



Licking Memorial Health Systems

Community Connection

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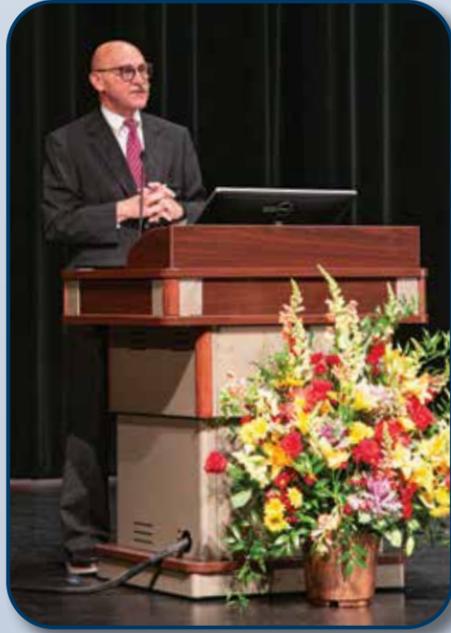


Measurably Different ... for Your Health!

LMHS Presents Prestigious Awards at Lifetime Achievement Reception

In November, the Licking Memorial Hospital (LMH) Development Council hosted the Lifetime Achievement Reception to honor individuals and organizations whose service to Licking County reflects Licking Memorial Health Systems' (LMHS) mission to improve the health of the community. The event, which was held at the J. Gilbert Reese Center on the campus of Central Ohio Technical College (COTC) and The Ohio State University (OSU) at Newark, featured the presentation of the Lifetime Achievement and The Mary Jane McDonald Building a Healthier Community awards, and recognition of the 2023 A Lifetime of Care recipient.

Lifetime Achievement Award – Patrick D. Guanciale



Patrick D. Guanciale was honored as the 2023 recipient of the Lifetime Achievement Award. Patrick is a lifelong resident of Licking County, and he and his wife, Carol, are members of St. Francis de Sales Church. They have a son, Andrew, a daughter-in-law, Jill, and a grandson, Luke.

The Lifetime Achievement Award was created in 1989, is the highest award that LMHS confers each year, and recognizes individuals for contributions that reflect LMHS' mission to improve the health of

the community. Nominees must be of good moral character, show that their work has provided a better quality of life for Licking County citizens, and have provided strong leadership in more than one organization or activity.

“Patrick has been involved with the Licking County community for over 45 years working to enhance the quality of life for all residents by championing the area to promote economic development,” LMHS President & CEO Rob Montagnese shared. “He is generous with his time and leadership skills, serving on the LMHS Board and working with organizations such as Grow Licking County Community Improvement Corporation.”

After graduating from Newark Catholic High School, Patrick attended Ohio University in Athens, Ohio. He then returned to Licking County and became a realtor. Currently, he is with Coldwell Banker King Thompson in Newark, and is certified as a residential broker by the National Association of Realtors. He is a past President of the Licking County Board of Realtors (LCBR) and has twice been named the organization's Realtor of the Year. Patrick also received the \$100 Million Dollar Club Award from LCBR.

Patrick has served LMHS in a variety of positions for more than 18 years. He has

served as the Chair of the LMH Board of Directors, on the LMHS Board, and as a member of the Licking Memorial Health Foundation Board. He also is a current member of the Newark Rotary, Sons of Italy, Knights of Columbus, the Chamber's Government Affairs committee, and the C-TEC Public Safety Advisory Committee. He served on the Board of Directors for the Newark Catholic High School Foundation for over 30 years and worked as a mentor for the Young Leader's Mentorship Program. He is a former member and Chair of the Licking County Chamber of Commerce Board of Directors. He also provides ground support for the Newark Fire Department and is a recipient of the William Howard Public Service Award from the Ohio State Fire Marshall Commission.

In addition to his service to Licking County, Patrick served the state when appointed by former Governors George V. Voinovich and Bob Taft to serve as a Commission Member and Chairman representing Commerce, where he served 16 years. He was also recommended by Governor James Rhodes to serve 18 years on the Selective Service Board, 16 of those years as Board Chairman, and numerous nonprofit boards and special committees.

Dr. Marty served on the LMH Active Medical Staff from 1988 until his retirement on December 31, 2022, and continues his service as part of the Honorary Medical Staff. He began his career with Licking Memorial Company Care and served as the Medical Director for the department. Dr. Marty also served as Medical Director for both Denison University Health Center in Granville and the Licking County Health Department and as a Family Practice Physician.

The Mary Jane McDonald Building a Healthier Community Award – Buckeye Valley Family YMCA



Buckeye Valley Family YMCA, in recognition of their mission to put unique principles into practice through programs that build healthy spirit, mind, and body for all, was presented the Mary Jane McDonald Building a Healthier Community Award. The Buckeye Valley Family YMCA has three branches – Licking County Family YMCA in Newark, West Licking County Family YMCA in Pataskala, and Muskingum County Family YMCA in Zanesville. In 2022, the three branches had 20,180 active members and offered health and wellness programs for all ages, infants through seniors.

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

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

The Buckeye Valley Family YMCA is a member service organization committed to providing programs and services to meet the needs of the community. The quality programs and services are presented with the highest level of professionalism, in clean, safe facilities with the most up-to-date equipment available. Welcoming and supporting all individuals and families, the YMCA provided \$249,969 in financial assistance to 3,030 individuals in our community.

Other programs that benefit the community include the Healthy Kids Network backpack program that provides nutritional food to students in 23 schools across Licking and Muskingum counties, Safety Around Water program, preschool, before & after school programs, and summer day camp. The YMCA is also committed to youth development by providing affordable childcare to families and youth sports, such as baseball, volleyball, and basketball. The organization also assists LMHS in sponsoring the Active•Fit Health & Fitness Fest, and the “For Your Health” 5K Run/Walk & 1-mile Fun Walk.

Past Recipients of the Lifetime Achievement Award

- 1989 – John W. Alford*
- 1990 – Howard E. LeFevre*
- 1991 – Ernestine W. Spencer*
- 1992 – J. Gilbert Reese*
- 1993 – John H. Weaver*
- 1994 – Norman R. Sleight*
- 1995 – Robert H. Pricer*
- 1996 – Carl L. Petersilge, M.D.*
- 1997 – Clarissa Ann Howard, B.S.N.
- 1998 – Rev. Dr. Charles W. Noble, Sr.*
- 1999 – Calvin E. Roebeck*
- 2000 – John J. Kutil*
- 2001 – Mary Jane McDonald*
- 2002 – William T. and Jane C.* McConnell
- 2003 – Raymond Guy Plummer, M.D.*
- 2004 – Robert N. Kent
- 2005 – Robert A. Barnes, Ph.D.
- 2006 – Stuart N. Parsons
- 2007 – Lewis R. Mollica, Ph.D.
- 2008 – Glenn F. Abel*
- 2009 – C. Daniel DeLawder
- 2010 – Robert H. McGaughy
- 2011 – John J. O'Neill*
Dell Christine Warner Powell* (posthumously)
- 2012 – Gerald K. McClain
- 2013 – Eschol Curl, Jr.
- 2014 – Patrick M. Jeffries
- 2015 – David Shull
Judith B. Pierce* (posthumously)
- 2016 – Sarah Reese Wallace
- 2017 – William N. Mann
- 2018 – Christopher (Chris) Meyer
- 2019 – Michael* and Barbara Cantlin
- 2020 – Thomas A. Mullady
- 2021 – Jim Matesich
- 2022 – Mary Beth Hall, M.D.
and Thomas Hall, M.D.

* Deceased

Past Recipients of The Mary Jane McDonald Building a Healthier Community Award

- 2005 – TWIGS of Licking Memorial Hospital
- 2006 – Newark Rotary Club
- 2007 – The Salvation Army of Licking County
- 2008 – Hospice of Central Ohio
- 2009 – Granville High School Key Club
- 2010 – Twentieth Century Club
- 2011 – American Red Cross of Licking County
- 2012 – Licking County Coalition of Care
- 2013 – Look Up Dental Clinic
- 2014 – The Thomas J. Evans Foundation
- 2015 – Big Brothers Big Sisters of Licking and Perry Counties
- 2016 – Food Pantry Network of Licking County
- 2017 – Ben Franklin Walking Club
- 2018 – Fostering Further
- 2019 – West Licking Special Olympics
- 2020 – LMHS Employees COVID-19 Response
- 2021 – Vertical 196
- 2022 – Boys & Girls Club of Newark

President & CEO Rob Montagnese Earns Prominent Alumni Award



Licking Memorial Health Systems (LMHS) is pleased to announce that President & CEO Rob Montagnese is the 2023 recipient of the Stephen F. Loeb's Outstanding

Leadership Award from the Health Services Management and Policy Alumni Society at The Ohio State University. The Outstanding Leadership Award recognizes individuals who have made unique and extraordinary contributions in Health Services Management and Policy through outstanding leadership in innovative approaches, discovery, and dissemination of new knowledge or leadership in organizations that are contributing to the improvement of healthcare services.

The Alumni Awards Selection Committee felt Rob's long-term commitment to serving and building a community hospital and all of the aspects his service represents, including the expansion of a strong and committed workforce, providing the latest technology, and meeting community health needs over time was commendable. They were very impressed with his contribution to improving the health of the community, such as acquiring cutting-edge technology and creating free clinics and programs, and felt that he was an obvious and very deserving choice for the award.

Since joining LMHS in 1993, Rob has served as Controller and Accounting Manager, Senior Vice President Financial Services, and Executive Vice President before attaining his current position in 2006. He received a Bachelor of Arts degree in business administration from Wittenberg University and a Master of Healthcare Administration from The Ohio State University. Additionally, he is a certified public accountant.

Choosing to lead a community hospital in the county where he was raised reflects Rob's personal commitment to offer the best quality of care for his family, friends, and neighbors. His desire is to create an individualistic healthcare experience for those who visit LMHS facilities by employing staff members who have a vested interest and strong connection with the organization. Under his leadership, LMHS has expanded throughout the county. He is also a fiscally responsible leader, and LMHS remains an independent healthcare organization due to his diligence in maintaining a conservative and effective financial approach. Rob is also very active in the community, serving in a leadership role on the boards of numerous other non-profit organizations in Licking County.

Through his direction, LMHS incorporated numerous cutting-edge technologies to benefit patients. Much of this technology would not be found in larger tertiary centers. Recruiting top quality providers is another pursuit Rob strongly encourages to increase access to comprehensive services. LMHS now offers a variety of specialties unique for

a community hospital. He is adamant about providing care to those who may not be able to travel to receive basic medical attention; therefore, several free clinics were established in underserved neighborhoods. While providing the best quality healthcare is vital to a strong community, Rob has also been the catalyst for many programs and events focused on encouraging healthy habits to prevent illnesses and injuries. Rob understands that prevention is just as important as quality treatment to keep a community healthy and vibrant.

Rob also fosters many partnerships with other local nonprofit or not-for-profit organizations to ensure the entire community has the resources needed for education and a better quality of life. He currently serves as the Chairman of the Central Ohio Technical College Board of Trustees, formerly serving as Vice Chairman. He is Treasurer and Past President of Big Brothers Big Sisters (BBBS) Foundation Board, Past President and Lifetime Honorary Member of the BBBS Board, Chairman of the Newark Campus Development Fund, Past Board Chair of The Salvation Army Advisory Board, Chairman of The Works Board, and a Board Member for First Federal Savings, GROW Licking County, Our Futures in Licking County, and the Institute for Health Innovation. He also serves as a member of the Newark Rotary Club and the Boys & Girls Club Advisory Board. He previously served as a member of the Ohio Medical Quality Foundation Board.

LMHS Presents The State of Healthcare

In July, LMHS Leadership and Board Members were invited to attend The State of Healthcare presentation in the Main Street Café. Federal and State legislators spoke to the group about current legislation and other issues pertaining to hospitals and health systems in Ohio. A representative from the Ohio Hospital Association shared information about the challenges the industry is facing, and LMHS President & CEO Rob Montagnese gave an update about actions that LMHS has taken to increase access to quality care.

Congressman Troy Balderson, who represents Ohio's 12th Congressional District, which includes Licking County, is a member of the House Energy and Commerce Committee which oversees energy, healthcare, and telecommunications policies, among other areas. Rep. Balderson is an advocate for advancing innovations that make it easier for rural Ohioans to access healthcare. He spoke about his support for over 30 healthcare bills which include working toward affordable healthcare, assisting small businesses struggling with covering health insurance, and expanding telehealth access. In June, Rep. Balderson introduced new legislation to enable providers to track and ensure the wellbeing of patients who are prescribed opioids. The Remote Opioid Monitoring Act would create a study focusing on the benefits and efficacy of remote monitoring.

State Senator Tim Schaffer, who serves the 20th district, which encompasses Fairfield and Licking Counties, shared that he is currently working on legislation to exempt certain baby products, such as diapers and car seats, from sales and use tax. Sen. Schaffer hopes to assist families decrease some of

the costs associated with caring for children. He also supports a bill to allow children who receive Medicaid at birth to continue to receive coverage until the age of three. Currently, parents must re-enroll a child when they turn one, but many do not, leaving the child without proper care. The new bill offers children continuity of care.

Joining Sen. Schaffer in the update on Ohio legislation, State Representative Kevin Miller of the 69th district, discussed a new bill that he proposed to establish an exemption to prior authorization requirements for medical care. The bill requires health insuring corporations, sickness and accident insurers, and Ohio Department of Medicaid, to grant exemptions to requirements of provisional affirmation of coverage before a service, device, or drug is provided to a patient under certain circumstances. He is also supporting legislation to expand Medicaid services to include doulas, a trained professional who is employed to provide guidance and support to a pregnant woman during labor. In addition, Rep. Miller explained that legislators had increased funding for behavioral health, the suicide and crisis hotline, and tobacco cessation programs in the new Ohio budget. Both state legislators hope to find ways to reduce the nursing shortages by increasing grants and loans for education.

Ohio Hospital Association (OHA) Senior Vice President & General Counsel Sean McGlone addressed challenges facing the healthcare industry including financial struggles. According to OHA research, of the 186 Acute Care Hospitals in Ohio, only about 40 percent are independent community hospitals. The majority are owned

by a larger healthcare system. In 2022, 62 percent of all Ohio healthcare organizations reported operating in the red, making negative financial gains. Of the systems that did report gains, only a handful earned over a 2 percent margin. Four Ohio hospitals were closed permanently, and 10 hospitals closed the obstetric units to save money. Sean cited increases in the cost of labor and supplies as adding to the financial struggles in the industry. While healthcare providers are struggling to fund care, Sean noted concerns about the insurance industry. Most insurance companies enjoyed record profits in 2022 as employer premiums continue to rise. He encouraged the group to continue to have conversations with lawmakers about finding solutions to funding issues.

During Rob's presentation, he was proud to share that LMHS continues to remain independent. Rob discussed many of the free services that LMHS offers Licking County residents. The organization is dedicated to providing quality care to all areas of the community, especially those that are underserved. In a recent report from the Ohio Department of Health, it was noted that a person's zip code is the highest indicator of life expectancy. Rob hopes to continue to increase access to care for all Licking County communities to narrow the life expectancy gap by creating better opportunities to receive needed care.

After the presentations, the panelists answered questions from the participants. The attendees were most concerned about options for small businesses to acquire affordable insurance for their employees and working to better care for those facing challenging mental health issues.



Blood Test Assists Physicians to Evaluate Traumatic Brain Injury

Licking Memorial Hospital (LMH) Laboratory Services offers a new blood test to assist physicians in evaluating patients with mild traumatic brain injury (TBI). Healthcare company, Abbott Laboratories, developed the test to provide a new, reliable result that allows a medical professional to quickly assess whether or not a patient requires a computerized tomography (CT) scan for further evaluation or if a CT scan can be safely omitted. LMH is the third hospital in the entire nation to adopt the i-STAT Alinity TBI Plasma Test.

TBIs, including concussions, are common, and can be caused by participation in sports, slips, falls, and car crashes. An estimated 4.8 million emergency department (ED) visits per year are the result of a patient with a TBI, and roughly 40 percent are caused by slips and falls. Detecting the injury quickly is vital for better recovery, and often such injuries may be undiagnosed or misdiagnosed. Currently, methods for evaluating a patient for a TBI include a CT scan, patient questionnaire, and neurological exam, which in some cases, are not diagnostic on their own. The new blood test offers objective testing to be used in tandem

with the current methods to provide a more accurate assessment of the patient.

Caused by an external force such as a forceful bump, hit, or jolt to the head or body, TBIs result in an alteration of brain function. Some types of TBI can cause temporary or short-term problems with normal brain function, including problems with how the person thinks, understands, moves, communicates, and acts. A more serious TBI, such as bleeding in the head, can lead to severe and permanent disability, and even death. Signs or symptoms of a brain injury may appear immediately after the traumatic event, while others may not appear until hours, days, or weeks later.

Research has discovered that after the brain sustains an injury, certain brain-specific proteins enter the blood stream. The TBI test measures two biomarkers in blood plasma and serum that, in elevated concentrations, are tightly correlated to brain injury. Testing for the biomarkers in the immediate aftermath of an injury can assist the physician in deciding appropriate next steps and develop a plan to care for patients. The test is approved for use to aid in the evaluation

of patients, 18 years of age or older, presenting with suspected mild traumatic brain injury within 12 hours of injury. If there is no elevation of the proteins in the blood, the test will show a negative result, and research has shown that a CT scan is highly unlikely to show an abnormality and can be safely omitted. If elevated levels are present, the results of a CT scan can be used in conjunction with the test results to inform decisions about further evaluation.

The rapid diagnostic test allows ED staff to quickly triage patients with traumatic brain injuries and make a more informed decision about the safety of discharging the patient without performing a CT Scan. According to Abbott, the TBI test can potentially reduce unnecessary CT scans by up to 40 percent. The quick turnaround time can decrease patient wait time in the ED, clear resources for other patients, and reduce the cost of treatment.

Timely diagnosis of a head injury, including concussion, is critical for recovery. If you or someone you know experiences the symptoms listed below

after a fall or blow to the head, visit the ED as soon as possible:

- Sensitivity to light and sound
- Headaches
- Nausea or vomiting
- Balance issues, dizziness, or blurred vision
- Anxiety or nervousness
- Irritability or easily angered
- Overwhelming emotions
- Sadness
- Irregular sleep issues
- Feeling sluggish, hazy, or foggy
- Confusion, concentration issues, or memory problems

The i-STAT TBI blood test was developed in collaboration with the U.S. Department of Defense (DoD) – which has been dedicated to developing a solution for the objective detection and evaluation of TBI for more than a decade. The DoD, through U.S. Army Medical Research and Development Command’s (USAMRDC) U.S. Army Medical Materiel Development Activity (USAMMDA), played a critical role in developing the test run on Abbott’s i-STAT Alinity platform.

LMHS and Licking Heights School District Celebrate Health Center Opening

Licking Memorial Health Systems (LMHS) celebrated the opening of the new Licking Memorial Health Center at Licking Heights with a ribbon cutting event on Monday, August 14, at Licking Heights High School. The school is located at 4101 Summit Road in Pataskala. The Licking Heights leadership including Superintendent Dr. Kevin Miller, Principal Dawn McCloud, and Director of Pupil Services Mitch Tom, assisted LMHS President & CEO Rob Montagnese, Vice President Physician Practices Greg Wallis, and Vice President Community Health & Wellness Ben Broyles with the ribbon cutting ceremony.

The Health Center, located inside a school building, is the first of its kind for LMHS and was made possible through a strong partnership with Licking Heights Local School District. “Through the incredible partnership with LMHS, we have been able to watch the seed of an idea become reality,” said Dr. Miller. “We are so proud of everyone involved.”

LMHS also partnered with Behavioral Health Partners of Central Ohio to provide mental health services. The goal is to increase access to primary care and behavioral health and improve health equity within Licking County. School-based health centers are a rising trend due to the correlations between student health and well-being, and academic performance and attendance. The Health

Center is an effective strategy to ensure students remain in school, are healthy, and ready to learn, and benefits working families, parents, and guardians who do not need to miss work to take their children for treatment.

“This is truly a progressive partnership that will increase access to healthcare and possibly serve as a model for future facilities,” said Rob. “The facility transforms how care is delivered to the community, students, and the school system.”

The Health Center began offering sports physicals on August 1. Two nurse practitioners provide services to students, their family members, Licking Heights staff members, and members of the community.

Services provided at the Health Center include:

- Well-child care
- Sick visits
- Chronic disease management
- Teen health
- Rotating vaccine clinics
- Sports physicals
- Developmental screenings
- Substance-use screening

An on-site laboratory is available for point-of-care testing, such as strep, influenza, RSV, COVID-19, and diabetic levels.



Capsule Technology Offers More Efficiency

Licking Memorial Hospital (LMH) recently acquired technology to combine information and data from several machines frequently needed for patient care to more efficiently monitor a patient’s condition. Capsule Medical Device Information Platform improves clinical decision making and workflow by integrating data from a number of medical devices such as ventilators, continuous dialysis machines, balloon pumps, and the Arctic Sun Hypothermia machine. With the new technology, nurses and intensive care unit (ICU) staff members are better able to focus on the patient and offer more personalized care. Operating room (OR) staff use similar

technology in the surgery suites for the anesthesia machines.

“Capsule is transforming the way we care for patients by offering faster access to vital decision-making information and creating a system that allows our staff to be more proactive,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “This new technology creates a more efficient workflow in the ICU and saves lives.”

Capsule uses a specially programmed touchscreen, the Capsule Neuron, that contains a number of standard cable connection interface ports. A device identification module (DIM) is placed

on cable connectors for each individual medical device. When a medical device is in use for a patient, that device can be plugged into the Capsule monitor which then automatically transfers the information into a flow sheet for charting in LMH’s electronic health record, Epic.

Before purchasing the device, ICU nursing staff and Respiratory Therapists were responsible for frequently entering data from each individual device into Epic. The flow of information was dependent on the time taken to input the data and was susceptible to errors. With each device seamlessly providing data to Epic, all of the patient’s providers can monitor the patient in real-time.

The technology enhances care by improving visibility of the data, timeliness of relevant information, and improving communication among care teams. The chance of transcription errors is lowered as well.

ICU and OR staff members have been receptive to the new technology. Since they are no longer required to spend as much time searching and entering data, the staff can dedicate more time to focusing on the patient. Responses to even subtle changes in the patient’s condition are made more quickly, offering the best possible outcome for recovery.

New Initiatives at LMHS Highlighted at Corporate Breakfast

The Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders in the Main Street Café in September. President & CEO Rob Montagnese began the program titled “What’s New at LMHS,” by sharing new initiatives that LMHS is undertaking including assisting the Food Pantry Network of Licking County to establish a site on the west side of Newark to offer residents more access to healthy foods. He also discussed LMHS’ support of the new bus routes available through the Licking County Transit Authority.

“Improving the health of the community includes working to make sure everyone has access to healthcare and healthy food choices,” Rob said. “By supporting the new bus routes and the Food Pantry, we hope to decrease healthcare and food disparity and increase the life expectancy for residents of all areas of Licking County. We have also opened the first clinic in the State of Ohio inside of a local school. The Licking Memorial Health Center at Licking Heights makes it easy for parents to schedule wellness visits for their children and themselves.”

Rob also spoke about new technologies available that offer high quality care throughout LMHS. He then introduced Heather Burkhart, Vice President Acute Care Services, Stephen Gombos, Director of Laboratory Services, and Jessica Clark, Director of Radiology & Neurovascular Services, who each shared more details about some of LMHS’ latest acquisitions.

Along with Kim Heddleson, Assistant Vice President Acute Care & Cardiology, Heather demonstrated features of the new Progressa+ True ICU bed, manufactured by Hillrom, including the sit to stand function. The beds contain technologies that optimize patient care and accelerate recovery, resulting in decreased time spent in the ICU and a reduction in Hospital costs. Heather also shared a video of additional technology used in the ICU including Capsule technology, and new infrared vein finder devices that assist in quickly locating a patient’s vein.

Stephen discussed the expansion of automation and addition of new technology in the Laboratory. The newest

generation of chemistry and hematology instrumentation will be added to the automation line, providing a broader test menu and faster result turnaround times. In addition to the new chemistry system, LMHS is adding a new bacterial identification system that uses a laser to ionize microbes for identification in minutes. The system will reduce the cost of such testing and offer more accurate results.

Jessica spoke about the equipment replacement and additions in Radiology. Nuclear medicine, ultrasound, and X-ray machines will be replaced and/or upgraded at various locations to

maintain advanced level technology capabilities. The three computer tomography (CT) scanners at LMHS will be upgraded to 128 slice scanners offering better image resolution. Radiology is also replacing the prone stereotactic breast biopsy unit with an upright system to offer patients a more comfortable position for the procedure. In 2023, unrestricted contributions received for Licking Memorial Health Foundation are being directed toward the Laboratory and Radiology projects.



McGaughy Recognized as an Outstanding Senior Volunteer

The Licking Memorial Hospital Development Council Chair, Robert “Bob” McGaughy was named a 2023 Columbus Outstanding Senior Volunteer by Medical Mutual. The award celebrates adults 60 years of age and older who selflessly give of their time and talent to help the people and communities around them.

Bob is a lifelong volunteer at many organizations in Newark.



As Chair of the LMH Development Council, he is dedicated to making sure the residents of Licking County have access to quality healthcare close to home. He continues to provide invaluable service with

his knowledgeable experience, dynamic personality, and passion for bettering the community. In addition to his service with LMHS, Bob has served as a Rotary Club President and District Governor. Other organizations that Bob has served includes, The Salvation Army of Licking County, The Ohio State University – Newark, Goodwill, The Energy Cooperative Foundation, Newark City Schools, Licking County Leave a Legacy, Par Excellence School, and Campus View Village.

Throughout the years, Bob has been recognized for his service to the community. He was awarded the prestigious Lifetime Achievement Award from LMHS for having made an extraordinary difference in the local community. LMHS also created an award in honor of Bob. The Robert McGaughy Honorary Ambassador award is bestowed on those who demonstrate a high level of commitment to LMHS through their actions, exceptional service, and loyalty to the organization.

New Appointments



Sara I. Ali, M.D.,
joined Licking Memorial
Gastroenterology.



Ahmad Y. Bakdali, M.D.,
joined Licking Memorial
Radiology.



January L. Beach, APRN-CNP,
joined Licking Memorial
Rheumatology.



Zackary M. Birchard, D.O.,
joined Licking Memorial
Orthopedic Surgery.



Kwame N. Doh, D.P.M.,
of Foot and Ankle Specialists of Central
Ohio, joined the LMH Medical Staff.



Kalpana Jones, M.D.,
joined Licking Memorial
Family Practice – Granville.



Kara J. Kaplan, M.D.,
joined Licking Memorial
Hospitalists.



Zeyn T. Mirza, M.D.,
joined Licking Memorial
Gastroenterology.



Priyanshi Patel, M.D.,
joined Licking Memorial
Pediatrics – East.



Diana M. Pereira, APRN-CNM,
joined Licking Memorial
Women’s Health – Newark.



Kristine A. Plotts, APRN-CNP,
joined the Licking Memorial
Health Center at Licking Heights.



Luis F. Soto III, M.D.,
of Kidney Specialists, Inc.,
joined the LMH Medical Staff.



Son H. Tran, D.P.M.,
of Foot and Ankle Specialists
of Central Ohio, joined the
LMH Medical Staff.



Former Interventional Cardiology Patients Gather at LMH Event

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

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese welcomed the attendees, noting that the event is a celebration of the many lives saved due to the hard work of the Interventional Cardiology staff members. Rob then introduced Interventional Cardiologist Hassan Rajjoub, M.D., who stressed the importance of physical activity for preventing heart attacks.

“Movement is essential to keeping the body healthy, and steps are an easy way to measure physical activity,” said Dr. Rajjoub. “Taking 2,000 steps each day is the equivalent to walking one mile. Small increases in your daily step count can significantly lower the risk of heart disease.”

Dr. Rajjoub also mentioned that LMH is one of the few community hospitals in the State of Ohio that offers interventional cardiology services. Rob added that several years ago, LMH was selected to participate in a study performed by Johns Hopkins University, which found that offering interventional cardiology services without the open-heart surgery backup

saved precious time that would have been lost during transport to another facility.

“Our participation in the study helped to change Ohio law which stated that hospitals who did not have open heart surgery available at their campus could not offer interventional cardiology procedures,” Rob explained. “I am proud of our involvement in changing this law which allowed LMH to offer these life-saving services close to home for our community members.”

Flora Walker was the featured speaker at the event. Flora experienced a heart attack on Christmas Eve in 2021. She told her husband, Harry, that she was having chest pains, and he instructed her to sit down and relax. She then began sweating and her arm went numb. Harry called 911, and Flora was transported to the LMH Emergency Department.

“I am so grateful to the staff at Licking Memorial Hospital for what they did to save my life. Dr. Rajjoub and the nurses were wonderful,” Flora said. “Afterward, I went through cardiac rehabilitation. I cannot stress how important cardiac rehab was for my recovery. It helped me regain my strength and get back to doing the things I loved.”

Attendees received a T-shirt, LMHS-branded giveaway items, and were entered into a raffle drawing to win various gift cards to local businesses.



Honorary Medical Staff Gather for Luncheon

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

“The excellent care you provided throughout your careers demonstrated your commitment to Licking County residents. Each and every day, we benefit from the strong foundation you provided as we strive to improve the health of the community,” Licking Memorial Health Systems President & CEO Rob Montagnese (pictured far right) said. “Thank you for all you have done to help make LMH the excellent healthcare facility that it is. You set a

high standard that our current physicians maintain in the care and services we provide today.”

During the luncheon, Rob offered an update on new services at LMH, such as a bus route, technology, and other changes, including the addition of two new gastroenterologists. LMH Chief of Staff Andrew C. Seipel, M.D., also shared information about advances that LMH has made in the past year including the increased use of robotic surgery with five physicians certified to use the daVinci Robotic Surgical System. The less-invasive procedures offer faster recovery for needed surgeries.

The LMH Honorary Medical Staff currently is comprised of 50 physicians who retired after longtime service on the LMH Active Medical Staff and have maintained an outstanding reputation in the community.



Physicians who attended this year’s event included (front row, left to right): John Winsch, M.D., John Quimjian, M.D., Pattye Whisman, M.D., Eric Pacht, M.D., Mark Mitchell, M.D., M. Jane Scott, M.D., Debra Heldman, M.D. (Back row, left to right): Thomas Hall, M.D., RR Evans, M.D., Larry Pasley, M.D., Vincent Walsh, D.O., Douglas Schram, D.O., Gerald Ehram, M.D., and Thom Wood, M.D.

LMHS Recognized as a CHIME Digital Health Most Wired Hospital

The College of Healthcare and Information Management Executives (CHIME) recently recognized Licking Memorial Health Systems (LMHS) as one of the Digital Health Most Wired recipients of 2023, marking the tenth time that LMHS has received the award. The CHIME Digital Health Most Wired program conducts an annual survey to identify organizations that exemplify best practices through their adoption, implementation, and use of information technology to improve the health of their communities. LMHS earned recognition as a Most Wired recipient for the acute care and ambulatory settings. The survey recognizes LMHS for deploying technology and implementing strategies that achieve meaningful clinical and efficiency outcomes while exploring new technologies that expand care.

Among the more than 55,000 facilities represented, LMHS ranked above peers in categories such as analytics and data management, population health, infrastructure, and patient engagement. The survey assessed the adoption, integration, and impact of technologies in healthcare organizations at all stages of development, from early development to industry leading. Amid escalating challenges posed by growing cybersecurity threats, evolving care models, staffing shortages, and budget constraints, the call for revolutionizing healthcare through technology is moving forward at a rapid pace.

“Receiving national recognition for our dedication to digital health excellence highlights the LMHS mission to improve the health of the community,” said LMHS President & CEO Rob Montagnese. “Investing in and adopting innovative technology is a priority that

allows our healthcare providers to deliver top-tier treatments to our patients that may not be available in other community hospitals.”

The Information Systems Department is charged with maintaining the technology systems that assist clinical staff in providing the best possible care to patients. Through the use of a privacy monitoring application and strong authentication protocols, LMHS protects the privacy of patient information, ensures health records are accurate, and that systems are operating at full capacity to provide clinical staff with the tools needed to treat patients effectively.

The Digital Health Most Wired survey and recognition program serves as a comprehensive “Digital Health Check-up” for healthcare organizations across the world. As success in digital health increasingly determines the

quality of patient care, the scope of the CHIME Digital Health Most Wired survey reflects the progress of leading healthcare providers as they reinvent healthcare for a new century. This remarkable achievement stretches far beyond information technology and reflects an entire organization’s commitment to improve healthcare through the advancement of digital health strategies.



Acute & Ambulatory 2023

LMH Announces Physician of the Year

In October, Licking Memorial Hospital (LMH) held the annual Medical Staff Recognition Dinner at Moundbuilders Country Club to show appreciation for the physicians' commitment to improve the health of the community. The LMH Active Medical Staff is comprised of 163 physicians who represent more than 30 medical specialties. Additionally, 57 physicians are members of the consulting staff.

Following a social hour and dinner, LMH Chief of Staff Andrew Seipel, M.D., announced new medical staff appointees and recognized physicians who were celebrating five-year service anniversaries. To conclude the evening, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese announced that the 2023 Physician of the Year award recipient was Bradley R. Lewis, M.D., who joined Licking Memorial Anesthesiology in 2007.

Dr. Lewis received his Medical Degree from the Medical College of Ohio in Toledo. He completed a transitional internship and a residency in anesthesiology at University Hospitals in Cleveland. Dr. Lewis and his wife, Maria, live in New Albany and he enjoys spending time with his family. They have two children, Gavin and Olivia.

The Physician of the Year award recipient is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees included Gabrielle Farkas, D.O., Licking Memorial Hospitalists, Thomas Hagele, M.D., Licking Memorial Dermatology, W. Andrew Highberger, M.D., Licking Memorial Addiction Medicine, and Brent Savage, M.D., Licking Memorial Surgical Services.

2023 Physician Service Awards

60 Years of Service

Zdravko S. Nikolovski, M.D.

55 Years of Service

C. Michael Thorne, M.D.

50 Years of Service

Chang Sup Lee, M.D.

45 Years of Service

Wesley Filipow, M.D.
Yoon S. Kim, M.D.
Charles J. Marty, M.D.
Hang S. Wee, M.D.
Patty A. Whisman, M.D.

40 Years of Service

Leslie R. Laufman, M.D.
Patrick J. Scarpitti, M.D.
Carl D. Waggoner, M.D.

35 Years of Service

Donald E. Harris, D.O.

25 Years of Service

Richard A. Baltisberger, M.D.
Douglas N. Schram, D.O.
Shahin Shahinfar, M.D.
James E. Silone Jr., D.O.
Karen L. Smith-Silone, D.O.
Gary D. Sutliff, M.D.
Edward L. Westerheide, M.D.

20 Years of Service

RR Evans, M.D.
Michael E. Falkenhain, M.D.
Ralph J. Napolitano Jr., D.P.M.
Bethany A. Wyles, D.O.

15 Years of Service

Audrey K. Bennett, M.D.
Brian T. Klima, M.D.
Bharat B. Patel, M.D.
Laurie J. Schaeffer, D.O.
Vincent I. Walsh, D.O.

10 Years of Service

Victor F. Ferrini, M.D.
Charles L. Geiger, D.O.
W. Andrew Highberger, M.D.
Brian W. Korn, D.O.
Sachida N. Manocha, M.D.
Brad T. Pfau, M.D.

5 Years of Service

Bradley R. Allen, M.D.
Alexander J. Campolo, D.O.
Rachel L. DeMita, M.D.
Christopher M. Forbush, D.O.
Mae T. Gallagher, M.D.
Jianqing Li, M.D.
Vinay S. Mulkanoor, D.O.

Past Recipients of the LMH Physician of the Year Award

1988 – Charles F. Sinsabaugh, M.D.

1989 – Craig B. Cairns, M.D.
C. Michael Thorne, M.D.

1990 – Mark A. Mitchell, M.D.

1991 – Carl L. Petersilge, M.D.

1992 – Edward A. Carlin, M.D.
Harold E. Kelch, M.D.

1993 – Gerald R. Ehrsam, M.D.

1994 – William K. Rawlinson, M.D.

1995 – Patty A. Whisman, M.D.

1996 – J. Michael Wills, M.D.

1997 – Terry P. Barber, M.D.

1998 – Mary Beth Hall, M.D.

1999 – Debra A. Heldman, M.D.

2000 – Frederick N. Karaffa, M.D.

2001 – Elliot Davidoff, M.D.

Bryce I. Morrice, M.D.

Mark L. Reeder, M.D.

2002 – Jacqueline J. Jones, M.D.

2003 – Owen Lee, M.D.

2004 – Larry N. Pasley, M.D.

2005 – Joseph E. Fondriest, M.D.

2006 – May Lee M. Robertson, D.O.

2007 – Peter T. Nock, D.O.

2008 – Eric R. Pacht, M.D.

2009 – Ann V. Govier, M.D.

David E. Subler, M.D.

2010 – Richard A. Baltisberger, M.D.

David R. Lawrence, D.O.

2011 – Talya R. Greathouse, M.D.

2012 – Bassam Kret, M.D.

2013 – Shakil A. Karim, D.O.

2014 – Brent M. Savage, M.D.

2015 – Garth A. Bennington, M.D.

2016 – Janae M. Davis, M.D.

2017 – Audrey K. Bennett, M.D.

2018 – Elizabeth A. Yoder, D.O.

2019 – Matthew C. Bromley, D.O.

2020 – LMH Medical Staff

2021 – Kevin M. Ouweleen, M.D.

2022 – Lori J. Elwood, M.D.



Physician Spotlight – Kenneth C. Parker, M.D.



Kenneth C. Parker, M.D., received his Medical Degree from the University of Cincinnati College of Medicine in Cincinnati, Ohio. He completed a general surgery internship and an otolaryngology, head and neck surgery residency at the University of Louisville College of Medicine in Louisville, Kentucky. Dr. Parker is board certified in Otolaryngology.

Ask a Doc – Sinusitis with Kenneth C. Parker, M.D.

Question: I suffer from sinus infections multiple times a year. How do I prevent sinus infections from recurring?

Answer: Sinusitis, or sinus infection, is an inflammation of the tissue lining the sinuses. The sinuses are cavities located in the head that are usually filled with air and are separate from the nasal passages. Narrow passages connect the sinuses, which produce mucus that drains out of the nasal passages. Drainage helps to keep sinuses free of bacteria, allergens, and other germs. Typically, a normal patient can expect to experience 1 to 2 infections a year that would fit the diagnosis of acute sinusitis. The symptoms of acute sinusitis include thick, yellow, or greenish mucus from the nose, congestion, and pain or tenderness around the eyes, cheeks, and forehead, and often fever. Mucus color does not distinguish the type of infection a person has. Symptoms must persist for at least two weeks. Headache alone is not a reliable sign of a sinus infection.

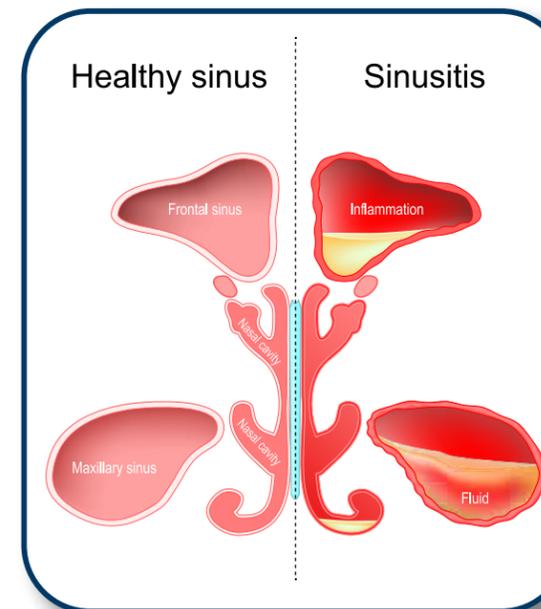
There are several different types of sinusitis, which are categorized by the length of time that symptoms have been present:

- **Acute sinusitis** – symptoms lasting at least two weeks, but less than four weeks
- **Subacute sinusitis** – symptoms last four to 12 weeks
- **Chronic sinusitis** – symptoms last for at least 12 weeks
- **Recurrent acute sinusitis** – symptoms return four or more times in one year and last less than two weeks each occurrence

Sinus infections are caused by bacterial infections and are generally treated with antibiotics. These types of infection are distinguished from a general upper respiratory infection such as the common cold or rhinovirus, with similar symptoms. Symptoms last less than two weeks and are generally secondary to viruses. Viral infections do not respond to antibiotics and should be treated symptomatically.

an ear, nose, and throat specialist (ENT) for surgical considerations. Treatments for chronic sinusitis may include nasal saline rinses, intranasal steroid sprays, antihistamine sprays or pills, or in resistant cases, surgery. The use of antihistamines should be reserved only for patients with allergy symptoms (itching watery eyes, sneezing, etc.) as they can thicken the mucous in patients who do not have allergies and worsen their sinus symptoms. Patients should also avoid the use of topical decongestant sprays, such as Afrin®, for greater than 4 days, as these types of sprays can ultimately increase nasal congestion. Nasal saline and steroid sprays do not cause this effect.

Sinusitis is not contagious; however, the bacteria and viruses that can cause the respiratory infections can be spread to others. Individuals should practice good hand hygiene and make sure that they cover their nose and mouth when coughing or sneezing. Other ways to prevent sinusitis include using a saline nasal rinse as directed by a physician, managing allergy symptoms by taking prescribed medications and avoiding allergy triggers, such as dust, pollen, or smoke. Using a humidifier, which adds moisture to the air, can help prevent sinusitis by keeping nasal passages from becoming too dry. Physicians may also recommend the use of steroid nasal sprays as a prevention method.



Chronic sinusitis can exacerbate underlying health conditions or habits, such as nasal allergies, smoking, asthma, a deviated septum, nasal polyps, or a weakened immune system. In some cases, a primary care provider may refer a patient to a specialist, such as an otolaryngologist, also known as

Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care

Patient Story – Dawn McPeek-Bowser



Dawn McPeek-Bowser, a longtime resident of Licking County, enjoys spending time with her seven grandchildren and is excited to welcome number eight at the beginning of 2024. In 2021, she began to worry that she would have to miss out on some activities with her family because she was feeling sluggish. She first believed her lack of energy was a natural part of the aging process. However, Dawn also noticed that she was thirsty all the time and experiencing problems with her vision. In September 2021, she decided to make an appointment with her primary care physician, Marita L. Moore, M.D., to discuss the symptoms and determine if an underlying cause existed. Dr. Moore ordered blood tests including an examination of Dawn’s blood sugar level to ascertain whether or not she might have diabetes.

“My family has no history of diabetes, and at the time, I was unaware of anyone close to me who had ever been diagnosed with the disease except my father-in-law,” Dawn said. “I was very emotional about the results because I thought my life was going to change drastically for the worse. I was frightened by the changes I knew I would have to make.”

After receiving the diagnosis, Dr. Moore referred Dawn to Licking Memorial Hospital’s diabetes self-management education and support (DSMES) presented by Licking Memorial Community Case Management. “The entire experience was eye-opening. I learned so much about diabetes and how to manage the disease. When I was first diagnosed, I had no idea what I could consume to avoid symptoms, and thought I would have to be on a very restrictive diet for the rest of my life,” Dawn shared. “I actually

started to tear up when they explained healthy eating habits are more about moderation than limiting certain foods. I realized then that I would not have to deprive myself, and that I would be able to move forward with a few minor changes and live normally.”

As part of the healthy eating habits education, the dietitians strongly suggest the use of smaller plates and cups during meals and snacks. In addition to creating more appropriate portion sizes of food, the smaller plate is believed to create an optical illusion that assists in feeling more satisfied with the amount of food consumed. If a small piece of food is placed on a large plate, the mind imagines that the portion is not enough to satisfy hunger and causes a feeling of food deprivation. Instinctively, people will add more food to a large plate to achieve the feeling of fullness. However, placing the same amount of food on a small plate allows the mind to accept that the portion is large enough to fulfill the hunger cues. In this manner, fewer calories and carbohydrates are consumed and the person feels satiated.

“When the dietitians explained how to use the small plates, I thought the idea was ridiculous. I did not believe that type of mind game would be successful,” Dawn remarked. “However, I had small cups and plates in the house for the grandchildren, and I attempted the small plate method. I found it works and assists in easily tracking the proper amount of carbohydrates and sugars that I consume. I have continued using the small plates and cups, and I am happy to enjoy my favorite snacks. I can even enjoy a night out at a restaurant and make healthy choices to maintain my blood sugar levels.”

Since taking the class and learning more about healthy eating habits, Dawn has lost over 70 pounds. She was able to work with Dr. Moore to decrease her diabetes medication dosage as she began to lower her blood sugar levels through diet. In addition, Dawn noticed that the problems with her vision have also been resolved. Dawn has experienced more energy and has set a goal to increase the number of walks that she takes throughout her day. The increased energy has also allowed her to spend more time playing with her grandchildren.

As she shared her diagnosis with others, Dawn found that many of her friends and acquaintances have also been diagnosed with diabetes. She highly recommends the diabetes education classes to them no matter how long it has been since they were diagnosed with the disease. “I cannot say enough about the benefits of the education I received at LMHS,” Dawn said. “The classes offer needed support from others with the disease. The other attendees share their stories, questions, and concerns, and I felt better knowing I was not going through the process alone.”

Dawn’s family rallied around her after her diagnosis and remains supportive of her lifestyle modifications. To encourage Dawn to continue eating healthy, her husband of over 30 years, Richard, has made changes in his diet as well, choosing healthier options and consuming more appropriate portion sizes. Dawn and Richard’s daughters, Sadee, Chasidy, and Halie, are very supportive of the healthy lifestyle choices that they have made, and the grandchildren have also been involved in learning about nutrition and healthy eating habits.

Diabetes Care – How do we compare?

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

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

	LMHP 2020	LMHP 2021	LMHP 2022	National
LMHP patients with diabetes having HbA1C test	91%*	86%*	77%	88% ⁽¹⁾
LMHP patients with diabetes receiving eye exam	63%*	41%*	52%	58% ⁽¹⁾
LMHP patients with diabetes having foot exam	73%*	47%*	71%	80% ⁽²⁾
				LMHP Goal
LMHP patients with diabetes having lipid profile	85%*	84%*	85%	90%
LMHP patients with diabetes having microalbuminuria test	79%*	64%*	70%	85%

2. The hemoglobin A1C (HbA1C) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person’s blood over an extended period of time. While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the disease. While the goal for most people with diabetes is 7% or less, anything less than 8% is considered a good degree of control of blood sugar levels.

	LMHP 2020	LMHP 2021	LMHP 2022	National ⁽¹⁾
LMHP patients with diabetes with HbA1C less than or equal to 7%	47%*	43%*	50%	38%
LMHP patients with diabetes with HbA1C less than or equal to 8%	69%*	63%*	71%	59%

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

	LMHP 2020	LMHP 2021	LMHP 2022	National ⁽¹⁾
LMHP patients with diabetes with LDL less than or equal to 100 mg/dL	74%*	71%*	80%	48%

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

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

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

Data Footnotes:

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

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



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

Diabetes Self-management Education and Support

Diabetes is the eighth leading cause of death in the United States, and people with diagnosed diabetes have a 50 percent higher risk of early death than those without the disease. People with diabetes are at higher risk for severe health complications, such as blindness, kidney failure, heart disease, stroke, and lower-limb amputations. Receiving a diabetes diagnosis can be scary, and for some, learning how to understand and manage their disease can be overwhelming.

Improved health management can help people with diabetes live longer and healthier lives, and services exist to help individuals and their healthcare teams prevent or delay diabetes complications. One evidence-based diabetes management tool is diabetes self-management education and support (DSMES). DSMES is a program that helps people gain the knowledge and skills they need to manage their diabetes and related conditions.

Individuals who participate in DSMES classes experience positive impacts in their lifestyle, such as changes in eating patterns and activity levels, improved hemoglobin A1C levels, the prevention or delay of diabetes complications, and improved quality of life. Studies also confirm that there are reduced hospital

admissions and readmissions due to participation in DSMES classes, making the program a cost-effective tool for patients and healthcare facilities.

There are four times when a person who is diagnosed with diabetes should request a referral to a diabetes education program:

- When first diagnosed
- At an annual exam
- When it becomes more difficult for a person to manage their diabetes, such as emotional factors, new health issues, new medication, or changes in access to food or money
- During life changes, such as divorce or death of a loved one, or acquiring new insurance coverage

DSMES classes are led by certified diabetes educators, dietitians, pharmacists, and registered nurses. They possess comprehensive knowledge of and experience in diabetes prevention, care, and management. The specialists educate, support, and advocate for people with diabetes while promoting self-management to achieve individualized behavioral and treatment goals that reduce risks and optimize health outcomes.

Licking Memorial Hospital (LMH) offers DSMES classes through a physician referral for patients with diabetes. The

classes are a series of two, 3-hour sessions. Participants may choose to attend classes on the first and second Wednesday of each month, from 9:00 a.m. to 12:00 Noon, at the Gerald K. McClain Building, located at 20 West Locust Street in Downtown Newark, or on the third and fourth Wednesday of each month at the Licking Memorial Diabetes Learning Center, located at 1865 Tamarack Road in Newark, from 3:00 to 6:00 p.m. Information on programming and course fees can be found by calling (220) 564-4915.

Additional diabetes education and ongoing management is provided by the LMH Medication Therapy Clinic through specifically trained clinical pharmacists, nurses, dietitians, and medical assistants. To help reach personal goals, patients are educated on properly checking blood sugars levels, how to administer and manage medications, and are encouraged through healthy lifestyle and dietary changes. Patients interested in using technology, such as continuous glucose monitors or insulin pumps, are guided through the setup process and provided with ongoing support to achieve lasting, positive results. A physician referral is required, and patients can expect to have routine visits every 2 to 8 weeks depending on individual needs and goals.

New Program Offers ACL Injury Prevention

The Licking Memorial Hospital (LMH) Rehabilitation Services Department has acquired the Sportsmetrics™ ACL injury prevention program. The Sportsmetrics Training Program has been scientifically proven to decrease the chance of serious knee injuries in athletes of all skill levels. Dr. Frank Noyes, M.D., along with trainers, physical therapists, and researchers at the Cincinnati SportsMedicine Research and Education Foundation, developed Sportsmetrics after nearly three decades of research on prevention and treatment of knee ligament injuries. Sportsmetrics is specifically designed for athletes, ages 10 to 21, focusing on proper jumping/landing techniques and improving coordination, strength, agility, and flexibility in order to decrease injury risk to the knee.

The researchers at the Cincinnati SportsMedicine and Research Foundation found that approximately 70 percent of serious knee ligament injuries occur during non-contact situations such as landing from a jump or during turning/twisting activities when a sudden imbalance occurs in the lower extremity. They also discovered that ACL injuries occur 4 to 6 times more frequently in female athletes than in male athletes. Estimations found 1 in every 10 collegiate, and 1 in every 100 high school female athletes will sustain a serious knee ligament injury every year. Over 120,000 ACL reconstructions are performed in the United States each

year and perhaps more than one million worldwide.

After close consideration of the study of ACL injuries, the researchers determined that female athletes were not receiving effective training and conditioning programs to achieve knee joint control and stabilization. They created a program which included jump/plyometric neuromuscular retraining, strengthening, and flexibility, that was later named Sportsmetrics. After participating in the program, female athletes decreased harmful ground reaction forces, improved jumping and landing mechanics, and improved vertical jump height. All of which have been proven to decrease the risk of significant ACL injuries.

LMH physical therapists are now offering the Sportsmetrics Training Program at the Gib Reese Center for Physical Rehabilitation located at 1717 West Main Street, Suite 102, in Newark. The program consists of four components to train the body to move correctly: a dynamic warm-up, jump, strength, and flexibility training. Jump training involves teaching the mechanics of jumping softly with a bent knee in order to land safely. Jumping correctly also strengthens the hamstrings and hips which protects the knee from injury.

The Sportsmetrics Training Program is a six-week program, consisting of one-hour long sessions, three times per week. The first week of the program is dedicated to

testing and introduction of the exercise drills. Once a baseline is established, the exercises will address the entire body, as upper body control and core strength are essential to control the lower extremities from the hip to the ankle. Each specific exercise is important, but it is the combination and progression of these exercises which provide the necessary framework to enhance the athlete's ability to dynamically stabilize the knee joint during sports. Jumping drills are used to teach the athlete to pre-position the entire body safely when accelerating or decelerating. The selection and progression of these exercises are designed for neuromuscular retraining and proceed from simple jumping drills to instill correct form to multi-directional, single-foot hops and plyometrics with an emphasis on quick turnover to add sport-like movements. The dynamic warm-up, and strength and flexibility exercises, for the most part, remain the same throughout the course of the 6 weeks of training.

The benefits of the program include an assessment of the strength, power, flexibility, and coordination of the knee and leg muscles, jumping/landing technique training, and identification and treatment of deficiencies that could increase the risk of a knee injury. While there is a cost for each participant, financial assistance is available for those who qualify. To find out more information about Sportsmetrics, contact the LMH Outpatient Rehabilitation Department at (220) 564-4953.

Walk with a Doc

In August, Licking Memorial Health Systems hosted a Walk with a Doc event at The Dawes Arboretum in Newark. D'Anna N. Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology, led a discussion about cancer. Joining the walk, was a historian, connecting the topic with the history of The Dawes Arboretum.

During the September event at the Buckeye Lake Bike Path, Derrick Reedus, M.D., and Lacie Emerine, APRN-CNP, of Licking Memorial Urology, shared information about prostate cancer. The October event was held at Rotary Park in Newark, and Hanaa Abdelmessih, M.D., discussed respiratory syncytial virus (RSV).

The monthly program offers community members an opportunity to ask general health questions related to a physician's specialty during a 40-minute walk at various locations in Licking County. For more information on upcoming Walk with a Doc events, visit LMHealth.org/Calendar.



D'Anna Mullins, M.D., at The Dawes Arboretum



Derrick Reedus, M.D. and Lacie Emerine, APRN-CNP, at Buckeye Lake Bike Path



Stuffed Animal Donations

LMHS recently received two donations of stuffed animals for pediatric patients at Licking Memorial Hospital. Employees at Plastipak Packaging donated a large number of stuffed animals as did members of the Newark Moose Lodge 499.

Patient Story – Jameson Chadeayne

Jameson Chadeayne was only 10 months old when his parents moved to Ohio. After living for a year near Columbus, his family moved to Newark. His mother, Juliana Melnikoff, felt the smaller community offered a better environment to raise Jameson and his sister, Emery.

In January 2020, Juliana discovered that Jameson was experiencing delayed language problems. Working with the Licking County Board of Developmental Disabilities, she researched services available and discovered that the preschool that Jameson was attending had a speech therapist on staff to assist the students. However, in the spring of 2020, due to the pandemic, classes were no longer being held in-person, and the speech therapist was unavailable to assist Jameson.

“I decided to discuss Jameson’s needs with his pediatrician, Richard A. Baltisberger, M.D., or Dr. Rick, as he is known in the community,” Juliana shared. “I told him that Jameson needed outpatient speech therapy and asked for a referral. Dr. Rick referred us to Licking Memorial Hospital Rehabilitation Services, and I began taking Jameson there two to three times a week in August 2020. It was that easy.”

After meeting the speech therapist, Jameson formed a quick bond with her and enjoyed his therapy sessions. He began speech therapy with a diverse vocabulary of single words, but few word combinations to make phrases and sentences. Goals were set to assist Jameson to learn to use two to three word phrases.

Since the initial evaluation over three years ago, Jameson has improved his comprehension and expression skills to above average expectations for his age. He is able to communicate in expanded sentences, follow multi-step directions,

and communicate feelings and emotions. His current speech language pathologist, Colin Mingyar, M.A., CCC-SLP, noted that Jameson is always eager to expand his knowledge on a vast array of topics, and is poised for success in school. After testing earlier this year, Jameson graduated from speech therapy.

“The therapists have such a positive, kind attitude. They are full of sunshine and so gentle with the children. Jameson has just loved them all so much,” Juliana said.

In addition to a language delay, Jameson was diagnosed with pediatric feeding disorder. He was not consuming enough food or liquid, or a broad enough range of food, to achieve and maintain growth or meet nutritional needs. After a series of painful double ear infections between the ages of 15 months to two years, Jameson became unwilling to attempt to consume different types of food. He would only eat 10 to 15 kinds of foods offered him.

The therapists found Jameson had an oral aversion meaning he avoided foods of certain types and textures. In order to ensure that he received the proper nutrition, speech language pathologist, Sarah Hill, M.A., CCC-SLP, began working to desensitize Jameson by systematically making small changes in his diet. He now consumes a variety of foods including vegetables, pastas, meats, grains, and fruits. Meeting the goals set to address the feeding disorder, Jameson has also graduated from feeding therapy. Sarah noted that Jameson continues to try new foods.

“Jameson was well beyond a picky eater,” Juliana remembered. “He would not eat meat at all. Sarah shared with me that she had received specific training to assist children to learn ways to try new foods. I would watch her, and then do the same things at home. He still does not consume everything, but he eats so much more now than he did three years

ago. I am no longer concerned about his nutritional needs. Meal times are less stressful, and I am so grateful.”

Since discovering the language delay, Jameson’s care providers have continued to monitor his progress. He has been diagnosed with autism and at high-risk for attention-deficit/hyperactivity disorder (ADHD). He is now attending First Grade at Heath City Schools where he continues to receive assistance with speech and occupational therapy. Jameson does still visit Rehabilitation Services for occupational therapy to improve everyday skills, learning strategies, and self-care. However, he is no longer required to spend two to three days a week at the facility.

“I am so grateful for all the staff has done for him,” said Juliana. “They have watched Jameson and Emery grow up. I have made many friends there. One of the staff members even served as Jameson’s T-ball coach. It is wonderful to be surrounded by so many people who truly care about my children.”

“When I talk to people about Licking Memorial Health Systems, I have found many are just not aware of all the services available for children. Getting the assistance needed to set our children up for success is easy. A quick conversation with your pediatrician is all you need to discover what is available. I am so grateful to Dr. Rick for the referral and for all of the LMHS staff who do a wonderful job in caring for my children and the community,” Juliana proclaimed.

Licking Memorial Rehabilitation Services offers physical, occupational, and speech and language therapy at the Gib Reese Center for Physical Rehabilitation located at 1717 West Main Street in Newark and physical therapy at the Pataskala Health Campus located at One Healthy Place in Pataskala. Consultations are scheduled with a physician referral.

Pediatric Care – How do we compare?

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

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

	LMHP 2020	LMHP 2021	LMHP 2022	National
Childhood immunization rate (4:3:1:3:3:1 series)	82%	77%*	72%*	70% ⁽¹⁾

**In 2021 and 2022, concerns stemming from the COVID-19 pandemic led to a decrease in well-child visits and vaccinations.*

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

	LMHP 2020	LMHP 2021	LMHP 2022	National
Persons aged 11 through 26 completing HPV vaccination series	54%	61%	50%	54% ⁽³⁾
Adolescent children receiving varicella vaccination	96%	91%	91%	90% ⁽³⁾
Adolescent children receiving meningococcal vaccination	89%	83%	83%	87% ⁽³⁾

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

	LMHP 2020	LMHP 2021	LMHP 2022	National
Children with pharyngitis receiving test before antibiotics	93%	87%	88%	84% ⁽²⁾

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Total number of children served	179	178	165	N/A

Data Footnotes:

- (1) Centers for Disease Control and Prevention, National Immunization Survey, Vaccination Coverage Among Children Aged 19-35 Months – United States, 2017.
- (2) Centers for Disease Control and Prevention, National Immunization Survey, “Flu Vaccination Coverage, United States, 2018-2019 Influenza Season,” updated September 26, 2019.
- (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by age at interview; National Immunization Survey-Teen (NIS-Teen), United States, 2018.



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

Quality Reporting to the Community

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

Patient Story – Sophia Renner

syndrome, part of the maternal copy is missing or damaged. In a few cases, Angelman syndrome is caused when two paternal copies of the gene are inherited, instead of one from each parent.

As the pediatrician worked to confirm a diagnosis, Julie and Jon took measures to assist Sophia in building strength to better enhance her gross motor skills. Julie was taking Sophia to areas around Columbus for care including physical therapy. She was frustrated by the long drives and amount of time that she and Sophia were spending in the car. One developmental specialist who was working with Sophia mentioned to Julie that Licking Memorial Rehabilitation Services offers pediatric therapy for children including physical, occupational, and speech therapy.

“We took Sophia to Licking Memorial Rehabilitation Services for an evaluation in December, and she began working with Taylor Wright soon after,” Julie said. “Sophia was only 10 months old and was wary of strangers. She would cry when someone who she did not know would approach her. Initially, Sophia would cry when working with Taylor, but Taylor was very gentle with her and soothing. Now, Sophia lights up as soon as she sees Taylor. Taylor is so compassionate and is a truly wonderful person.”

A short time after Sophia began therapy, the pediatrician was able to confirm that she was suffering from Angelman syndrome. The diagnosis assisted her care team in creating a plan to enhance Sophia’s abilities. Since beginning therapy, Sophia has been working to build strength in her extremities and core. She is able to crawl and walk with the assistance of a walker and is very close to being able to walk independently.

“Sophia has built a strong relationship with Taylor, and it is fun to watch them together. The two of them bring smiles to the other people receiving therapy at

the facility as Sophia walks around the therapy space with her walker,” Julie shared. “I am so happy to have found an amazing therapist so close to our home.”

In addition to Sophia, Julie and Jon have two boys – Matthew, who is 6-years old, and Isaac, who is 3-years old. Both boys are very active with school and sports. Caring for a child with developmental delays and keeping up with two active boys can be stressful and exhausting. Both Julie and Jon moved from Pittsburgh, Pennsylvania for employment reasons, and have no extended family to rely on for assistance. However, the Renners have formed very strong bonds and receive much support from the Granville community especially John’s family, the other couple with a child diagnosed with Angelman syndrome. Sharing a desire to raise awareness, support, and funds for research, the two families along with their friends formed the Granville Angels Foundation. The organization supports the Foundation for Angelman Syndrome Therapeutics (FAST), a group researching a cure for Angelman syndrome, and Angelman Syndrome Foundation.

“Medical researchers know what causes Angelman syndrome, and there is hope that they can find a cure or an at-birth option for treatment,” Julie explained. “For Sophia, there is hope that a treatment will improve her quality of life, allow her to easily communicate her needs, reduce her seizures, improve her sleep, and allow for some independence.”

The care team at Licking Memorial Rehabilitation Services can offer multiple types of therapy and includes physical, occupational, and speech therapists as well as social workers. Patients can receive treatment at the Gib Reese Center For Physical Therapy located at 1717 West Main Street in Newark, or at the Pataskala Health Campus located at One Healthy Place in Pataskala.

Treatment for Lymphedema

The lymphatic system is a network of organs, vessels, and tissues that work together to move lymph fluid through the bloodstream. As part of the body’s immune system, the lymphatic system helps to protect against infection by filtering harmful substances and waste products that are created by the body’s tissues. The lymphatic system also maintains normal fluid levels in the body and absorbs fats and fat-soluble vitamins into the bloodstream.

Lymphedema is a build-up of lymph fluid in the body. A person can develop lymphedema from various causes, such as surgery, infection, trauma, or cancer treatment. The swelling usually occurs in the arms or legs but can occur in other parts of the body. Lymph fluid is part of the lymph system that carries fluid and cells that help fight infections throughout the body.

When the lymphatic system is not working properly, the body accumulates fluid which causes swelling, the most common symptom of lymphedema. Other symptoms may include an inability to feel the veins or tendons in the extremities, arms or legs may appear to be slightly different sizes, joints may feel tight or inflexible, skin is puffy or red, clothes or jewelry fit more tightly than usual, feeling of burning or itching, or the skin becomes noticeably thicker. Lymphedema can be painful and affect a person’s ability to manage daily activities, and they may feel self-conscious about their physical appearance.

Lymphedema requires a diagnosis by a medical professional. A healthcare provider can perform several tests to determine if a patient’s swelling is due to lymphedema. Ultrasound can be utilized to find obstructions in the lymphatic system that may be causing the swelling. A magnetic resonance imaging (MRI) test uses a magnet, radio waves, and a computer to create detailed three-dimensional pictures inside the body to see if a tumor could be putting pressure on the lymphatic system. Computed tomography (CT) scan uses X-rays that show a cross-section image of the body to determine if there is a blockage within the lymphatic system. Lymphoscintigraphy is a procedure in which the patient is injected with radioactive dye and scanned by a machine. The images show the dye moving through the lymph vessels, revealing any blockages.

There is no cure for lymphedema; however, the condition can be managed by treatments and therapies that focus on reducing swelling and preventing complications. Licking Memorial Rehabilitation Services offers treatment for lymphedema at the Gibb Reese Rehabilitation Center, located at 1717 West Main Street. Occupational therapists can utilize various techniques to reduce swelling, such as exercises that involve gentle contraction of the arm or leg muscles to move excess fluid out of the swollen limb. Manual lymph drainage is a massage technique in which therapists apply light pressure to

move fluid in the swollen limb toward an area with working lymph vessels.

Compression wraps and garments can help to provide pressure to the affected area to encourage lymph fluid drainage. Compression wraps are made of short stretch material with a flexible spine and multiple overlapping bands that are secured with Velcro. When applied, the wraps provide firm, even pressure on the swollen areas to move lymph back into circulation. Compression garments are close-fitting elastic sleeves or stockings that compress the arm or leg to encourage lymph fluid drainage.

Lymphedema increases the risk of cellulitis, an infection of the deep layers of the skin which can cause damage to the lymphatic vessels. Symptoms include redness, swelling, and heat in the skin, and can be accompanied by fever, nausea, or vomiting. A physician may prescribe antibiotics for patients with lymphedema if they begin to experience symptoms of cellulitis.

To prevent complications from lymphedema, it is important to practice good hygiene. Individuals should clean their skin daily and examine the affected area for cuts. Applying lotion will help prevent dry skin and avoid cracking. Proper nutrition and exercise help to reduce stress, give the body energy, and encourage healing. Support groups can connect people with others who have lymphedema to share their challenges and receive encouragement.

Be Wise...Immunize Provides Free Flu Vaccinations for Licking County Youth

In October, Licking Memorial Health Systems (LMHS) offered free influenza vaccines to Licking County infants and children. More than 300 youth, up to the age of 18, attended the “Be Wise ... Immunize” clinics held at Licking Memorial Women’s Health – Downtown Newark and Licking Memorial Pediatrics – Pataskala. LMHS staff members administered the vaccines after reviewing the children’s medical history with parents.



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

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

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	0	0	0	0

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽¹⁾
Average ARU patients’ quality indicators showing improvement at discharge				
Overall rate of improvement in self-care ability	8.9%	11.3%	12.6%	12.9%
Overall rate of improvement in self-mobility	24.4%	23.9%	24.7%	34%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽¹⁾
ARU patients discharged directly to home	83.5%	82.6%	87%	88.5%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽²⁾
Overall patient satisfaction with ARU experience	92%	86%	87%	81%

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

	LMH 2020	LMH 2021	LMH 2022	National ⁽³⁾
Percent of Home Care patients rating LMH a 9 or 10	94.1%	90.8%	95.1%	87.3%
	86th percentile	72nd percentile	93rd percentile	50th percentile*

**For national percentile ranking, higher scores are better.*

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Home Care patients with improved walking function	89%	96%	98%	75%

7. Studies have shown that patients are more likely to take their medications properly in the correct dosage and at the correct intervals if they are informed about the importance and purpose of the drugs. LMH Home Care nurses provide medication education to patients and their caregivers.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Home Care patients receiving medication education	95%	93%	94%	100%

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

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Fall risk assessment completed for every Home Care patient	100%	100%	100%	100%

Data Footnotes: (1) Uniform Data System for Medical Rehabilitation Report (2) Press Ganey Associates, “Home Health Care Consumer Assessment of Healthcare Providers and Systems” (HHCAHPS) survey results (3) Press Ganey Associates, “Inpatient Rehabilitation Facility Consumer Assessment of Healthcare Providers and Systems” (IRFCAHPS) survey results

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

LMHS Participated in Pataskala Street Fair and Parade

Licking Memorial Health Systems (LMHS) staff members participated in the Pataskala Street Fair and Parade in August. During the Street Fair, LMHS employees provided an informational booth that highlighted the services available at the Pataskala Health Campus. Located at One Healthy Place, off State Route 16, the Pataskala Health Campus includes Licking Memorial Urgent Care, Licking Memorial Pediatrics, Licking Memorial Women’s Health, Licking Memorial Family

Practice, Licking Memorial Vascular Surgery, Licking Memorial Dermatology, Licking Memorial Ultrasound Services, and Licking Memorial Hospital Laboratory Services.

of Licking Memorial Dermatology – Pataskala, and Keri Hershberger, M.D., of Licking Memorial Family Practice – Pataskala. Scrubs, the LMHS mascot, and other LMHS staff handed out giveaways to the parade attendees.

During the parade, LMHS President & CEO Rob Montagnese drove the truck that included Vice President Physician Practices Greg Wallis, Laurie Schaeffer, D.O.,



Licking Memorial Health Foundation Recognizes New Donors

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

The William Schaffner Society

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

Sue W. Yee

Sue Yee recently accepted a glass recognition piece from Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese and Vice President Development & Public Relations Veronica Patton in appreciation of her contribution to LMHF. She joined the William Schaffner Society in memory of her husband, Joe L. Yee. Sue grew up in a small village near Canton, China and moved to Ohio with her parents. Sue

met and married Joe in Cleveland and moved to the Newark area in 1973 when Joe was hired at GE, where he worked as an engineer for twenty years. He later worked for the Ohio Department of Transportation.

Sue earned a degree in nursing and served as a part-time nurse in Maternal Services at LMH after raising her two sons, Richard and Roger. Sue remains

active and enjoys traveling and spending time with family and friends.



Mark Mayle

LMHS President & CEO Rob Montagnese and LMH Board Chair, Jacqueline H. Parrill, Ed.D., recognized Mark Mayle, Director of Information Systems, with a glass piece for joining the William Schaffner Society. Mark joined LMHS in 2022 and is responsible for the overall security of LMH's information systems. Mark attended Ohio University before enlisting in the United States Air Force. In 2015, he earned a Bachelor of Science Degree in Network Engineering from DeVry University and is currently enrolled in Tiffin University to obtain a Master of Science Degree in Cybersecurity. Mark was commissioned as an Air Force officer in 2017 and is currently a Captain in the Air Force

National Guard. For his military service, he has earned several medals including a Joint Service Commendation, an Army and an Air Force Commendation, and an Air Force Achievement medal.

Mark is a Certified Information Systems Security Professional (CISSP), a member of InfraGard, a partnership between the Federal Bureau of Investigation (FBI) and members of the private sector for the protection of critical infrastructure, and the Information Systems Audit and Control Association (ISACA), an international professional association focused on information technology governance. He has a special interest in security risk management, cybersecurity

threat intelligence, technical writing, and thread modeling. In his free time, Mark enjoys traveling with his nine-year-old daughter, Nevaeh, exercising, hiking, and running.



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

Donors

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

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William Schaffner Society

Wesley VanMeter II

"For Your Health" 5K Run/Walk & 1-mile Fun Walk Promotes Healthy Lifestyles

Over 1,200 participants gathered at The Dawes Arboretum for the fifteenth annual Licking Memorial Health Systems "For Your Health" 5K Run/Walk & 1-mile Fun Walk in July. The Miller family, Kevin, Megan, Lexi, and Cody, served as the Honorary Chairs of the event, which was presented by the Licking Memorial Hospital (LMH) Development Council, The Dawes Arboretum, Buckeye Valley Family YMCA, and Park National Bank (PNB).

"The 'For Your Health' 5K Run/Walk & 1-mile Fun Walk is one of our primary community events to encourage physical activity each year and promote healthy lifestyles." LMHS President & CEO Rob Montagnese said. "We are pleased by the number of participants who register and support the effort to improve the health of the community. The Dawes Arboretum annually provides a picturesque setting for the event, and we hope to reinforce the idea that the variety of attractions and parks in Licking County offer great locations for exercise."

The overall male and female winners of the 5K Run included: first place – J. Newman (16:30) and Gwen Stare (18:51); second place – Jerrod Abel (16:43) and Brittany Barchalk (20:55); and third place – Tyler Smith (17:26) and Maddie Carpenter (20:57). The top three overall female and male finishers received medals and were offered gift cards to Dick's Sporting Goods. Gwen Stare declined the gift card due to her status as a college athlete. Medals were also awarded to those who finished in the top three of their age and gender groups and participation medals were given to all participants.

LMHS and PNB invited Licking County businesses to promote employee wellness by joining the Corporate Participation Challenge. Businesses were grouped into four categories based on their total number of employees with the winners determined by the highest percentage of participants to run or walk the event. The Corporate Participation Challenge winners were: Medium (21 to 99 employees) – Licking County Board of Developmental Disabilities; and Large (100 or more employees) – Matesich Distributing Company.



Golf Gala

Proceeds Fund New Medical Equipment

The Licking Memorial Hospital (LMH) Development Council hosted the 2023 Golf Gala on September 18 at the Denison Golf Club as a fundraiser toward new and replacement state-of-the-art technology in the Radiology and Laboratory Departments. Three nuclear medicine cameras, a bone density machine, stereotactic breast biopsy unit, and numerous ultrasound units and X-ray machines will be upgraded, and added to various provider locations, maximizing image quality. To meet the rapidly changing field of laboratory medicine, the newest generation of chemistry instrumentation in our Microbiology and Molecular Lab will be added, providing a broader test menu and faster result turnaround times. This advanced equipment will further enhance patient experience, improve patient outcomes, promote safety, and ensure availability of high-quality healthcare close to home.

“We are incredibly grateful for the generous support that our community provides to LMH year after year. Continuing to upgrade our equipment is critical to our mission of improving the health of the community, and the funds raised from this year’s Golf Gala will allow us to achieve this goal,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “This new laboratory and radiology equipment will help to make test results available sooner so that our physicians

and technicians can make a diagnosis more quickly, which translates to better and safer patient care. It really puts us on par with some of the biggest and finest hospitals in the country.”

A total of 168 golfers comprised the 43 teams that participated in the split tee format. Rob announced the team and individual awards in a recorded ceremony that featured the 2023 Golf Gala Honorary Chairs, Marcia and Jonathan Downes, and Golf Gala Committee Chair, Pat Jeffries. The video was available to view online the following day.

The team of LMH Vascular Surgery, pictured below, which included Max Phillips, Theresa March, D.O., Howard Reeves, D.O., and William Phillips, D.O., took first place. Each team member received a trophy and a round of golf with a cart at the Denison Golf Club and golf accessories. Kyle Kremcheck, Shawn Murphy, Michael Pavone, and Joe Williams, who represented Mid-Ohio Development, each received a round of golf with a cart at Kyber Run Golf Course for finishing in second place. Unfortunately, there was not a winner for the Hole-in-One prize, a three-year lease for a new 2024 Jeep Grand Cherokee Limited offered by The Hinderer Motor Company.



First Place Team – LMH Vascular Surgery

Individual award winners included:

Closest to the Pin – Brad Schenk of the Hatchet House team, received four rounds of golf with a cart at The Links at Echo Springs Golf Club.

Longest Drive (Women) – Erika Goines of the Food Pantry Network of Licking County team, received four rounds of golf with a cart at Moundbuilders Country Club.

Longest Drive (Men) – Michael Pavone of the Mid-Ohio Development team, received four rounds of golf with a cart at Moundbuilders Country Club.

Longest Putt – James Koon of The Granville Investment Group team, received four rounds of golf with a cart at St. Albans Golf Club.



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Branham Sign Company Inc.
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Ben & Anissa Broyles
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DWA Professional Tax Consultants
Echo 24, Inc.
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Filter Technology
Geer Gas Wince Welding
H.L. Art Jewelers, Inc.
Hearth Brook
Heartland Communications
Home Instead Senior Care
Hoovler Financial & Insurance Services
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Horizon Benefits – Jeff James
Howard Hanna Realty – Karen Burger
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North Valley Bank
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Sands Decker
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Drs. Elizabeth & Grant Yoder

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United Way of Licking County
Vorys, Sater, Seymour & Pease, LLP
Gordon & Anna Wilken
Debbie Young
Zapata's Mexican Kitchen
Zonta Club of Newark

General Donations

Ian Bolden
Daylight in the Swamp, LLC
DWA Tax Consultants
Tom & Beth Hall
Geraldine Marston
Sheila & Ron Miller
Rob & Lauren Montagnese
Linda Parks
Pataskala Oaks Care Center
Holly Slaughter
Julio Valladares
Philip Wagner, Ph.D.
Charles & Jane Walker
Willis Lawns, LLC

Other Donors

31 Gifts – Chris Light
Alfie's – Granville
American Red Cross
Baba's Grill
Barclay Photography & The Frame Up
Bellezza Salon & Day Spa
Beverage Source
Bob Evans
Broadway Pub – Granville
Bryn Du Mansion
Buckeye Valley Family YMCA
Buck's Brewing Co.
Buffalo Wild Wings
Bummies on Main
B-Wear Sportswear
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Consolidated Electrical Distributors
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Dragon Village – Granville
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The Electric Hair Company
Elm's Pizza Parlor
Fackler Country Gardens
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Good Guys Garage
Goumas Candyland
Granville Goodies
The Granville Inn
Handelman Law Office
Harvest Pizzeria – Granville
Hempy Water
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Hillcrest Golf Course
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Cheri Hottinger
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Pat Jeffries
Brittani Jenks – Mary Kay Consultant
Jet's Pizza
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John Klauder Landscape & Design
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Three Oaks Vineyard, LLC
Three Tigers Brewing Company
Tre Bri Boutique
Jennifer Utrevis
Village Coffee Company
Village Flower Basket
The Virtues Golf Club
Wasserstrom
Weatherhane Playhouse
Whit's Frozen Custard – Granville
Wilson's Garden Center
Wyandot Golf & Dining



Thank you VETERANS!

In honor of Veterans Day, Licking Memorial Health Systems (LMHS) recognizes employees, volunteers, medical staff, and board members who have served in the Armed Forces. LMHS provided a celebration on Friday, November 10 in observance of Veterans Day, to show gratitude to those who have sacrificed for the liberty and security of our nation. Please join LMHS in recognizing the following individuals for their service to our country:

Name	Branch	Department
Brandi Aber	Air National Guard	Laboratory
Brian Adams	Marine Corps	Information Systems
John Allberry	Navy	Environmental Services
Autumn Bell	Ohio Army National Guard	Intensive Care Unit
Dick Birtcher	Marine Corps	Transportation
Matt Born	Air Force	2-West
John Bowyer	Army	Information Systems
Dale A. Boyd, Jr.	Navy	Plant Operations
Bob Brooker	Air Force	Volunteer
Dennis Brown	Air Force	Respiratory Therapy
Sherri Brubaker	Air Force	Surgery
Alizza Burkholder	Marine Corps	Radiology
Mike Cochran	Army	Environmental Services
Edward Compton	Navy	Plant Operations
James Cooper, Esq.	Navy	LMH Board Member
Elliot Davidoff, M.D.	US Public Health Service	Center For Sight
Sadie Deckard	Army Reserves	Orthopedic Surgery
Mandy Dougherty	Navy	5-East
Sandy Doughman	Army	Health Information
Don Dunton	Army	Laboratory
Cameron Evans, PA-C	Army National Guard	Emergency
Michael Feaster	Army	Coronary Care Unit
Bill Fielding	Air Force	Volunteer
Gretchen Fillmore	Navy	6-East
Kevin Finley, M.D.	Air Force	Urgent Care - Granville
Pete Fleming	Army	Information Systems
Christopher Forbush, D.O.	Army	Family Practice - Hebron
Ken Friel	National Guard, Marine Corps	Transportation
Bob Gabe	Air Force	Volunteer
Audrey Garove	Army	Radiology
Shelley Giffens, M.D.	Army National Guard	Pediatrics - Tamarack
Jean Gourgue	Army	Safety & Security
Perceella Gualtieri	Navy	Coronary Care Unit
Alexis Hagans	Air National Guard	Emergency
Tim Hanners	Army	Culinary Services
Michael Harper	Army	Urgent Care - Downtown
Malcolm Harris	Air Force	Radiology
Marcus Hawkins	Navy Reserves	Safety & Security
Scott Hayes	Air Force	LMH Board Member
Tabitha Haynes	Air Force	LMPC Administration
Dave Hiatt	Army	Volunteer
Matt Holmes	Marine Corps	Information Systems
Angel Huber	Army	Gastroenterology
Ann Hupp	Army	Surgery
Amanda John, APRN-CRNA	Navy	Anesthesiology
Nick Keisel	Marine Corps	Safety & Security
Natasha Kinser	Army	Orthopedic Surgery
Alisha Kirkpatrick	Navy Reserves	Laboratory

Name	Branch	Department
Jeff Kraft	Navy	Surgery
John LaBelle	Navy	Community Case Management
Chris Lalathin	Marine Corps	Endocrinology
Owen Lee, M.D.	Army	Radiology
Vicki Lennon	Army	Community Case Management
Mathew Mahon	Marine Corps	Safety & Security
Michelle Martin	Army	Psychiatric Services
Michael Massaro	Army Reserves	LMHS Board Member
Mark Mayle	Air Force	Information Systems
Alissa McConnell	Navy	5-East
Jay McKinney	Navy	Emergency
Phil McLellan	Army	Engineering Services
Jeff McTerrell	Army	Information Systems
Christopher Meyer, M.D.	Air Force	Surgical Services
Patience Miller	Air Force	LMPC Coding
Michelle Monro, D.O.	Air Force	Psychiatric Services
Darlene Montgomery	Army	Public Relations
Seth Montgomery	Marine Corps	Cardiology
Robert Mueller, M.D.	Navy	Orthopedic Surgery
Tamera Neal	Army	Labor and Delivery
Alec Neubauer	Navy	Information Systems
Clay Ogles	Air National Guard	Plant Operations
Ralph Ottensmeier	Army	Volunteer
Jessica Pack	Army	Professional Billing
Kay Paul	Air Force	Psychiatric Services
Calista Puryear	Army	4-West
Curtis Pyle	Marine Corps	Information Systems
George Rhodes	Army	Plant Operations
Chris Richards	Army	Environmental Services
Andrew Seipel, M.D.	Army National Guard	Family Practice - Licking Valley
Debbie Shaw	Army	Culinary Services
Wyatt Slonaker	Marine Corps	Information Systems
Darin Smaage	Navy	Information Systems
Doug Smith	Navy	Printing Services
James Smith	Air Force	Neurology
Scott Smith	Navy; Air National Guard	Environmental Services
David Solomon	Army	Volunteer
Denny Stewart	Army National Guard	Volunteer
Kim Swartz	Army National Guard	Dermatology
Brian Thatcher	Army	Process Improvement
Allan Thomas, PA-C	Army	Emergency
James Waltz	Air Force, Air National Guard	Engineering Services
Steve Warren	Army	Urgent Care - Downtown
Jim Whitaker	Air Force	Engineering Services
Tom Williams	Army	Plant Operations
Beth Worstall	Army	Respiratory Therapy
Elizabeth Yoder, D.O.	Navy	Psychiatric Services

Development Spotlight – Stephanie Mollica

Stephanie Mollica joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee in 2022. Originally from Granville, Stephanie has lived in several locations across the United States, including Ohio, Tennessee, Kentucky, Illinois, and Kansas, while fulfilling her duties as an executive for State Farm Insurance Company. She retired from her role as Executive Vice President after more than 32 years of service, and returned to Licking County to be closer to her parents and extended family.

Stephanie credits her parents for her desire to serve the community and specifically LMH. "My dad was a member of the Licking Memorial Health Systems (LMHS) Board of Directors, and along with my mother, has always championed LMH and the importance of a community hospital," she said. When Stephanie was asked to join the Development Council, she was excited to also have the opportunity to serve LMH and Licking County residents.

Stephanie spends a lot of her time serving the community as a Board Member of several charitable and non-profit organizations, including the Mental

Health & Recovery for Licking and Knox Counties and the Ohio University School of Business, Schey Sales Center. She also serves as a Board Member and Chair of the Audit/Finance and Policies and Procedures Committees for Weathervane Playhouse and Vice President of the Philanthropic Education Organization. After joining the Development Council, Stephanie was pleased to see how much LMH is involved in the community.

"LMHS extends the mission to improve the health of the community beyond the services provided at the Hospital," Stephanie said. "In addition to healthcare, LMHS hosts community events and builds partnerships with other organizations that benefit the residents of Licking County."

As a member of State Farm leadership, Stephanie brings years of business, financial, and customer service experience to the Development Council, and she commends the high-quality work standards at LMH. "I feel blessed to have worked for a company that values professionalism, and I recognize so many of the same qualities as LMH," she said. "The LMH Development Council provides a positive, top-notch,

informative environment to build relationships and communicate the Hospital's vision."

"Stephanie has been a great addition to the Annual Support Committee with her vast experience, knowledge, and skills in business and finance," said Veronica Patton, Vice President Development & Public Relations. "We are grateful for her service as a member of the LMH Development Council."

Stephanie currently lives in Granville with her rescue golden retriever, Maggie, and enjoys spending time with her parents, siblings, nephew and nieces, and great nieces. As an avid golfer, she can be found on the course at least 3 to 4 days each week where she connects with old friends and meets new ones. She also enjoys traveling, tennis, and reading, and is making plans to start playing pickleball.



Volunteer Spotlight – Susan Riis

As a former teacher and church administrator, Susan Riis is naturally drawn to positions through which she can help others. After moving to Ohio, she immediately looked for ways to give back to the community and found opportunities to volunteer at the Licking County Records and Archives. An ordained Episcopal Deacon since 2002, she also began serving the St. James Episcopal Church in Zanesville, Ohio. In 2021, she

offered her services to Licking Memorial Hospital (LMH).

"Volunteering creates a connection to the community in which you live," says Susan. "Especially as a newcomer, it is a way to get to know others and be a part of your new neighborhood."

Susan currently assists with delivering newspapers and mail at LMH. In this position, she enjoys visiting the various departments and learning how each helps the Hospital function. "All of the departments and staff at LMH, from clinical to culinary and laundry, are an integral part of making the Hospital a place of healing," she said. "As a volunteer, I get to witness firsthand the great work happening at LMH."

She also enjoys the camaraderie with other volunteers, staff, and visitors. One of her most memorable moments as a volunteer was helping an expectant father locate his wife. After directing him to the right location, Susan later found him purchasing items for his wife and new baby in the TWIGS Gift Shop located in the Hospital. "It was great to be a small part of such a happy moment," she said.

In 2011, Susan moved to Ohio from Illinois to be closer to her son and four grandchildren. In her spare time, she enjoys writing and preparing sermons, reading, traveling, and spending time with her family. She especially enjoys Friday night dinners with her family.



Active•Senior Brunch Walk

The Active•Senior Brunch Walk was held on August 1. Participants enjoyed a walk that began at the Rotary Park Pavilion on Sharon Valley Road in Newark and a healthy brunch. During the walk, Gabrielle Farkas, D.O., of Licking Memorial Hospitalists, discussed vaccinations.

are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental, and Social. The Active•Senior Program was designed, reviewed, and approved by medical staff, physical therapists, and dietitians to ensure a well-balanced program. Individuals

should discuss their personal exercise and nutrition goals with their physician. To date, more than 900 individuals have registered for the growing program. For more information or to register for the Active•Senior Program, please visit LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.

Vaccinations play an important role in saving millions of lives each year by preventing life-threatening diseases and illnesses. Vaccines help a person build antibodies to a particular disease so that the immune system will be ready to fight the infection if exposed. Additionally, receiving a vaccination contributes to slowing the spread of the disease and herd immunity. Individuals are encouraged to speak with their primary care provider about vaccinations that can help reduce their risk of illness.

Participants in the Active•Senior Program, designed to promote healthy lifestyles for adults, ages 60 and older,



Active•Senior Pickleball

In October, LMHS hosted the inaugural Active•Senior Pickleball event at the courts near the Lou & Gib Reese Ice Arena. Approximately 50 seniors played in teams of two for up to 30 minutes. LMHS President & CEO Rob Montagnese welcomed the guests. Each player was entered into a raffle for the opportunity to win pickleball-inspired gifts such as a pickleball bag, water

bottle, and other items. Gift cards to the LMH Main Street Café were awarded to the winning team members of each match. Participation in the event counted toward the Active•Senior Program goals.

The Active•Senior Program was designed with activities which have been reviewed and approved by medical staff, physical therapists, and dietitians to ensure a well-

balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2023-2024 program began May 1, 2023, and continues through April 30, 2024. For more information or to register for the Active•Senior Program, please visit LMHSActiveSenior.org or call LMHS Public Relations at (220) 564-1560.



Active•Senior Gourmet Gardener

More than 25 participants gathered at the Career and Technology Education Centers of Licking County (C-TEC) for the Active•Senior Gourmet Gardener event in October. Participants received guidance about gardening by LMHS Culinary Services Gardener Kristina Mohler, watched a cooking demonstration by LMHS Chef Brian Merritt, and enjoyed a meal at the conclusion of the event prepared by Chef Brian and Sous Chef Colin Gleek.



Chef Brian Merritt



Sous Chef Colin Gleek



LMHS Purchases Hartford Fair Market Steer Grand Champion

At the 165th Hartford Fair, Licking Memorial Health Systems (LMHS) purchased the Market Steer Grand Champion. Owned by Alicia and Marissa Graham, the steer weighed in at 1,401 pounds. Alicia and Marissa are from Licking Valley and are involved in the Valley Traditions 4H Club in Newark. LMHS President & CEO Rob Montagnese recently presented the meat from the purchase to Major Timothy Higgins of the Salvation Army of Licking County. The donation will benefit community members in need through The Salvation Army soup kitchen and food pantry.



LMHS Hosts Active•Fit Field Day

Licking Memorial Health Systems (LMHS) hosted the Active•Fit Field Day event on August 10 at Alford-Reese Park (NASA Fields) in Newark. During the event, children, ages 6 to 12, participated in games including flag football, kickball, freeze tag, and soccer. To conclude the event, the children played water games to cool off from the summer heat. Healthy snacks and beverages were provided for the participants.

“We are happy to offer Licking County youth the opportunity to exercise and enjoy an afternoon of outdoor fun,” said LMHS President & CEO Rob Montagnese. “Field Day is one of many Active•Fit events that LMHS provides to help children develop healthy habits.”

Participation in the event counted toward the Active•Fit Program Period 3 goals. The current period, complete with new goals, began September 1. All program participants have an opportunity to choose and complete new wellness goals by December 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit Program has registered more than 12,000 participants who select health-related goals and track their progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit ActiveFit.org.



Active•Fit Period 3 Prize Winners

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

Meta Quest 2 Virtual Reality Headset & Fitness Software

Pranish Bhattarai
Lilly Connors
Jenny Gajmer

Bicycle & Helmet

Mason Jenkins
Scarlet Williams
Jocelyn Wright

Athletic Shoes

Lucas Blazer
Emma Booher
Peyton Collura

iPod & Fitness Software

Landon Keller
Gracelynn Mitchell
Chloe Rochell

\$100 Dick's Sporting Goods Gift Card

Lana Bush
William Collins
Dominic Egleston
Camden Ford
Lucas Jett
Giuliana Jimenez
Leo Kanavel
Kaylynn Marks
Jordan Peters-Stanley
Carley Topy

\$50 Dick's Sporting Goods Gift Card

William Bixler
Summer Bossard
Addelyn Campbell
Camdyn Clark
Aaron Coleman-Berry
Aiden Davis
Olivia Gallaher
Alexis Gamble
Gwen Mathers
Makenna Zimpfer

The Active•Fit Program has registered over 12,000 participants who select health-related goals and track their progress at ActiveFit.org. There are exciting Active•Fit events and opportunities for children to get active and learn about their health during the year. Period 1 for 2023-2024 began September 1 and continues through December 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

In Memoriam – Employees, Retirees, Volunteers

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

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

Employees

Erickson Francois, Culinary Services, passed away Sunday, January 15, 2023, after 1 year of service.
Cheryl Riggsby, Radiology, passed away October 19, 2022, after 16 years of service.
Mary J. Torchia, M.D., Anesthesiology, passed away Sunday, September 3, 2023, after 16 years of service.

Retirees

Lee Ashcraft retired from LMH Police after 17 years of service.
Peggy Batz retired from Health Professionals Administration after 16 years of service.
Judy Camp retired from Respiratory Therapy after 22 years of service.
Raymond Deckard retired from Culinary Services after 10 years of service.
Joyce Dickey retired from Community Health Plan of Ohio after 18 years of service.
Lawrence A. (Pete) Dils, M.D., retired from Family Practice after 50 years of service.
Linda Emmert retired from Surgery after 37 years of service.
Duke Farabee retired from Transportation after 9 years of service.
Lois Grimm retired from 4-North after 37 years of service, and was an LMH Volunteer from 2004 to 2020.
Linda Hammond retired from Licking Memorial Family Practice – McMillen after 11 years of service.
Linda Lee retired from Licking Memorial Pediatrics after 6 years of service.
Diane Metz retired from Licking Memorial Family Practice after 23 years of service.
Zelinda Owens retired from the Medical Staff Office after 5 years of service.
Carolyn Primmer Gregg retired from Registration after 15 years of service.
Carolyn Ransom retired from Home Care Services after 23 years of service.
Pat Redman retired from Printing Services after 23 years of service.
Lila Saunders retired from Registration after 22 years of service.
Richard A. Simon, M.D., retired from Family Practice after 36 years of service.
Betty Snoor retired from Linen Services after 16 years of service.
Rosemary Stokes retired from Culinary Services after 30 years of service.
Jane Tolliver retired from Cardiology after 33 years of service.
John Tolliver retired from Plant Operations after 45 years of service.
Beth Williams retired from Gastroenterology after 6 years of service.
Marjorie Wright retired from the Emergency Department after 12 years of service.
Polly Wright retired from Pharmacy after 12 years of service.

Volunteers

Michael Barker, LMH Volunteer from 2015 to 2023.
Maxine Keith, LMH Volunteer from 2001 to 2021.
Madeleine “Madge” McElroy, TWIGS 6 Volunteer from 2015 to 2023.
Virginia Osborne, LMH Volunteer from 2006 to 2013.
Matthias Young, LMH Volunteer from 2018 to 2020.



Licking Memorial Health Systems

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Community Events

Walk with a Doc

Saturday, January 13, 9:00 a.m.
West Licking County Family YMCA
355 West Broad Street, Pataskala

Join Lydia Cortes-Betancourt, M.D., of Licking Memorial Rheumatology, as she leads a discussion about inflammatory pain.

Saturday, February 3, 9:00 a.m.
Licking County Family YMCA – Knoll Gym
470 West Church Street, Newark

Michael Barth, M.D., of Licking Memorial Family Practice – Granville, will lead a discussion on depression.

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

To register, call Licking Memorial Public Relations at (220) 564-1560.

Monthly Cancer and Caregivers Support Groups

Fourth Tuesday of each month, 5:00 p.m.
Ground Floor Conference Room/Auditorium

A meal will be provided during each group session. Registration is required and may be completed by calling (220) 564-1890.

Ask the Doc

Fourth Saturday of each month, 10:00 to 11:00 a.m.
Shepherd Hill
200 Messimer Drive, Newark

No charge, open to the public. A provider will answer questions about chemical dependency and treatment options. Call (220) 564-4878 for more information.

First Impressions – Maternal Child Classes

- Boot Camp for New Dads
- Childbirth Education Classes
- Grandparenting
- Mother-baby Basics
- Prenatal Breastfeeding Basics Class
- Sibling Preparation Class

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

Diabetes Self-management Education and Support (DSMES)

Class sessions are offered twice a month:

Session 1

First two Wednesdays of each month, 9:00 a.m. to 12:00 Noon
Downtown Education/Conference Room – 2nd Floor
20 West Locust Street, Newark

Session 2

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

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

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

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

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