manage her diabetes, her blood sugar levels were not well controlled, and her periodic A1c blood tests fluctuated. The A1c hemoglobin blood test measures the average blood glucose level from the previous three months. Diabetes patients who have good blood sugar control with A1c levels below 7 percent have a lower risk of developing many diabetes-related complications, such as macular degeneration of the eyes and problems with the cardiovascular system, nervous system, liver, and renal system. Joan's A1c levels were usually around 7 percent, but at the end of 2012, they spiked up to 8.5 percent.

Dr. Greathouse referred Joan to see Jaime T. Goodman, M.D., of Licking Memorial Endocrinology, for more intensified diabetes care. Dr. Goodman ordered blood tests and reviewed Joan's recordings of her home blood glucose checks. On her third visit, Joan's A1c level had spiked again, and Dr. Goodman recommended a high-tech continuous glucose monitoring (CGM) test to discover any anomalies that were occurring without being detected by Joan's home glucose monitor.

Licking Memorial Endocrinology uses the Medtronic iPro™2 Professional Continuous Glucose Monitoring System for an

Patient Story – Joan Davis (continued on page 16)

Diabetes Care – How do we compare?

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

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

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

	LMHP 2011	LMHP 2012	LMHP 2013	National
LMHP diabetes patients receiving eye exam	71%	67%	67%	58% ⁽¹⁾
LMHP diabetes patients having HbA1c test	97%	96%	96%	88% ⁽¹⁾
LMHP diabetes patients having lipid profile	95%	94%	95%	83% ⁽¹⁾
LMHP diabetes patients having microalbuminuria test	92%	90%	90%	84% ⁽¹⁾
LMHP diabetes patients having foot exam	92%	92%	90%	80% ⁽²⁾

2 While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person’s blood over an extended period of time.

	LMHP 2011	LMHP 2012	LMHP 2013	National ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	57%	58%	59%	38%
LMHP diabetes patients with HbA1c less than or equal to 8%	79%	78%	79%	59%

3 People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease, a very serious complication of diabetes.

	LMHP 2011	LMHP 2012	LMHP 2013	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	64%	65%	67%	48%

4 The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends that a person with diabetes should have an HbA1c blood test at least every six months to monitor glucose levels. LMH staff members work closely with patients and their doctors to ensure that this test is performed as recommended in order to manage each patient’s condition better.

	LMH 2011	LMH 2012	LMH 2013	Goal
CCM diabetes patients who obtained an HbA1c test	100%	99%	100%	Greater than 80%

5 Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists provide one-on-one education to patients and work closely with them to set their own meaningful personal goals for improving their health and well-being.

	LMH July 1, 2010 thru June 30, 2011	LMH July 1, 2011 thru June 30, 2012	LMH July 1, 2012 thru June 30, 2013	Goal
Goals met by diabetes education graduates – within six months	93%	92%	90%	Greater than or equal to 80%

Data footnotes: (1) Average of reported Commercial Medicare and Medicaid/HEDIS measures. (2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program.

accurate and detailed around-the-clock account of a patient's blood sugar levels. The CGM test is useful for patients who have not been able to achieve good blood glucose control. With the CGM, a tiny electrode called a glucose sensor is inserted under the skin of the patient's abdomen to measure the glucose level of the skin's fluid. A small plastic-covered monitor is worn outside the body to receive and record the readings via radio frequency.

Joan was nervous about having the CGM inserted, but soon found that her fears were unnecessary. "It did not hurt going in," she said. "It was very comfortable to wear. They put special bandages on the monitor so that water would not get under it, and I could shower. I was careful to pull my clothing out and over the monitor because I was a little worried that I might knock it loose. Otherwise, I forgot about it most of the time."

Joan had the CGM inserted on a Wednesday and returned to Dr. Goodman's office on the following Monday to have the sensor removed and the collected readings uploaded to a software program. The analysis revealed that Joan's blood sugar levels were mostly stable throughout the day, but elevated after breakfast and slightly decreased overnight. Dr. Goodman adjusted Joan's medications to address the blood sugar variations.

"Dr. Goodman instructed me to increase my metformin dosage to one and one-half tablets in the morning, with one more at night. She continued my glipizide dosage at one tablet in the morning and another one at bedtime. I am on a total of four medications for diabetes, and Dr. Goodman evaluates them at each visit to

ensure that they are well balanced. I also carry a complete list of all my medications in my billfold in case of emergency."

Joan had an A1c test approximately three months after her CGM test results were analyzed and Dr. Goodman had adjusted her medication. The A1c results showed that Joan's average blood sugar levels had successfully lowered to 6.5 percent.

Joan said, "I continue to see Dr. Goodman several times a year. As an endocrinologist, she keeps on top of new treatments and really watches for any possible complications. She focuses on more than just the blood sugar levels – she regularly orders blood work to check my kidneys and liver, and checks my feet for sores."

Joan may not be accustomed to having others take care of her needs, but she is willing to put herself in Dr. Goodman's expert hands to help avoid a wide range of potential diabetes complications. Family activities are important to Joan and Terry, and she wants to maintain the energy required to attend as many of their grandchildren's events as possible. "We enjoy their sports, school plays and school activities. We even attend as many events as we can for the grandchildren who live in Missouri. We love to travel."

Dr. Goodman and I-Tsyr Shaw, M.D., are accepting new patients at Licking Memorial Endocrinology for treatment of diabetes, thyroid problems, or other glandular conditions. Appointments can be made by calling Dr. Goodman's office at (740) 348-7950, or Dr. Shaw's office at (740) 348-1740.

Judy Todd Receives OHA Nomination

Judy Todd, a certified phlebotomy technician at Licking Memorial Hospital (LMH), was recently honored by the Ohio Hospital Association (OHA) as one of the 74 nominees chosen to represent their hospitals and health systems for the OHA's prestigious Albert E. Dyckes Health Care Worker of the Year Award. Nominees are selected in recognition of their leadership, values and track record of going above and beyond the call of duty to give back to the community.

Judy has been employed in LMH's Laboratory Department for nearly six years. One of her primary duties is to draw blood samples for both children and adults. Judy noticed that the blood-drawing process was often quite traumatic for some patients with autism, a neurological disorder that impairs the individual's cognitive and social abilities. Judy designed an innovative picture board sequence model to educate and soothe special-needs patients so that they can understand the venipuncture process better and eliminate some anxieties.



The picture board can also benefit other patients, such as those with Down syndrome or hearing impairments.

"Judy identified an area of patient care that needed improvement and took the initiative to develop a solution. She also has been helping other departments develop ways to communicate more effectively with patients who have autism. Judy exemplifies the type of caring healthcare worker who elevates the patient experience at LMH. She is most deserving of the OHA nomination," remarked Rob Montagnese, President & CEO of Licking Memorial Health Systems.

Judy and her husband, Michael, reside in Heath and have two sons, Travis and Jeremy. Judy attended Utica High School and the Early Childhood Education program at Licking County Joint Vocational School. She joined LMH in 2008, and received her phlebotomy technician certification from the National Healthcareer Association.



Two Drugs Offer New Approaches to Treatment of Diabetes



I-Tsyr Shaw, M.D.

Two new types of drugs have been approved by the Federal Drug Administration (FDA) to treat patients with type 2 diabetes. Both drugs are used to complement the action of primary diabetes treatments. I-Tsyr Shaw, M.D., of Licking Memorial Endocrinology, explained that the two drugs, Bydureon® and Invokana®, have both been shown to lower patients'

blood sugar levels significantly.

“Bydureon is a type of synthetic hormone, called exenatide, that is injected just once a week,” Dr. Shaw said. “It stimulates the beta cells in the pancreas to increase their insulin output in response to elevated blood sugar levels.”

Bydureon begins working immediately after injection and continues to work throughout a seven-day period due to its timed-release structure. It improves blood glucose control in patients with type 2 diabetes in several ways:

- It induces the pancreas to secrete more insulin when needed.
- It prevents the liver from producing excess sugar.
- It slows the stomach-emptying process, which reduces blood sugar spikes after meals.
- It has an appetite-suppressing quality.
- It reduces the amount of fat in the liver.

Another form of exenatide, Byetta®, has been in use since receiving FDA approval in 2005 as a twice-a-day injection. Bydureon first received FDA approval in 2012, and in March 2014, the FDA approved an injectable-pen version of the seven-day drug.

The newest diabetes drug to receive FDA approval is Invokana, which stimulates the kidneys to excrete excess sugar from the body. It received FDA approval in 2013 as an oral medication for the treatment of patients with type 2 diabetes. “Invokana marks the emergence of a new class of drugs,” Dr. Shaw said. “It works by blocking the kidneys’ re-absorption of glucose that was pulled from the bloodstream. The kidneys then flush the excess glucose out of the body during urination.”

The FDA warns that Invokana should not be used for patients who have type 1 diabetes, elevated ketone levels in their blood, or severe renal disorders. The FDA also cautions that Bydureon should not be used by patients with type 1 diabetes, a personal or family history of medullary thyroid cancer, or multiple endocrine neoplasia syndrome type 2.

Dr. Shaw said, “Both medications have been effective in lowering blood sugar levels for patients who could not achieve good blood sugar control before. With better overall blood sugar control, patients are greatly decreasing their risk of developing complications that are often associated with diabetes.”

Bydureon and Invokana were designed to be used in conjunction with a healthy diet and exercise. Many patients have reported steady weight loss while taking Bydureon or Invokana, which further facilitates their blood glucose management.

For more information about diabetes management, call Licking Memorial Endocrinology at (740) 348-1740 (Dr. Shaw), or (740) 348-7950 (Jaime T. Goodman, M.D.) for an appointment. Their practice is located at 1272 West Main Street, Building 2, in Newark.



Quality Reporting to the Community

Patient Story and Benchmarks for Pediatric Care



Patient Story – Caleb Aeby

Caleb Aeby is a very different child than he was two years ago. At that time, he seemed hyperactive, and his grades were often in the D range. Now, the 10-year-old's hyperactivity has transitioned into playfulness, and he made the fourth grade's merit roll three times out of the four grading periods last year. Caleb's mother, Evalyn, credits the changes to the diagnosis and treatment of Caleb's attention deficit hyperactivity disorder (ADHD), and the Active•Fit Youth Wellness Program that is sponsored by Licking Memorial Health Systems (LMHS).



Caleb Aeby has been an Active•Fit participant since the program began in September 2012.

"It is like night and day," Evalyn said. "His physician at Licking Memorial Pediatrics recognized the ADHD symptoms and prescribed Concerta® for Caleb. Even his teachers can tell the difference if he has not taken his medication for the day. His hyperactivity is very noticeable."

At approximately the same time that Caleb was diagnosed with ADHD and began treatment for the condition, he brought a flyer home from school that announced the new Active•Fit program at LMHS to improve youths' activity levels, dietary choices and sleep habits. "I read through the information and thought that this would be a good way for him to burn off some of his excess energy," Evalyn said. She helped Caleb register online for Active•Fit, joining the inaugural group to set activity and fitness goals, and they began to track his daily physical activities and healthy food choices.

Like most children, Caleb greatly enjoys his play time at home. He values his big-brother role to 6-year-old Cole, and already has taught him the finer points of brotherly wrestling and horseplay. He also spends a lot of time playing with the family's collection of pets, including a cat and three dogs – a German shepherd/Weimaraner puppy named Glover, a Weimaraner named Janey, and a Welsh corgi named Bella. "Caleb chases Bella all over the yard for hours," Evalyn chuckled.

Caleb has daily chores. Among other tasks, he feeds and waters the family's chickens every day. He feels a responsibility to guard the flock, just in case Bella, who is a bird dog by nature, ventures too close to the coop. He also walks the dogs and finds that Glover is already quite a handful. "He is very hyper and pulls very hard on the leash," Caleb said. "He is

strong even though he is just a puppy, and I have to keep pulling him back."

Somehow, Caleb finds time for two other favorite outdoor activities – bicycling and climbing trees. "I pull myself up on the first branch – it is not too high. My mom does not let me go any higher because she is afraid that I will fall," he explained.

Caleb and Evalyn were pleased to learn that all these activities that were normal for Caleb would count toward his Active•Fit goals, which included being physically active for at least 60

minutes each day, five days per week. He also fulfilled goals by attending fun Active•Fit events and making healthy dietary changes, such as replacing sugary drinks with water.

Evalyn said, "Caleb has attended many of the Active•Fit events, including the Wii Just Dance Party, the kick-off events in Pataskala with inflatable games, the bowling event at Park Lanes in Heath, and the Health & Fitness Fest at the YMCA. Our younger son just turned six, so he is excited that he can join the program, too." Caleb agreed that the Active•Fit events are fun, but insists that he cannot name a favorite. "I liked them all the same," he said.

The award-winning Active•Fit program began in 2012, when LMHS partnered with Newark Advocate Media to develop an innovative way to encourage the community's families to make positive lifestyle changes to reduce the incidence of childhood obesity. According to the Centers for Disease Control and Prevention, approximately 17 percent of children and adolescents in the United States, age 2 through 19, are obese. The extra weight contributes to asthma, bone and joint problems, sleep difficulties, high blood pressure, diabetes and early growth problems. In addition, childhood obesity increases the risk later in life for other serious health concerns, such as heart disease, stroke and cancer.

To join the program, youth are required to register online at www.ActiveFit.com with the assistance of an adult mentor, who can be a parent, teacher, coach, clergy, relative or friend. The participants each select eight goals for a four-month period. Four of the goals are from the "active" category, and the other four goals are within the "fit" category.

Patient Story – Caleb Aeby (continued on page 20)

Pediatric Care - How do we compare?

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

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

- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
- 3 doses of polio
- 1 dose of measles, mumps and rubella
- 3 doses of Haemophilus influenzae B (influenza type B)
- 3 doses of hepatitis B
- 1 dose of varicella (chicken pox)

	LMHP 2011	LMHP 2012	LMHP 2013	National ⁽¹⁾
Childhood immunization rate (4:3:1:3:3:1 series)	90%	91%	91%	75%
Children, aged 6 months to 18 years, receiving the influenza vaccination	2011-2012 47%	2012-2013 49%	2013-2014 45%*	National ⁽¹⁾ 58%

*LMHP practices saw an unexpected decline in influenza vaccinations in 2013-2014. Aggressive efforts are being made to improve influenza vaccination rates in 2014-2015.

2 LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2011	LMHP 2012	LMHP 2013	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	48%	53%	53%	33% ⁽²⁾
Adolescent children receiving varicella vaccination	92%	94%	95%	68% ⁽³⁾
Adolescent children receiving meningococcal vaccination	83%	85%	87%	64% ⁽¹⁾

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

	LMHP 2011	LMHP 2012	LMHP 2013	National ⁽¹⁾
Children with pharyngitis receiving test before antibiotics	96%	97%	95%	76%

4 LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood their children will enjoy long and healthy lives.

	LMHP 2011	LMHP 2012	LMHP 2013	LMHP Goal
Children, aged 9 to 11 years, receiving cholesterol screening	NA*	18%*	65%	60%

*LMHP began collecting cholesterol screening data in the fourth quarter of 2012.

5 When a child arrives with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2011	LMH 2012	LMH 2013	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

Data footnotes: (1) National Committee for Quality Assurance, "Improving Quality and Patient Experience - The State of Health Care Quality 2013." (2) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey - Teen (NIS - Teen), United States, 2012. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey - Teen (NIS - Teen), United States, 2011.

Caleb and his parents reviewed the information online, and made his goal selections from a menu of options. He fulfilled one of his fit goals by replacing sweet beverages with water for four weeks. By the time Period 1 concluded at the end of December 2012, Caleb had completed all eight of his goals, and was entered into a drawing along with the other Active•Fit participants who had met their chosen goals.

To Caleb's delight, his name was drawn in January 2013 to win one of the many prizes – an Xbox 360 with Kinect and fitness software. He continued his Active•Fit participation and stunned his family and friends when his name was drawn to win a second Xbox 360 package in May 2014. "My friends all said, 'Good job!', and they put my name on the morning announcements at school," Caleb bragged.

Evalyn is grateful for the prizes, and even more for the positive turn-around in Caleb's overall behavior. "It not only means something to know that he is learning the healthy way to live, but it shows him that it pays off in more than one way! He benefits all the way around. This program is so amazing! I am glad LMHS is encouraging kids to make healthy choices at a young age."

Active•Fit is now beginning its third year, and registration is open for Period 1, which runs from September 1 to December 31. Participants may register for the free program at any time during the four-month period by visiting www.ActiveFit.org. For more information about the program, please call LMHS Public Relations at (740) 348-1572.

Health Tips – Vaccines for School-Aged Children

To prevent the spread of disease, students in grades kindergarten through twelve are required to be immunized against many communicable diseases before attending classes. In Ohio, required immunizations include:

- Diphtheria, tetanus and pertussis (whooping cough)
- Polio
- Measles, mumps and rubella
- Hepatitis B
- Varicella (chickenpox)

Although not required by state law, immunizations against the seasonal flu also are highly recommended for students. The Centers for Disease Control and Prevention (CDC) reports that the seasonal flu, also called influenza, is more dangerous than the common cold for children of all ages. The CDC advises that the single best way to protect children from the flu is for them to be vaccinated each year. The flu vaccine is available as an injection or nasal spray, and is recommended for most infants and children, ages 6 months and older.

New Appointments



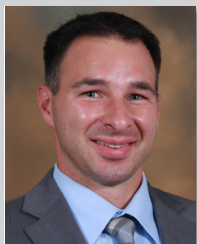
Lisa M. Karres, D.O.,
joined the Active Medical Staff at
Licking Memorial Hospital (LMH).



Mohammed K. Mazumder, M.D.,
joined Licking Memorial Gastroenterology.



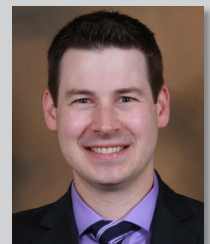
D'Anna Mullins, M.D., Ph.D.,
joined Licking Memorial
Hematology/Oncology.



Alex Tancevski, M.D.,
of Orthopedic Specialists and Sports
Medicine, Inc., joined the Active
Medical Staff at LMH.



Jennifer A. White, C.N.P.,
of the Licking Memorial Hospital (LMH)
Emergency Department joined LMH's Allied
Health Practitioner Section of the Medical Staff.



Grant L. Yoder, D.O.,
joined Licking Memorial
Outpatient Psychiatric Services.



ADHD Is a Common Diagnosis in Children



John D. Applegate,
D.O.

Although children are normally energetic and impulsive, and they tend to have short attention spans, some exhibit these behaviors to an excessive degree and may have a condition called attention deficit hyperactive disorder (ADHD). It is one of the most common diagnoses for children. According to a report by the Centers for Disease Control and Prevention (CDC), a 2011 survey of

parents who had children between the ages of 4 and 17 showed that 11 percent of American children in that age group were currently diagnosed with ADHD. That prevalence rose slightly to 11.6 percent for those who live in Ohio.

“It is the most common chronic condition that we treat at the Pataskala office of Licking Memorial Pediatrics,” said John D. Applegate, D.O. “Many times, the parents have consulted me because their child seems to act out at home, or a teacher has noticed that the child consistently acts inappropriately or cannot follow instructions. A child with ADHD may repeatedly lose assignments, have difficulty making friends or often be in trouble with authority figures.”

No single test can detect ADHD. Healthcare professionals make a diagnosis after surveying the child’s symptoms in different settings over a period of time. Unlike normal childhood behaviors, ADHD behaviors interfere with daily functions.

Some common characteristics of ADHD include:

- Making careless mistakes or taking unreasonable risks
- Difficulty in paying attention

- Not finishing chores or assignments
- Disorganization
- Frequently losing items, such as homework, cell phones or glasses
- Becoming easily distracted
- Forgetfulness
- Excessive talking and interrupting others

An ADHD diagnosis is further divided into three categories: predominantly hyperactive/impulsive, predominantly inattentive, or a combination of hyperactive/impulsive and inattentive. The cause of ADHD is not known, but research indicates that genetics may play an important role.

The treatment for ADHD depends partly on the child’s age and severity of symptoms. For mild symptoms, the physician may advise behavioral therapy, such as rewarding good behavior and developing an organized schedule for the child’s daily activities. For more pronounced symptoms, the physician may prescribe a stimulant medication such as Concerta[®], Ritalin[®] or Adderall[®].

“Many parents are surprised when I prescribe a stimulant to treat their child’s ADHD, because they fear it will increase their child’s hyperactivity,” Dr. Applegate said. “However, in a child with ADHD, these stimulant medications act on the brain’s chemistry to regulate compulsive and hyperactive behavior. The stimulants are not habit forming, and they allow children with ADHD to focus and control their activities in a more acceptable and productive manner.”

Parents who are concerned that their children may have ADHD are encouraged to consult their pediatrician for an evaluation. Licking Memorial Pediatrics has offices in Newark at 1865 Tamarack Road, or 399 East Main Street, and in Pataskala at One Healthy Place, off State Route 16.

“For Your Health” 5K Run and Fun Walk

The Dawes Arboretum in Newark provided a scenic backdrop for the Licking Memorial Health Systems (LMHS) 2014 “For Your Health” 5K Run and Fun Walk on August 2. More than 1,100 individuals participated in the seventh annual event, which encourages healthy lifestyles. Participants had the option to run or walk the 5K course, which weaved through The Dawes Arboretum’s renowned botanical collections. Walkers also had the option to follow a shorter one-mile route.



More than 1,100 runners and walkers participated in the 2014 “For Your Health” 5K Run and Fun Walk at The Dawes Arboretum.

Dick’s Sporting Goods. Medals also were awarded to those who finished first in their age and gender groups (see below).

The “For Your Health” 5K Run and Fun Walk is an event not only for avid runners, but also can mark a major milestone for individuals seeking to improve their health. Approximately 100 LMHS and PNB employees took part in the Couch to 5K program, a nine-week training regimen designed to assist individuals who are not experienced runners in training for the 5K. Group workout

sessions also were offered to LMHS and PNB employees. Participants in the Couch to 5K program were honored at a celebratory cookout at LMH on July 31.

“The annual ‘For Your Health’ 5K Run and Fun Walk supports our mission to improve the health of the community,” said LMHS President & CEO Rob Montagnese. “The event promotes exercise and good health for all age groups while showcasing The Dawes Arboretum as a picturesque fitness environment for walking or running. We are proud to present this excellent event each year.”

The honorary chairs of the 2014 “For Your Health” 5K Run and Fun Walk were Diane and Dan DeLawder. The Dawes Arboretum, the Licking County Family YMCA, the Licking Memorial Hospital Development Council and Park National Bank (PNB) sponsored the event.



Christopher Briggs won the 2014 “For Your Health” 5K Run and Fun Walk with a time of 17:16.

The overall female and male winners of the “For Your Health” 5K Run and Fun Walk included: first place – Emily Roberts (19:50) and Christopher Briggs (17:16); second place – Haylee Zigan (21:56) and Brock Finelli (17:32); and third place – Al Davies (22:59) and Isaac Wheeler (18:10). The top three overall female and male finishers received medals and gift cards to

In addition, LMHS and PNB invited Licking County businesses to promote employee wellness by joining the Couch to 5K Corporate Participation Challenge. Businesses were grouped into three categories based on their total number of employees with the winners determined by the highest percentage of participants to run or walk the 5K course. The Couch to 5K Corporate Participation Challenge winners were: small (1 to 20 employees) – Big Brothers Big Sisters of Licking County; medium (21 to 99 employees) – Center for Sight; and large (100 or more employees) – The Energy Cooperative.

Prior to the “For Your Health” 5K Run and Fun Walk, the Active•Fit Youth Wellness Program offered a free 1-kilometer race for children aged 6 to 12 to promote the health benefits of running as regular exercise. More than 60 children participated in the event and went home with a souvenir t-shirt and goody bag.



Emily Roberts won the women’s division with a time of 19:50.

2014 “For Your Health” 5K Run and Fun Walk Medalists

Age Group	Top Female	Top Male
14 & Under	Kyra Herring	Noah Luecke
15-19	Brigit Luecke	Steven Fondriest
20-24	Brittany Lang	Jerrold Abel
25-29	Kayla Black	David Perry
30-34	Sarah Lenner	Michael Schreiber
35-39	Anissa Broyles	Tom Joyner
40-44	Amy Van Meter	Brandon Button

Age Group	Top Female	Top Male
45-49	Lisa Douglass	Robert Hall
50-54	Susan Haas	Dave Black
55-59	Sharon John	Bob Moon
60-64	Diane DeLawder	A.J. Tarquino
65-69	Carol Brockway	Daniel Sekerak
70-74	-	Mike Hendershot
75-79	Nancy Leblanc	-

Donation Extends Starinchaks' Impact on Community Health

Licking Memorial Health Foundation (LMHF) recently gained a new Caduceus Society member when Fran Starinchak made a generous financial donation in memory of her husband, Edward J. Starinchak, M.D. Dr. Starinchak served as an otolaryngologist on the Licking Memorial Hospital (LMH) Active Medical Staff for 31 years until his retirement in 2000.

Fran Kocinski and Edward Starinchak both grew up in the suburbs of Youngstown, Ohio. However, they never met until they were both students at The Ohio State University in Columbus. She was majoring in medical technology with a specialty in microbiology, and he was in medical school. They married shortly after Fran graduated in 1962, and she worked at Ohio TB Hospital while Dr. Starinchak finished his final year of medical school. "Ed worked hard all his life," Fran said. "He attended Denison University on a full football scholarship, played under Keith Piper four years and attained Little All-American. He then put himself through OSU Medical School by performing physical examinations at North American Aviation. He also was a page at the Ohio Senate and worked for the state as a parimutuel betting inspector for horseracing."

After Ed graduated from OSU Medical School, he completed an internship and residency in otolaryngology at the University of Wisconsin, and a residency in pathology at Duke University. While he was in residency, Dr. Starinchak and Fran had two sons, Ed and Joe.

Fran said, "At first, Ed thought about going into orthopedics, but decided on otolaryngology (study of ears, nose and throat). He personally had problems with hearing as a result of having mumps as a child. That may have influenced his decision." The hearing problems and a football injury prevented Dr. Starinchak from serving in the Vietnam War. Instead, he joined the U.S. Army Reserves and eventually attained the rank of captain.

When the Starinchaks were ready to open a practice in 1969, they learned that the sole otolaryngologist at LMH was ready to retire. "The Hospital building was brand new, Ed had really enjoyed his time at Denison University, and we both wanted to be near grandparents. It was an easy decision for us to set up his practice in Newark," Fran recalled. "I took care of the business end of the office. Ed just wanted to take care of people. That was his passion, along with continuing education."

Dr. Starinchak was board certified by the American Academy of Otolaryngology – Head and Neck Surgery. He also was a fellow of the American College of Surgeons, as well as a member of the American Society of Facial Plastic and Reconstructive Surgery, and the American Rhinologic Society. Much of Dr. Starinchak's work included complicated procedures, such as laryngectomies, radical neck surgeries, stapedectomies (replacing ear bones to enhance hearing), laryngoscopies, tubes and tonsillectomies, thyroid and tongue cancers, rhinoplasties, ear revisions, and cleft palates. He also ran the POD Clinic in Mount Vernon, Ohio.

Dr. Starinchak retired in 2000 and spent the next 13 years on their farm in Granville where he enjoyed gardening, fishing, entertaining family and friends, riding about the farm on his John Deere Gator with Cindy – his black labrador – always in the lead, Fran's gourmet cooking, and of course, he never missed a Buckeye game. "By the time that Ed retired, he had cared for thousands of patients, sometimes spanning three generations of the same family. He loved his work," Fran commented. "He was especially proud of the Denison University students whom he mentored by teaching them the intricate anatomy of the neck. Several of the students went on to study otolaryngology because of Ed's mentoring." Fran and Dr. Starinchak celebrated their golden wedding anniversary in 2012.

Sadly, Dr. Starinchak passed away in November 2013. Fran found a way for the Starinchaks to continue to have a presence in the community's health care. Earlier this year, she made a generous financial donation to LMHF in Dr. Starinchak's memory. "Ed truly respected the Hospital and

one of his wishes was to join the Caduceus Society. He would have been so pleased to know that he could still have a strong impact on the community's medical care," Fran said.

"Dr. Starinchak was a much-loved physician here at LMH," said Veronica Link, Vice President Development & Public Relations. "We are so honored that Fran chose to support the Hospital in his memory. It is heart-warming to know that we are still benefitting from the Starinchaks' dedication."

The Caduceus Society was created in 1990 by the LMH Development Council as an opportunity for physicians to support the Hospital. The funds are used to provide state-of-the-art medical technology and services to the Hospital.



The Starinchak family at their farm in Granville. Pictured are (left to right): front – Dr. Starinchak and Fran, back – Ed and Joe.



Annual Golf Gala Supports LMH

The Licking Memorial Hospital (LMH) Development Council hosted the 2014 Golf Gala at Granville Golf Course on June 23. The annual golf outing raises funds to obtain and enhance state-of-the-art technology and services within the Hospital.

“LMHS is committed to providing quality health care to our community, but we depend on your support to do that,” LMHS President & CEO Rob Montagnese said to the 139 golfers in attendance. “Your overwhelming support of this year’s Golf Gala will help us fulfill our mission to improve the health of the community, and allow the Hospital to remain in the forefront of healthcare technology.”

The honorary chairs of the 2014 Golf Gala were Angie and Walt Greenfield. The couple has been recognized for their commitment to the Licking Memorial Health Foundation’s William Schaffner Society. Angie, owner of Greenfield Consultants, serves as a consultant in the LMH Development Department, where she assists the Development team in increasing donations and writing grants. Walt is the President and CEO of Greenfield/Lewis Investment Counsel, where he is an Investment Advisor. Greenfield/Lewis Investment Counsel was recently recognized for its commitment to the Health Foundation’s Golden Corporate Honor Roll.

At the event, participants were provided with a boxed lunch and an opportunity to network with fellow attendees prior to an afternoon of golf. A total of 35 teams participated in the 18-hole scramble. Following the round, participants enjoyed a barbecue



Posing with Scrubs, the Hospital mascot, are the winners of the 2014 Golf Gala first-place award – (from left to right) Jack Trenish, Rob Justice, Phil Pack and Tom Branham of the Frontier Home Remodeling team.

dinner, as well as an awards ceremony featuring team and individual awards.

The Frontier Home Remodeling team, which included Robert Justice, Tom Branham, Phil Pack, and Jack Trenish, secured a first-place victory with a score of 57. Each team member received a trophy, a golf towel and a round of golf at Longaberger Golf Course. The Park National Bank teams tied for second place with a score of 58. One team included Ed Bohren, Tom Cummiskey, Pat Jeffries and David Shull.

The other team included Matt Miller, Jim Silvanya, Ryan West and Nate Willison. The teams shared the second place prizes of four golf towels and four rounds of golf at Granville Golf Course. Unfortunately, there was not a winner for the Hole-in-One prize, a two-year lease for a new 2014 Honda Accord Crosstour offered by John Hinderer Honda. Prizes were awarded for the following categories:

- Closest to the Pin – Phil Pack, of the Frontier Home Remodeling team, received two rounds of golf at The Links at Echo Springs.
- Longest Drive for Women – Molly Ingold, of the Hospice of Central Ohio team, received two rounds of golf at Kyber Run Golf Course.
- Longest Drive for Men – Drew Link, LMHS Health and Wellness Specialist, received two rounds of golf at Kyber Run Golf Course.
- Longest Putt – Dave Wilkins, of the Interim Healthcare team, received two rounds of golf at Eagle Sticks Golf Course.

Annual Golf Gala Supports LMH (continued on page 25)

2014 Golf Gala Sponsors

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Wilson's Garden Center
The Works
Wyandot Golf Club

Annual Golf Gala Supports LMH (continued from page 24)

This year's Ace Sponsors (\$5,000 donation) included John Hinderer Honda, Matesich Distributing Company, MedBen, Park National Bank and Stedman Floor Co., Inc. Eagle Sponsors (\$2,500 donation) included CS Construction, The Energy Cooperative, Guttridge Plumbing, Inc., Interim Healthcare of Newark, The Jerry McClain Companies, Limbach Company, LLC, Newark Advocate Media, SmartBill, Ltd., Summit Custom Cabinets, Surgical Interventions, LLC, US Foods, Inc., and WCLT Radio, Inc.

The LMH Development Council was established in 1987 to increase charitable giving to the Hospital, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on three Development Council committees: Annual Support, Community Relations, and Education and Membership.

Donor Recognized for Contribution to the Licking Memorial Health Foundation

A new donor was recently recognized for a generous contribution to Licking Memorial Health Foundation (LMHF). The contribution ensures that Licking Memorial Hospital (LMH) can continue to provide excellent, quality health care for the community with state-of-the-art technology and facilities.

The Golden Corporate Honor Roll Greenfield/Lewis Investment Counsel



LMHS President & CEO Rob Montagnese (right) and Vice President Development and Public Relations Veronica Link (left) recognized Greenfield/Lewis Investment Counsel President & CEO Walt Greenfield for the company's membership in The LMH Golden Corporate Honor Roll.

Greenfield/Lewis Investment Counsel was welcomed into the Golden Corporate Honor Roll, a giving club for companies that have made a total commitment of \$10,000 or more to LMH.

Participation in the Golden Corporate Honor Roll signifies the companies' alliance with LMH to ensure the continuation of excellent healthcare services in the community.

Founded in 1999 by Walt Greenfield and John Lewis, Greenfield/Lewis Investment Counsel is an investment advisory firm located in Granville and Hilton Head, South Carolina. Walt, the President and CEO, is a certified public accountant in Ohio and South Carolina and a member of the American Institute of Certified Public Accountants. He formerly served as the Licking County United Way Chairman, a member of the Licking County Chamber of Commerce, and Past President of Moundbuilders Country Club. Walt earned a Bachelor of Science degree and a Master of Business Administration from Miami University.

Walt and his wife, Angie, split their time between their homes in Granville and Hilton Head. The Greenfields are also members of The William Schaffner Society, which is comprised of individuals who pledge at least \$10,000 over a period of 10 years. Together, they have four grown children and six grandchildren.

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMHF will be utilized to provide state-of-the-art technology at LMH. The contributions are not used for salaries or general operating expenses.

Development Spotlight – Joan Omlor



Joan Omlor

Joan Omlor joined the Licking Memorial Hospital Development Council's Annual Support Committee earlier this year. In addition, she serves as President of the Volunteer Executive Committee. Formerly a teacher at Heath City Schools, her duties as President include updating the Hospital's volunteer information, as well as assisting Hospital personnel

as needed. Joan also has contributed to Licking County as a former volunteer poll worker and a current member of the Newman Needlers – a group of LMH Volunteers who enjoy crocheting, knitting and weaving, and have donated more than 1,100 handcrafted items to various Hospital guests. She received the Heath Sertoma Service to Mankind award in 2005, the Coughlin "Make a Difference" Award in 2004, and was recognized as one of the Licking County Leaders of Learning in 2000 and a Jennings Scholar in 1977.

Joan first became interested in serving on the Development Council after being elected President of the Volunteer Executive Committee. As a volunteer, Joan feels she is in a unique position that allows her to give input to the Council from a different perspective. Most importantly, she serves the Council to help Licking Memorial Health Systems continue to improve their service, and she looks for volunteer opportunities to help accomplish some of the Development Council's initiatives.

"The working environment at LMH is open and encouraging. I have an opportunity to use my talents and experience to provide beneficial input to the Development Council. I am pleased to be able to help enhance the LMH experience," Joan said.

A resident of Licking County for 43 years, Joan was born in Mount Vernon, Ohio, and currently resides in Newark. In her spare time, she enjoys reading, gardening, and spending time with friends and family.

Donors

Undesignated contributions to Licking Memorial Health Foundation in 2014 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in May and June 2014.

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Chris Hiner
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Cheri Hottinger
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Pat Jeffries
The Jerry McClain Companies
John Hinderer Honda
Kendal at Granville
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Kessler Sign Company
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Rehabilitation
Bill Kuhlwein
Thomas S. Kulka (Welch Allyn)
Lepi Enterprises, Inc.
John, Linda, and Tyler Lewis
Limbach Company, PPC
Drew Link
Veronica Link
Kim Lust
William Mann
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Marsh USA, Inc.
Mike Massaro
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TWIGS 6

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In memory of Sister Bettina
by: Diane and Gary Ryan

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In memory of Roberta Pryor

Volunteer Spotlight – Karen Hamilton



Karen Hamilton

Rather than focus on one particular area, Karen Hamilton is happy to volunteer wherever her service is needed within Licking Memorial Hospital (LMH). In fact, she does not have a set schedule and prefers the variety of being an on-call volunteer, floating between departments and duties as needed. Since joining the Volunteer Services Department in 2005, Karen has accumulated more than 1,500 hours of

service to the Hematology/Oncology and Surgical Departments, at the LMH Main Entrance Reception Desk, on the Messenger Service, and providing office assistance to various administrative departments throughout the Hospital. Following a 27-year career as a purchasing agent at General Electric's Newark plant, Karen knew she wanted to find a meaningful way to occupy her time in retirement, and her desire to help people led her to LMH.

“Walking into the Hospital for the first time can be an overwhelming experience for patients and visitors, and I love being able to help people have a more positive experience at LMH,” Karen said. “It is very rewarding to be able to assist the people who need it most – either by giving them directions to where they need to go or simply answering a question. Knowing that I positively impact someone’s visit to LMH gives me a sense of accomplishment at the end of each shift.”

“Karen is very gracious and kind to everyone she meets – whether a visitor, patient, fellow volunteer or physician,” Director of Volunteers, TWIGS and Events Carol Barnes said. “We are truly grateful for her willingness to cover shifts whenever and wherever she is needed. She is an exemplary member of our Volunteer team, and we are thankful for how incredibly generous she is in sharing her time with us.”

Karen was born at the former Newark City Hospital and has spent most of her life in Licking County. The brief exception was a four-year period when her family lived south of San Francisco, California, and produced plums and prunes for Sunkist. Karen has traveled extensively throughout the United States and the Caribbean, as well, with New Orleans, Louisiana, and Savannah, Georgia, among her favorite locales. After visiting so many destinations, Karen now prefers to keep her journeys closer to home. She is active in a pair of social organizations as Vice President of Buckeye Lake Seniors and a member of the Retired Eagles Activity Club. With the groups, she participates in one-day trips to see theatrical productions or visit Amish Country, as well as regular gatherings for lunch and games.

Karen has four grown children, seven grandchildren, and five great-grandchildren. In her free time, she also enjoys bird watching and working in her garden.

Students Support LMH Through Summer Volunteer Program



Student volunteers are (left to right): Front row – Meghan Brown, Adriana Hoy, Camryn Packham, Emma Hammond, and Micaela Schmoll. Back row – Spencer Koontz, Steven Fondriest, Mallory Ruml, and Jack Flaherty. Not pictured – Jacob Fondriest and Annie Newhouse.

This summer, 11 high school- and college-aged students spent a portion of their summer break serving as volunteers at Licking Memorial Hospital (LMH). The student volunteers provided support to LMH through a variety of services ranging from greeting visitors at the reception desk to providing clerical assistance.

Students between the ages of 15 and 18 are eligible to become a member of the LMH Volunteer Department with their parents' or guardians' consent. They must complete a volunteer application,

background check and training prior to undertaking their responsibilities.

The LMH Volunteers who are attending high school or college classes this fall include:

- Meghan Brown
- Jack Flaherty
- Jacob Fondriest
- Steven Fondriest
- Emma Hammond
- Adriana Hoy
- Spencer Koontz
- Annie Newhouse
- Camryn Packham
- Mallory Ruml
- Micaela Schmoll

Many of the student volunteers have an interest in health care, and are assigned various duties accordingly. A goal of the program is to provide first-hand experience and opportunities to participate in work activities that correspond with their interests and the needs of the Hospital.

“Our student volunteers work hard and are committed to supporting LMH,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “This year’s group is focused and excited to learn. We are happy to provide the opportunity for teens considering a career in health care.”

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4079, or visit www.LMHealth.org and select “About Us” then “Volunteers” from the drop-down menu.

Retiree Spotlight – Margaret Oakleaf



Margaret Oakleaf

Margaret Oakleaf spent exactly 40 years in patient care at Licking Memorial Hospital (LMH), but nearly missed that milestone. She originally considered retiring in 2011 before opting to work one more year until May 2012 to allow her career to span four decades.

Throughout her 40 years worked at LMH, Margaret spent time in a variety of departments as an LPN (Licensed Practical Nurse). She graduated from Muskingum Area Technical and Vocational College in 1969 and originally started at LMH in 1971, but was able to work for only five months before moving to Tucson, Arizona. A year later, she returned to Licking County and was welcomed back as a floor nurse on the 4-South nursing unit. An assortment of shifts followed on 4-South, 4-North, 6th Floor, Wound Clinic, and Margaret was considered a “floater” when reporting to any unit that needed her nursing skills. After the birth of her son in 1982, Margaret willingly slowed to working part-time at LMH.

Margaret finished her nursing career in the Case Management Department where she filled a new position – Admissions Chart Review Nurse. In this position, she coordinated

admissions status reports and relayed information with the physicians. She enjoyed working in that Department for 3 ½ years until her 2012 retirement.

Over 40 years, Margaret saw many changes at LMH including three building remodels. One distinct remodel change she recalls was during the early 1970s, when the blue floor tiles in the hallways were re-patterned from spelling “LCMH” (Licking County Memorial Hospital) to “LMH.”

Margaret’s favorite memories at LMH revolve around her coworkers – many of whom she is still close friends with today. She considers herself lucky to have worked from 1972 to 2012 with three of the same colleagues: Marsha Pfeifer, Jan Campbell and Vicky Lilly. She recalls that many of her coworkers “were like family with friendships so deep, they would do anything for you – plus, they were fun people!”

Since her retirement, Margaret stays busy by volunteering one day a week at the LMH Wound Clinic. She enjoys being with her children, Darcy and Jerrod, and caring for two cats named October and Sallimander. She also tries never to miss a Tuesday night Bible study class at the Fredonia Baptist Church. Margaret is looking forward to a five-week trip to Australia next spring to vacation with her pen-pal.

LMHS Retirees Gather with Former Coworkers

More than 110 Licking Memorial Health Systems (LMHS) retirees gathered at the Annual Retiree Dinner on July 10 to reconnect with former coworkers and learn about innovations and changes within the Health Systems. Retired employees are invited to a dinner at the Hospital, as well as two luncheons at the DoubleTree by Hilton Hotel in Downtown Newark each year.



LMHS Participates in Annual Pataskala Relay for Life

The annual Pataskala Relay for Life for Life event took place at Watkins Memorial High School from 2:00 p.m. on July 12, through 8:00 a.m. on July 13. Relay for Life, the signature event of the American Cancer Society, features 18 hours of continuous walking, with the goal of raising funds to benefit cancer research through sponsorships and donations. This year's event featured 11 teams, with 95 participants – some of whom were cancer survivors themselves – in addition to the many friends, caretakers, and family members whose lives have been impacted by cancer. Together, they raised \$26,307 for cancer research. Some attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against cancer, as well as a Luminaria Ceremony in remembrance of lost loved ones.



The Pataskala Relay for Life took place on July 12 and 13. The primary goal of the annual event is to raise awareness and funds for cancer research.

During the opening ceremony, Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, offered words of appreciation to the attendees. “LMHS has been inspired by the participants of Relay for Life who have contributed so much to the fight against cancer, not just at this event, but in their everyday lives as well,” said Rob. “We are proud to join you in this fight.”

LMHS is dedicated to the early detection and treatment of cancer. In addition to excellent patient care, the Health Systems provides free community education programs on topics including colorectal cancer and skin cancer. Cancer screenings include free mammograms to qualifying women with financial need.

Pataskala Health Campus Hosts Chamber of Commerce



The Pataskala Health Campus of Licking Memorial Health Systems (LMHS) hosted the Pataskala Chamber of Commerce's meeting in August. Forty-nine Chamber members attended the meeting and enjoyed a buffet lunch, catered by LMHS Food Services. The Health Systems has been a member of the Pataskala Chamber of Commerce since 2004.

LMHS opened the Pataskala Health Campus in 2004 on a 32-acre parcel, located at 1 Healthy Place along State Route 16. Since its inception the Pataskala Health Campus has grown to include:

- **Licking Memorial Urgent Care**, open seven days a week, staffed by Licking Memorial Hospital Emergency Medicine physicians

- **Licking Memorial Family Practice**, with Earl G. Haley, M.D., and Colleen Smith, M.D.
- **Licking Memorial Pediatrics**, with John Applegate, D.O., and Kristen H. Upton, C.N.P.
- **Licking Memorial Women's Health**, with Tiffany E.D. Inglis, M.D., and Erica Brown, C.N.M.
- **Licking Memorial Dermatology**, with Laurie J. Schaeffer, D.O.
- **Licking Memorial Laboratory Services**, open Monday – Friday, 7:30 a.m. – 4:00 p.m., staffed by qualified Clinical Laboratory Scientists, Medical Laboratory Technicians and Phlebotomists.
- **Licking Memorial Rehabilitation Services**, with qualified therapists and social workers
- **Foot & Ankle Specialists of Central Ohio**, with Daniel B. Logan, D.P.M., Kristin E. Burton, D.P.M., and Scott D. Gurwin, D.P.M
- **MidOhio Nephrology & Hypertension**, with Hints A. Tewoldemedhin, M.D.
- **Orthopaedic Specialists & Sports Medicine**, with Brad M. Bernacki, M.D.



LMHS Participates in Pataskala Street Fair and Parade

Licking Memorial Health Systems (LMHS) joined in the fun of the annual Pataskala Street Fair from August 13-17. Staff members from the Pataskala Health Campus provided information about available healthcare services and handed out free LMHS items, such as water bottles and hot/cold packs, each day at the LMHS booth. LMHS President & CEO Rob Montagnese, Family Practice Physician Earl Haley, M.D., and Pediatric Nurse Practitioner Kristen Upton, C.N.P. (pictured left, clockwise from bottom), supported the community event by participating in the Pataskala Parade on August 16.

The Licking Memorial Pataskala Health Campus is located at One Healthy Place, off State Route 16, on the east side of Pataskala. The Pataskala Health Campus offers a range of services, including: Licking Memorial Urgent Care, Licking Memorial Pediatrics, Licking Memorial Women's Health, Licking Memorial Family Practice, Licking Memorial Physical Therapy, Licking Memorial Dermatology and Licking Memorial Hospital Laboratory Services.

Zonta's Annual Luncheon Contributes to LMHS Women's Health Services

The Zonta Club of Newark has made annual charitable contributions to Licking Memorial Health Systems (LMHS) since 1989 with the goal of enriching patient care services. The Zonta Club held their Annual Champagne Luncheon on May 10 where they raised funds through a Silent Auction and Style Show. The Zonta Club presented \$3,600 in donated funds to LMHS Physician Center Manager Gayle Scarrett on June 22.

Pictured are (left to right): Zonta member Joan Garret Wine, Gayle Scarrett, Zonta Club President Jo Ann Darnes and Zonta Club member Becky Schultz.



Hartford Fair Projects Receive LMHS Support

Licking Memorial Health Systems (LMHS) purchased the 1,308-pound reserve champion market steer owned by Logan Horn at the Hartford Fair in early August. Logan is a member of Cream of the Crop 4-H Club in Alexandria. LMHS plans to donate the beef to the Salvation Army of Licking County.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this issue of **Community Connection**.

You'll once again see why

Licking Memorial Health Systems is measurably different ... for your health!

Visit us at www.LMHealth.org.

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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Community Events

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

LMHS Family Movie Night Event

Saturday, September 20, 7:00 p.m.

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

The community is invited to a free outdoor showing of the family comedy, "Little Giants."

LMH Baby Expo

Saturday, October 19, 1:00 to 5:00 p.m.

Licking Memorial Hospital's John & Mary Alford Pavilion

The community is invited a Baby Expo, sponsored by the Licking Memorial Development Council. The event will feature speakers, information booths, vendors and tours of the Maternal Child Department. The event is free, and no registration is necessary. See page 3 for details.

Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road

Tuesday classes

Wednesday classes

9:00 to 11:00 a.m.

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

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

Ask the Doc

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

No charge. Open to the public.

Shepherd Hill, 200 Messimer Drive, Newark

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

Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC

150 Price Road, Newark

1:00 to 3:00 p.m. No charge.

Second Thursday of each month: blood glucose screenings

Fourth Thursday of each month: blood pressure screenings

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

First Impressions – Maternal Child Classes

Childbirth Education Classes

Newborn Basics Class

Stork Tour

Breastfeeding Class

Infant and Child CPR

Sibling Preparation Class

For more information or to register, call (740) 348-4346 or e-mail: firstimpressions@LMHealth.org.