

Community Connection

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

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New LMH Call Light System: Better Response Time

The new state-of-the-art call light system at Licking Memorial Hospital (LMH) is transforming responsive patient care by connecting people and information to better serve patients. The upgraded communication system enables staff to attend to patient needs in a more timely manner, offering better patient care. Daily information also creates a dynamic feedback loop enabling continuous improvement to workflow efficiencies.

The newly implemented patient pillow speaker offers individualized buttons accessible to patients for needs such as water, pain and restroom assistance. "The new system allows our staff to be more efficient and timely in meeting the needs of our patients. Specific lights and notifications ensure the appropriate staff member responds to each call," explained Heather Burkhart, Vice President Acute Care Services.

An additional improvement is the staff terminal. A touch-screen station in all patient rooms allows physicians and nurses quick, easy access to send alerts to other staff members when help is needed. Previously, there were different protocols to elicit a response for various medical codes and requests from within the patient room. Now, everything is located

in one place and each code and request has an individualized button. The new system ensures a rapid alert process that notifies physicians and staff of a patient's condition and/or needs.

The system also will be used in conjunction with a color-coded light mounted above the door in the hallway to designate patients who might need extra assistance for safety reasons, such as a fall risk or concern about infection. The dome light has a variety of combinations that will be used to signify various requests coming from within the patient room. For example, all normal patient calls will illuminate the top white light. If patients use the functionality on the pillow speaker to call specifically for water, pain medication or restroom assistance, a colored light matching the request will display. All normal call lights will be solid until answered by Vocera. Once answered, the light then will flash until staff are at the bedside to cancel the light and address the patient's needs.

The tailored data provided by the system will allow management to identify which practices are working, where improvement is needed, and how best to achieve those goals. "Reports can be processed, showing numerous details, including response time, which ultimately holds staff accountable for their performance. Subsequently, we are able to track the highest performing units, allowing us to initiate changes that introduce those best practices to all units and determine the

impact on patient and staff satisfaction," Heather said.

Electronic information boards at every nurses station refresh hourly to show how quickly staff is responding to patient needs. This near real time data allows staff to not only stay on pace in their timeliness, but also to continually increase their response time. Trending data will prove beneficial to nursing staff as it will indicate the frequency of call light use and specific requests by room. This individualized information allows staff to divide patient assignments based on intensity of needs per patient, evenly distribute nursing staff workload, and implement different measures to assist with specific patient needs, which results in better overall patient care and increased staff satisfaction. "Staff will be addressing needs proactively to stay ahead of issues. Nursing rounds will be more timely and purposeful and, eventually, we hope that there will be less need for patients to activate the call light system, as their needs already will have been met," concluded Heather.

Implementation of the project was completed early this spring. Nearly a year was spent researching and planning the project thoroughly prior to the beginning of implementation in August 2018. Staff received hands-on training with all the equipment, as well as education from a trainer on-site, prior to each patient area activating the new equipment.

LMH Volunteers Honored at Annual Recognition Dinner

Licking Memorial Hospital (LMH) hosted a special dinner on April 9 to recognize the invaluable contributions made by the more than 90 members of the Volunteer Department. In 2018, volunteers and TWIGS donated 30,187 hours of their time in service to 41 departments at the Hospital and off-campus locations. They processed more than 138,000 items through special projects, made approximately 14,000 phone calls to confirm patient appointments, delivered more than 57,000 newspapers, and labeled 65,000 bags of laundry, in addition to greeting patients at the desk in the LMH Main Lobby and assisting at community events.

"Your value to our employees, patients and visitors is priceless," Veronica Patton, Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations, told the volunteers in attendance. "Each of you is an important member of the LMHS family, and I hope you know how much your contributions are appreciated. Thank you for giving your time and talents to assist in our mission to improve the health of the community."

The dinner included the presentation of service awards in five-year increments and featured one honoree, Carolyn Cline, who was recognized for 45 years of volunteer service. The evening concluded with the announcement of the 2019 Donald Day Volunteer of the Year, who are selected annually for their excellent work ethic and volunteer contributions, included Lori Brown, Marie Carman, Joyce Clemings, Karen Jo Hamilton, Harry Harper, Karen Hedrick, Maxine Keith, Denny Stewart, Carol Yost and Gracie Young. Diana Hufford, who has served more than 2,100 hours in five years as an LMH volunteer, was named this year's award recipient. The nominations described her as efficient, knowledgeable, dependable, friendly, happy, positive and helpful.

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (220) 564-4044 or visit www.LMHealth.org.



LMHS President & CEO Rob Montagnese congratulates Diana Hufford, the recipient of the 2019 Donald Day Volunteer of the Year award.

Past recipients of the Donald Day Volunteer of the Year award include:

- 2018 – Gary Hamilton and Karen Hedrick
- 2017 – Phil Cassone and Pat Farley
- 2016 – Sue Weiland
- 2015 – Joan Omlor
- 2014 – Eddie and Carolyn Cline
- 2013 – Harry Harper
- 2012 – Richard Stewart
- 2011 – Vickie Fogarty and Arlene Newman
- 2010 – Rene Halblaub
- 2009 – Elizabeth Ann Wood
- 2008 – Janet Anderson and Beverly Crockford
- 2007 – Betty Meyer
- 2006 – Noble Snow
- 2005 – Marye Crispin
- 2004 – Donald Day
- 2003 – Robert Norman



Cheryl Barker, Au.D., CCC-A

Community Education – Living Well with Hearing Loss

Date: Tuesday, June 11
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Cheryl Barker, Au.D., CCC-A

Roughly 48 million Americans suffer from some degree of hearing loss, with or without tinnitus. For many of these people, hearing loss remains the unsolved mystery that often results in a poor quality of life. Yet, there is hope for real solutions in current treatment strategies designed to address each person's unique needs.

Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology, will host a discussion on living well with the challenge of hearing loss and tinnitus on **Tuesday, June 11, at 6:00 p.m.**, in the LMH First Floor Conference Rooms. A focused presentation on the impact of hearing loss on wellness will be followed by a question and answer period specific to participant concerns and next steps for those struggling with hearing loss. A meal will be provided for all participants. The program is free; however, registration is required. To register, please call (220) 564-1560.

Antibiotic Stewardship – Penicillin Allergies and Testing

Licking Memorial Health Systems (LMHS) is dedicated to antibiotic stewardship – improving and measuring the appropriate use of antibiotics by promoting the selection of the optimal antibiotic drug regimen, dose, duration of therapy, and route of administration. Antibiotics are valuable tools in the treatment of bacterial infections. Penicillin is among the most widely used, generally effective and relatively inexpensive antibiotics. It was the first medication of its kind used by physicians to treat bacterial infections. The

discovery and manufacture of penicillin transformed the practice of medicine offering life-saving treatments to those with serious infections.

The several antibiotics in the penicillin class belong to a class of antibacterial medications called beta-lactam antibiotics that work by indirectly bursting the cell walls of a wide range of bacteria. This important group of medications are widely used to eradicate common bacterial infections on the skin, in the ear, sinus and upper respiratory tract. Penicillin can be taken orally or via injection and include:

- Amoxicillin
- Ampicillin
- Dicloxacillin
- Nafcillin
- Oxacillin
- Penicillin G
- Penicillin V
- Piperacillin
- Ticarcillin

Since penicillin generally is effective and relatively inexpensive, it quite often is used when a medical professional

suspects a bacterial infection. Hypersensitivity reactions are a concern in the use of penicillin and can lead to the assumption that a person is allergic to these types of medications. These adverse side effects include nausea, diarrhea and headaches. Signs or symptoms of an infection for which a person is being treated also may be mistaken as an allergic drug reaction. It is important to ensure a true allergy to penicillin to avoid the use of less-appropriate and more-expensive antibiotic treatments. While 10 percent of the people in the United States are considered allergic to penicillin, over 90 percent of those individuals who had a reaction proved negative upon allergy testing and are able to tolerate penicillin.

An allergic reaction – an abnormal immune system response – to penicillin typically occurs within an hour after taking the medication. Symptoms, which may include a skin rash, hives, swelling or a fever, can be treated easily with an antihistamine or a corticosteroid. In rare cases, someone who has taken penicillin can experience anaphylaxis – a life-threatening allergic reaction which causes the widespread dysfunction of body systems. Symptoms of anaphylaxis include swelling of the tongue, throat or lips, respiratory difficulty, dizziness or lightheadedness, weak or rapid pulse, seizures, or loss of consciousness. A person experiencing these symptoms requires immediate treatment with epinephrine, which can be administered with an autoinjector, if available, or at the nearest emergency department.

Anyone who experiences an adverse reaction to penicillin is advised to be tested for a true allergy. An allergist can evaluate a patient's history and perform skin testing, which involves pricking the skin with two forms of penicillin. If the skin test returns a negative result, the allergist may administer a dose of an oral penicillin and observe the patient's reaction. The testing generally lasts two to three hours. In cases of a positive penicillin allergy test, the person is advised to inform healthcare providers including physicians, dentists

and other specialists, wear a medical alert bracelet, and avoid penicillin unless needed. An allergist can perform a desensitization procedure to temporarily allow the use of the medication, if necessary.

Another concern in the administration of penicillin is bacterial resistance. Bacteria are highly adaptable and regenerate rapidly, making relatively quick genetic changes possible that lead to a penicillin immunity. Scientists have identified three common ways in which bacteria develop an immunity to penicillin. In some circumstances, the bacteria are able to produce an enzyme that degrades the medication. Other bacteria have been able to change their own structure so that penicillin can no longer damage the cell walls. Finally, bacteria can develop a system to export or dispose of the penicillin in order to prevent the medication from attacking it. These antibiotic-resistant bacteria can cause illnesses that were once easily treatable with penicillin to become untreatable, leading to dangerous infections. Antibiotic-resistant bacteria are often more difficult to eradicate and, in some cases, can cause infections that lead to serious disability or even death.

LMHS continues to expand the Antibiotic Stewardship Program to ensure penicillin and other such medications are prescribed and administered appropriately to avoid antibiotic resistance. The members of the program work to educate LMHS staff members on the importance of determining optimal selection, dose and duration of antibiotic treatment. They also monitor, track and report features of bacteria to identify resistance patterns. The program assists all providers to improve the quality of patient care and patient safety by increasing infection cure rates and reducing treatment failures.

Vaccination Protects Individuals from Measles Outbreak

Measles is an acute, highly-contagious respiratory disease caused by a virus that can live for up to two hours in an airspace where an infected person coughed or sneezed. The disease is so contagious that up to 90 percent of people who have contact with an infected individual also will develop the disease if they have not been vaccinated.

The symptoms of measles generally appear about 7 to 14 days after a person is infected. Measles usually begins with a high fever, cough, runny nose, and red, watery eyes. Two or three days after symptoms begin, tiny white spots may appear inside the mouth. Three to five days after symptoms begin, a red, blotchy rash appears, beginning at the hairline and spreading downward to the neck, trunk, arms, legs and feet. Patients are contagious from four days before through four days after the rash is visible.

Measles can cause serious health complications, especially in children younger than 5 years of age. Complications include pneumonia (infection of the lungs), encephalitis (an acute inflammation of the brain) and even death. Measles may cause pregnant women to give birth prematurely, or have a low birth-weight baby.

According to the Centers for Disease Control and Prevention (CDC), from January 1 to April 11, 2019, approximately 555 individual cases of measles were confirmed in 20 states. This is the second-greatest number of cases reported in the U.S. since measles was eliminated in 2000. The states that have reported cases to the CDC are Arizona, California, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Kentucky, Maryland, Massachusetts, Michigan, Missouri, Nevada, New Hampshire, New Jersey, New York, Oregon, Texas and Washington.

Most people in the United States are protected against measles through

vaccination. However, unvaccinated travelers can get measles while they are in other countries and then carry measles into the U.S. They can spread the disease to those who are unprotected, which may lead to outbreaks in communities with unvaccinated individuals. Measles outbreaks, which are defined as three or more cases, are linked to travelers who brought measles back from other countries such as Israel, Ukraine and the Philippines, where significant measles outbreaks are occurring. It is important to ensure individuals are vaccinated against measles before traveling internationally.

Measles can be prevented with a MMR vaccine, which protects against three diseases – measles, mumps and rubella. The CDC recommends children get two doses of the MMR vaccine, starting with the first dose at 12 to 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults also should be current on their MMR vaccination. The MMR vaccine is very safe and effective. Two doses of MMR vaccine are about 97 percent effective at preventing measles, while one dose is about 93 percent effective.

Children also may get a MMRV vaccine, which protects against measles, mumps, rubella and varicella (chickenpox). This vaccine is only licensed for use in children who are 12 months through 12 years of age.

Before the measles vaccination program started in 1963, an estimated three to four million people contracted measles each year in the United States. Of these, approximately 500,000 cases were reported each year to the CDC with the following outcomes: 400 to 500 deaths, 48,000 hospitalizations, and 1,000 cases of encephalitis. Since then, widespread use of the measles vaccine has led to a greater than 99 percent reduction in measles cases compared with the pre-vaccine era. However, measles is still common in other countries. Please contact your primary care physician for further information on the protection that vaccination provides from the disease.



Annual Golf Gala to Support Licking Memorial Medical Campus Expansion

Sponsored by the Licking Memorial Hospital (LMH) Development Council, the 2019 LMH Golf Gala is scheduled for Monday, June 17, at the Denison Golf Club at Granville. Proceeds from this year's event will benefit the expansion project at the Licking Memorial Medical Campus, located at 1717 West Main Street in Newark. The 32,210 square-foot addition to the medical building will serve as the new location for Physical, Occupational and Speech Therapy services. These services will be expanded to accommodate patient needs. Dermatology and Gastroenterology physician offices, as well as a Wellness Center, also will be located in the expanded facility. In addition, an increased parking area and an access road from Terrace Avenue are included in the project.

Jill, Andrew and Luke Guanciale are serving as the Honorary Chairs of the 2019 LMH Golf Gala. Jill works as a Business Process Analyst for the Boeing Company. Her community involvement includes serving as the Chairwoman for the Works' 2018 HATSOFF! event, participating in the Big Brothers Big Sisters (BBBS) of Licking and Perry Counties Lunch Buddy Program, and volunteering as a member for the LMH Community Cornerstone Campaign Committee and Licking County Foundation Scholarship Review Committee. Andrew is a realtor for the Guanciale Group of Coldwell Banker King Thompson. He is a member of the LMH Development Council and the Works Museum Development Council. He also serves on the BBBS of Licking and Perry Counties Board of Directors,

the BBBS Foundation Board of Directors, the Salvation Army of Newark Advisory Board, and the Hospice of Central Ohio Foundation Board. Jill and Andrew are lifelong Newark residents, and now are raising their son in the community.

The LMH Development Council is proud to acknowledge and thank the sponsors of the 2019 Golf Gala. The **Club Sponsor (\$7,500)** is Denison University. **Ace Sponsors (\$5,000)** include John Hinderer Honda; Matesich Distributing Company; MedBen; Park National Bank; Stedman Floor Co., Inc.; and Surgical Interventions, LLC. **Eagle Sponsors (\$2,500)** include AssuredPartners; Claypool Electric; Columbus Springs Hospitals; Courtesy Ambulance, Inc.; Delta Dental; The Energy Cooperative; Gutridge Plumbing, Inc.; The Jerry McClain Companies; Dr. Donald G. & Patsy Jones; Mill Tech, LLC; Northpoint Ohio; Robertson Construction; Scott Peterson of General Graphics; SmartBill, Ltd.; US Foods; and Waste Away Systems. The **Driver Sponsor (\$1,500)** is Coughlin Chevrolet of Pataskala, the **Fairway Sponsor (\$1,500)** is The Laurels at Heath, the **Links Sponsor (\$1,500)** is Greenfield/Lewis Investment Counsel, and the **Pro Sponsor (\$1,500)** is Griffin's Floral & Wine Shop.

Additional sponsorship levels are available. Minimum donation amounts for sponsors are: Birdie (\$1,000), Hole (\$500) and Cart (\$250). If you are interested in being an event sponsor or donating a door prize, please call the LMH Development Office at (220) 564-4102.



Development Spotlight – Brandon Hess

Brandon Hess joined the Licking Memorial Hospital (LMH) Development Council Community Relations Committee in July 2018. During his experience serving on the Board of Directors for Big Brothers Big Sisters of Licking and Perry Counties, he worked alongside Veronica Patton, Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations, and proudly accepted an invitation to join the Development Council.

Though he has only been a member of the Development Council for a short time, he has been very impressed with the operations at LMH. "During my few years of service on the Golf Gala Committee, I always have been impressed with the amount of participation and sponsorships we have received," Brandon says. "The people who make the operations happen inside the Hospital and Development Council are dedicated to their cause and the community. It is a well-oiled machine with great people involved throughout each process."

Brandon has been impressed with LMHS' focus on the health of Licking County

youth, including free sports screenings for young athletes and the Active•Fit program for ages 6 to 12. He praises each program for promoting the importance of maintaining healthy lifestyles. He also sees the large community role that LMHS maintains through numerous events, including the Licking County HeartChase. "LMH was the big reason for getting this fundraiser to our community," Brandon says when discussing the HeartChase fundraiser. "I will never forget the first year of the event when a mother spoke regarding the Hospital and how they saved her child's life. It is very touching to hear these stories when community members talk about LMH."

As a third generation family member of the Mattingly Family Companies, Brandon has been involved with the family business his entire life. After receiving his degree in accounting from the Ohio University College of Business, he started his full-time work with Mattingly Family Companies. He currently serves as Vice President at Mattingly Family Companies, which include Mattingly Cold Storage, 45 Degree Logistics, Mattingly Landscape Services and Mattingly Enterprises, LLC.

Brandon also is a Partner & Broker at Shai Commercial Real Estate.

He and his wife, Jennifer, currently reside in Newark with their two children, Anabelle and Michael. Brandon enjoys spending time with family and friends, being involved with his children's sports, riding his four-wheeled ATV, playing golf, snow skiing and watching The Ohio State University Buckeyes and the Green Bay Packers.



Nina Hourmouzis, M.D.

Community Education – Adventures in Plant-based Eating

Date: Tuesday, June 25
Location: LMH First Floor Conference Rooms
Time: 6:00 p.m.
Speaker: Nina Hourmouzis, M.D.

The advice your mother gave you to eat your vegetables may be more important for your health than ever imagined. A growing body of evidence supports the life-changing benefits of a plant-based diet, which is far from bland and tasteless. Delicious plant-based meals – whole fruits, vegetables and grains that are seasoned with a few thoughtful herbs – are not only a tasty and healthy dining option, but could make an unbelievable difference in your overall health.

Join Nina Hourmouzis, M.D., of Licking Memorial Internal Medicine, on **Tuesday, June 25, at 6:00 p.m.**, in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark, for an exploratory journey into the world of plant-based eating. Participants will learn about the positive impact plant-based foods can have on your health and quality of life. A plant-based meal and recipes will be provided. The program is free; however, space is limited and registration is required. To register, please call (220) 564-1560.



2019 Boards of Directors Announced



Licking Memorial Hospital (LMH) is pleased to announce the recent election of community leader Brian Mortellaro to the position of LMH Board of Directors Treasurer. The LMH Board of Directors consists of 13 community leaders, who guide the daily operations and policies of the Hospital. Officers retaining their positions for 2019-2020 include Joyce Malainy, Ed.D., Chair; David Doney, Vice Chair; and Laurel Kennedy, Ph.D., Secretary.

Brian Mortellaro is the Owner/Operator of nine McDonald's restaurants in Licking, Muskingum, Guernsey, Holmes, Knox and Morrow counties, and operates seven additional McDonald's restaurants. He graduated from Mount

Vernon High School and John Carroll University with a bachelor's degree in accounting, and is a certified public accountant. Brian serves on the Finance Committee and Board of Directors for the Ronald McDonald House, the Finance Committee for the Licking County Foundation, and the Board of Directors for the Midland Theater. He is a member of the Newark/Heath Rotary. Brian lives in Granville with his wife, Janine, and three daughters, Emma, 19, Abby, 17, and Sarah, 17.

Licking Memorial Health Systems (LMHS) has a separate Board of Directors that oversees all aspects of the Health Systems' three corporations – Licking Memorial Hospital, Licking Memorial Professional Corporation and Licking Memorial Health Foundation. It is comprised of nine community leaders, who set policies and guide LMHS through its day-to-day operations. Linda Dalgarn, Chair; Patrick Guanciale, Vice Chair; and Michael Cantlin, Secretary/Treasurer will continue their terms for 2019-2020.

Members of both Boards are dedicated individuals who volunteer their time to ensure the best health care and services are available for the community.

2019 LMHS Board of Directors

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 Patrick D. Guanciale, Vice Chair
 Michael D. Cantlin, Secretary/Treasurer
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2019 LMH Board of Directors

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 Robert A. Montagnese, Ex Officio



2019 Cancer Survivors Picnic

Date: Thursday, May 23
Time: 4:00 – 6:00 p.m.
Location: LMH Front Lawn

Licking Memorial Hospital (LMH) will host a Cancer Survivors Picnic in recognition of the 32nd Annual National Cancer Survivors Day. We hope that you will join us to celebrate and acknowledge all survivors and their families.

The program will begin at 4:30 p.m., and an aerial photo of all survivors will be taken at approximately 5:15 p.m. In case of inclement weather, the picnic will be rescheduled to Thursday, June 20. Please call (220) 564-4102 by Friday, May 17, to register for this free event.



D'Anna N. Mullins, M.D.

Community Education – Defeating Cancer: An Educational Dinner Event

Date: Thursday, June 27
Location: LMH First Floor Conference Rooms
Time: 5:30 p.m.

Speakers: D'Anna N. Mullins, M.D., Hematology/Oncology; Frances B. Horenstein, M.D., Gastroenterology; and Donald J. Lewis, M.D., Urology



Frances B. Horenstein, M.D.

Cancer is a diagnosis that no one ever wants to receive as it can be frightening and may often raise more questions than answers regarding treatment and prognosis. Difficult and potentially deadly, cancer causes more deaths in Licking County than any other disease.

In response, Licking Memorial Hospital (LMH) is pleased to offer a comprehensive event for community members interested in learning more about cancer. In one unique evening, experts will address the most prevalent forms of cancer within the Licking County community. Beginning at 5:30 p.m., informational tables will provide important updates on cancer risks, screening recommendations and resources. Speakers will include Oncologist D'Anna N. Mullins, M.D., Gastroenterologist Frances B. Horenstein, M.D., and Urologist Donald J. Lewis, M.D. These specialists will speak at 6:00 p.m., on the topics of breast, colon and prostate cancer.



Donald J. Lewis, M.D.

The best defense against cancer is prevention and early detection. Join us on **Thursday, June 27, at 5:30 p.m.**, in the LMH First Floor Conference Rooms for the Defeating Cancer program. A chef-prepared, catered meal will be provided for all participants. The event is free; however, space is limited to the first 50 registrants. To register, call (220) 564-1560.

LMHS Hosts Fourth **Active•Senior** Dance

More than 100 local residents, ages 60 and older, gathered at the Bryn Du Fieldhouse in Granville on April 11 for the Active•Senior Dance, sponsored by Licking Memorial Health Systems (LMHS). The free event featured dance instruction, dance contests, prizes and beverages.

Rob Montagnese, LMHS President & CEO, welcomed the guests and thanked them for taking part in the event. "As the Active•Senior program completes its third year, we are proud to continue these events that aim to improve the health of the community," Rob explained. "We are excited to see so many individuals here who want to have fun while being active."

Dance instructor Cynthia Anderson and her daughter, Taylor Dawes, provided

guidance for two dance styles, the east coast swing and foxtrot, throughout the evening. Prizes – which included gift cards to Dick's Sporting Goods, Spa on the Avenue, Hobby Lobby, Tumbleweed Restaurant, Darden Restaurants, Reader's Garden and Wilson's Garden Center – were awarded to the best couples for each of the featured dances. Over the course of the event, attendees heard various announcements regarding upcoming events and benefits of the Active•Senior program, and those who registered for the program during the event received a free Active•Senior pedometer.

LMHS will continue to host Active•Senior events throughout the year. The next event, the Active•Senior Celebration,

will be held on Tuesday, June 11, at the Bryn Du Mansion. Active•Senior members will receive an invitation to attend the event, which will include a barbecue dinner, live music, festive games and an auction for Active•Senior participants who have earned points through the goal program.

The Active•Senior program, designed to promote healthy lifestyles for adults ages 60 and older, focuses on the following goals:

- Encourage adults to stay physically fit and maintain a healthy diet.
- Motivate adults to challenge themselves intellectually and stay connected with friends and family.
- Help adults maintain a lifelong commitment to personal health and wellness.

Participants in the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental and Social. The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2019/2020 goal program began on May 1, and will continue through April 30, 2020. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



The March Walk with a Doc event, which coincided with Colon Cancer Awareness Month, featured Frances B. Horenstein, M.D., of Licking Memorial Gastroenterology. Dr. Horenstein led a discussion about colon cancer screenings and answered participants' questions about a number of colon health concerns while walking along the Cherry Valley Road bike path in Newark.

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



Active•Fit Partnership Events

Promote Nutrition and Exercise

Licking County youth recently participated in healthy activities through the Licking Memorial Health Systems (LMHS) Active•Fit program. The events allowed children to learn about preparing healthy snacks and meals as well as participate in a variety of fun, physical activities. Each of these events counted toward Active•Fit program goals.



On March 9, the Active•Fit Junior Chef event at the Career and Technical Education Centers (C-TEC) mentored approximately 70 children through preparing nutritious meals and snacks. C-TEC culinary students guided the Junior Chefs through demonstrations. The participants gained hands-on experience by making the recipes themselves, which were combined into a healthy lunch that was enjoyed at the conclusion of the event.

Members of the Family, Career and Community Leaders of America (FCCLA), an organization comprised of juniors and seniors in the culinary arts and early childhood education programs at C-TEC, were responsible for creating the recipes used for the event. Each Junior Chef received a recipe book with instructions to make tasty items such as Italian zoodle salad, easy tzatziki with toasted pita chips and fresh veggies, chocolate banana pops, hot sandwich pockets and homemade orange soda.

The FCCLA's goal was to feature fresh, wholesome ingredients in healthy and kid-friendly recipes that the Junior Chefs could make on their own or with little assistance. Each Junior Chef was accompanied by an adult, and together they rotated through five different cooking stations.

On April 6, approximately 250 youth and parents/guardians attended the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University and LMHS. Children of all ages were able to visit various fun activity stations, located throughout the YMCA, such as bubble soccer, basketball free throws, gymnastics, inflatables, half-mile run and more. Children also had the opportunity to learn the basics of hands-only cardiopulmonary resuscitation (CPR), Zumba and yoga.

Nearly 30 Denison students volunteered at the event, leading the children through the activities. Each participant was given a Health & Fitness Fit•Tix activity card to take with them to the various stations, and collect achievement star decals upon completion of each health-related activity. At the end of the event, completed Fit•Tix were collected in a drawing for prizes including Dick's Sporting Goods gift cards, sports equipment and a family pool pass to the YMCA.



Both partnerships allow for greater variety in the events available to Licking County and increased awareness of the benefits of a health lifestyle. "Partnering with other community organizations allows us to create successful initiatives that lead to a stronger, healthier community," Rob Montagnese, LMHS President & CEO, said.

LMHS plans to collaborate with the City of Pataskala, Park Lanes and the Newark Area Soccer Association (NASA) for the Active•Fit Mini-triathlon, and Bowling and Field Day events during the summer. All Active•Fit events are open to youth ages 6 to 12. For more information or to register for the Active•Fit Youth Wellness Program, please visit www.ActiveFit.org, or call Licking Memorial Public Relations at (220) 564-1560.



You are invited to TWO GREAT EVENTS

LMHS invites you to enjoy the Active•Fit Youth Wellness Event and Family Movie Night

Bring the entire family to a FREE fun youth wellness event and stay for Family Movie Night. LMHS will present the Disney/PIXAR animated film, **The Incredibles 2**, in an outdoor screening.

Date: Friday, May 24

Time: Active•Fit Youth Wellness Event: 6:00 – 8:30 p.m.
The movie will follow, beginning at dusk.

Location: The grounds of the Pataskala Health Campus, located at One Healthy Place, off Broad Street.

- The Active•Fit event will include inflatable fun areas and games.
- Free snacks and beverages will be provided during both events.
- Please bring lawn chairs or blankets for the movie.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products and pets are prohibited.

For more information, call (220) 564-1560.



Disney • PIXAR

INCREDIBLES 2



Note: This event is weather permitting. Rain date is Friday, May 31.



Active•Fit

YOUTH WELLNESS EVENTS

UPCOMING EVENTS

Active•Fit Mini-triathlon

Saturday, June 15
(rain date: Saturday, June 22)
Registration: 8:00 a.m.
Event begins: 9:00 a.m.
Municipal Park, near Creek Road,
in Pataskala

Active•Fit Bowling

Wednesday, July 24
3:00 to 5:00 p.m.
Park Lanes Bowling Center,
701 Hopewell Drive in Heath

Active•Fit Field Day

Thursday, August 8
3:00 to 5:00 p.m.
Alford-Reese Park (NASA Fields),
600 Baker Boulevard in Newark

All events are free to the community, and pre-registration is required. Unless otherwise noted, Active•Fit activities are reserved for youth, ages 6 to 12 years. Outdoor activities are weather permitting.

For more information
or to register, call
(220) 564-1560.

A Tribute to Mothers

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms, especially those who gave birth at Licking Memorial Hospital this past year.



March 2018
Beau, who celebrated his first birthday on March 20, loves his mom, Kaylie Chandler.



April 2018
Kristin Musick has her hands full with her son, Maxton, who turned one on April 13.



May 2018
Brody, born on May 19, shows some personality with his mom, Britainy Felumlee.



June 2018
Timieka Long and her son, Cassious Jr., who was born on June 19, are all smiles enjoying quality time together.



July 2018
Chloe, born on July 25, enjoys time with her mother, Lauren Baker.



August 2018
Finnian, born on August 25 to Lindsey O'Dell, loves being the center of his mom's attention.



September 2018
Gena Rowe's son, Nicholas, is all smiles thinking of his first birthday on September 16.



October 2018
Solomon, Charla Decker's son who was born on October 24, looks dapper in his suspenders.



November 2018
Lindsey Allen welcomed her daughter, Tatum, into the world on November 2.



December 2018
Mallory Grieb's daughter, Cecilia, born on December 26, looks pretty in pink.



January 2019
Jennifer Early's daughter, Lexi, born on January 8, rests peacefully in her arms.



February 2019
Katie Gerding welcomed her daughter, Wren, to the family on February 7.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public.

There were 1,033 babies born at Licking Memorial Hospital in 2018.

LMHS Youth Summer Camps



Camp Feelin' Fine, June 7, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Camp Feelin' Fine is a free one-day camp that gives children with asthma, ages 7 to 12, the opportunity to take part in an outstanding educational and recreational program. Please call the Licking Memorial Hospital Respiratory Therapy Department at (220) 564-4190 by Friday, May 31, to register for the camp. Space is limited and is on a first-come, first-served basis.



Camp A1c, July 19, 9:00 a.m. – 3:00 p.m., Bryn Du Mansion Carriage House and Lawn

Youth, ages 7 to 12, who have diabetes are invited to join this one-day camp for camaraderie, fun activities and educational presentations. This event also is an excellent opportunity for parents to network and discuss diabetes issues. Camp A1c is free; however, space is limited and registration is required. To register, please call Licking Memorial Community Case Management at (220) 564-4915 by Friday, July 12.



Camp Courage, August 2, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Youth, ages 7 to 12, who have had an encounter with cancer, whether personally or through a family member, are welcome to attend this camp, designed to reduce stress and anxiety due to the uncertainties of the disease. The event schedule will include activities, crafts, presentations and more. Camp Courage is free; however, space is limited and registration is required. To register, please call Licking Memorial Hematology/Oncology at (220) 564-1890 by Friday, July 26.



Physician Spotlight

Rachel L. DeMita, M.D., was the first physician to join Licking Memorial Infectious Disease in December 2018. Dr. DeMita received her medical degree from the Medical College of Ohio in Toledo. She completed an internal medicine residency at Riverside Methodist Hospital and a fellowship in infectious disease at The Ohio State University Wexner Medical Center. She is board certified in internal medicine and infectious disease.

Dr. DeMita is a member of the Society for Healthcare Epidemiology of America, the Infectious Diseases Society of America, and the Infectious Diseases Society of Ohio.



Ask a Doc – Hepatitis A with Rachel L. DeMita, M.D.

Question: What is hepatitis A and what can I do to protect myself and family from contracting it?

Answer: The Ohio Department of Health (ODH) declared a statewide community outbreak of hepatitis A after an increase in cases since the beginning of 2018. ODH reports there were 2,044 people diagnosed with the virus from January 5, 2018, through April 1, 2019, and seven people have died as a result of the disease. The Department of Health suspects the outbreak will continue through 2019 as such outbreaks commonly last about two years. Licking County has reported 17 cases in the past year.

Hepatitis A is a highly contagious liver infection caused by the hepatitis A virus, which is one of several viruses that cause inflammation and affect the liver's ability to function. Hepatitis A differs from the other more serious viruses because it is usually a short-term infection and does not become chronic. An infection from hepatitis A may range in severity from mild symptoms that persist for a few weeks to severe symptoms lasting several months. Many people with hepatitis do not have symptoms and do not know they are infected. If symptoms occur with an acute infection, they can appear anytime from two weeks to six months after exposure. In rare cases, hepatitis A can cause liver failure and death – this occurs more commonly in people older than 50 and in people with other liver diseases.

People contract hepatitis by unknowingly ingesting the virus from objects, food, or

drinks contaminated by small, undetected amounts of stool from an infected person. Hepatitis A also can spread from close personal contact with an infected person. Food – including frozen and undercooked food – can become contaminated by hepatitis A at any point from growing and harvesting to processing and handling, and even after cooking. Contamination of food or water is more likely to occur in countries where hepatitis A is common and in areas where there are poor sanitary conditions or poor personal hygiene.

The symptoms of hepatitis A typically appear around four weeks after exposure to the virus and develop over a period of several days. The signs and symptoms include:

- Fever
- Fatigue
- Sudden nausea and vomiting
- Abdominal pain or discomfort
- Clay-colored bowel movements
- Loss of appetite
- Dark urine
- Diarrhea
- Joint pain
- Jaundice – yellowing of the skin and the whites of the eyes

Not everyone infected with hepatitis A develops symptoms, especially children. Practicing good hygiene, including washing hands frequently, is one of the best ways to protect against hepatitis A. A vaccine also is available for prevention. The vaccination process requires two

injections about six months apart to receive the full benefit of the vaccine. The Centers for Disease Control recommends the vaccination for all children beginning at age 1 and those at higher risk for contracting the virus. People at increased risk for hepatitis A outbreak in Ohio include:

- People who direct contact with individuals infected with the virus
- People who use street drugs, whether they are injected or not
- People who are incarcerated
- People experiencing homelessness
- People who have traveled to other areas of the U.S. currently experiencing outbreaks

People who believe that they are at high risk for hepatitis A infection, have been exposed to someone with hepatitis A, or are experiencing symptoms should contact their healthcare provider or local health department for information about vaccination and treatment options. Receiving a hepatitis A vaccine or an injection of immunoglobulin – an antibody – within two weeks of exposure to the hepatitis A virus may offer some protection from infection. In most cases of hepatitis A, the liver heals within six months with no lasting damage. Treatment of hepatitis A focuses on controlling the symptoms including rest and managing nausea.



Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care

Patient Story – Evan Gentry

For Evan, taking a walk when having a craving proved to be a successful distraction. He also tracked the timing of his cravings, so he could be prepared to manage his next one.

“The combination of all these techniques worked for me,” he said. At first, Evan and Eric met on a weekly basis and as he became stronger, their meetings were scheduled bi-weekly. Evan experienced multiple struggles throughout his process, but always knew he could depend on Eric for encouragement and to get him back on track. “Eric has an open-door policy and all I had to do was call when I needed him,” Evan noted. “Even moving forward, he reassured me that I could depend on him for assistance as necessary.”

By mid-October, Evan had kicked his habit. “When several days had passed without a craving or tobacco even crossing my mind, I knew I had made it,” he said. “I am so appreciative of the patience I was shown and the support I was given by Eric.” Eager to share his confidence in the program and personal results, Evan feels he has turned his situation into a positive experience and hopes his story will help others to quit.

A Licking County native, Evan was born at LMH and most of his family lives nearby. He earned a business degree from The Ohio State University and works as a team leader in the Disputes Department at Discover Credit Card Services. He is a past Newark High School football coach and enjoys sports and the outdoors. Evan and his wife, Emily, enjoy horseback riding together.

The Quit For Your Health program is free and available to residents of Licking County, or through a referral by a physician practicing in Licking County.

LMHS also offers the Quit for You, Quit for Your Baby program to expectant and postpartum mothers. The tobacco cessation programs offer professional counselors who use evidence-based techniques to help tobacco users develop a plan for quitting. After an initial consultation, participants will attend follow-up sessions every one to two weeks to discuss techniques, behaviors, and lifestyle changes that help in the cessation process.

The Quit for Your Health programs:

- Use nicotine replacement therapy, motivational interviewing, self-management education and relapse prevention strategies
- Are led by certified specialists with training and experience to help people stop using tobacco
- Utilize a one-on-one relationship between client and counselor to increase the chances of successfully quitting
- Create personalized quit plans to meet individual needs, including tools to help prepare to stop using tobacco
- Provide assistance in developing effective coping strategies to keep individuals tobacco-free

The Quit For Your Health programs offer two locations to serve Licking County, Moundbuilders Doctors’ Park, Building 2, 1272 West Main Street, and 20 West Locust Street. Multiple locations increase the reach of the program and the opportunity to assist additional community members. Visit www.LMHealth.org for more information or call (220) 564 (QUIT) 7848.

In 2018, Evan Gentry was introduced to the Quit For Your Health Tobacco Cessation program at Licking Memorial Hospital (LMH). His wife, Emily, a physician center clerk at Licking Memorial Family Practice – Downtown, was familiar with the program counselors who are located in the same building. Evan had been using smokeless tobacco for most of his adult life. “After I got married, I started to think about the future, having children and wanting to be there for them,” Evan shared. “I finally understood the health risks associated with my habit and wanted to make a change.”

Evan had been utilizing vacations to try to break free from the routine of his habit, but nothing had worked. “I met with Eric, a Quit For Your Health program counselor, in the spring of 2018. He was extremely supportive and stressed that, in order to be successful, I needed to initiate the process and move forward at my own pace,” explained Evan. “It is important not to just go through the motions.”

Evan appreciated the flexible meeting times offered by his counselor. He began experimenting with gum to help alleviate his cravings, which usually came after a meal. “The intensity of my cravings fluctuated, with some being worse than others, and the worst ones were not always at the same time of day,” Evan stated. “This certainly made it challenging for me to find a solution.” Eric recommended a variety of techniques to deal with cravings.

Respiratory 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. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease and diabetes. An estimated 24 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. Over 3,500 visits were made as part of the LMHS tobacco cessation programs in 2018.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	N/A*	N/A*	73%	greater than 50%
*New collection methodology implemented in 2018.				

2. Chronic obstructive pulmonary disease (COPD) is a serious lung condition that includes two life-threatening diagnoses, chronic bronchitis and emphysema. According to the American Lung Association, COPD is the third leading cause of death in the U.S. There is no cure for COPD, but with careful management, patients can enjoy longer and healthier lives. To monitor the quality of COPD patients’ care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who died (for any reason, including reasons not related to COPD) within 30 days of a hospital admission.

	LMH 2016	LMH 2017	LMH 2018	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	8%	8%	10%	8.3%

3. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the number of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2016	LMH 2017	LMH 2018	National ⁽⁴⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	0.0	0.0	0.0	1.1

4. Some pneumonia patients who are hospitalized require treatment with a ventilator to assist their breathing. Although the ventilator can be life-saving, it carries the risk of serious complications, such as infections, stomach ulcers, blood clots and extended dependency on the ventilator. To help prevent complications, LMH staff members follow a best-practices protocol for patients on ventilators. Known as the “ventilator bundle,” these five steps are carefully documented to ensure each patient receives the best possible care.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	100%	100%	100%	greater than 90%
Daily test to reduce sedation	100%	100%	100%	greater than 90%
Stomach ulcer prevention	99%	99%	100%	greater than 90%
Blood clot prevention	100%	100%	100%	greater than 90%

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

	LMHS 2016	LMHS 2017	LMHS 2018	LMH Goal	National ⁽⁵⁾
LMHS employees receiving the influenza vaccine	94%	94%	95%	greater than 90%	88%

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



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

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

	LMHP 2016	LMHP 2017	LMHP 2018	National ⁽¹⁾
Physician office patients over 65 years receiving the pneumonia vaccine	81%	80%	78%	72%
	LMHP 2015-2016	LMHP 2016-2017	LMHP 2017-2018	National ⁽¹⁾
Physician office patients over 65 years receiving the influenza vaccine	80%	80%	76%	73%

7. Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications, such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2016	LMHP Pulmonology 2017	LMHP Pulmonology 2018	National ⁽²⁾
Asthma patients assessed for appropriate inhaled corticosteroid	93%	97%	95%	88%

Data Footnotes:

- (1) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2016].
- (2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program.
- (3) HospitalCompare.hhs.gov national benchmarks
- (4) National Healthcare Safety Network Report, Data Summary for 2012, Devices-associated Module (Medical-Surgical ICU <15 beds)
- (5) National Committee for Quality Assurance, “The State of Health Care Quality 2014.”

Health Tips – Vaping

An electronic cigarette or e-cigarette is a nicotine delivery device that has a battery, a heating element and a container for liquid that is typically flavored and contains nicotine. When the liquid is heated, users inhale the aerosol. Vaping or vaporizing is used to describe the process of inhaling the aerosol produced by e-cigarettes or similar devices, such as vaporizers or vapor pens. One brand, JUUL, has become so popular that a new verb, JUULing, is widely used.

While vaping may appear to be a safe alternative to smoking tobacco, researchers continue investigating the impact on respiratory health. According to a 2018 study by the National Academies of Science, Engineering and Medicine that reviewed over 800 different studies, using e-cigarettes does pose health risks. The researchers concluded that e-cigarettes both contain and emit a number of potentially toxic substances. The two primary ingredients found in e-cigarettes – propylene glycol and vegetable glycerin – are toxic to cells. Additionally, the more ingredients present in an e-liquid leads to an increase in toxicity. Other dangerous chemicals produced by vaping include acetaldehyde, acrolein, and formaldehyde which can cause lung disease, as well as cardiovascular disease. The researchers found e-cigarettes also contain acrolein, a herbicide primarily used to kill weeds, that can cause acute lung injury and chronic obstructive pulmonary disease and may cause asthma and lung cancer.

The Academies’ report also states there is moderate evidence that youth who use e-cigarettes are at increased risk for cough and wheezing and an increase in asthma exacerbations. Also, nicotine use is harmful for developing brains as it can stunt an adolescent’s ability to learn and affect their behavior while increasing use due to a decreased ability to resist addiction. Nicotine also worsens conditions such as depression and anxiety.

The liquids and devices also can be dangerous. E-cigarettes have been known to explode and the fluid is poisonous if it comes into contact with eyes or skin, or if accidentally or deliberately ingested. The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. A tobacco cessation program is recommended for smokers who are ready to make a quit attempt.

LMH Offers Free Tobacco Cessation Program

Cigarette smoking has been identified as the greatest cause of preventable deaths in the United States. People who smoke are at higher risk for many health problems including the development of lung cancer and chronic obstructive pulmonary disease (COPD). In fact, smoking is the primary cause of nearly 90 percent of COPD cases. While the health risks have been well documented and publicized, those who smoke find it difficult to quit because of addiction to nicotine. When nicotine enters the body, it stimulates parts of the brain, creating a pleasant feeling the body soon craves. The physical addiction changes body chemistry, resulting in difficulty concentrating or irritability when a person withdraws from nicotine. Trying to quit takes planning and support, which is why Licking Memorial Hospital (LMH) offers the free Quit for Your Health tobacco cessation program, with certified tobacco treatment specialists for Licking County residents.

The counselors utilize evidence-based techniques to help participants develop a plan that will offer an opportunity to become tobacco-free. In fact, following the program doubles a smoker’s chance of success of quitting completely. During the initial visit, the counselor will initiate

an assessment and discuss the options and details of the program. The client is encouraged to complete a planning booklet to develop a quit plan before the next visit. In the subsequent visit, together, the counselor and client review the plan booklet and finalize a quit plan. Smokers are offered nicotine replacement therapy as appropriate. Visits occur every two weeks for the next 12 weeks to assist the client in tapering off the use of nicotine all together. Quit for Your Health counselors work to form a one-on-one relationship with the patient to offer a support system with encouragement and accountability, and provide assistance in developing effective coping strategies. Such programs have been proven to be the most effective method in the effort to stop smoking. The counselors then provide follow-up opportunities at 30, 90 and 180 days after the person completes the program.

There are five counselors available within the Quit for Your Health program and have offices at convenient locations, including Moundbuilders Doctors’ Park,

Building 2 at 1272 West Main Street in Newark, Licking Memorial Urgent Care – Downtown Newark at 20 West Locust Street, Licking Memorial Women’s Health – Newark at 15 Messimer Drive, and the Pataskala Health Campus at One Healthy Place in Pataskala.

Participation in the program is free for Licking County residents by self-enrollment or referral by a Licking County physician if a non-resident. Smokers who wish to quit can either ask their primary care physician for more information or simply call (220) 564-QUIT (7448).



HAPPY FATHER’S DAY

from Licking Memorial Health Systems.

Patient Story – Tracy

Substance abuse was present in Tracy's upbringing, which she believes had a significant impact on her life. "I grew up with addict parents, had an older brother and sister and began drinking around age 14. I felt like I was just following their lead," Tracy shared. She began doing cocaine at age 16 or 17 and managed high school well until her senior year when she began drinking excessively. At 18, Tracy moved to her own apartment in Mount Vernon. She was partying heavily almost every night and received an underage consumption charge later that year.

During this time, she was working as a dancer at an adult club and became pregnant. Tracy gave birth to twin boys by Caesarean section (c-section) at the age of 19. As part of her recovery from the c-section, she was prescribed opioids. The father of her children was addicted to opioids and introduced her to snorting. "I used every day for about 5 years," she said. "I tried, unsuccessfully, to quit many times. I would stop using one drug, only to use another. I bounced between cocaine, marijuana, acid, uppers and downers. I considered myself clean, but I never really was," she admitted. Around the same time, she became aware of Alcoholics Anonymous (AA) through a friend who attended.

When Tracy was 26, she became pregnant with her daughter. She was still using drugs. "For the first month of my pregnancy, I could not stop. I knew I needed to for the health of my baby, and would try, then relapse," said Tracy. "I remember my roommate at the time asked me one day, 'How long are you going to keep doing this to yourself?' something finally clicked, and I began to look for help."

Tracy learned about Shepherd Hill and was accepted into the Intensive Outpatient Program (IOP). She began a medication-assisted treatment plan for opioid addiction and was prescribed Subutex®, a form of buprenorphine, used in mitigating opiate withdrawal symptoms and reducing cravings. "I liked Shepherd Hill so much! I had monthly appointments with my physician and attended group sessions 3 times weekly. There were about 10 people in our group, even another mother-to-be, and we all became incredibly close," Tracy explained.

She spent about two months in the IOP program and is now in the two-year aftercare program, which consists of weekly support group meetings. Aftercare sessions are moderated by a counselor who offers insight and feedback throughout the discussion among attendees. "The Shepherd Hill environment was incredible. I was comforted and supported," Tracy said. "The program saved my life. I am doing better than I could have ever imagined."

Tracy is now 1 year and 5 months in recovery. She follows up with her physician every three months. "I continue to take Suboxone®, attend three AA or Narcotics Anonymous meetings a week in Newark or Heath. I speak at many of the meetings too. Sharing my own story has proven very therapeutic for me," she said. Tracy also attends a weekly home group in Heath at which sobriety is celebrated, has a sponsor whom she talks to daily and is on Step 3 of the 12-step Program. Tracy stresses the importance of a strong support system for a successful recovery. "I am extremely grateful to my boyfriend, who is my daughter's father, and my mother, for their encouragement throughout my journey."

Tracy and her family recently celebrated her daughter's first birthday. Born with some minor unrelated breathing issues, she did not experience any withdrawal symptoms from Tracy's medication and is very healthy. Her twin sons, now 7, also are doing well and are active in karate. Tracy also has an 8-year-old stepson. She works as a home healthcare professional.

If you believe you may be suffering from drug or alcohol addiction, Shepherd Hill is a nationally accredited treatment center, providing substance abuse treatment. Care is individualized and effective through a process that matches treatment programs with the severity of illness.

At Shepherd Hill, treatment is mental, physical and spiritual. Patients partake in individual and group therapy, therapeutic activities, daily lectures and continued care planning. With this structure, each and every individual who comes to Shepherd Hill for treatment is given the tools to help form a solid foundation for a life of recovery. Call (800) 223-6410, or visit www.ShepherdHill.net for immediate assistance.

Shepherd Hill offers the following services:

- Withdrawal management (detoxification)
- Traditional care
- Extended care
- Intensive outpatient care (partial hospitalization program)
- Aftercare
- Treatment for healthcare professionals
- Caduceus (aftercare for healthcare professionals)
- Psychiatric services
- Educational services and programs

**Tracy is not the patient's real name.*

Behavioral Health 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.

- Behavioral health is a broad term that refers to psychiatric illnesses and/or substance use disorders. Inpatient hospitalization for either condition is often necessary for effective intervention. LMH provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2016	LMH 2017	LMH 2018	Goal
Psychiatric readmissions within 31 days	0.0%	0.26%	0.0%	less than 5.6%

- Outcome studies are conducted to monitor and measure the treatment success of addictive disease. Our data show how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2016	LMH 2017	LMH 2018	Goal
Patients remaining abstinent	91%	88%	97%	greater than 85%
Improvement in quality of relationships	92%	87%	95%	greater than 85%
Improvement in overall physical and mental health	92%	87%	97%	greater than 85%
Improvement in overall quality of life	95%	87%	98%	greater than 85%

- Withdrawal management – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for patients with addictive disease. Acute withdrawal symptoms are managed by the appropriate medications for each patient's situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2016	LMH 2017	LMH 2018	Goal
Average length of stay – alcohol treatment	2.9 days	2.8 days	2.9 days	less than 3 days
Average length of stay – opiate treatment	2.6 days	2.9 days	2.5 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	3.2 days	3.1 days	2.6 days	less than 5 days

- Education is considered an essential component of providing complete behavioral health care. A thorough understanding of the diagnosis, the purpose of medications, side effects to medications and the expected response to treatment leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2016	LMH 2017	LMH 2018	Goal
Diagnosis/disease education provided for patients and/or family	99%	100%	100%	greater than 97%
Medication education provided for patients and/or family	99.28%	100%	100%	greater than 97%

- Family participation is an important component in patients' recovery. For continuity of care, a licensed professional clinical counselor or social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

	LMH 2016	LMH 2017	LMH 2018	Goal
Social work/family meeting during patient stay	86%	91%	98%	greater than 95%

- Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients' blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

	LMHP 2016	LMHP 2017	LMHP 2018	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	96%	91%	95%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	100%	94%	93%	greater than 90%



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

Alternative Therapy Improves Symptoms of Depression

Licking Memorial Outpatient Psychiatric Services offers a number of alternative therapies to improve symptoms of depression including repetitive transcranial magnetic stimulation (TMS), a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. The treatment involves delivering repetitive magnetic pulses. Many adult patients who have failed to achieve satisfactory improvement from antidepressant medication find TMS offers a viable alternative. The therapy also has shown benefits for patients experiencing postpartum depression.

During a TMS session, a small electromagnetic coil is placed against the scalp, near the forehead, above the targeted area of the brain, called the prefrontal cortex. This region of the brain is involved with mood regulation and depression. The electromagnet painlessly delivers a magnetic pulse that stimulates nerve cells in the brain. The therapy generates a highly concentrated, magnetic field to activate the region that has decreased activity due to depression.

TMS magnetic fields do not affect the whole brain, but only reach about two to three centimeters into the brain directly beneath the treatment coil. As TMS magnetic fields move into the brain, very small electrical currents are produced. This magnetic field is the same type and strength as that produced by a magnetic resonance imaging machine. The electrical currents activate neurons within the brain which are thought to release neurotransmitters, such as serotonin, norepinephrine and dopamine, that ease depression symptoms and improve mood. These are the same neurotransmitters that are provided artificially through antidepressant medications; however, TMS provides these directly.



TMS does not require any anesthesia or sedation, as the patient remains awake and alert during the treatment. Patients are seated during each session and typically feel a tapping sensation under the treatment coil. Individuals are required to wear earplugs during treatment for their comfort and hearing protection, as TMS produces a loud clicking sound with each pulse. Each treatment lasts about an hour with the entire treatment course consisting of five treatments per week over a six-week period. Adverse effects are uncommon, but common side effects can include:

- Headache
- Lightheadedness
- Temporary hearing problems
- Tingling in the face, jaw or scalp

The TMS procedure is available at Licking Memorial Outpatient Psychiatric Services along with a number of other neuromodulation services, medication management and therapy services. The office is open Monday through Thursday 8:00 a.m. to 5:00 p.m., and Fridays from 8:00 a.m. to 4:00 p.m. For more information about alternative treatments, call (220) 564-4873.

Health Tips – Ask the Doc

Substance-use disorders affect people from all walks of life and all age groups. Due to differences in body chemistry, certain people are unable to successfully metabolize mood-altering substances and begin to have health issues or problems in their personal lives. Reaching a level that can be formally diagnosed often depends on a reduction in a person's ability to function as a result of the disorder. Each individual suffering from substance-use disorder affects the lives of the people around them including family members. While facing the reality that a loved one is addicted can be heart-wrenching, it is easier to confront that reality with the support of professionals and experts who understand the disease of addiction.

In order to help the community better understand the chronic, progressive nature of the disease of addiction, Shepherd Hill offers Ask the Doc sessions twice a month. The sessions are held the second and fourth Saturday of each month at 9:00 a.m., in the Shepherd Hill Auditorium.

Patients, families and others may ask questions of a physician knowledgeable in the field of addictive disease. Sessions are free and open to the public. Registration is not required. For more information, call (220) 564-4878.



**Saturday,
July 27, 2019**

**Start Time:
8:30 a.m.**

The Dawes Arboretum
7770 Jacksontown Road,
Newark, Ohio

Sponsors



The Dawes Arboretum



Licking County Family YMCA



Licking Memorial Hospital
Development Council



Member FDIC

2019 "For Your Health" 5K Run/Walk & 1-mile Fun Walk

Purpose of the Race

Licking Memorial Health Systems exists to improve the health of the community. The objective of the "For Your Health" 5K Run/Walk & 1-mile Fun Walk is to offer a community event that encourages a healthy lifestyle. The Dawes Arboretum is the perfect setting for a 5K Run/Walk and a 1-mile Fun Walk.

Events

5K Run with Timing Chip

Registration is \$15 in advance, if received by 5:00 p.m. on July 19, or \$20 thereafter.

5K Run/Walk without Timing Chip

There is no cost for participation, but registration is required.

1-mile Fun Walk

There is no cost for participation, but registration is required.

Course Info: In 2019, the 5K will run in the traditional direction, and self-seeded starting corrals based on estimated finish times will be available.

Packet Pickup: Registrations received by July 19, at 5:00 p.m., are eligible for packet pickup on Friday, July 26, from 3:00 to 6:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. All others may pick up packets at the event.

Awards: Awards will be presented to the Top 3 Males and Females Overall, and Top 3 Males and Females in each age division. All participants who cross the finish line will receive a participation medal. Chip Timing Service will be used for race results.

Questions: Please contact the LMH Development Office at (220) 564-4102.

The Dawes Arboretum will not charge admission for this event.

Please register for all events online at
racepenguin.com/events/foryourhealth/



Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The John Alford Fellowship

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

Brad and Erin Allen

Brad Allen, M.D., and his wife, Erin, recently joined the John Alford Fellowship. In appreciation of their commitment, LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) presented the Allens with a glass recognition piece.

Erin is a registered nurse and works at the practice of William Morris, M.D., in Granville. The Allens reside in St. Louisville and have three adult daughters – Taylor, McKayla and Kasey – and two granddaughters – Trinity and Natalie.

Dr. Allen joined Licking Memorial Emergency Medicine in November 2018. He earned his Medical Degree at the University of Cincinnati College of Medicine. Dr. Allen completed an emergency medicine residency at Michigan State University in East Lansing, Michigan. He is board certified in emergency medicine.

Dr. Allen also serves as the Medical Director for the Newton Township Fire Department, Licking County 911 and the Licking County Tactical EMS unit. He previously served as a flight physician for the Cleveland Metro Lifeflight and as a rescue diver and a heavy rescue technician for the Licking County Special Rescue Team.



Dr. Richard and Jane Baltisberger



Richard Baltisberger, M.D., of Licking Memorial Pediatrics, and his wife, Jane, have committed to support LMHF as members of the John Alford Fellowship. The Baltisbergers live in Granville and have four children – Sarah, Anna, Jacob and Zachary.

Dr. Baltisberger joined LMHS in 1998 and has served as LMH Chief of Pediatrics since 2002. Known as "Dr. Rick" to his young patients, he has dedicated much of his career to helping children with physical and medical challenges. He serves as the camp physician for LMHS' Camp Feelin' Fine, a day-long program for children with asthma. Dr. Baltisberger is a member of the National Advisory Committee for Down syndrome, which sets standards and promotes research in Down syndrome issues, and is active with the Down Syndrome Society of Central Ohio. He also provides physician services to the Kids' Place, a Newark-based LMHS facility that cares for young victims of child abuse.

For his dedicated service, Dr. Baltisberger has been recognized with the Hometown Hero Award from the American Red Cross of Licking County, the Service Above Self Award from the Newark Rotary, and the 2010 LMHS Physician of the Year Award. Dr. Baltisberger received his Medical Degree from the University of North Dakota School of Medicine and completed his residency and internship at Children's Hospital in Columbus. He is board certified in pediatrics.

Jane is a Board Member of The Learning Spectrum, a Central Ohio organization that provides educational support to children with autism. She is dedicated to the care of her children, two of whom have special needs – Down syndrome and autism – that require constant attention and to their wellbeing and learning development every day. In her free time, Jane enjoys hunting for mushrooms and going on walks. The Baltisbergers also have participated in mission trips to Honduras.

Benefactor

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

Anne and John Peterson



LMHF received a generous Benefactor commitment from Anne and John Peterson. Anne joined Licking Memorial Health Systems (LMHS) in 2001 and currently serves as Vice President Human Resources & Support Services. In her role, she oversees the Culinary Services, Engineering Services, Environmental Services, Laundry and Transportation Departments at LMHS.

John is a freelance motion graphics and visual effects artist who produces corporate communications and commercial advertising for companies such as GE Healthcare, Delta Airlines and Nationwide Insurance.

A Newark native, Anne graduated from Newark High School and DePauw University in Greencastle, Indiana. She is Chair of the Canal Market District Board, and a member of the Licking County Foundation Human Resources Committee and the Granville Rotary. She has served as a Board member for the United Way of Licking County and was the organization's 2013-2014 Campaign Chair. Anne also is a past Board Chair of Licking/Knox Goodwill Industries.

Originally from Wheaton, Illinois, John received degrees from DePauw University and the Rochester Institute of Technology in Rochester, New York. The couple resides in Granville and has two adult children, Spencer and Emma.

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.

Supporter Spotlight – 20th Century Club

The 20th Century Club began as a social group of ten young girls that wanted to furnish a baby ward for the newly constructed hospital in Newark in 1913. It has since evolved into a service organization that is recognized as a Benefactor of Licking Memorial Hospital (LMH). Benefactors are businesses or individuals who have donated \$50,000 or more to benefit LMH. Today, members of the 20th Century Club range in age and experience, and have continued the tradition of service by fostering interest in the social, economic, educational, cultural and civic conditions of the community. They work together for one goal – to enrich the lives of Licking County children.

Along with supporting LMH, the 20th Century Club sponsors, organizes and maintains Camp O'Bannon, a summer camp for selected children. The

program is intended to foster development of self-esteem and an atmosphere of respect with an emphasis on socialization for Licking County children who have been referred to the camp by teachers or counselors at their school. Criteria used to determine referrals includes, but is not limited to: economic status, family and home-life situation, behavior, and low self-esteem. The program occurs in the summer months, and young children spend one to two weeks at the main Camp location while middle school-age children attend an area known as the Outpost Camp. While promoting self-esteem and independence, the children are offered a variety of activities such as crafts and water sports. Children who wish to continue the experience as they age can become counselors in training. The entire program is offered at no cost to the families of the children.

In order to accomplish their goals, the members of the 20th Century Club host different types of fundraising events. The very first event that the Club hosted was a benefit garden party to raise money for the baby ward at the Hospital. In later years, the members began hosting a musical variety show to assist in funding LMH and an open air "health camp" for children with tuberculosis contact. The production known as the 20th Century Flyer was very popular, as was the Club's annual Bazaar. This year, the group is planning a Pro-Am Golf tournament at the Moundbuilders Country Club and a Concert for Camp. Proceeds primarily will be used for Camp O'Bannon.

In the effort to assist Licking County children, the 20th Century Club plans to continue its traditional support of LMH's care for area children. The Club also supports other community projects that benefit local youth.

Donors

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

Benefactor

Willard E. Smucker Foundation

Caduceus Society

Dr. Rachel DeMita and Family

Capital Improvement Fund

TWIGS 6

TWIGS 24

Cradle Roll

In honor of Lexi Nicole Early

By: Licking Memorial Health Systems

In honor of Maddox Helbling

By: Licking Memorial Health Systems

In honor of Hudson Colt Hensley

By: Licking Memorial Health Systems

Doctors' Day

In honor of Richard Baltisberger, M.D.

By: Robby and Brady Montagnese

In honor of Garth Bennington, M.D.

By: Rob and Lauren Montagnese

Mark and Veronica Patton

Marc Scarrett

Jennifer Utrevis

Cindy and Thaddeus Webster

Deborah Young

In honor of David Born, M.D.

By: Gordon and Anna Wilken

In honor of Craig Cairns, M.D.

By: The Honorable Michael Higgins

LMHS Senior Management

Robert and Patricia McGaughy

Rob and Lauren Montagnese

Ann and Tom Mullady

In honor of Brandon Chandos, M.D.

By: Courtney Hagele

In honor of Elliott Davidoff, M.D.

By: Robert and Patricia McGaughy

In honor of Janae Davis, M.D.

By: K. Denise Ivers

Sheila Miller

Rob and Lauren Montagnese

Veronica Patton

Anne Peterson

In honor of James DeSapri, D.O.

By: Craig Cairns, M.D.

In honor of Gerald Ehram, M.D.

By: Rob and Lauren Montagnese

Gary and Joyce Williams

In honor of Donald Fairbanks, M.D.

By: Sheila Miller

Dave and Tickie Shull

In honor of Joseph Fondriest, M.D.

By: Mark and Veronica Patton

Cindy and Thaddeus Webster

In honor of Kevin Graham, M.D.

By: Doug and Debbie Kullman

Sheila Miller

Gary and Joyce Williams

In honor of Talya Greathouse, M.D.

By: Rob and Lauren Montagnese

Cindy Webster

In honor of Ann Govier, M.D.

By: Robert and Patricia McGaughy

Sheila and Ron Miller

In honor of Thomas Hagele, M.D.

By: Sheila and Ron Miller

Mark and Veronica Patton

In honor of Keri Hershberger, M.D.

By: Ashley Montagnese

In honor of W. Andrew Highberger, M.D.

By: Craig Cairns, M.D.

Sheila Miller

In honor of Nina Hourmouzis, M.D.

By: Glenn and Alice Ann Abel

Walter Gemmell

Courtney Hagele

Robert and Patricia McGaughy

Rob and Lauren Montagnese

Ann and Tom Mullady

Mark and Veronica Patton

Anne and John Peterson

In honor of David Koontz, M.D.

By: Cheri Hottinger

In honor of Melissa Lenko, M.D.

By: Cindy Webster

In honor of Donald Lewis, M.D.

By: Patrick Jeffries

Ann and Tom Mullady

In honor of Robert Mueller, M.D.

By: Sheila Miller

Ann and Tom Mullady

Rick and Mary Kay Murray

Dave and Tickie Shull

In honor of D'Anna Mullins, M.D.

By: Kay Guttridge

Anne and John Peterson

In honor of Kevin Ouweleen, M.D.

By: Craig Cairns, M.D.

Robert and Patricia McGaughy

Rob, Lauren, and Robby Montagnese

Cindy and Thaddeus Webster

Gordon and Anna Wilken

In honor of Nishi Patel, M.D.

By: Marjorie Gemmell

In honor of Hassan Rajjoub, M.D.

By: Walter Gemmell

Ron Miller

Rob and Lauren Montagnese

Ann and Tom Mullady

In honor of Howard Reeves, D.O.

By: Mark and Veronica Patton

In honor of Phillip Savage, D.O.

By: Heather Burkhart

Rob and Lauren Montagnese

In honor of Laurie Schaeffer, D.O.

By: Bruce Gault and Aimee Neighbor

In honor of Andrew Seipel, M.D.

By: Mr. and Mrs. Willard Kuhlwein

Ron Miller

Rob and Lauren Montagnese

Cindy Webster

In honor of Matthew Snyder, M.D.

By: Cheryl and Charles Snyder

In honor of William Stallworth, M.D.

By: Rob and Lauren Montagnese

In honor of David Subler, M.D.

By: Sheila and Ron Miller

Rob and Lauren Montagnese

Eleanor Unger

In honor of Fikadu Tekleyes, M.D.

By: Doug and Debbie Kullman

In honor of Bethany Wyles, D.O.

By: Lorri Tafoya

In honor of Elizabeth Yoder, D.O.

By: Craig Cairns, M.D.

In honor of Grant Yoder, D.O.

By: Craig Cairns, M.D.

General

Anonymous

Anonymous

Daniel L. Hunt

Licking Memorial Hospital Surgery Department

Thornville Chapter 156 Eastern Star

Grants

State Farm Companies Foundation

Honorary

In honor of Robert Montagnese

By: Elaine Grissom

Memorial

In memory of Marian Frances Barbaba

By: The DePriest Family

Joy Dye

Veronica and Mark Patton

In memory of Delores Bourne

By: Marilyn and John Donner

Tim and Sandi Drake

In memory of Beverly Crockford

By: Robert and Patricia McGaughy

Veronica and Mark Patton

In memory of Ellen R. Miller

By: Anne Anderson

Tom and Danielle Baker

Shirley Hale

Lawrence and Eloise Miller

Office of Advancement

at The Ohio State University

Prospect Development

at The Ohio State University

Beth and David Price

Lola Roley

Brynn Schaad

Sally and Rob Schaad

Rebecca Wallace

Linda White

Diane Williams

In memory of Tim Shipley

By: Veronica and Mark Patton

Paving Our Future

In honor of Trudy A. Miller

By: Philip J. Miller

William Schaffner Society

Brad Copley and Family

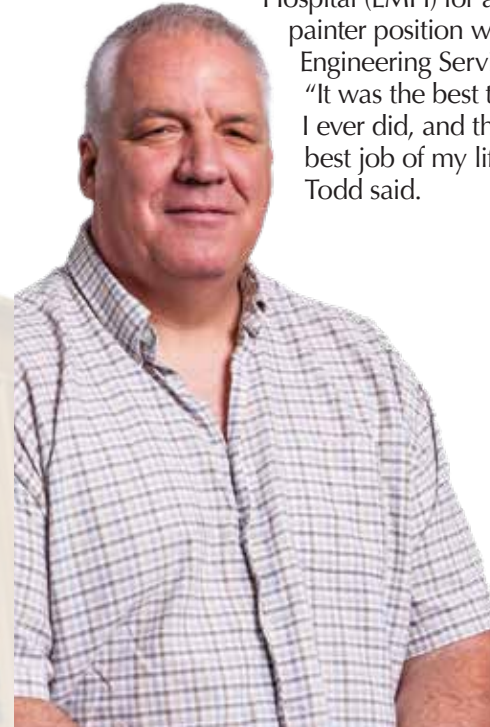
Kim and John Frick

Angela & Michael Wallace

Retiree Spotlight – Todd Johnson

Todd Johnson has lived and worked in Licking County his entire life. He grew up on a horse farm and attended the Licking Valley Local School District. At the age of 16, Todd began working with his father as a painter. Over the years, he found other ways to earn a living – including working for a printing company and running his own painting business. In 2003, Todd was referred to Licking Memorial

Hospital (LMH) for a painter position with Engineering Services. “It was the best thing I ever did, and the best job of my life,” Todd said.



During the 15 years that Todd worked at LMH, there were plenty of projects for Engineering Services. The group installed and painted drywall in addition to keeping all areas of the facility clean and freshly painted. “Work at the Hospital included a new surgery wing, but LMHS also purchased and constructed new buildings in order to expand the healthcare services provided to the community,” Todd said. “It was a very busy time for our group.” Engineering Services also expanded and grew, adding a number of positions to assist in caring for all of the facilities.

For Todd, the hardest part of retiring was leaving the people – both his coworkers in Engineering Services and the staff throughout LMHS, which includes his wife, Tammy. “I still see my wife every day,” Todd joked. “But I miss the close relationships we shared in the Department and with those we saw every day.” Todd had the opportunity to learn from others in the Department when he arrived, and to assist in the training of the new employees hired. “I believe I met the best electrician and best carpenter I have

ever known. The entire group is very talented.” His greatest accomplishment was pride in a job well done, but also the workmanship and care put into the projects undertaken by Engineering Services. He felt a personal satisfaction in keeping the facilities in good repair and the best physical appearance possible. Though he did not have direct contact with patients, Todd felt his work had a positive impact on care, offering those who entered the facilities a clean, safe environment.

Retirement does not mean Todd has given up painting. He enjoys keeping busy and spends a few days a week working for others. He and Tammy have enjoyed traveling as well. “I was able to check off several items from my bucket list last year. We traveled out west with my high school friend, and I got to watch the Green Bay Packers play at Lambeau Field,” Todd said. There are more travel plans in the future, including a cruise to Hawaii for the couple’s 40th wedding anniversary. Besides traveling and working, Todd also enjoys spending time with his two grandchildren. The family is awaiting the arrival of a third grandchild.

Honoring Your Parents

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

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

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

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



LMHS Recognized for One of the Nation's Best Companies to Work for in Healthcare by Fortune



Licking Memorial Health Systems (LMHS) has been named one of the nation's Best Companies to work for in Health Care and Biopharma by Fortune and Great Place to Work®. The list recognizes hospitals, health systems, healthcare companies, and biopharmaceutical companies that promote diversity within the workforce,

employee engagement and professional growth, while also fulfilling their mission statements, creating outstanding cultures and offering competitive benefits to their employees.

"LMHS is proud to receive these awards as an example of our dedication to continually improve the health of the community," LMHS President & CEO

Rob Montagnese said. "The dedication and efforts of our employees not only benefits the

community, but also in creating a collegial environment among peers in the workplace." LMHS includes Licking Memorial Hospital, Licking Memorial Health Professionals – an employer-based group of more than 100 providers, and Licking Memorial Health Foundation.

Great Place to Work, a consulting and research firm, evaluated more than 50 elements of team members' experience on the job including employee pride in the organization's community impact, belief that their work makes a difference, and a feeling their work has special meaning. The top companies get the highest marks for work/life balance, and whose employees actually love coming to work. LMHS was recognized for its commitment to employees and facilitating close relationships among coworkers. LMHS also was recognized for the wide range of offered services, including emergency medicine and home health care. Great Place to Work based its ranking on a data-driven methodology applied to anonymous Trust Index™ survey responses from more than 95,000 employees at Great Place to Work-Certified organizations in Health Care and Biopharma.



Kroger Community Rewards

Support the Licking Memorial Health Systems and our mission to improve the health of the community.

- Visit www.krogercommunityrewards.com
- Create an account or sign in to your existing account
- From **My Account**, go to **Community Rewards**, click **Enroll**
- Search for "Licking Memorial" or UF755
- Choose Licking Memorial Health Foundation, then click **Enroll**

Each time you use your Kroger Plus Card, Kroger will donate a percentage to LMHS.



Safe Medication Disposal

Medicines help treat many diseases and health problems, but when they expire or are no longer needed it is important to dispose of them in the correct manner. Discarding expired or unused medicine especially is important if there are children or pets in the home. There are several ways to safely dispose of unwanted or expired medicine.

Medicine take-back programs are one safe method to dispose of expired, unwanted, or unused medicines from the home. The Drug Enforcement Agency (DEA) sponsors two take-back events each year. Additionally, take back bins are available in the lobbies of several Licking County law enforcement agencies. Community members also may visit or contact a local pharmacy to inquire about a take back program.

It is important not to flush pills or medications down the toilet or dump liquids down the drain as a means of disposal. Packaged drug deactivation systems, such as DETERRA® or RxDestroyer™ are available at local pharmacies such as CVS, Walgreens, Walmart, or online at AddictionPolicy.org/order or Amazon. Drug disposal products are utilized in-home and in a large spectrum of businesses. These kits are a safe, convenient and effective method for properly disposing of medications. The non-hazardous, environmentally friendly deactivation system alters the chemical structure of the drug, neutralizing pills, liquids and patches. This unique technology utilizes

a combination of liquid dissolving agent and charged activated charcoal. Medication dissolution and absorption begins on contact. Once medication elements attach to the activated charcoal, they are effectively irretrievable. Drug disposal solutions are available in a variety of sizes, smaller packages can deactivate 45 pills, six ounces of liquid or six patches. Items are placed inside the pouch or container, and some require the addition of water, before being shaken. The entire package may then be placed in normal trash.

When disposing of any sharp medical objects, such as needles or syringes, the item should be placed in a container that it cannot protrude through, such as a coffee can. Secure the lid with tape so it cannot open. After properly secured, it may be placed in the regular trash collection.

Outdated and unused medications that are not properly secured or disposed of can pose a threat. According to The Centers for Disease Control (CDC), experimentation plays the biggest role in teenage drug use and half of all new drug users are under the age of 18. A recent survey revealed that close to two in ten 12th graders reported using prescription medicine without a prescription. Additionally, several commonly abused drugs among teens often are found in their own households and may even be prescribed by their physician. Proper medication disposal minimizes drug diversion and abuse while also protecting the environment and local water supply.

Residents should remove all pills from the packaging and place in a clear Ziploc bag. Liquids and creams should remain in the original container with pharmacy labels removed or blacked out.

Drop-off locations:

- Granville Police Department
141 East Broadway, Granville
- Heath Police Department
1287 Hebron Road, Heath
- Hebron Police Department
934 West Main Street, Hebron
- Johnstown Police Department
599 South Main Street, Johnstown
- Licking County Sheriff's Office
155 East Main Street, Newark
- Newark Police Department,
39 South 4th Street, Newark
- Pataskala Police Department
430 South Main Street, Pataskala

Hours at all locations:

Medication disposal is available during normal business hours.

Acceptable items include:

- Unused and expired prescription drugs
- Unused and expired over-the-counter medications
- Pet medications
- Vitamins
- Ointments, creams or lotions
- Liquid medications, such as cough syrups

Items not accepted for disposal include:

- Needles, syringes and lancets
- Inhalers
- Mercury thermometers (may be taken to the Licking County Health Department for proper disposal)



National Healthcare Decisions Day Encourages Individuals to Discuss Advance Care Planning

On April 16, Licking Memorial Health Systems (LMHS) joined the observance of National Healthcare Decisions Day (NHDD) to inspire and empower people to discuss advance care planning (ACP). Director of Pastoral Services Jeff Smith was available during the day to offer employees education regarding LMHS' Advance Care Planning program.

Making future healthcare decisions is one part of the ACP process, but it includes much more than deciding what care is or is not desired. ACP begins with expressing preferences, clarifying values, and selecting an agent to express healthcare decisions if incapacitated. Making wishes known to loved ones, friends and healthcare providers removes uncertainty in the event of a medical crisis. NHDD encourages individuals to express their wishes regarding healthcare, and for providers and facilities to respect those wishes. A collaborative effort, numerous national, state and community organizations are committed to ensuring that all adults with decision-making capacity in the United States have the information and resources to communicate and document their future healthcare decisions.

NHDD is an annual initiative of The Conversation Project in all 50 states, to provide clear, concise and consistent information on healthcare decision-making to the public, providers and facilities through the widespread distribution of simple, free and uniform tools (not just forms) to guide the process.

To ensure personal wishes about current and future health care are followed and respected, individuals are encouraged to reflect on and discuss the type of care they would want if seriously ill, the fears they have about becoming seriously ill, and the beliefs that guide their decisions. Such planning can be completed at any time or age. The plan can and should be revisited, especially if there is a significant change in medical condition.

ACP involves the use of advance directives and legal documents – such as a living will and healthcare power of attorney – that guide medical care when a patient is unable to communicate his or her own wishes due to a medical condition. State-specific advance directives are available to download. Each state's advance directive is legally reviewed on an annual basis and meets each state's statutory requirements. Completing

an advance directive is an important step toward having healthcare preferences honored. In Ohio, do not resuscitate orders, living wills, organ donation and durable power of attorney are advance directives that are authorized by state law. The elements involved in drafting or determining wishes regarding advance directives are very important. The Ohio Hospital Association and Ohio hospitals are committed to providing the education and resources needed to assist individuals to take control and put these wishes in writing, including the Ohio Advance Directives booklet, *Choices: Living Well at the End of Life*, which includes the most recent advance directives forms.

Joining the efforts to spread the importance of conversations about end-of-life care, LMHS offers a free program to answer questions about advance care planning and explain the documentation needed to ensure an individual's right to accept or refuse medical care if they become mentally or physically unable to communicate those wishes. To learn more about the Advance Care Planning program at LMHS or to schedule a free consultation, call (220) 564-4004.

LMH TWIGS 2019 Officers

The TWIGS of Licking Memorial Hospital (LMH) recently appointed two new executive board members and welcomed two returning members. The officers are Steve Schlicher (middle left), Chair and Corresponding Secretary; Lynne Rotruck (left), Vice Chair and Assistant Treasurer; Darlene Baker (right), Treasurer; and Judy Marshall (middle right), Recording Secretary.

TWIGS – which stands for Togetherness, Willingness, Imagination, Giving and Sharing – is a fundraising

organization that originated with a ladies' auxiliary group at Rochester General Hospital in Rochester, New York, in the late 1800s. In 1950, Mrs. John Spencer (Ernie) established the first TWIGS group in Licking County when she asked her bridge group to form TWIGS 1. Currently, the Hospital has four active TWIGS committees – TWIGS 6, 8, 13 and 24.

TWIGS 6 was organized to open the Granville Thrift Shop in 1950. After relocating several times, the Thrift Shop presently operates at 1865 Tamarack Road in Newark. The current Chair for TWIGS 6 is Terri Charles.

TWIGS 8 also was established in 1950, and began selling homemade baby items, candy and jewelry. Today, the group operates the TWIGS 8 Gift Shop, which is located on the first floor of the Hospital and open daily, except holidays. The current TWIGS 8 Chair is Sheila Morrison.

Established in 1955, **TWIGS 13** was known as the "Candle TWIGS" because their major fundraising project was selling candles. The group has participated in numerous fundraising ventures throughout the years. Sharon Wills serves at the current Chair of TWIGS 13.

A group of LMH employees established **TWIGS 24** in 1994. Their main projects include book and jewelry sales. The committee is comprised of employees, retirees and others. The current TWIGS 24 Chair is Janet Wells.

Since the first TWIGS groups organized at LMH in 1950, they have contributed over \$5.5 million to the Hospital for use in capital purchases. For information about becoming a TWIGS member, contact the LMH Development Department at (220) 564-4108.



Volunteer Spotlight – Julie Krouse

Julie Krouse began her volunteer experience at Licking Memorial Hospital (LMH) in 2017. She currently serves at the reception desk in the LMH Main Lobby having previously volunteered in the Hematology/Oncology Department. After retiring in 2015 and moving to Licking County, Julie found she had more time to pursue volunteer service, which is something she has always wanted to do. She chose to volunteer at LMH and, like many of her coworkers, looks forward to interacting with visitors. "Being an LMH volunteer allows you to interact with those who visit the Hospital each day," Julie says. "If you enjoy talking and interacting with new people, volunteering at LMH is a great choice."

Julie has had many positive experiences working at the Information Desk and in the Hematology/Oncology Department. "I have met many kind-hearted people who were having difficulty with their health. Conversing with each patient gives them a chance to think about

something other than their health and provides an opportunity to reflect on aspects of their life that make them happy. Each person is unique and has their own story, and I enjoy listening to them," Julie said.

Before moving to Licking County, Julie lived in Columbus and was employed with State Auto Insurance where she served as a benefits advisor and a human resources management systems specialist. Outside of volunteering, she enjoys spending time with her two children and four grandchildren, training their new puppy, and doing yardwork.



New Appointments



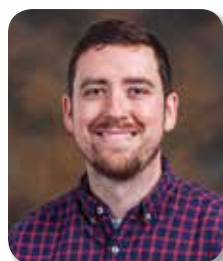
Kelli M. Gevas, M.D., joined Licking Memorial Women's Health – Newark.



Kyle W. Moore, PA-C, of Orthopedic Specialists & Sports Medicine, joined the LMH Medical Staff.



Julie A. Renner, PA-C, of Orthopedic Specialists & Sports Medicine, joined the LMH Medical Staff.



Corey L. Salyer, APRN-CNP, joined Licking Memorial Anesthesiology.

2019 LMH Volunteer Executive Board

The Licking Memorial Hospital (LMH) Volunteer Department 2018 Executive Board officers are currently serving the second year of their two-year term. The officers are Phil Cassone (middle right), President; Sue Hopper (right), Vice President; Pam Sturm (middle left), Corresponding Secretary; and Lori Brown (left), Recording Secretary.

The LMH Volunteer Department includes approximately 90 members who conduct a variety of tasks, ranging from greeting visitors at the reception desk to delivering mail to Hospital departments. To learn about volunteer opportunities at LMH, call the Volunteer office at (220) 564-4044, or visit www.LMHHealth.org and click the "Become a Volunteer" link in the About LMHS section.



The Mary Jane McDonald Building a Healthier Community Award

Sponsored by the LMH Development Council

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

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

Nomination Form

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

Address: _____

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

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

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

Additional comments:

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

Your name

Address

Phone number

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

Commemorate a New Baby with the LMH Cradle Roll Program

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

Three levels of giving are available:

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

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

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

A gift of any amount will receive:

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

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



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



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



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Non-Profit Org.
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Permit No. 8757

Community Events

Walk with a Doc

Saturday, May 18, 9:00 a.m.
Wildwood Park, off West Broadway in Granville
Andrew J. Terlecky, D.O., of Licking Memorial Orthopedic Surgery, will discuss treatment options for knee arthritis.

Saturday, June 1, 9:00 a.m.
Geller Park, on Cynthia Street in Heath
Debra A. Heldman, M.D., of Licking Memorial Heart Center, will discuss diet and exercise.

Walk with a Doc events are free of charge; however, registration is required. Each walk lasts approximately 40 minutes. Healthy snacks and blood pressure screenings will be provided. To register, please call LMHS Public Relations at (220) 564-1560.

Cancer Survivors Picnic

Thursday, May 23, 4:00 to 6:00 p.m.
LMH front lawn, 1320 West Main Street in Newark

Licking Memorial Hospital will host a Cancer Survivors Picnic to celebrate and acknowledge all survivors and their families. There is no cost to participate in the event. Please see page 9 for more details.

LMHS Family Movie Night & Active•Fit Event

Friday, May 24
One Healthy Place in Pataskala

An Active•Fit Youth Wellness Event will take place from 6:00 to 8:30 p.m., with an outdoor showing of Disney/PIXAR's *The Incredibles 2* to follow. Please see page 13 for more details about these free events, or call (220) 564-1560 for additional information.

"For Your Health" 5K Run/Walk and 1-mile Fun Walk

Saturday, July 27
The Dawes Arboretum, 7770 Jacksontown Road, south of Newark

Registration opens at 7:30 a.m. The 5K Run/Walk begins at 8:30 a.m., followed by the 1-mile Fun Walk shortly thereafter. A registration fee is required for runners and walkers with timing chips. Please see page 25 for more details.

LMHS Health Summer Camps

Please see page 16 for details about these free events.
Camp Feelin' Fine – Friday, June 7, 9:00 a.m. to 3:00 p.m.
Camp A1c – Friday, July 19, 9:00 a.m. to 3:00 p.m.
Camp Courage – Friday, August 2, 9:00 a.m. to 3:00 p.m.

Summer Active•Fit Youth Wellness Events

Please see page 13 for details about these free events.
Active•Fit Triathlon – Saturday, June 15, 9:00 a.m.
(Rain date: Saturday, June 22, 9:00 a.m.)
Active•Fit Bowling – Wednesday, July 24, 3:00 to 5:00 p.m.
Active•Fit Field Day – Thursday, August 8, 3:00 to 5:00 p.m.

First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-3388 or visit www.LMHealth.org.

Community Blood Pressure Screenings

Second and fourth Thursdays of each month, 1:00 to 3:00 p.m.
No charge. Open to the public.
Licking Memorial Wellness Center at C-TEC, 150 Price Road in Newark
No appointment required. Call (740) 364-2720 for more details.

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

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

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

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

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

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