



Measurably Different ... for Your Health!

## LMHS Announces Prestigious Lifetime Achievement Awards



Eschol Curl, Jr.

Licking Memorial Health Systems (LMHS) is pleased to announce that Eschol Curl, Jr. of Granville is the recipient of the Health Systems' prestigious 2013 Lifetime Achievement Award. Eschol, who retired from State Farm as Vice President of Operations for the Mid-America Zone, was recognized for his vision, inspiration and leadership that have touched and enriched the lives of Licking County residents.

"We are proud to honor Eschol with the Lifetime Achievement Award to pay tribute to his long history of service to the Licking County community," stated Rob Montagnese, LMHS President & CEO. "In addition to his professional contributions at

State Farm, which is one of Licking County's most prominent businesses, he has devoted much of his personal time to non-profit organizations that advance education and wellness issues for local residents. The Lifetime Achievement Award is presented each year to an individual whose service has reflected LMHS' mission to improve the health of the community. Eschol is most deserving of this recognition because of his outstanding leadership and motivational abilities."

*LMHS Announces Prestigious Lifetime Achievement Awards (continued on page 2)*

## LMH's Heart Failure Performance Leads Ohio Hospitals

A new comparison of hospitals' performance measures has shown that Licking Memorial Hospital (LMH) leads the state of Ohio in an important indicator of care for heart failure patients. The Centers for Medicare & Medicaid Services (CMS) released a report in September that LMH's percentage of heart failure patients who were re-admitted within 30 days of being released from the Hospital was lower than the national average, and the lowest of all Ohio hospitals, regardless of size.



LMH's Heart Failure Clinic provides education and rehabilitation to help heart failure patients improve their quality of life.

*LMH's Heart Failure Performance Leads Ohio Hospitals (continued on page 3)*

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

See pages 14-19 for Quality Report Cards in this issue.

## COMMUNITY EDUCATION

### Lung Cancer

- Date:** Thursday, November 21
- Location:** LMH First Floor Conference Rooms
- Time:** 6:00 p.m.
- Speaker:** Jacqueline Jones, M.D.

Lung cancer is one of the most common forms of cancer and the leading cause of cancer-related death. According to the National Cancer Institute, more than 226,000 new cases were identified and more  
*(continued on page 3)*

### Hepatitis C

- Date:** Thursday, December 12
- Location:** LMH First Floor Conference Rooms
- Time:** 6:00 p.m.
- Speaker:** Ghulam Mujtaba, M.D.

Hepatitis C is a contagious viral infection that primarily affects the liver. Although this infection can be a short-term illness, acute infection will lead to chronic infection in most people. Chronic hepatitis C is a  
*(continued on page 5)*

Eschol was born in Dublin, Georgia, and grew up in Savannah, Georgia, before later moving to Atlanta. He earned a bachelor's degree from Berry College in Rome, Georgia, with a major in business and a minor in sociology. Upon graduation, he joined State Farm as a management trainee in Jacksonville, Florida, where he met his future wife, Dorothy. The couple wed in 1974, and after serving State Farm in several geographic locations and professional capacities, Eschol and Dorothy moved to Licking County in the mid-1980s, along with their three young daughters, Shelley, Leigh Ann and Ashley. In 2011, he retired after 39 years at State Farm.

Eschol attributes much of his achievement to a supportive network of family and coworkers. He said, "I am so fortunate to have worked for an employer that supports employees' involvement in the community. The late Cal Roebuck (1999 Lifetime Achievement Award recipient) was encouraging and modeled the importance of volunteering."

Eschol added, "I could not have accomplished the community work that I have done in the past without my family's support. Dorothy has always been supportive of and committed to my community involvement. We are proud that we can see the results of our modeling in our daughters – they are all very civic minded and committed to outreach activities that make a difference."

Even in retirement, Eschol continues to work toward enhancing community residents' quality of life. Some of his past and current activities include:

- Newark Regional Campus Board of Trustees (Board Chair for 2010-2011 academic year)
- Griffith Insurance Education Foundation Board of Trustees (Board Chair in 2011, Interim Executive Director of the Foundation in 2012)
- Licking County Family YMCA Board of Directors (Board Chair for two years)
- Licking County Family YMCA Foundation Board (current Board Chair)
- Hospice of Central Ohio Board of Trustees (current Board Chair)
- Licking County Foundation Governing Board
- The Works Board of Directors (also served as Chair of the Major Gifts Division of the 2004 Endowment/Capital Campaign)
- Our Futures in Licking County Leadership Board
- Licking Memorial Hospital (LMH) Development Council
- Newark Rotary Club

Other local organizations still benefit from Eschol's past involvement, including:

- Licking County Library (2010 Levy Campaign Chair)
- Licking County United Way (2005-2006 Campaign Chairman)
- Licking Parks District (Citizens for Parks, Paths & Trails levy campaign committee member)
- Big Brothers Big Sisters (past Advisory Council member)
- Licking County Board of Developmental Disabilities (past Board Member)
- American Red Cross of Licking County (past Board Member)

"Cal Roebuck was responsible for my joining the LMH Development Council approximately 20 years ago," Eschol

recalled. "He suggested that it might be a good fit for me, and it has been a terrific experience. I have had the opportunity to see the Hospital grow and improve through the years, and I have seen first-hand the excellent care that has been provided to my family and friends. Everyone with whom I come into contact at LMH wants to make a personal one-on-one impact from the time I walk in the front door to the time I leave, whether I am there for a meeting or to visit a patient. I always feel welcome. Every time I visit the Hospital, I am impressed by the staff's level of dedication and care. I feel honored to be associated with such a quality organization and to receive this award."

In addition to the Lifetime Achievement Award, Eschol received the American Red Cross Hometown Hero Award in 2012, the Community Mental Health and Recovery Board 2009 Cyril G. Ransopher Vision Award, and the Ohio Cancer Research Associates Award in 2004. "Eschol has earned strong respect from those who work alongside him on community projects," Rob noted. "His leadership style has a genuine warmth and humility that inspires others to perform at their highest possible level. Great things happen when Eschol is involved."

The Lifetime Achievement Award was created in 1989 and is the highest award that LMHS confers each year. The award was presented at the LMHS Lifetime Achievement Reception on November 8.



The Look Up Dental Clinic received the Building a Healthier Community Award. Pictured are (left to right): Geoff Bauman, D.M.D., Pat Riley, Karen Butts, Susan Steinman, Deena Robinson and Scott Hayes.

### Building a Healthier Community Award

LMHS is pleased to recognize the Look Up Dental Clinic with the Building a Healthier Community Award. The award is presented each year to an individual, group or organization in Licking County with a non-profit project or initiative that reflects the Health Systems' mission to improve the health of the community.

The Look Up Dental Clinic was established in August 2011 to address the unmet need for urgent/emergent dental care for uninsured, low-income adults in Licking County. The Clinic is located at the Look Up Center, 50 O'Bannon Avenue, in Newark. It operates on locally donated funds and is staffed

*LMHS Announces Prestigious Lifetime Achievement Awards (continued on page 3)*

mostly by volunteer dentists and hygienists. As of September 2013, the Clinic had served more than 1,600 patients with more than \$290,000 worth of dentistry.

The Clinic partners with the LMH Emergency Department and the Licking County Health Department for patient referrals. The Clinic also coordinates with C-TEC of Licking County to provide valuable experience for students in their dental assisting program in exchange for volunteer services.

“Before the Look Up Dental Clinic opened, there were few options for uninsured, low-income adults in Licking County with dental emergencies,” Rob stated. “Dr. Geoff Bauman and Pastor Scott Hayes saw the need in our community and devoted their efforts to creating a sustainable solution. The Clinic’s dedicated staff has already made a difference in

the lives of many individuals in our community, by directly providing local emergency dentistry at the highest level of quality. Their care certainly improves the lives of the patients whom they serve, and we are proud to recognize them with the prestigious Building a Healthier Community Award.”

The Look Up Dental Clinic is the ninth recipient of the Building a Healthier Community Award, which was established by the LMH Development Council in 2005. Previous recipients have included LMH TWIGS, Newark Rotary Club, Salvation Army of Licking County, Hospice of Central Ohio, Granville High School Key Club, Twentieth Century Club, American Red Cross of Licking County and The Licking County Coalition of Care. The 2013 award was formally presented to the Look Up Dental Clinic at a reception on November 8.

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LMH’s Heart Failure Performance Leads Ohio Hospitals (continued from front page)

“Our 30-day re-admission rates for heart failure patients are consistently among the lowest in the state,” said Rob Montagnese, President & CEO of Licking Memorial Health Systems. “Heart failure patients can be assured that they will receive the best care at LMH, without the inconvenience of traveling to a larger city.”

A lower hospital re-admission rate is considered significant in the healthcare industry because it indicates excellent comprehensive care that prevents patients from experiencing a repeated health crisis. The CMS report tracks patients who were released from a hospital with a diagnosis of heart failure and were re-admitted to a hospital within 30 days for any reason, including diagnoses unrelated to heart failure. Nationally, the 30-day hospital re-admission rate for heart failure patients is 24.7 percent, while LMH’s re-admission rate is 20 percent.

“We offer a full spectrum of services to our patients with chronic heart failure (CHF), which helps them avoid crises that would require hospitalizations,” explained Cardiologist Bryce

Morrice, M.D., Medical Director of the Heart Failure Clinic. “The Clinic provides patients with a customized plan of care, education and personal care tools to manage their illness. The 30-day hospital re-admission rate is greatly reduced for heart failure patients who participated in the Clinic. At one point, the re-admission rate was as low as 8 percent, which clearly demonstrates the Clinic’s effectiveness.”

Debbie Young, Vice President Patient Care Services, said, “The Heart Failure Clinic is a service that LMH added for the benefit of our patients. Heart failure is a chronic, life-threatening condition that requires constant management by the patient. The regimen can be overwhelming to new patients, and the Clinic’s low re-admission rates prove that the additional support enables patients to manage their conditions better.”

Patients who have been diagnosed with heart failure, either at LMH or another hospital, are eligible to visit the LMH Heart Failure Clinic with a physician’s referral. Initial appointments can be made by calling (740) 348-4177. The cost of the Clinic’s services is covered by Medicare and many insurance plans.

## Community Education – Lung Cancer (continued from front page)



Jacqueline Jones,  
M.D.

than 160,000 deaths occurred in 2012 from lung cancer in the United States. Early detection and treatment are essential to survival.

Join Licking Memorial Oncologist Jacqueline Jones, M.D., for the latest information on lung cancer on Thursday, November 21, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Licking Memorial Tobacco Cessation counselors will also be present at this event. This program is free; however, registration is required. To register, please call (740) 348-2527.

# Lithotripsy Treats Kidney Stones Without Incision

In the U.S., kidney stones affect an estimated 12 percent of men and 5 percent of women by the age of 70. The stones form when urine becomes concentrated with certain substances that begin to crystallize within the kidneys. They can range from tiny, sand-like particles to large, golf-ball sized stones. Without treatment, kidney stones may dissolve, remain lodged inside the urinary system or pass through the urinary tract. The patient may have a single stone or even hundreds. In any case, they can cause a great deal of pain.

In the past, patients often had invasive surgery to remove lodged kidney stones through an incision and required several weeks to recover completely. Fortunately, a non-invasive surgical procedure has been developed that uses shock waves (also called sound waves) to break up stones while they are in the kidney, bladder or ureter.

The procedure, called extracorporeal shock wave lithotripsy, or "lithotripsy" for short, uses the shock waves to break kidney stones into small fragments that can pass from the body on their own through the urinary tract. The procedure works best on stones that are smaller than 2 cm, which is approximately the size of a large marble. It is performed on an outpatient basis, allowing the patient to return home to light activity the same day.

During lithotripsy, the patient lies on a water-filled cushion on the surgery table in an integrated operating room that has X-ray equipment to pinpoint the current location of all stones. With the patient under general anesthesia, the lithotripsy machine is placed against the patient's abdomen and produces percussive shock waves that pass harmlessly through the soft tissues. The shock waves focus directly on the stones, causing them to shatter into



Lithotripsy is now available at LMH for the non-invasive treatment of kidney stones.

sand-sized particles. Approximately 1,000 to 2,500 shock waves over the course of 45 to 60 minutes are required to complete the process. Afterward, the patient is taken to the surgical recovery area and may be dismissed within a few hours.

William A. Stallworth, M.D., of Licking Memorial Urology, received special training to perform lithotripsy. "The procedure is generally regarded as safe and is a tremendous improvement over traditional surgery for most of my patients. In the past, I had to take them to the Columbus area for lithotripsy,"

Dr. Stallworth said. "My patients have told me that it is such a great convenience for them to be able to have their kidney stones now treated at LMH, close to home."

Although lithotripsy can be used for patients of all ages and even those who have only one functioning kidney, some may not be good candidates for the procedure, including:

- Pregnant women
- Patients with pacemakers
- Very obese patients
- Patients with stones in the ureter (Stones close to the bladder are best treated by simple extraction of the stone in one piece.)
- Patients with certain types of stones without calcium that do not visualize well on regular X-rays

In these cases, the physician may recommend traditional surgery for stone removal or medications to dissolve the stones.

Patients who have had kidney stones are at an elevated risk to develop them again. Dr. Stallworth recommends that the best preventive measure is to drink at least eight glasses of water daily. In addition, he often prescribes diet modification and preventive medications to prevent future stones from forming in the kidneys.



## Active•Fit YOUTH WELLNESS PROGRAM

The Active•Fit program promotes healthy lifestyles for youth ages 6 to 12.

Visit [www.ActiveFit.org](http://www.ActiveFit.org) to register. Participants who complete the free program will be entered into a drawing to win prizes!

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For more information, visit [www.ActiveFit.org](http://www.ActiveFit.org)

# iPro Continuous Glucose Monitoring Reveals Round-the-Clock A1c Results



I-Tsyr Shaw, M.D. (left), and Jaime T. Goodman, M.D. (right), use state-of-the-art continuous glucose monitoring (CGM) as a diagnostic tool at Licking Memorial Endocrinology. Dr. Shaw is holding the small CGM sensor that takes frequent blood glucose readings.

Good control of blood glucose levels is essential for patients with diabetes to minimize their risk of developing debilitating or even life-threatening complications. Most patients with diabetes can achieve good blood glucose management through a careful balance of diet, exercise and medications, using regular home glucose meter readings and laboratory testing to track their success. However, some patients experience widely fluctuating blood glucose levels that the home glucose meter and laboratory A1c test results may not reveal. To gain a more accurate and detailed account of a patient's blood sugar levels, Licking Memorial Health Systems (LMHS) has acquired the state-of-the-art Medtronic iPro™2 Professional Continuous Glucose Monitoring (CGM) System.

Jaime T. Goodman, M.D., and I-Tsyr Shaw, M.D., of Licking Memorial Endocrinology, offer the iPro CGM system to diabetes patients who cannot attain good blood glucose control, or those who report frequent high or low blood glucose levels. "We use this device on patients with uncontrolled glucose or glucose excursions for which we cannot find a cause. We also use the technology for patients whose finger-stick test results with a blood glucose meter do not correlate well to their A1c results," Dr. Goodman explained. "Basically, the CGM is ideal for patients who appear to be doing 'everything right' as far as

exercising, following their diet and taking their medications, yet have uncontrolled blood sugar levels. In those cases, the CGM profile can reveal trends in the patient's blood sugar levels that traditional monitoring cannot detect. One common example is that some patients' blood sugar levels spike during sleep. The CGM can read the glucose level every five minutes. That is 288 times per day, which is many more times than a person could test with a finger stick using a blood glucose meter."

Continuous glucose monitoring (CGM) takes only a few minutes to set up in the physician's office. A tiny electrode called a glucose sensor is inserted under the skin of the patient's abdomen to measure the blood glucose level of fluid in the skin. A small, plastic-covered monitor is worn outside the body to receive and record the readings via radio frequency. The CGM device is watertight, so normal bathing and swimming activities are permitted during the monitoring period.

"While wearing the device, the patient keeps a detailed log of food and carbohydrate consumption, medications taken, activities and symptoms so that we can later review all of this information with the CGM data," Dr. Goodman explained. After wearing the device for five days, the patient returns to Licking Memorial Endocrinology to have the CGM device removed, and the data is downloaded into a software program, along with the patient's blood glucose meter readings for comparison. While the actual numbers on the CGM readings are not perfect, the resulting trends can be very telling," Dr. Goodman commented. "By comparing the CGM readings with the patient's activity and food diary, we can make the necessary adjustments to achieve better blood glucose control."

Licking Memorial Endocrinology opened in 2010 to focus on patients with diabetes and other glandular disorders, such as thyroid diseases, metabolic disorders, menopause complications, osteoporosis, hypertension, cholesterol disorders, and pituitary and adrenal abnormalities. Appointments are available with Dr. Goodman by calling (740) 348-7950, or with Dr. Shaw by calling (740) 348-1740. Patients should check with their insurance carriers to verify if a physician's referral is required.

## Community Education – Hepatitis C *(continued from front page)*



Ghulam Mujtaba,  
M.D.

serious disease that can lead to long-term health problems and even death. Prevention is the best strategy to avoid the consequences of this infection.

Join Licking Memorial Gastroenterologist Ghulam Mujtaba, M.D., to learn more about Hepatitis C on Thursday, December 12, 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.

# Dr. Karim Is Named 2013 LMH Physician of the Year



Shakil A. Karim, D.O.

Gastroenterologist Shakil A. Karim, D.O., has been named 2013 Physician of the Year at Licking Memorial Hospital (LMH). Licking Memorial Health Systems President & CEO Rob Montagnese announced the award during the annual LMH Medical Staff Reception at the Longaberger Golf Club. “Dr. Karim has helped to advance the level of care at LMH through his skills as a diagnostician and a healer,”

Rob said. “LMH staff members have

great respect for his expertise, compassion, positive outlook and high standard of patient care. We are proud to add him to the prestigious list of Physician of the Year honorees who have helped build the level of excellence we have at LMH.”

The honoree is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients,

clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees for the 2013 LMH Physician of the Year Award included Charles J. Marty, M.D., Hassan Rajjoub, M.D., Brent M. Savage, M.D., and Patrick J. Scarpitti, M.D.

Dr. Karim joined Licking Memorial Gastroenterology in 2008. He received his Doctor of Osteopathic Medicine degree at the Pikeville College School of Osteopathic Medicine in Pikeville, Kentucky. He completed an internal medicine internship, internal medicine residency and a gastroenterology fellowship at Midwestern University’s Chicago College of Osteopathic Medicine in Olympia Fields, Illinois. His gastroenterology fellowship training included rotations at several Chicago-area hospitals: University of Chicago Hospitals, Northwestern Memorial Medical Center, Cook County Hospital in Chicago, University of Illinois Medical Center in Chicago, Loyola University Medical Center in Villa Park, Illinois, and Rush University Medical Center in Chicago. Dr. Karim is board certified in internal medicine and gastroenterology.

*Dr. Karim Is Named 2013 Physician of the Year (continued on page 7)*

## New LMHS Physicians Introduced at Community Reception



LMHS President & CEO Rob Montagnese introduces the new members of the LMH Active Medical Staff at the New Physician Reception in September.

To familiarize patients with new physicians, the Licking Memorial Hospital (LMH) Development Council hosted the New Physician Reception on September 22. Members of the public had an opportunity to meet physicians who have recently joined the LMH Active Medical Staff.

The LMH Active Medical Staff is a group of more than 160 physicians, dentists, podiatrists and psychologists who have a demonstrated interest and commitment to Licking Memorial Health Systems (LMHS) through active clinical practices and are involved in the care and treatment of patients referred to or treated at the Hospital. New additions include:

- Linda Dannemiller, M.D., Licking Memorial Family Practice – Granville
- Raju Fatehchand, M.D., Medical and Surgical Associates
- Charles Geiger, D.O., Cherry Westgate Family Practice
- William Gorga, Ph.D., Psychological Consultants, Inc.
- Earl Haley, M.D., Licking Memorial Family Practice – Pataskala
- Hufza Hanif, M.D., Licking Memorial Rheumatology
- Sachida Manocha, M.D., Interventional Pain Center
- Jill Nicholson, M.D., Licking Memorial Urgent Care – Granville
- Michael Oaks, D.O., Licking Memorial Outpatient Psychiatric Services – Newark
- Seung Park, M.D., Licking Memorial Anesthesiology
- Birendra Piya, M.D., Licking Memorial Urgent Care – Granville
- Alene Yeater, M.D., Licking Memorial Women’s Health

“In order to best serve the healthcare needs of Licking County, it is pertinent that we recruit only the most qualified and skilled physicians to join the LMH Active Medical Staff,” said Rob Montagnese, LMHS President & CEO. “We are honored to have each of our physicians providing high quality care to continue our mission of improving the health of the community.”

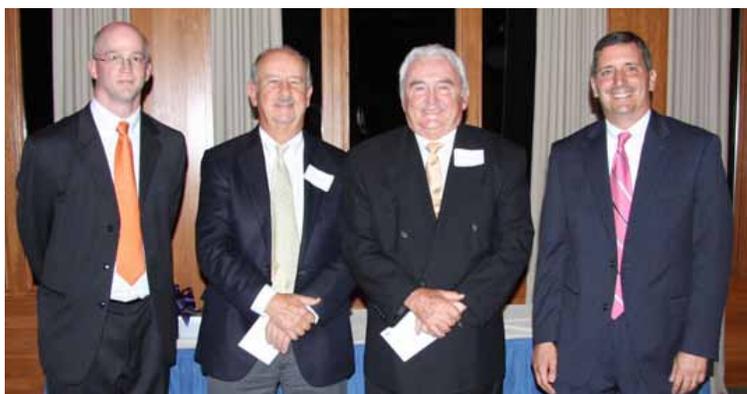
For more information about LMH Active Medical Staff physicians, visit [www.LMHealth.org](http://www.LMHealth.org), or call the Physician Referral Line at (740) 348-4014.

## Past Recipients of the LMH Physician of the Year Award

Past recipients of the LMH Physician of the Year Award include:

- |  |   |  |
|--|---|--|
| <b>1988</b> - Charles F. Sinsabaugh, M.D.                      | <b>1997</b> - Terry P. Barber, M.D.   | <b>2006</b> - May-Lee M. Robertson, D.O.                               |
| <b>1989</b> - Craig B. Cairns, M.D.<br>C. Michael Thorne, M.D. | <b>1998</b> - Mary Beth Hall, M.D.  | <b>2007</b> - Peter T. Nock, D.O.                                      |
| <b>1990</b> - Mark A. Mitchell, M.D.                           | <b>1999</b> - Debra A. Heldman, M.D.  | <b>2008</b> - Eric R. Pacht, M.D.                                      |
| <b>1991</b> - Carl L. Petersilge, M.D.                         | <b>2000</b> - Frederick N. Karaffa, M.D.  | <b>2009</b> - Ann V. Govier, M.D.<br>David E. Subler, M.D.             |
| <b>1992</b> - Edward A. Carlin, M.D.<br>Harold E. Kelch, M.D.  | <b>2001</b> - Elliot Davidoff, M.D.<br>Bryce I. Morrice, M.D.<br>Mark L. Reeder, M.D. | <b>2010</b> - Richard A. Baltisberger, M.D.<br>David R. Lawrence, D.O. |
| <b>1993</b> - Gerald R. Ehsam, M.D.                            | <b>2002</b> - Jacqueline J. Jones, M.D.   | <b>2011</b> - Talya R. Greathouse, M.D.                                |
| <b>1994</b> - William K. Rawlinson, M.D.                       | <b>2003</b> - Owen Lee, M.D.  | <b>2012</b> - Bassam Kret, M.D.  |
| <b>1995</b> - Pattye A. Whisman, M.D.                          | <b>2004</b> - Larry N. Pasley, M.D.   |  |
| <b>1996</b> - J. Michael Wills, M.D.                           | <b>2005</b> - Joseph E. Fondriest, M.D.   |  |

## LMH Physicians Honored for Years of Dedicated Service



Henry L. Hook, M.D., T. Thomas Mills, M.D., and Zdravko S. Nikolovski, M.D., were honored at the LMH Medical Staff Reception for 50 years of service to the community. Pictured are (left to right): Peter T. Nock, D.O., Chief of Staff, Dr. Mills, Dr. Nikolovski, and LMHS President & CEO Rob Montagnese.

The annual Licking Memorial Hospital (LMH) Medical Staff Recognition is an opportunity to honor members of the Medical Staff for their years of service to the community. "LMH has received several national awards for performance this year, and the Hospital's success is directly related to the collaborative efforts of the physicians," commented Rob Montagnese, President & CEO of Licking Memorial Health Systems. "LMH's level of technology and patient care is unparalleled in the state of Ohio because of your contributions, and we are proud to pay tribute to your years of service that have established the Hospital's outstanding reputation for excellence."

## 2013 Physician Service Awards

The following physicians were recognized for their 5-year incremented anniversaries:

- |   |  |   |
|---|--|---|
| <b>50 years</b> – Henry L. Hook, M.D.<br>T. Thomas Mills, M.D.<br>Zdravko S. Nikolovski, M.D.   | <b>25 years</b> – Donald E. Harris, D.O.   | <b>5 years</b> – Audrey K. Bennett, M.D.<br>Tiffany E.D. Inglis, M.D.<br>Shakil A. Karim, D.O.<br>Brian T. Klima, M.D.<br>Bharat B. Patel, M.D. |
| <b>45 years</b> – C. Michael Thorne, M.D.   | <b>20 years</b> – David F. Geiss, D.O.   |   |
| <b>40 years</b> – Chang Sup Lee, M.D.   | <b>15 years</b> – Richard A. Baltisberger, M.D.<br>Douglas N. Schram, D.O.<br>Shahin Shahinfar, M.D.<br>James E. Silone Jr., D.O.<br>Karen L. Smith-Silone, D.O.<br>Gary D. Sutliff, M.D.<br>Edward L. Westerheide, M.D. |   |
| <b>35 years</b> – Wesley Filipow, M.D.<br>Yoon S. Kim, M.D.<br>Charles J. Marty, M.D.<br>Hang S. Wee, M.D.<br>Pattye A. Whisman, M.D. | <b>10 years</b> – RR Evans, M.D.<br>Michael E. Falkenhain, M.D.<br>Ralph J. Napolitano Jr., D.P.M.<br>Bethany A. Wyles, D.O.   |   |
| <b>30 years</b> – Bryce I. Morrice, M.D.<br>Patrick J. Scarpitti, M.D.<br>Carl D. Waggoner, M.D.                                      |  |   |



## New Acute Inpatient Rehabilitation Unit Shows Success in Improving Quality of Life

Community leaders who attended a Corporate Breakfast at Licking Memorial Hospital (LMH) in September had an opportunity to learn about one of the Hospital's recently added services – the Acute Inpatient Rehabilitation Unit. The eight-bed unit provides intensive and comprehensive rehabilitation to inpatients who have been disabled by injury or illness.

Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO said, "We added the Acute Inpatient Rehabilitation Unit as a direct response to our patients' needs. Prior to the Unit's opening in January, inpatients who needed rehabilitative services to become independent enough to return home had to be referred to another hospital, which placed them away from their families and their community. This project is not intended to be financially profitable for the Hospital, but we determined that there was a significant need in our community that we were able to fill."

Internal Medicine Physician David W. Koontz, D.O., serves as Medical Director of LMH's Acute Inpatient Rehabilitation Unit. He oversees the efforts of the Unit's interdisciplinary team that is comprised of rehabilitation nurses, physical therapists, occupational therapists, speech therapists, dietitians, social workers and case managers who are all licensed by the State of Ohio.

"Our primary goal is to help patients improve to their highest possible functioning level so that they can return home," Dr. Koontz said. "In the first eight months since the Unit opened, we have had 103 patients, and 88 of them were functioning well enough by the end of their stay that they were able to return to a home setting instead of a nursing facility. We are very excited about the ability to improve the quality of life for our patients."

Debbie Young, R.N., M.S., C.C.M., Vice President Patient Services, explained that the field of acute inpatient

rehabilitation is highly regulated by federal, state and healthcare standards. She outlined the criteria for which patients may receive the new services at LMH. She said that in order to be eligible, patients must:

- Be able to tolerate at least three hours of therapy daily, five days each week
- Be medically stable
- Demonstrate the motivation and potential to achieve gains in functional abilities
- Require hospitalization for the management of an illness, disease or injury
- Have co-morbidities (such as uncontrolled high blood pressure or diabetes, chronic heart failure, chronic obstructive pulmonary disease or dementia) that require medical management
- Require at least two forms of therapy (such as physical therapy, occupational therapy or speech therapy)

Some of the diagnoses that are commonly treated in the Acute Inpatient Rehabilitation Unit include:

- Stroke
- Spinal cord injury
- Amputation
- Hip or knee replacement
- Brain injury
- Orthopedic conditions

"Quite often these patients have functional impairments that can include decreases in mobility, self-care skills, bowel or bladder control, cognition, and problem-solving skills," Debbie said.

A patient's stay in the LMH Acute Inpatient Rehabilitation Unit is quite different from a stay in other areas of the Hospital. On average, patients stay in the Unit nearly 12 days in comparison to the average stay of 3.1 days for other LMH inpatients.

*New Acute Inpatient Rehabilitation Unit Shows Success in Improving Quality of Life (continued on page 9)*

# Cindy Webster Named CFO of the Year, LMH Receives Transaction of the Year Award



Cindy Webster

Cindy Webster, Vice President Financial Services at Licking Memorial Health Systems (LMHS), has been named CFO of the Year in the non-profit organization category by Columbus Business First. Cindy received the prestigious honor during an awards luncheon at the Hyatt Regency in Columbus. The annual award recognizes a financial professional in Central Ohio who has shown outstanding performance as a financial steward.

LMHS President & CEO Rob Montagnese agreed that Cindy's contributions to the Health Systems was worthy of special recognition. "The physicians and staff members of LMHS are able to provide award-winning care to patients because of the financial stability that Cindy has helped to provide. Her achievements include improving the quality of LMHS' compliance program, paying off the \$40 million construction debt for the John & Mary Alford Pavilion within five years, and coordinating the financing for the 2012 purchase of the former Medical Center of Newark (MCN) facility. It was because of Cindy's financial and regulatory analysis that Licking Memorial Hospital was able to recently add the Acute Inpatient Rehabilitation Unit, two urgent care facilities and new interventional cardiology services," Rob said.

He added, "Even in challenging financial times, Cindy was able to monitor and maintain a defined benefit pension plan for the Health Systems' employees. Her financial skills have also enabled LMHS to manage Medicaid growth and

increased charity care. The result of Cindy's dedication and hard work is that the Licking County community can be confident they are receiving top quality care at LMHS."

Cindy was named LMHS Vice President Financial Services in 2009. She oversees the Licking Memorial Hospital (LMH) Registration Department, Compliance Department, Hospital and Physician Coding, Hospital and Physician Billing/Patient Accounting, Fiscal Services, Purchasing, and Managed Care Contracting.

Cindy earned a Bachelor of Arts degree in Business Administration from Mount Vernon Nazarene University. She joined LMH in January 1991 as a phlebotomist in the Laboratory. She transferred to the Patient Accounting Department in 1993 and later became Patient Accounting Department Coordinator. In late 2000, she assumed the title of Director of Managed Care Contracting. She was later named Vice President of Revenue Cycle in spring 2007. She has been an active supporter of Licking Memorial as a member of the LMH Development Council and through her contribution to the John Alford Society. She lives in Newark with her husband, Thaddeus, and has one son, Nathan.

In addition to Cindy's CFO of the Year Award, Columbus Business First honored LMHS with the Transaction of the Year Award for the purchase of the former MCN facility. Within a month's span, Cindy and other LMHS executives put together an acquisition proposal after MCN announced its intention to close. As a result of LMHS' acquisition, approximately 70 former MCN employees were able to find new positions at the Health Systems.

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## *New Acute Inpatient Rehabilitation Unit Shows Success in Improving Quality of Life (continued from page 8)*

In addition, the Acute Inpatient Rehabilitation Unit is designed to recreate a home environment as much as possible.

Heather Burkhart, R.N., Assistant Vice President Inpatient Services, described the Unit's atmosphere. "Patients in the Acute Inpatient Rehabilitation Unit wear street clothes instead of the typical hospital gowns to encourage them to move around out of bed as much as possible and to be comfortable while participating in therapy," she said. "Many of our patients are learning to use mobility devices, such as walkers or wheelchairs, so we help them learn to perform activities of daily living while using these devices. We are preparing patients to return to a typical residential setting, so the patient room, bathroom facilities, and common areas are designed more like they would be at home. We have a laundry and full kitchen on the unit, and we teach patients laundry and cooking skills that they will need when they are discharged so they can care for themselves and be as independent as possible. We also have fun events, such as birthday parties, which actually

have therapeutic value because the patients plan and set up the events, and have an opportunity for socialization, as well."

Whenever possible, the patient's family or caregivers are also included in the rehabilitation planning and education. To be admitted to LMH's Acute Inpatient Rehabilitation Unit, patients must receive a physician's referral. Most medical insurance carriers, including Medicare, will cover the cost of rehabilitation services. For more information about Acute Inpatient Rehabilitation Unit services at LMH, please call (740) 348-4504.

Corporate Breakfasts are sponsored four times each year by the LMH Development Council to share news about the Hospital with community leaders. The Development Council was established in 1987 to increase charitable giving to LMH and to promote positive community relations. More than 75 distinguished members of the community volunteer their time to serve on the Development Council.

# Relocation of LMH Outpatient Clinics



The Pain Clinic's new location, 2000 Tamarack Road in Newark, offers X-ray guided injection treatments to ensure precise delivery of pain-blocking medication.

Due to the expansion of outpatient services, the Pain Clinic at Licking Memorial Hospital (LMH) has relocated to the second floor of the Licking Memorial Hospital – Tamarack building, located at the intersection of West Main Street and Tamarack Road, in Newark. The relocation, which occurred at the end

of September, allows additional space for pain clinic services and convenient access for patients.

The Pain Clinic is a specialty clinic that is dedicated to the effective treatment and control of chronic pain. LMH Pain Clinic patients receive personalized care from physicians who are experienced in treating many types of chronic pain, using advanced pain management procedures.

In addition, the LMH Medication Therapy Clinic has relocated to the 2nd floor of the main Hospital building, 1320 West Main Street in Newark, in the former Pain Clinic location. Patients who visit the Clinic for anticoagulation (Coumadin), anemia, or insulin therapy now report directly to the new location, across from the visitors' elevator on the second floor. The change also includes new touch-screen registration upon entering the Clinic for an expedited process for patients.

Appointments to both Clinics are made by physician referral. Current Clinic patients should have received a letter regarding the new locations. Any additional questions can be answered by calling the Pain Clinic at (740) 348-4650 and the Medication Therapy Clinic at (740) 348-1898.

## Active•Fit Period 3 Winners Honored



Licking Memorial Health Systems recently recognized the Active•Fit prize winners from Period 3. Participants in the youth wellness program who completed their fitness goals between May 1 and August 30 were entered into a special drawing. Winners and their families gathered at Infirmery Mound Park in Newark on October 12 prior to an Active•Fit hike to receive their prizes and celebrate their achievements.

Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2013-2014 began September 1 and continues through December 31. For more information, or to register for the Active•Fit Youth Wellness program at any time throughout the year, please visit [www.ActiveFit.org](http://www.ActiveFit.org).

### Active•Fit Period 3 Winners

1. **Xbox 360 with Kinect and Fitness Software**  
Calvin Rimmel, homeschooled
2. **Xbox 360 with Kinect and Fitness Software**  
Virginia Lindsey, Legend Elementary
3. **Bicycle**  
Megan Mazik, Granville Intermediate
4. **Bicycle**  
Jade Smith, Blessed Sacrament
5. **Nike Shoes with iPod & Nike/iPod Connect**  
Kylie Miller, Legend Elementary
6. **Nike Shoes with iPod & Nike/iPod Connect**  
Annabelle Foster, Granville Intermediate
7. **iPod Nano with Fitness Software**  
Jade Adcock, McGuffey Elementary
8. **iPod Nano with Fitness Software**  
Gabriella Nicodem, Granville Intermediate
9. **\$100 Dick's Sporting Goods Gift Card**  
Angel Prince, Ben Franklin Elementary
10. **\$100 Dick's Sporting Goods Gift Card**  
Jacob Maddux, Dan Emmett Elementary
11. **\$100 Dick's Sporting Goods Gift Card**  
Devyn Boyd, Legend Elementary
12. **\$100 Dick's Sporting Goods Gift Card**  
Jessica Treinish, Pataskala Elementary
13. **\$100 Dick's Sporting Goods Gift Card**  
Sydney Thompson, McGuffey Elementary
14. **\$100 Dick's Sporting Goods Gift Card**  
Isabella Smith, Duncan Falls Elementary
15. **\$50 Dick's Sporting Goods Gift Card**  
Amanda Guerin, Granville Intermediate
16. **\$50 Dick's Sporting Goods Gift Card**  
Nick Rappold, McGuffey Elementary
17. **\$50 Dick's Sporting Goods Gift Card**  
Abigail Scarberry, John Clem Elementary
18. **\$50 Dick's Sporting Goods Gift Card**  
Jacob Snow, homeschooled
19. **\$50 Dick's Sporting Goods Gift Card**  
Breonna Helmondollar, Liberty Middle School
20. **\$50 Dick's Sporting Goods Gift Card**  
Erica McMahan, Hillview Elementary

# Mock STEMI Demonstration Raises Heart Attack Awareness

Nationwide, the survival rate of patients who suffer cardiac arrest outside of a hospital is 11 percent, according to the American Heart Association. However, Licking Memorial Hospital (LMH) and first responders throughout Licking County are working together to improve that rate locally. More than 70 community members gathered at the Licking County Aging Program (LCAP) on August 16 for a Mock STEMI, an educational heart attack response demonstration that emphasized the importance of recognizing the symptoms of cardiac arrest and seeking immediate medical attention.



During LMH's Mock STEMI event, Newark Township Fire Department EMS personnel demonstrated the on-site procedures and tests used to determine whether a patient is having a heart attack.

also can issue a STEMI alert to prepare physicians and nurses for the patient's arrival in the Emergency Department."

Members of the Newark Township Fire Department EMS then demonstrated the standard procedures for assessing a patient exhibiting the symptoms of a heart attack, such as the placement of electrical leads for an EKG and the questions they commonly ask of the patient. LMH Interventional Cardiologist Hassan Rajjoub, M.D., concluded the Mock STEMI

with a question-and-answer session during which he reiterated the importance of prompt medical attention.

A STEMI, which stands for ST-elevation myocardial infarction, involves a sudden blockage of one of the arteries that supply blood to the heart. Without blood inflow, the heart muscle begins to die, making prompt treatment crucial to survival. However, the initial warning signs develop gradually and are often ignored, leading to delayed medical intervention and severe, if not fatal, damage to the heart.

Brad Copley, R.N., LMH Director of Emergency Services, began the Mock STEMI demonstration by discussing the common symptoms of cardiac arrest, which include pressure or tightness in the chest, pain or tingling in the arms, nausea, vomiting, excessive sweating, weakness, and shortness of breath. He stressed that the best course of action is to call 911 when some or all of these signs of a heart attack are present.

"Contacting emergency medical services (EMS) significantly improves the chances for survival because paramedics are able to take an EKG and begin treatment en route to the Hospital," Brad said. "Based on the EKG readings, EMS personnel

"The national recommendation to open a blocked coronary artery is 90 minutes after arriving at the Hospital, but we are consistently below that standard at LMH. That tremendous accomplishment is due to the cooperation between LMH and the first responders throughout the county," Dr. Rajjoub told the observers. "If you experience the symptoms of a heart attack, call 911 even if you believe it will be faster to transport yourself to the Hospital. Your best prospects for a full recovery are for paramedics to identify your condition and notify the Hospital in advance so we can begin working to open the artery immediately upon your arrival."

Heart attack prevention also was a key topic during the Mock STEMI demonstration. Brad stated that the most important decision a person can make to lower the risk of a heart attack is to avoid smoking. Additionally, managing weight, cholesterol levels and diabetes through diet and exercise are heart-healthy lifestyle changes to implement at any age.



## Final LMHS Family Movie Night at Denison

The final LMHS Family Movie Night for 2013 took place on the Fine Arts Quad at Denison University in Granville on September 14. This event was presented in partnership with the John W. Alford Center for Service Learning at Denison University. Community members attended and enjoyed a free screening of the Disney/Pixar film, *The Incredibles*, along with free health screenings and refreshments. The event also featured Active•Fit Youth Wellness Program activities prior to the featured film.

# Physician Spotlight – Hufza Hanif, M.D.



Hufza Hanif, M.D.

Rheumatologist Hufza Hanif, M.D., joined Licking Memorial Health Systems in June. Dr. Hanif received an M.B.B.S. degree from Dow Medical College in Karachi, Pakistan. She then completed a residency in internal medicine at Ball Memorial Hospital in Muncie, Indiana, and a fellowship in rheumatology at Indiana University School of Medicine in Indianapolis, Indiana. She is board certified in internal medicine and rheumatology.

Rheumatology is the study and treatment of conditions that affect muscles, bones and joints. Some disorders that are commonly treated by a rheumatologist include: arthritis, lupus, fibromyalgia, back problems, osteoporosis, joint pain, gout, tendonitis, and muscle inflammation.

Dr. Hanif is accepting adult patients at Licking Memorial Rheumatology, located at Moundbuilders Doctors' Park, 1272 W. Main St., Bldg. 2, in Newark. Appointments can be made by calling (740) 348-7975.

## Ask a Doc – Rheumatoid Arthritis with Hufza Hanif, M.D.

**Question:** Is rheumatoid arthritis hereditary?

**Answer:** This is one of the questions that patients ask me most frequently. However, the response is more complex than a simple “yes” or “no.”

There does seem to be a genetic link to the development of rheumatoid arthritis (RA) – more precisely, a link to a specific gene in the body’s immune system. However, approximately 30 percent of the world’s population carry this gene, while only 1 percent actually develop RA. In addition, separate studies of RA patients’ immediate family members and identical twins have shown only a slight increase in the occurrence of RA. This leads modern healthcare providers to believe that although heredity does play a part in the development of RA, other factors, including the environment and tobacco smoking may play an even bigger role.

The common misconception about RA is that it is a condition that causes painful, stiff joints among older individuals. In reality, RA is one of more than 100 types of arthritis and rheumatoid disease, and can affect the body’s joints, skin, eyes, lungs, heart, blood and nerves. Although it most commonly develops while patients are in their 40s and 50s, onset can also occur in early childhood or senior years. RA is two to three times more common in women than men; however, men seem to experience more severe symptoms. The effects of RA can become debilitating, but fortunately, symptoms can usually be well managed when the physician and patient work together on a treatment plan in the early stages.

Although the exact cause is unknown, RA seems to develop when the immune system is triggered and begins to attack the joints and some body organs. The immune response can cause

swelling of the joints, and eventually wears down the cartilage that provides a cushion between moving bones.

Symptoms of RA include:

- Joint pain (especially if the pain is symmetrical, meaning that it is located in both hands or both knees, etc.)
- Joint swelling
- Joint stiffness (more severe in the morning or after long periods of sitting)
- Fatigue

In the early stages, RA may not have any outwardly noticeable symptoms. Family members may mistake an RA patient’s reluctance to get out of bed in the morning or resistance to activity for laziness. If a previously energetic individual loses interest in activity over a relatively brief period of time, a physician should be consulted to rule out the possibility of RA. The physician may order a blood test or X-ray to diagnose the condition.

There is no cure for RA; however, symptoms can be well controlled and the disease may even go into remission with early treatment. Current treatment options include medication, moderate exercise, loss of excess weight, physical therapy and surgery. It is believed that while RA is not entirely preventable, its progression may be delayed or slowed through good nutrition, an active lifestyle, weight management and avoidance of tobacco smoke.

# Heart to Play Detects Potential Dangers for Students

The 2013 Heart to Play's free electrocardiogram (EKG) screenings at Licking Memorial Health Systems (LMHS) detected potentially life-threatening heart conditions in several local students. Licking County middle and high school students who participate in sports, band or other physically demanding activities were invited to participate in the Health Systems' free pre-participation screenings. LMHS provided 973 Heart to Play EKGs to students who did not receive one last year, as well as those who have a family history of heart disease, students who have symptoms of heart disease, or those who have had a previous abnormal EKG result. Preliminary results indicated that five students had serious and possibly life-threatening cardiac conditions that had been previously undetected, and they were referred for further evaluation and treatment.



LMHS' Heart to Play program provided free screenings to a record number of Licking County's middle and high school students in 2013.

"LMHS is proud to provide Heart to Play EKG screenings at no cost to our community's middle and high school students. It is our way of protecting young lives from the possibility of sudden tragedy while engaging in sports and other strenuous activities," said Rob Montagnese, LMHS President & CEO. "This program was financially assisted by the Fifth Third Foundation.

They recently made a generous contribution to help ensure that the screenings can continue to offer this layer of protection to our community by detecting any students' heart abnormalities before it is too late."

Pediatrician Diane M. LeMay, M.D., spearheaded the Health Systems' Heart to Play program in 2008, as well as the pre-participation screenings that began in 2006. Dr. LeMay said, "In 2008, we felt that it was important to offer the EKG screenings to students in addition to the state-required pre-participation screenings for sports.

Although it is rare, there have been tragic cases in the nation and Ohio where students have collapsed suddenly and died from undiagnosed heart abnormalities during exertion. Each year, the Heart to Play EKGs have detected some serious heart defects that placed the students' lives at risk. The EKG screening has proven to be an invaluable tool in preventing tragedy, and we are encouraged by the students' widespread participation."

The Heart to Play EKG screenings were added to LMHS' pre-participation screenings in 2008. Eighty-four LMHS personnel staffed the Heart to Play screenings in 2013, which were conducted after regular business hours in May through June.

## Heart to Play Program Receives Donation

On behalf of the Fifth Third Foundation, Jordan A. Miller Jr., President of Fifth Third Bank (Central Ohio), presented Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese with a monetary donation of \$10,000 in September to support LMHS' Heart to Play program. This generous contribution helps the program, now in its sixth year, to provide free electrocardiogram (EKG) screenings to eligible Licking County middle and high school students. The Heart to Play program has been successful in detecting dangerous heart conditions each year since it began in 2008. This complimentary program is offered to youth in grades 7-12 who are involved in sports or other physically demanding activities. Fifth Third Foundation will be honored as a Golden Corporate Honor Roll member and recognized on the Hospital's donor wall for their gift.





## Patient Story – Jeff Watkins

If anyone had any doubts about Jeff Watkins' passion for fly fishing, his experience last spring would make them true believers. Despite a painful and dangerous injury early in the day on April 18, Jeff continued fishing, never imagining that he was casting out on a months-long battle with fractured bones and pneumonia.

Jeff lives in Granville and works as Director of Field Services for the national non-profit U.S. Sportsmen's Alliance, based in Columbus. As a healthy, active 61-year-old, Jeff is interested in many types of outdoor sports, and particularly enjoys the man-versus-nature activity of fly fishing. So it was with high spirits on that spring day that he and a friend started out before daybreak on a two-hour drive up to the Rocky River in Chagrin Falls, located in Cuyahoga County, Ohio.

"We were fishing for steelhead trout that come out of Lake Erie. They can weigh between 6 to 15 pounds," Jeff explained. "We got there around daylight and fished in the river wearing our chest waders for a couple of hours. We caught a couple of nice-sized fish and then decided to go a little upstream. There was a big tree across the river, so we had to climb up onto the river bank. I walked a couple of hundred yards along the leaf-covered bank, and as I stepped down the hill on slippery leaves, both of my feet went up in the air. I came down with all my weight on a tree root that was sticking out of the ground about a foot. I landed directly on my left side, and it knocked the wind out of me."

But, the lure of the river was calling. As soon as the initial torrent of pain ebbed, Jeff put on a brave face, assured his friend that he was fine, and waded back into the river to fish for several more hours. "The pain kept getting worse throughout the day," Jeff admitted. "At dark, we walked back to the truck, and my friend became more concerned. He asked me if I was having trouble breathing, and I told him that my breathing was fine. However, I could hardly get my waders off – I was in agony, especially after the two-hour ride back home. When I walked through the door of my house around 11:00 p.m., my wife, Pam, wanted to take me to the Emergency Department (ED) right away. However, I was so exhausted that I said I would go in the morning. I took a couple of over-the-counter pain relievers and got a little sleep."



In this 2009 photo, Jeff Watkins of Granville, displays an approximately 16-pound salmon he caught while fishing on the Manistee River in northern Michigan. In 2013, Jeff suffered three broken ribs in a fishing accident in Cuyahoga County, Ohio. Complications quickly set in, and he was admitted to LMH with pneumonia.

The next morning at the Licking Memorial Hospital (LMH) ED, Jeff A. Bare, D.O., examined Jeff and quickly ordered X-rays in the ED's radiology room. The images revealed that Jeff had fractured three ribs on his left side, and fortunately, his lung had not been punctured. He was given a prescription for a pain reliever, along with recommendations to rest at home. In addition, Jeff had been treated for asthma for many years, and he was given a spirometer, with instructions to use it every hour in a preventive measure to keep his lungs clear.

"The next day I felt a little better," Jeff recalled, "but on the following day, it was hurting to breathe. Pam said that I seemed really lethargic and 'out of it.' I was lightheaded and my breathing was very shallow. She rushed me back to the ED. After she explained to the registration staff how sick I was, they took me right back to a patient room." Petter A. Vaagenes, D.O., ordered a CT scan which showed that Jeff had pneumonia in both lungs. "It developed that quickly – in just two days! Because of the pain from the fractured ribs, I had not been breathing as deeply as normal, which allowed fluid and bacteria to collect," Jeff said.

Jeff was admitted to a patient room at LMH and began antibiotic treatment and respiratory therapy immediately. The next day, he was given a single dose of pneumovax vaccine to protect from future bouts of pneumonia. By the third day, he was ready to go home. "I was a lot better by Wednesday," Jeff stated. "One week later, I went back to work, although I was walking gingerly because I was still really sore."

After a few weeks, Jeff saw his internal medicine physician, Gerald Ehrsam, M.D., for a follow-up visit. "I just was not feeling like I was recovering as quickly as I should," Jeff said. "Dr. Ehrsam ordered a new round of antibiotics. Within a couple of weeks, I had starting walking again, and doing aerobic exercise to work my lungs. Until the accident, I had always been very active, going to the gym three or four days a week. The walking really helped me recover more quickly, and now I am back to my normal routine."

Like a true sportsman, Jeff still has pleasant memories of the day in Rocky River, and even the following events. "My friend was having really good luck with the fish," Jeff said.

*Patient Story – Jeff Watkins (continued on page 19)*

# Pneumonia 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](http://www.LMHealth.org).

**1** Best practice in pneumonia care says that a blood culture should be collected before any antibiotics are given to a pneumonia patient to more accurately determine which microorganism is causing the pneumonia.

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
Patients receiving blood cultures prior to antibiotics	97%	100%	100%	97%
ICU pneumonia patients given the most appropriate antibiotic	76%	90%	100%	100%
Non-ICU pneumonia patients given the most appropriate antibiotic	97%	98%	99%	100%

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

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
High-risk patients screened for the pneumonia vaccine	NA	NA	94%	88%
Patients screened for the influenza vaccine	NA	NA	94%	86%

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

	LMHP 2010	LMHP 2011	LMHP 2012	National <sup>(3)</sup>
Physician office patients over 65 years receiving the pneumonia vaccine	88%	87%	87%	69%
Physician office patients over 65 years receiving the influenza vaccine	83%	82%	82%	60%

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

	LMHS 2010	LMHS 2011	LMHS 2012	National <sup>(4)</sup>	LMHS Goal
LMHS employees receiving the influenza vaccine	83%	84%	84%	72%	greater than 80%

**Data Footnotes:** (1) *Hospitalcompare.hhs.gov* national benchmarks. (2) Comparative data from the Midas Comparative Database. (3) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2012]. (4) Centers for Disease Control and Prevention (CDC). Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care Personnel. *MMWR* April 2, 2010/59 (12); pages 357-362.



## Patient Story – Barbara Buchenroth

To Barbara Buchenroth, the intense pain that gripped her body one day this past summer was equivalent to the pain she experienced when she had a baby 32 years ago without any pain medication. Only this time, it was not with the happy anticipation of a 7 lb., 13 oz. baby girl's birth, rather it was with the realization that a pearl-sized kidney stone was finally demanding her attention.

In 2010, Barbara was rushed to the Emergency Department (ED) at Licking Memorial Hospital (LMH) for painful back spasms, and a CT (computed tomography) scan was performed to determine the cause of the pain. Barbara was informed at the time that although it was unrelated to her back pain, a small kidney stone showed up on her MRI. Barbara was not overly surprised since several of her family members had experienced kidney stones previously.

Her back spasms were quickly resolved, and feeling like a healthy 60-year-old once again, she returned her attention to her work as a case manager with Licking County Job and Family Services. "I was not having any problems with the kidney stone, so I did not worry about it," Barbara explained. "Looking back now, I guess I had some twinges now and then, but I did not associate them with the stone. Besides, I have a pretty high tolerance to pain."

Then in July 2013, Barbara was once again in LMH's ED with wrenching pain. "I knew what it was," she said. "I could not walk or straighten up." A CT scan revealed that she had a stone lodged in her left kidney. "The doctor told me that the stone measured 5.5 mm. At that size, it was questionable whether the stone could pass on its own. I was given medication to control the pain and referred to see a urologist."

At her first appointment with Donald J. Lewis, M.D., of Urological Center, Inc., Barbara learned that an X-ray image showed the stone had traveled into her ureter. Since she was not in severe pain at that time, Dr. Lewis recommended a "wait-and-see" approach before they decided upon a treatment plan. At her next appointment a couple of weeks later, a new X-ray indicated that the stone had lodged back in her kidney. Dr. Lewis concluded that the stone was not going to pass on its own, and recommended that it was in a good position to be



Barbara Buchenroth received a non-invasive lithotripsy procedure at LMH in August to treat a painful kidney stone.

treated with lithotripsy, a high-tech, non-invasive procedure that is newly offered at Licking Memorial Hospital (LMH).

Barbara said, "I have family members who were treated for kidney stones years ago. The treatments ranged from receiving shock wave therapy in a water bath to a surgical incision through the back to extract the stones. They all had to travel to Columbus for their procedures. The option to have lithotripsy at LMH was a big improvement and I had no doubts that I wanted to have it done."

Prior to her scheduled procedure date, Barbara visited LMH to have blood drawn at the Laboratory and to speak with an anesthesiologist. She received instructions to refrain from any food or beverage after midnight before her surgery, and to have someone available to drive her home afterward.

On Friday, August 23, Barbara checked into the LMH Surgery Department for her lithotripsy, accompanied by a cousin who had offered to drive. "It was so easy," Barbara said. "The whole thing, from the time they took me back to the operating room to the time I was in the recovery room took less than one hour. I had no pain, nausea or bruising – just a little soreness. I was so happy not to be feeling the pain from the kidney stone anymore!"

After a short time, Barbara was able to return home with her cousin's help. "It was such a convenience to have the procedure done here in Newark," Barbara commented. "It is miserable to travel a long distance when you are not feeling the greatest. I just wanted to get home and crawl into my own bed."

Barbara's recuperation at home was rapid. She took a prescribed antibiotic to prevent infection, but did not need any pain medication. She rested on Friday afternoon, and enjoyed a long walk on Saturday. By Monday morning, she was energetic enough to return to work. Free from the pain and worries about a pearl-sized kidney stone, she was then able to turn her thoughts to the real pearls she might find during a beach vacation she was planning at Hilton Head, South Carolina, in October.

# Surgical 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](http://www.LMHealth.org).

- 1** Moderate sedation allows patients to tolerate unpleasant procedures while maintaining adequate breathing and the ability to respond to stimulation. Most drugs used in moderate sedation can be reversed fully or partially if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in moderate sedation.

	LMH 2010	LMH 2011	LMH 2012	LMH Goal
Use of reversal agent for GI procedures	0.13%	0.19%	0.13%	less than 0.90%

- 2** The healthcare team at Licking Memorial Hospital follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site by the surgeon, and final verification in the operating room. In 2012, 6,966 surgeries were performed at LMH.

	LMH 2010	LMH 2011	LMH 2012	LMH Goal
Wrong-site surgeries	0	1*	0	0
Surgical site verification checklist completed	99%	99%	99%	100%

\*Following a non-incisional urinary-tract surgery, an error was discovered while the patient was in recovery. A corrective, non-incisional procedure was immediately performed with favorable results.

- 3** Receiving the appropriate antibiotic within an hour before surgery reduces a patient's risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient's risk of developing antibiotic-resistant bacterial infections. Medical studies have shown that the use of certain antibiotics, specific to each surgery type, can be most effective at preventing infections after surgery.

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
Antibiotic received within 1 hour	95%	98%	98%	98%
Antibiotic selection accurate per national recommendations	98%	98%	98%	99%
Antibiotic discontinued within 24 hours	95%	96%	98%	97%

- 4** The removal of hair from the site of surgery is an important way to prevent infection. Using a razor to remove hair can cause tiny breaks in the skin which increase the risk of infection after surgery. This measure tracks the percentage of times that patients had hair removal performed by clippers or other means which are less likely to cause infection than razors. In certain instances, clippers may not be the ideal form of hair removal, and razors may be used.

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
Appropriate hair removal performed	99.3%	99.7%	100%	100%

- 5** Some surgeries require the temporary insertion of a catheter into the patient's bladder. The catheter can enable the patient to evacuate the bladder even when unconscious or otherwise incapacitated. However, leaving a catheter in the bladder for too long can increase the risk for a urinary tract infection. Ideally, catheters will be removed within 2 days following surgery to minimize the risk for this type of infection after surgery.

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
Urinary catheter removed within two days after surgery	89%	97%	98%	96%

- 6** Medical studies have shown that if patients experience hypothermia (low body temperature) during and after surgery, they have a greater risk of developing complications. Effectively warming patients during surgery can ensure their body temperatures remain in normal range. This measure tracks the percentage of patients at LMH who had a normal body temperature immediately after surgery.

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
Peri-operative temperature within normal range	99%	100%	100%	100%

**7** VTE, or venous thromboembolism, is the medical term for a blood clot that forms in a vein. Surgery increases the risk of VTE, and while most clots can be treated, some can be life-threatening. It is recommended that hospitals use medications and mechanical devices to prevent the formation of blood clots. LMH tracks the percentage of patients who correctly had these interventions activated, based on CMS guidelines, within 24 hours of surgery.

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
VTE prophylaxis ordered	95%	96%	99%	98%
VTE prophylaxis started within 24 hours of surgery	91%	94%	97%	98%

**8** LMH tracks surgery patients who appropriately receive beta-blocker medications during the peri-operative period. Studies show that in selected patients undergoing non-cardiac surgery, beta-blocker medication can reduce the incidence of heart attack and death.<sup>(2)</sup>

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
Appropriate use of beta blocker prior to admission and peri-operatively	94%	95%	97%	97%

**9** Patients undergoing certain surgical procedures as outpatients (not admitted to the hospital) should receive antibiotics before their procedure. Using the correct antibiotics at the correct time can reduce the risk of infections after the procedure.

	LMH 2010	LMH 2011	LMH 2012	National <sup>(1)</sup>
Outpatient procedure patients with correct antibiotic prescribed	94%	84%	94%	97%

**Data Footnotes:** (1) *Hospitalcompare.hhs.gov national benchmarks.* (2) *Specifications Manual for National Hospital Inpatient Quality Measures, 2012.*

## Pneumonia Risk Is Lowered by Vaccines

Pneumonia, a serious and potentially life-threatening infection of the lungs, can affect anyone. It most commonly occurs in older adults over the age of 65 years, young children under the age of 2 years, hospital inpatients who are on ventilators and individuals with compromised immune systems. Pneumonia can also develop as a complication of another illness, such as influenza or bronchitis.

Pneumonia infections are usually caused by bacteria or viruses, and by fungi in rare instances. These micro-organisms are plentiful in the environment and also can be found in the mouth, nose and sinus cavities. Most individuals with healthy immune systems can fight off mild cases of diseases such as the flu, but they may incur a small breach in the body's defenses that allows pneumonia infection to enter the lungs.

“That is the reason we stress the importance of a flu vaccine for practically everyone,” stated Eric R. Pacht, M.D., of Licking Memorial Pulmonology. “Even a mild case of the flu puts a patient at risk for pneumonia infection. The delicate, protective lining in the nose and bronchial tubes may be damaged by the flu illness, creating an easy pathway for the pneumonia organisms to travel down to the lungs. It is not



This stock image shows an active case of pneumonia on the patient's left lung (on the right side of the photo.)

uncommon for a patient to recover from a bout of the flu, just to become severely ill with pneumonia a few days later.”

Most cases of pneumonia are caused by bacteria and are “community-acquired,” meaning that the illness was contracted through germs that were spread outside of a hospital or other healthcare facility. In contrast, “healthcare-acquired” or “hospital-acquired” pneumonia is the term used for lung infections that develop during a patient's stay at a healthcare facility, or shortly thereafter.

In particular, patients who have been intubated for surgery, and inpatients who have used a ventilator are at increased risk for developing pneumonia. Licking Memorial Hospital uses a “ventilator bundle” that includes five elements to prevent ventilator-associated pneumonia or other complications from developing:

- Raising the head of the patient's bed between 30 and 40 degrees
- Giving the patient medication to prevent stomach ulcers
- Preventing blood clots when patients are inactive
- Checking whether patients can breathe on their own
- Providing excellent oral hygiene

*Pneumonia Risk Is Lowered by Vaccines (continued on page 19)*

According to the National Heart, Lung, and Blood Institute, those who are most at risk of developing community-acquired pneumonia include:

- Infants who are 2 years old or younger because their immune systems are not fully developed
- Seniors who are older than 65 years of age
- Individuals with a weakened immune system, including patients with diabetes, heart disease, HIV or organ transplants
- Patients receiving chemotherapy
- Those who have difficulty coughing or swallowing
- Those who smoke tobacco or abuse alcohol
- Those who are frequently exposed to airborne particulates, such as smoke, dust, mold or chemicals

The Centers for Disease Control and Prevention (CDC) recommends the following pneumonia vaccination schedule:

- All adults, 65 years of age and older
- Anyone, 2 through 64 years of age, who has a long-term health problem, such as heart disease, lung disease, sickle cell disease, diabetes, alcoholism, cirrhosis, leaks of cerebrospinal fluid, or cochlear implant
- Anyone, 2 through 64 years of age, who has a disease or condition that lowers the body's resistance to infection, such as Hodgkin's disease, lymphoma or leukemia, kidney failure, multiple myeloma, nephrotic syndrome, HIV infection or AIDS, damaged spleen, removed spleen, or organ transplant
- Anyone, 2 through 64 years of age, who is taking a drug or

- treatment that lowers the body's resistance to infection, such as long-term steroids, certain cancer drugs or radiation therapy
- Any adult, age 19 through 64, who smokes tobacco or has asthma

A single dose of pneumonia vaccine is usually recommended for patients who are 65 years or older. A second dose is recommended for patients over the age of 65 if they received their first dose before the age of 65, and at least 5 years have passed since that first dose.

A second dose of pneumonia vaccine is recommended for children and adults, age 2 through 64 years, if at least five years have passed since their first dose, and they:

- Have a damaged spleen or no spleen
- Have sickle-cell disease
- Have HIV infection or AIDS
- Have cancer, leukemia, lymphoma, or multiple myeloma
- Have nephrotic syndrome
- Have had an organ or bone marrow transplant
- Are taking medication that lowers immunity, such as chemotherapy or long-term steroids

Patients who would like to learn more about the pneumonia vaccine are invited to contact their physician's office. Immunizations are available at many Licking Memorial Health Systems physician offices. The cost of the vaccine is covered by most major medical insurance companies.

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*Patient Story – Jeff Watkins (continued from page 14)*

“He felt terrible when he found out how badly I had been hurt, but we joked about how difficult it is to leave when the fish are biting. I also had my beliefs in Licking Memorial Hospital confirmed. I thought the care at the Hospital was great. Even though the ED was packed during that first visit, I received attention very quickly. I was very happy with the care that I received.”

Individuals of all ages can develop pneumonia. There are some steps that can help reduce the risk of the dangerous disease, including: avoiding smoking, washing hands frequently, receiving an annual flu shot, and receiving a pneumonia vaccine if recommended by the family physician.

## **Pneumonia Health Tips - 12 Reasons to Get the Flu Vaccine This Year**

1. Everyone is at risk for becoming seriously ill with the flu.
2. If you stay healthy, you will not spread the flu to your loved ones. If a large number of community members are vaccinated, a “herd immunity effect” will offer some degree of protection for individuals who do not receive the vaccine.
3. If you stay healthy, you will not spread the flu to those who have weakened or undeveloped immune systems, such as young children or patients with chronic diseases. The flu can be very serious, even life-threatening, for those individuals.
4. It is especially important to receive the flu vaccine if you live or work in an area where people are in close proximity to each other, such as childcare centers, dormitories and nursing homes.
5. Even if you received a flu vaccine last year, it is important to receive a new dose each year since the formula is customized to ward off the unique viral strains that arise each flu season.
6. Avoiding the flu is an important precaution toward preventing the development of pneumonia, which can be life-threatening.
7. There is usually very little, if any, pain associated with a flu shot.
8. You cannot catch the flu from a flu shot since it contains inactivated viruses.
9. Options are now available for those who could not have the flu vaccine in previous years due to egg allergies.
10. A nasal spray version of flu vaccine is available for select patients who want to avoid an injection.
11. The flu vaccine is now readily available at physician offices and many retail pharmacies, often without an appointment.
12. The cost of the flu vaccine is often completely covered by health insurance or Medicare.

# LMH Blood Bank Earns AABB Re-accreditation



(Pictured left to right): Neil Pancoast, B.S., MLS (ASCP), Blood Bank Coordinator, Lorei Reinhard, B.S., M.T. (ASCP) SH, Director of Laboratory Services, Lori Elwood, M.D., Medical Director of Laboratory Services, and Joey Kennedy, MLT, (ASCP), were instrumental in the LMH blood bank's AABB re-accreditation.

The Licking Memorial Hospital (LMH) blood bank has earned re-accreditation by the American Association of Blood Banks (AABB). The AABB assesses blood banks to ensure their quality and operational systems are in compliance with AABB standards, the Code of Federal Regulations and other federal guidelines.

Debbie Young, Vice President Patient Care Services, explained the value of the AABB's accreditation process. "Blood banks submit to AABB's strict review on a voluntary basis," she said. "We are proud that LMH has achieved AABB accreditation again because AABB promotes a high level of professional and medical expertise for the acquisition, processing, storage and dispensing of blood products. It is through these stringent efforts that patients can be assured the blood products we use at LMH are safe. LMH's accreditation followed an intensive on-site assessment in August by a specially trained AABB assessor who established that the level of medical, technical and administrative performance of LMH's blood bank met or exceeded the standards set by AABB."

In addition to supplying blood components for patients, the LMH blood bank performs typing and compatibility testing. The blood bank is located within the LMH Laboratory Department.

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## LMH Becomes Host Site for American Cancer Society Wig Bank

Cancer treatments can cause physical side effects that also impact patients emotionally. Among the most challenging for women to cope with is the loss of hair that may result from chemotherapy or radiation therapy. However, a new resource is available at Licking Memorial Hospital (LMH) to help eligible cancer patients enhance their appearance and self-image during treatments. LMH recently agreed to host an American Cancer Society (ACS) Wig Bank, a community program that provides free women's wigs to cancer patients experiencing hair loss.

The ACS manages the inventory for the Wig Bank, which offers a positive environment for patients dealing with hair loss by providing assistance selecting a wig, instructions to care for it and emotional support. The Wig Bank at LMH is located in the office of the Hospital's Oncology Nurse Navigator, Liz Nye, R.N., who serves as an advocate and educator in all aspects of cancer care.

The Oncology Nurse Navigator provides patients with information about available options for their cancer treatment, while helping maintain their quality of life. Liz works closely with physicians, social workers, therapists, dietitians and financial assistance advisors to provide or coordinate services that ensure patients receive the best care possible. The Oncology Nurse Navigator is available to assist LMH cancer patients and their families or caregivers at no cost.

For more information about Oncology Nurse Navigator services, or to schedule an appointment with the ACS Wig Bank, please contact Liz at (740) 348-1890 or via e-mail at [enye@lmhealth.org](mailto:enye@lmhealth.org). You can also learn more about the Wig Bank program by contacting the American Cancer Society's East Central Division office at (888) 227-6446.

## New Appointments



**Kristin E. Burton, D.P.M.,**  
of Foot & Ankle Specialists of Central Ohio, Inc., joined the LMH Active Medical Staff.



**Brad Copley, R.N.,**  
was named Director of Emergency Services.



**Lisa Hayes, M.S.N., RN-BC, PCCN-CMC,**  
was named Director of Medical Surgical Nursing & Acute Inpatient Rehabilitation Unit.



On behalf of the Hospital, LMHS President & CEO Rob Montagnese presented both Dr. Evans and Dr. Ong with a retirement plaque and gift.

## Two Physicians Retire From LMH Active Medical Staff

The end of summer marked the retirement of two distinguished physicians, RR Evans, M.D., and Lucena Ong, M.D., from the Licking Memorial Hospital (LMH) Active Medical Staff. Board certified in Anesthesiology, Dr. Evans joined LMH a decade ago and retired in September. Dr. Ong retired in August from general practice after serving eighteen years with the LMH Active Medical Staff.

The Hospital recognizes and honors those physicians who have dedicated their careers to improving the health of the Licking County community. “We are very proud and fortunate to have had such excellent physicians serve at LMH,” said Rob Montagnese, President & CEO of Licking Memorial Health Systems.

Dr. Evans received his Bachelor of Arts from Lafayette College in Easton, Pennsylvania and proceeded to earn his Doctor of Medicine degree from New York Medical College in Valhalla, New York. Following graduation, Dr. Evans obtained a rotating internship at Staten Island University Hospital in Staten Island, New York. His residency experience includes a psychiatry residency at The Mount Sinai Hospital in New York, New York; an internal medicine residency at Staten Island University Hospital in Staten Island, New York; and an anesthesiology residency where he became Chief Resident in Anesthesiology at SUNY, Downstate Medical Center in Brooklyn, New York.

Following college, Dr. Evans served in the United States military. His titles and service areas included Commissioned

Officer, United States Army Reserve, Second Lieutenant, Military Intelligence; and Captain, Medical Corps. Before receiving his medical degree, he was also involved in two summer externships with the Walter Reed Army Medical Center and the William Beaumont Army Hospital. His current military status is a former officer, honorably discharged, and commission resigned. His professional awards include the Expert Field Medical Badge (Honor Graduate) from the Second Infantry Division in Camp Casey, Korea, as well as the Thomas Reilly Award for Clinical Excellence as a resident at Staten Island Hospital.

Dr. Ong received her Doctor of Medicine degree from Cebu Institute of Medicine after earning a Bachelor of Science from the University of San Carlos, both in the Philippines. Following a residency in Pediatrics at Cebu Valez General Hospital in Cebu City, Philippines, she established a private practice in General Medicine and Pediatrics at Cagayan Community Maternity Hospital in Cagayan De Oro, Mindanao, Philippines. Dr. Ong had a rotating internship at St. John Episcopal Hospital in Brooklyn, New York, and then spent four years at Lutheran Medical Center in Brooklyn, New York for a residency in pediatrics, followed by a pediatric ambulatory fellowship. Gaining additional experience, she transitioned into private practice in pediatrics at West Virginia at the Man Foundation Clinic, followed by a pediatrics and general practice in Madison, West Virginia. Dr. Ong joined the LMH Active Medical Staff in April 1995.



**KW Tim Park, M.D., M.B.A.,**  
joined Licking Memorial Anesthesiology.



**I-Tsyr Shaw, M.D.,**  
joined Licking Memorial Endocrinology.



**Angela Wallace, R.N., B.S.N., CAPA, CPAN,**  
was named Director of Surgical Services.

# Former Board Members Thanked at Dinner

In October, Licking Memorial Health Systems (LMHS) hosted the annual Former Board Member Dinner to honor those who previously served on the Boards of Directors for both LMHS and Licking Memorial Hospital (LMH). This group of volunteer community leaders willingly contributes its time and talents to guide the operations and policies of the Health Systems.

“We are very proud of all that the Hospital and Health Systems have accomplished to improve the health of the community. The leadership of our former Board members built the foundation for our success and established a legacy from which we continue to benefit,” LMHS President & CEO Rob Montagnese told the



LMHS recently hosted the annual Former Board Members Dinner to acknowledge the individuals who volunteered many hours to ensure the community receives excellent healthcare services. At the event, LMHS President & CEO Rob Montagnese provided an update on the future goals of the Health Systems and offered his thanks for their years of dedicated service.

guests. “The dedication and progressive thinking of our Boards of Directors not only ensure that LMH and LMHS remain financially stable, but also that our patients receive excellent care. I cannot thank all former and current Board members enough for their tireless efforts to guide our organization, which consistently places a priority on the needs of the Licking County community as a whole.”

LMH was established in 1898 at the original North Third Street location in Newark, and has been governed by a Board since that time. The LMHS Board of Directors was formed in 1984.

## Former Board Members (Since 1966)

*Those who graciously served the community as former Board Members of Licking Memorial Hospital or Licking Memorial Health Systems include:*

Mr. Glenn Abel  
 Mr. Donn Alspach  
 Mr. Royce C. Amos\*  
 George Andrews, D.D.S.\*  
 Robert Barnes, Ph.D.  
 Mr. Joseph Bernat\*  
 Mr. Robert I. Bull\*  
 Mr. John Carlson  
 Mr. Ronald Celnar  
 Mrs. John Chilcote\*  
 Mrs. Nancy Chiles-Dix  
 Mr. Jack Crockford  
 Mr. Joseph Dager  
 Mr. C. Daniel DeLawder  
 Mr. Daniel Dupps  
 Gerald R. Ehram, M.D.  
 Mrs. William Englefield  
 Mr. Tim Evans  
 Joseph Fondriest, M.D.  
 Mrs. Karl Foster\*  
 Rev. Joseph A. Garshaw\*  
 Mr. John Gates\*  
 Mr. John R. Goodwin  
 Julius Greenstein, Ph.D.  
 Mr. Robert Griffith\*  
 Mrs. Donald Gunnerson\*  
 Mr. John E. Gutknecht  
 Mr. Paul F. Hahn  
 Mr. Larry Harrington\*  
 Mr. Earl Hawkins  
 Mr. Douglas Hiatt  
 Mr. Bennie Hill\*

Mr. John Hinderer  
 Henry L. Hook, M.D.  
 John Houser, M.D.  
 James Johnson, Jr., M.D.  
 Ms. Shirley Johnson  
 Donald G. Jones, M.D.  
 Mrs. John David Jones\*  
 Ms. Ann Munro Kennedy\*  
 Mr. Robert Kent  
 Mr. John Kutil\*  
 Mr. David Lane  
 Mr. Howard E. LeFevre\*  
 Mr. J. Richard Lemyre  
 Mr. Charles Lonsinger\*  
 Mrs. Sara (Sally) Lytle\*  
 Mrs. Bonnie Manning  
 Mrs. John Mantonya\*  
 Mr. James Matesich  
 Mrs. Matthew Matesich\*  
 Rev. Carl E. McAllister\*  
 Mr. Richard McClain  
 Mr. William McConnell  
 Ms. Mary Jane McDonald  
 Mr. Robert McGaughy  
 Rev. Thad McGehee  
 Mr. L.A. Messimer\*  
 T. Thomas Mills, M.D.  
 Mark Mitchell, M.D.  
 Lewis Mollica, Ph.D.  
 Mr. Roger Morgan  
 Mr. Eugene Murphy\*  
 Mr. Frank Murphy

Mr. Albert J. Nerny\*  
 Mrs. John. J. O’Neill\*  
 Mr. Robert O’Neill  
 Mrs. Ruth Owen  
 Mr. Stuart Parsons  
 Mr. C. Homer Price\*  
 Mr. Robert Pricer\*  
 Mr. Richard Reed  
 Mr. J. Gilbert Reese  
 Mr. Calvin Roebuck\*  
 Mr. Roger Roth\*  
 Mr. Gary Ryan  
 Mr. Robert Schenk\*  
 Mr. Ted Schonberg\*  
 Ms. Donna Shipley  
 Mr. Victor Shirley  
 Mr. P. David Shull  
 Mrs. Allen Simison  
 Charles Sinsabaugh, M.D.  
 Mr. Norman Sleight\*  
 Mr. Gregg Stegar  
 Mr. Rod W. Swank\*  
 Robert F. Sylvester, M.D.\*  
 Mr. Joseph M. Szollosi  
 Ms. Jennifer Utrevis  
 Mr. Richard Vockel\*  
 Mr. Edwin Ware  
 Mr. John Weaver  
 William M. Wells, M.D.\*  
 Mr. Gordon Wilken  
 Mr. Wilber W. Wilson  
 Mrs. Nancy Wright

*\*Denotes deceased member*

# Retired Physicians Honored at Luncheon



LMHS President & CEO Rob Montagnese (left) welcomed the retired physicians who attended the 2013 Honorary Medical Staff luncheon at LMH (left to right): Tom Mills, M.D., Zdravko Nikolovski, M.D., Robert Kamps, M.D., Charles Sinsabaugh, M.D., Robert Raker, M.D., Richard Walters, D.O., Harold Kelch, M.D., Tom Hall, M.D., Mary Beth Hall, M.D., and John Quimjian, M.D.

Members of the Licking Memorial Hospital (LMH) Honorary Medical Staff gathered on September 12 to celebrate their many years of providing dedicated health care to the citizens of Licking County. LMH hosted the annual Honorary Medical Staff luncheon to provide the retired physicians an opportunity to socialize with each other and to demonstrate the Hospital's enduring gratitude for their service.

"We are incredibly grateful for your contributions to the Hospital and Health Systems throughout your careers," Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese said. "Through your dedication to the Licking County community, you set an example that laid the foundation for the excellent care and services we provide today. Thank you for setting the standard high for those who have followed in your footsteps."

During the luncheon, Rob presented to the retired physicians in attendance a brief update on the 2013 Radiology Initiative, a \$3.5 million project for equipment replacement and expansion within the Radiology Department. He also highlighted several notable commendations that LMH has received this past year, including an eleventh 100 Top Hospitals® Award from Truven Health Analytics, a second consecutive "A" rating for patient safety by The Leapfrog Group, and inclusion on the 2013 Most Wired Hospitals list for the use of technology in patient care.

The LMH Honorary Medical Staff, which is currently comprised of 32 members, is reserved for physicians who retired after longtime service on the Active Medical Staff and have maintained an outstanding reputation in the community. In addition to the annual luncheon, Honorary Medical Staff members are recognized each year at the LMH Medical Staff Dinner.



*Happy  
Holidays*



Licking Memorial  
Health Systems

# Memorial, Honorary Gifts Help Fulfill LMH's Mission



A tax-deductible contribution to Licking Memorial Health Foundation is a thoughtful way to honor a loved one or a healthcare provider.

The holidays are traditionally a time that many individuals make memorial contributions and gift donations to honor loved ones. Licking Memorial Hospital (LMH) greatly appreciates all donations, large and small, that enable the Hospital to maintain its award-winning level of excellence.

“Charitable donations to Licking Memorial Health Foundation (LMHF) benefit LMH by funding new technology, programs and services, and helping to offset the expense of providing care to patients who are unable to pay,” explained Veronica Link, Vice President Development & Public Relations. “From the moment they first step inside the doors at LMH, patients and visitors notice impressive amenities, ranging from the extensive library of medical books that are available for public use in the Betsy Eaton O’Neill Health Resource Center to the John & Mary Alford Pavilion expansion with state-of-the-art emergency and surgical facilities. These unique attributes were made possible through the generosity of community members. Our donors frequently comment that it makes them feel good to be a part of a well-run organization that does so much for the community.”

Donors have options to contribute to LMHF in a way that is most meaningful for them. Honorary gifts are often made to recognize a loved one or a staff member at Licking Memorial Health Systems (LMHS) who has provided excellent care. Honorary gifts can also commemorate an important occasion, such as a medical recovery, birthday, anniversary or birth announcement. Memorial gifts are a thoughtful way to pay tribute to a loved one who has passed away. “Funeral directors can facilitate a suggestion in the newspaper

obituary and envelopes at the funeral homes for condolences to be expressed through a charitable contribution to the Hospital,” Veronica said. “It is such a comfort for grieving families to know that their loved ones will be remembered in a way that has a lasting and positive impact on others in the community.”

Barb Kanuch, a longtime supporter of LMHS and an LMH Development Council member, lost her husband, Al, when he died unexpectedly in May 2013. Al also served on the LMH Development Council and had retired from LMH after 23 years’ employment. In Al’s obituary notice, Barb requested that contributions be made to the Elks and LMH. “Those were his two loves,” she explained. “He loved every minute of his job, and he always wanted to do anything he could to help the Hospital. Instead of flowers, I told the funeral director that I wanted the money to go where it would do some lasting good.”

Barb was moved by the outpouring of support. “I received a letter, signed by LMHS President & CEO Rob Montagnese and Veronica Link, for every contribution that was made in Al’s memory,” she said. “I was so thankful for all the contributions that were made to memorialize him. Al would have been so pleased.”

A popular method of recognizing a physician at LMHS is with a Doctors’ Day contribution. Each year, the Health Systems joins the national observance on March 30, to thank the Medical Staff for their tireless dedication, and invites patients to pay tribute to their physicians with a donation in their honor.

Several walkways around LMH are accentuated with engraved brick pavers that are part of the fund-raising Paving Our Future project. Personal bricks accommodate up to three lines of text, 20 characters per line, while corporate bricks provide up to five lines of text, 20 characters per line.

LMHF gratefully accepts financial gifts by cash, check or credit card. Contributions can be earmarked for a specific purpose; however, unspecified donations are currently helping to fund the 2013 Radiology Initiative to replace equipment and expand the Hospital’s Radiology Department. All financial gifts to LMHF are tax deductible to the extent allowed by law. For more information about making a charitable contribution, please call the Development Department at (740) 348-4102.



## Funeral Directors' Breakfast

The Licking Memorial Hospital (LMH) Development Council’s Community Relations Committee hosted a breakfast for local funeral directors and their staff on October 11. The event provides a social forum for attendees to share ideas, issues, or concerns about hospital- or funeral-related practices. During the event, LMHS President & CEO Rob Montagnese shared information about recent Hospital updates, highlighting the Acute Inpatient Rehabilitation Unit, a 2013 addition to LMH services.

The LMH Development Council was formed in 1987 to increase charitable giving at the Hospital and to advance meaningful community relations. The Development Council is comprised of approximately 75 active members of the community.

# Donors Recognized for Contributions to the Licking Memorial Health Foundation

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



LMHS President & CEO Rob Montagnese (left) and Vice President Development & Public Relations Veronica Link (right) presented Diane LeMay, M.D., FAAP, with a glass recognition piece in honor of her generous commitment to The John Alford Fellowship.

## The John Alford Fellowship

### Diane LeMay, M.D., FAAP

Diane LeMay, M.D., FAAP, was recognized for her recent commitment to The John Alford Fellowship. Membership is reserved for individuals who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging a minimum of \$25,000 to LMHF over a period of 10 years.

Dr. LeMay became a member of Licking Memorial Pediatrics and joined the LMH Active Medical staff in 2001. She previously had been affiliated with the Hospital through a private pediatric practice in Newark from 1991 to 2000, at which time she left to practice in New Albany. However, Dr. LeMay, who remained a Licking County resident, missed serving the local community and returned to the Health Systems, joining Licking Memorial Health Professionals in 2001.

Dr. LeMay earned her Medical Degree from Wright State University School of Medicine in Dayton, Ohio, and received an undergraduate degree from The Ohio State University, with a Bachelor of Arts in Chemistry. She completed her internship and residency at Children's Hospital in Columbus. She is board-certified by the American Board of Pediatrics.

Dr. LeMay is a fellow of the American Academy of Pediatrics, serves on the Advisory Board of Big Brothers Big Sisters of Licking County, and is a member of the Central Ohio Pediatric Society. She also serves on the Practice Management Committee for the Ohio Chapter of the American Academy of Pediatrics. She is a member of St. Francis of Assisi Parish in Columbus, and serves on Parish Council.

A past marathon runner, triathlete and avid bicyclist, Dr. LeMay has a special interest in sports medicine and helped to implement the LMHS pre-participation sports screenings

for Licking County athletes in 2006, with the addition of an electrocardiogram screening program in 2008 and baseline concussion screenings in 2011. She remains the lead physician for the Heart to Play program, a free heart screening program funded by LMH for the athletes and students in other physically demanding activities in Licking County.

Dr. LeMay received the prestigious Childhood Immunization Champion Award by the Centers for Disease Control and Prevention in 2012. She was also recognized by the Licking County Department of Health in 2010, for her outstanding achievement of ensuring that her young patients were up-to-date on their immunizations. She received LMH's MVP award in 2007, was named a Healthcare Hero by Business First in July 2008, and received Licking County's Woman of Achievement Award in 2009. She has been named on the list of "Best Doctors in America" for many years, including 2013.



In honor of her commitment to the John Alford Fellowship, LMHS President & CEO Rob Montagnese (right) and Vice President Public Relations and Development Veronica Link (left) presented Lorei Frame Reinhard with a glass recognition piece.

## Lorei Reinhard

Lorei Frame Reinhard also was recognized for her commitment to The John Alford Fellowship. As Director of Laboratory Services, Lorei not only assists in the organization and day-to-day operations of the Laboratory, but also serves as an educational resource and consultant. She is an auxiliary clinical assistant professor at The Ohio State University School of Allied Health Professionals, Division of Medical Technology, as well as a member of the Columbus State Community College School of Laboratory Medical Technology Advisory Committee and the Zane State Area Technical College MLT/PBT Advisory Committee.

After graduating from Newark High School, Lorei earned bachelor's degrees in biology and history from Baldwin-Wallace College in Berea, Ohio. She graduated from Southwest General Hospital School of Medical Technology in Middleburg Heights, Ohio, and then became a registered medical technologist (MT (ASCP)) in 1986. Lorei became a registered specialist in hematology (SH (ASCP)) in 1999.

Lorei has served on the United Way of Licking County Campaign Cabinet since 2012 and is currently the United Way Medical/Professional Division Chair for 2013, as well as a past board

*Donors Recognized for Contributions to the LMHF (continued on page 26)*

member of the American Red Cross of Licking County. She currently serves on the American Red Cross of Licking County Advisory Board and is First Vice President of Licking County Business and Professional Women. Lorei also is a current member of the American Society of Clinical Pathology, American Association for Clinical Chemistry and Clinical Laboratory Management Association.

Lorei is a member of multiple LMH committees including Pharmacy & Therapeutics, Laboratory Compliance Committee, Infection Control Committee, Point of Care Committee, Transfusion Committee and the Clinical Leadership Council, among others. She has received the LMHS Manager of the Year Award twice in her 26-year career at the Hospital.

A Newark native, Lorei enjoys visiting her son, Nick, who recently moved to Los Angeles to work in the film industry. In her spare time, Lorei also enjoys traveling and making jewelry, and serves as a media representative each summer interviewing new inductees of the Pro Football Hall of Fame.



Jeff and Nancy Smith were recognized for their commitment to The John Alford Fellowship by LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Link (left).

### **Jeff and Nancy Smith**

Jeff and Nancy Smith also were recognized for their commitment to The John Alford Fellowship. Jeff is the Director of Pastoral Care at Licking Memorial Health Systems. Prior to assuming his current position in early 2007, he served as Director of Pharmacy at Licking Memorial Hospital for 15 years. The Upper Arlington, Ohio, native earned a Bachelor of Science degree in pharmacy from Ohio Northern University in Ada, Ohio, and joined LMH as a staff pharmacist upon graduation.

Jeff was ordained as a minister in January 2007. He received his Master of Divinity degree with a concentration in pastoral ministry from Trinity Theological Seminary. His community involvement includes membership in the West Licking Ministerial Association, the Newark Area Ministerial Association and the Newark-Heath Rotary. Jeff also serves as a board member for Hospice of Central Ohio. In addition, he provides monthly church services to Licking County Justice Center inmates through Jail Ministry and has traveled to the Philippines several times as a missionary. In 2008, LMH selected Jeff to represent the organization as a nominee to the Ohio Hospital Association's Albert E. Dyckes Health Care Worker of the Year award.

Originally from Lebanon, Ohio, Nancy is a longtime Licking County resident and a graduate of Newark High School. She earned her nursing degree from the St. Francis School of Nursing in Cincinnati and met Jeff while working at LMH. Nancy is a former member and past President of the Granville Christian Academy School Board, and is a volunteer and committee member at Spring Hills Baptist Church in Granville. In her free time, she enjoys cooking, reading and spending time with her family. Jeff and Nancy reside in Granville and have three grown children, Andrea, Alex and Josh, and two grandchildren.

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



LMHS President & CEO Rob Montagnese (right) and LMHS Board of Directors Chairman Bill Mann (left) recognized The Energy Cooperative President & CEO Todd Ware for the company's membership in the LMH Golden Corporate Honor Roll.

### **Golden Corporate Honor Roll The Energy Cooperative**

The Energy Cooperative was recognized for its recent commitment to the Golden Corporate Honor Roll. Headquartered in Newark at 1500 Granville Road, The Energy Cooperative provides safe and reliable energy and highly-responsive service at reasonable prices to consumers in Licking and surrounding counties.

The Energy Cooperative has been the trade name of Licking Rural Electrification (LRE) and its subsidiaries since 1998. A group of farmers in Licking and Knox counties formed LRE in 1936 through the Rural Electrification Administration. In October 1998, LRE acquired National Gas & Oil (NGO) and its subsidiaries, NGO Development, NGO Propane, NGO Transmission and Producers Gas Sales, to form The Energy Cooperative. Today, The Energy Cooperative distributes electricity to more than 24,000 members and natural gas and propane to an additional 35,000 members.

The Energy Cooperative is governed by a nine-member Board of Directors, with each Director representing one district in the company's service area. Nelson Smith serves as the Chairman of the Board, while President & CEO Todd Ware oversees daily operations at The Energy Cooperative.

*Donors Recognized for Contributions to the LMHF (continued on page 27)*

### Fifth Third Foundation

The Fifth Third Foundation was also welcomed into the Golden Corporate Honor Roll in recognition of its recent donation to LMH's Heart to Play program. The Foundation's mission to cultivate the establishment, administration and growth of private foundations coincides with Fifth Third Bank's continued community support. In 1948, it became the first financial institution in the United States to create a charitable foundation. The Foundation office at Fifth Third Bank grants more than \$30 million annually to worthy charities in the United States, supporting a wide range of causes and initiatives, including LMH's Heart to Play program. Additional details concerning their support of the program can be found on page 13.

Fifth Third Bank (trade name FITB) operates in four areas, including commercial banking, branch banking, consumer

lending, and investment advisors. The company was founded in 1862 and is headquartered in Cincinnati, Ohio. Today, there are more than 1,300 Fifth Third Bank branches with approximately 21,000 employees.

The Golden Corporate Honor Roll is a distinguished list of companies that have made a total commitment of \$10,000 or more to LMH. Participation in this program signifies the companies' alliance with LMH to ensure the continuation of excellent healthcare services.

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 toward the 2013 Radiology Initiative. The contributions are not used for salaries or general operating expenses.

## Donors

*Undesignated contributions to Licking Memorial Health Foundation in 2013 benefit the 2013 Radiology Initiative at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in July and August 2013.*

### 2013 GOLF GALA

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### CAPITAL IMPROVEMENT FUND

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TWIGS 8  
TWIGS 24

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### GOLDEN CORPORATE HONOR ROLL

Kaiser Aluminum  
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### GRANTS

Licking County Foundation

### HONORARY

In honor of Mary Beth Hall, M.D.  
by: Barbara Ransopher

### THE JOHN ALFORD FELLOWSHIP

Glenn and Alice Ann Abel  
Stuart and Marcia Parsons

### MEMORIAL

In memory of Robert Pepper  
by: The Cawley Johnson Group  
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Dresden Volunteer Fire  
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Michael and Gloria Drobnack  
Veronica Link  
Newark Fire Fighters I.A.F.F.  
Local 109  
Mr. and Mrs. James Norris  
Mr. and Mrs. Gary Ryan

### PAVING OUR FUTURE

Sharon Moore, on behalf of the  
LMH CCU/ICU Employees

## Development Spotlight – David Hile



David Hile

David Hile recently joined the Licking Memorial Hospital (LMH) Development Council's Education and Membership Committee. David is Superintendent of Licking Valley Local Schools and previously served as Assistant Principal and Principal at Licking Valley High School, as well as a social studies teacher at Newark High School. He is a member of the Ohio School Boards Association, the Buckeye Association of School Administrators, the

Association for Supervision and Curriculum Development, and the National Association of School Superintendents. David is also the Executive Director of the Children's Reading Foundation of Licking County.

"School districts are made up of a diverse population with constituents who frequently have different needs. I hope my experience will translate successfully to the LMH Development Council," David said. "As Superintendent of Licking Valley

Schools, I have learned that people want open, honest and transparent leadership and communication. As a Development Council member, I will listen to citizens' ideas and concerns about the Hospital, relay those honestly to leadership, and strive to communicate LMH's increasing value to Licking County. I am proud to be a small part of such an impressive and vital organization in our community."

A lifelong resident of Licking County, David received his bachelor's degree from The Ohio State University, Master of Arts from the University of Wyoming, Master of Educational Administration from Ashland University and completed the Superintendents Academy at Ohio University. He is a member of the Newark Rotary, the New Home Masonic Lodge and the Licking Valley Heritage Society.

David and his wife, Angie, reside in Hanover with their sons, Ethan and Hayden. In his spare time, David enjoys spending time with his family, athletics, coaching, deer and turkey hunting, snorkeling, and exercising.

# Retiree Spotlight – Patty Gill



Patty Gill

Patty Gill's 39-year career at Licking Memorial Hospital (LMH) began in 1966 when she was hired as a staff nurse. She spent the next 16 years serving primarily in the Coronary Care Unit, the Intensive Care Unit, and the Emergency Department, while also working throughout the Hospital as a float nurse. In 1982, she became a Nursing Supervisor on the night shift and served in that position until her retirement in 2005.

Patty considers her experience as a float nurse among the highlights of her career. As a new nurse, she found floating a challenge because of the different knowledge and skills required in each area. In hindsight, she was grateful for the knowledge and skills acquired through serving in a variety of units. During a career that spanned nearly four decades, Patty also witnessed several key changes in the nursing field including the computerization of medical records and the specialization required to work in each department.

The relationships she formed with coworkers, patients and their families, and the appreciation received for the care

provided are what Patty enjoyed most about working at LMH. "When I was a staff nurse in the Emergency Department, a 10-year-old boy was brought in because he could barely breathe. He exhibited all the symptoms of a severe asthma attack, even though he had no previous diagnosis of respiratory problems," Patty recalled. "We treated him with emergency medications and improved his condition in about 15 minutes. When he was ready to be discharged, he jumped off the cart and gave me a big hug before going home with his parents. Having a young patient express his gratitude in that manner was a very memorable moment."

A lifelong resident of Licking County, Patty and her husband of 46 years, Eddie, reside in Heath. She loves living near her son, Nathan, and daughter-in-law, Karen, because she gets to spend several days per week caring for her grandchildren, Emily and Grant. As part of what she describes as a "richly blessed life," Patty and Eddie enjoy vacationing near St. Petersburg, Florida, for one month each spring. The couple also deals in antiques together and sells vintage items at Matilda Charlotte in downtown Newark, as well as several shops in Holmes County, Ohio, where they regularly visit. Patty is a member of First Baptist Church in Heath where she and Eddie participate in small group Bible studies.

## Pataskala Health Campus Hosts Chamber of Commerce



LMHS President & CEO Rob Montagnese welcomed the Pataskala Chamber of Commerce to a luncheon meeting at the Pataskala Health Campus in September.

The Pataskala Health Campus of Licking Memorial Health Systems (LMHS) hosted the Pataskala Chamber of Commerce's meeting in September. Forty-two 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. At that time, the 20,000-square-foot brick facility included the offices of two Licking Memorial Family Practice physicians and some diagnostic services.

LMHS President & CEO Rob Montagnese told the Chamber members that he has received many positive comments from the

community regarding the services offered at the Pataskala Campus. "Before we opened the Pataskala Health Campus nearly 10 years ago, families from this area were forced to drive to either Newark or Reynoldsburg for the majority of their health care. This location is much more convenient, and if patients need services that are not available here, they appreciate the fact that their electronic medical records are already available at Licking Memorial Hospital in Newark. The tremendous response that we have received demonstrates that there was a real need for healthcare services in the Pataskala area, and we are proud to be filling that void."

Additional practices were added in early 2005, after a survey of local residents showed a demand for specific services. Through steady growth, the Pataskala Health Campus now includes:

- 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.
- MidOhio Nephrology & Hypertension, with Hints A. Tewoldemedhin, M.D.

Rob noted that the Health Systems is weighing options for additional expansion within the next several years to increase its services to patients. In addition to being Licking County's largest provider of health care, LMHS is also the county's largest employer with more than 1,700 staff members.



# LMHS Meat Donation to Salvation Army

In August, Licking Memorial Health Systems (LMHS) purchased the Hartford Fair's 1,255-pound reserve champion market steer owned by Clay Floor, a member of Boots-n-Buckles 4-H Club. LMHS recently donated the processed meat from the steer to the Salvation Army, located at 250 East Main Street in Newark. The meat will be used in their soup kitchens and food pantry to benefit community members in need. Pictured are (left to right): LMHS employee Shay Marmie, Major Diana DeMichael of the Salvation Army, LMHS President & CEO Rob Montagnese, Major Ronald DeMichael of the Salvation Army and LMHS employee Michael Cochran.

## Volunteer Spotlight – Sue Weiland



Sue Weiland

Sue Weiland's experience serving Licking Memorial Hospital (LMH) began in the Gift Shop, where she volunteered numerous hours as a longtime TWIGS member. Sue joined TWIGS at the encouragement of her sister, who also worked in the LMH Gift Shop, and quickly came to appreciate the Hospital's helpful and caring atmosphere. Sue's desire to contribute to the friendly environment led her to become more involved with TWIGS

by filling a variety of leadership roles on its Executive Board and various committees. Nearing the conclusion of her last TWIGS chairmanship term, Sue looked for new ways to contribute at LMH and joined the Volunteer Services Department in January 2013.

In the months since, Sue has accumulated more than 200 hours by volunteering as many as four days per week at LMH. She gladly serves wherever she is needed, but her favorite assignment is to staff the Reception Desk in the LMH Main Lobby. Sue enjoys helping and greeting visitors at the

Hospital, as well as the friendships she has developed with patients who come to LMH for regular treatments.

"Sue is very outgoing, gracious and kind to everyone she meets," said Director of Volunteers, TWIGS & Events Carol Barnes. "She is incredibly generous with her time and is always willing to cover shifts in the Volunteer Services Department, and in the LMH Gift Shop as a TWIGS 8 member. We are truly grateful to Sue for all of the ways she assists around LMH and at special events."

A lifelong resident of Newark, Sue retired from Beneficial Finance after a 26-year career. She is a member of Trinity Lutheran Church where she serves as treasurer, coordinates children's day camp activities and cooks for church functions. Sue also participates in the North Williams Street neighborhood watch group. In June, she was thrilled to attend a book signing at the Midland Theatre that featured her daughter, Trisha Slay, as the guest of honor. Trisha returned to Newark to promote the publication of her first young adult fiction novel, "Not So Long Ago, Not So Far Away," and Sue was proud to celebrate the accomplishment in the community in which her daughter was raised.

## In Memoriam: LMHS Remembers Former Employees

Despite having more than 1,700 employees, the Licking Memorial Health Systems' (LMHS) staff is a closely connected team who depend upon each other to fulfill the Health Systems' mission to improve the health of the community. Therefore, the loss of an employee always affects the organization in a profound way. LMHS would like to honor the following employees who passed away over the last year during their service to the Health Systems:

**Freda Jacobs**  
of Surgery, passed away on January 10, after 38 years of service.

**Sherry Shultz**  
of Coronary Care, passed away on February 16, after 10 years of service.

**Pamela Clark**  
of Patient Accounting, passed away on September 14, after 2 years of service.

**Marich Wells**  
of 4-North, passed away on October 23, after 1 year of service.

LMHS is greatly appreciative of the time and talent that each of these employees dedicated to the Health Systems' mission. Please join LMHS in offering continued condolences to their family and friends.



## Celebrate the Holidays with Healthy Recipes

During the holiday season, large meals, decadent cookies, candies and desserts are often a trademark of family gatherings and celebrations. It is easy to understand how making healthy choices can be challenging during this season. Chef Brian Merritt, Director of Food Service at Licking Memorial Health Systems, has created the following healthy recipes that are perfect for holiday gatherings. We hope that you and your family enjoy these recipes in good health!

### Poached and Roasted Turkey Breast with Roasted Baby Carrots and Herbed Vegetable Gratin

Serves 12

By Chef Brian Merritt

#### Roasted Turkey Breast:

##### Ingredients:

- 1 5-pound turkey breast, bone-in and skin-on, rinsed and patted dry
- 1 large carrot, washed
- 2 celery stalks, washed
- 1 yellow onion, peeled and quartered
- 4 garlic cloves
- 2 bay leaves
- 1 gallon cold water
- Salt and pepper to taste

##### Directions:

Season the turkey breast with salt and pepper and place in a medium-sized pot with the cold water, carrot, celery, onion, garlic and bay leaves. Bring to a simmer over medium heat, and then reduce the heat to the lowest possible setting. Poach the turkey breast at this temperature for one hour, or until the internal temperature of the turkey breast reaches 165 degrees.

Remove the pot from the heat and place the entire pot in a sink filled with ice water, helping to rapidly chill the liquid and ingredients inside. Allow the turkey and broth to chill to at least room temperature which may take approximately 30 minutes. Place the entire pot, including the broth and turkey, in the refrigerator and store for at least four hours and as long as overnight.

When ready to serve, remove the turkey breast from the poaching liquid and pat dry. Strain out the vegetables and discard. Place the broth into a saucepot over medium heat and bring to a simmer until the liquid volume is reduced by 50 percent. This will take approximately 30 minutes.

Meanwhile, preheat the oven to 375 degrees. Rub the turkey breast with ½ Tablespoon olive oil, and toss the baby carrots with an additional ½ Tablespoon olive oil and set aside.

## Vegetable Gratin:

### Ingredients:

- 2 pounds baby carrots, peeled and washed
- 1/2 pound pearl onions, peeled
- 1/2 pound button mushrooms, washed and halved
- 1/2 pound hearts of celery, cut into large pieces
- 1 loaf of French bread (about 12 ounces) torn into large pieces
- 1 tablespoon fresh thyme leaves, roughly chopped
- 1 tablespoon rosemary leaves, roughly chopped
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

### Directions:

In an oven-proof gratin dish, toss the onions, mushrooms, celery, bread and herbs with the remaining 1 Tablespoon olive oil. Season to taste with salt and pepper. Pour about 2 cups of the reduced broth over the mixture then place the turkey breast atop this mixture. Scatter the baby carrots around the turkey.

Roast, uncovered, until the vegetables take on a light brown color, the turkey skin is crisp, and bread is toasted. If necessary during the cooking process, add more of the broth if the bottom of the gratin dish goes completely dry. The vegetables and turkey should all be nicely browned after about 30 minutes.

To serve, carve the turkey breast off the bone and serve with vegetables and any leftover broth. Garnish with fresh parsley.

## Nutritional Information:

*Per serving: 353 calories, 5g fat, 49g protein, 27g carbohydrates, 5g dietary fiber, 124mg cholesterol, 700 mg sodium*

## Brown Rice Pudding with Spiced Raisin Compote

Serves: 12

By Chef Brian Merritt

## Raisin Compote:

### Ingredients:

- 3/4 cup golden raisins
- 3 ounces\* (1/4 cup and 2 tablespoons) red wine vinegar
- 3 ounces\* (1/4 cup and 2 tablespoons) water
- 1/4 cup light brown sugar
- 1 cinnamon stick
- 1 bay leaf
- 1 star anise

### Directions:

Place all of the ingredients in a medium saucepan and bring to a simmer over medium-low heat. Simmer and reduce the liquid, stirring often, until the liquid is reduced to a glaze and the raisins are plumped and soft (about 20 minutes). Cool to room temperature and then reserve in an airtight container in the refrigerator until ready to use.

## Rice Pudding:

### Ingredients:

- 3 cups long grain brown rice
- 6 3/4 cups 1 percent milk
- 3 1/3 cups coconut milk
- 3 ounces\* (1/4 cup and 2 tablespoons) light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg

### Directions:

Pour the milk and coconut milk into a saucepan, along with the cinnamon, nutmeg and light brown sugar. Bring to a simmer over medium heat. Once at a simmer, add the brown rice, reduce the heat to low, and cover with a lid.

Gently simmer, stirring occasionally, until the rice is very tender and the liquid is reduced to a thick and creamy consistency (about one hour). Chill to room temperature and then reserve in an airtight container in the refrigerator until ready to use.

The rice pudding can be served warm or cold, as can the raisin compote. If serving warm, the chilling process can be skipped, if possible, and the dessert can be assembled in serving dishes straight from the saucepans.

### \* Please note:

For best results, the above ingredients that are measured in ounces should be measured by weight using a food scale. This allows for increased accuracy when preparing the recipe, as well as calculating the nutritional content.

## Nutritional Information:

*Per serving: 352 calories, 20g fat, 8g protein, 40g carbohydrates, 2g fiber, 5mg cholesterol, 86mg sodium*



## 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](http://www.LMHealth.org).**

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# Community Events

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

### Community Education Program – Lung Cancer

Thursday, November 21, at 6:00 p.m.  
LMH First Floor Conference Rooms  
No charge. Open to the public. Registration is required.

Jacqueline Jones, M.D., will be the speaker. Please see front page for more information. To register, call (740) 348-2527.

### Community Education Program – Hepatitis C

Thursday, December 12, at 6:00 p.m.  
LMH First Floor Conference Rooms  
No charge. Open to the public. Registration is required.

Ghulam Mujtaba, M.D., will be the speaker. Please see front page for more information. To register, call (740) 348-2527.

### 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. Open to the public. No appointment required.

Second Thursday of each month: blood glucose screenings  
Fourth Thursday of each month: blood pressure screenings  
Call (740) 364-2720 for more information.

### Ask the Doc

Saturdays, from 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.

### 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.

### 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](mailto:firstimpressions@LMHealth.org).