



Licking Memorial Health Systems

# Community Connection

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

See pages 16-23 for Quality Report Cards in this issue.



Measurably Different ... for Your Health!

# Tumor DNA Sequencing Provides Precision Lung Cancer Treatment

Lung cancer is the second most diagnosed cancer in the United States and the leading cancer-causing death in men and women. Cancer survival rates continue to improve due to the advancement of molecular testing of cancerous tumors, which contributes to improved diagnosis and treatment planning. For patients who have received a positive lung cancer diagnosis, Licking Memorial Hospital (LMH) offers tumor DNA sequencing to expedite and target treatments while helping to improve outcomes.

Lung cancer begins in the cells of the lung or the bronchi – the tubes that run from the windpipe into the lungs. When specific cancer genes in the cells are damaged or mutate, it causes cancer cells to grow and multiply. These cells can spread to other parts of the body through the lymph nodes or blood vessels near the lungs.

Tumor DNA sequencing is a laboratory method used to learn the exact order of the chemical building blocks that make up the tumor DNA. Errors in the sequence of the building blocks can cause cancer cells to grow and spread. Knowing the DNA sequence of a tumor can help identify the DNA markers in individuals who may have a genetic disposition to a particular type of cancer and allows physicians to plan a treatment regimen that will target the specific error in the tumor.

Lung cancer is diagnosed by performing a bronchoscopy biopsy or an endobronchial ultrasound (EBUS). A pulmonologist uses a lighted, flexible tube that is inserted through the mouth or nose and into the lungs to examine the airways and lymph nodes nearby

and collect tissue samples with a small needle. During the consultation, a pulmonologist will explain the biopsy procedure and discuss the process for tumor DNA sequencing, which requires the patient's consent for a blood sample to be taken the day of the procedure.

If a patient consents to the tumor DNA sequencing, a registered nurse will collect a blood specimen before the bronchoscopy begins. The blood sample is sent to Circulogene, a molecular diagnostics company that performs tumor DNA sequencing. Circulogene holds the specimen until a positive cancer diagnosis is confirmed and then proceeds with DNA sequencing to detect known tumor mutations in cancer-associated genes and determine an appropriate course of treatment for the patient.

Circulogene's molecular diagnostics process is based on the discovery that as tumor cells multiply, they also die, releasing their DNA into the bloodstream. Circulogene utilizes next-generation sequencing and polymerase chain reaction to provide a comprehensive and extensive marker portfolio resulting in accurate results.

Once the blood sample is tested, a personalized gene report will be generated and sent to LMH that will provide further information about FDA-approved treatment options for the tumor DNA identified in the patient. The entire process takes five to seven days, a turnaround time that is significantly faster than a biopsy alone. Multi-mutation monitoring capabilities encompass a broad range of tumor profiles and allow for patient-centered, precision medicine resulting in better patient outcomes.

# Water Service Project Planned for June

A major project to replace the main water service pipe to Licking Memorial Hospital (LMH) is planned for June. While water service will be maintained throughout the process, traffic pattern changes to enter LMH are expected. The project began on May 31 and will be completed in five phases over the next several weeks. Staff members will be directing and managing the flow of traffic through the area, and there will be signs guiding visitors to alternate routes to LMH parking.

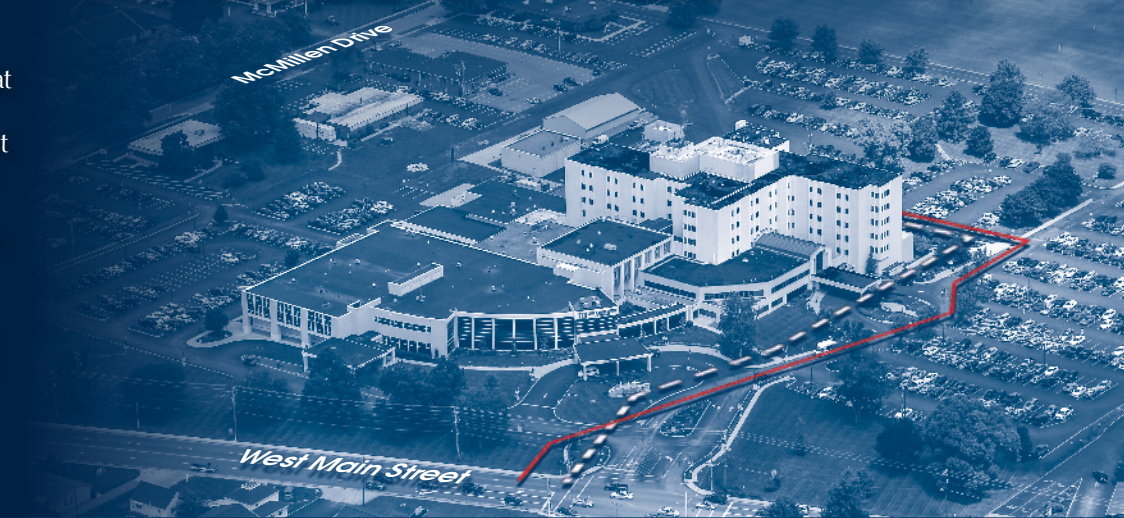
Phase 1 of the project will begin at West Main Street and is expected to be completed in four days. During that time, crews will maintain one lane of traffic each way on Main Street in front of LMH. The Hospital Main Entrance Drive will only be accessible to enter from the east. Travelers from the west will not be able to turn left to enter. Exiting from this location will not be accessible during this phase. Digging and pipe replacement will then move north from West Main Street into the LMH main driveway in the following phases.

During phase 2, patient pick-up and drop-off will be unavailable at the John & Mary Alford Pavilion. Surgery patients will be rerouted to the LMH Main Entrance Door. Patients and visitors for the Emergency Department (ED) will be directed to McMillen Drive, as there will be no access to the ED from the Hospital Main Entrance Drive. Signage will be posted to assist with directions to each location.

In phase 3, patient pickup and drop-off will be unavailable at the LMH

Main Entrance Door, and all patient access will be rerouted to the Pavilion. Pedestrian access to the LMH Main Entrance Door will remain open.

As the project moves north within the Hospital main drive, phase 4 will see minimal traffic disruption that will not impact the ED, Pavilion, or LMH Main Entrance Doors. The final phase will take place within the physician parking lot with minimal impact to other areas. The project should be completed by Friday, June 24.



# LMHS Recognized by Modern Healthcare

Licking Memorial Health Systems (LMHS) has been selected by *Modern Healthcare* as one of the 2022 Best Places to Work, a listing of the nation's top healthcare-related employers. The recognition from Modern Healthcare honors organizations that empower employees to provide patients and customers with the best possible care, products and services. This marks the eighth time that LMHS has received this distinction.

"This award is a great honor for our organization and all of our employees. We recognize that for the last two years, the pandemic has caused our staff to face increased work volumes while managing their own physical and mental health challenges," said Rob Montagnese, LMHS President & CEO. "LMHS remains committed to providing a safe and inclusive work environment

where everyone has an opportunity to excel. The camaraderie and support throughout our organization allows us to continue providing outstanding care to our patients."

*Modern Healthcare* surveys healthcare employers and employees for qualitative and quantitative information to determine which organizations excel according to key measures. The benchmarks are based on the following eight core areas:

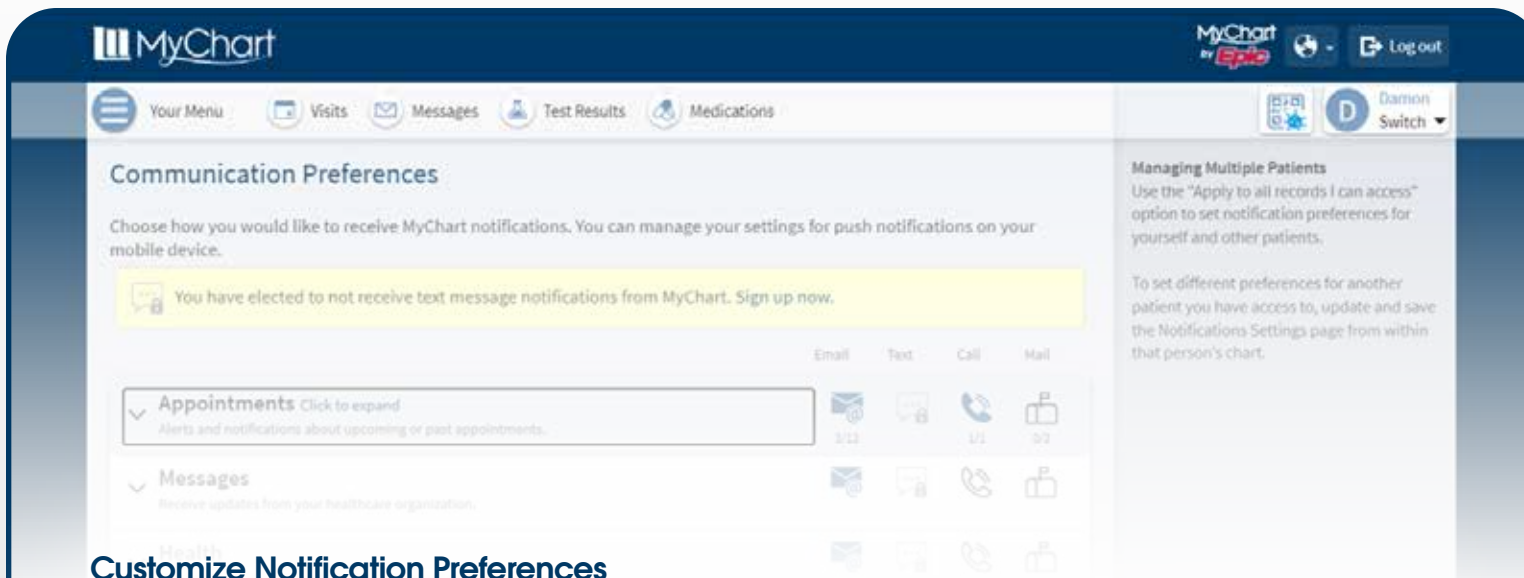
- Leadership and planning
- Corporate culture and communications
- Role satisfaction
- Work environment
- Relationship with supervisor
- Training, development and resources
- Pay and benefits
- Overall engagement

The complete list of this year's winners, in alphabetical order, is available at [ModernHealthcare.com/bestplaceslist](https://ModernHealthcare.com/bestplaceslist). *Modern Healthcare* will publish a special supplement featuring a ranked list of all the winners along with the October 3 issue. To learn more about LMHS and view current career opportunities, please visit [LMHS.jobs](https://LMHS.jobs).

**Modern Healthcare  
Best Places  
to Work 2022™**

# How to Communicate with Your Healthcare Provider in MyChart

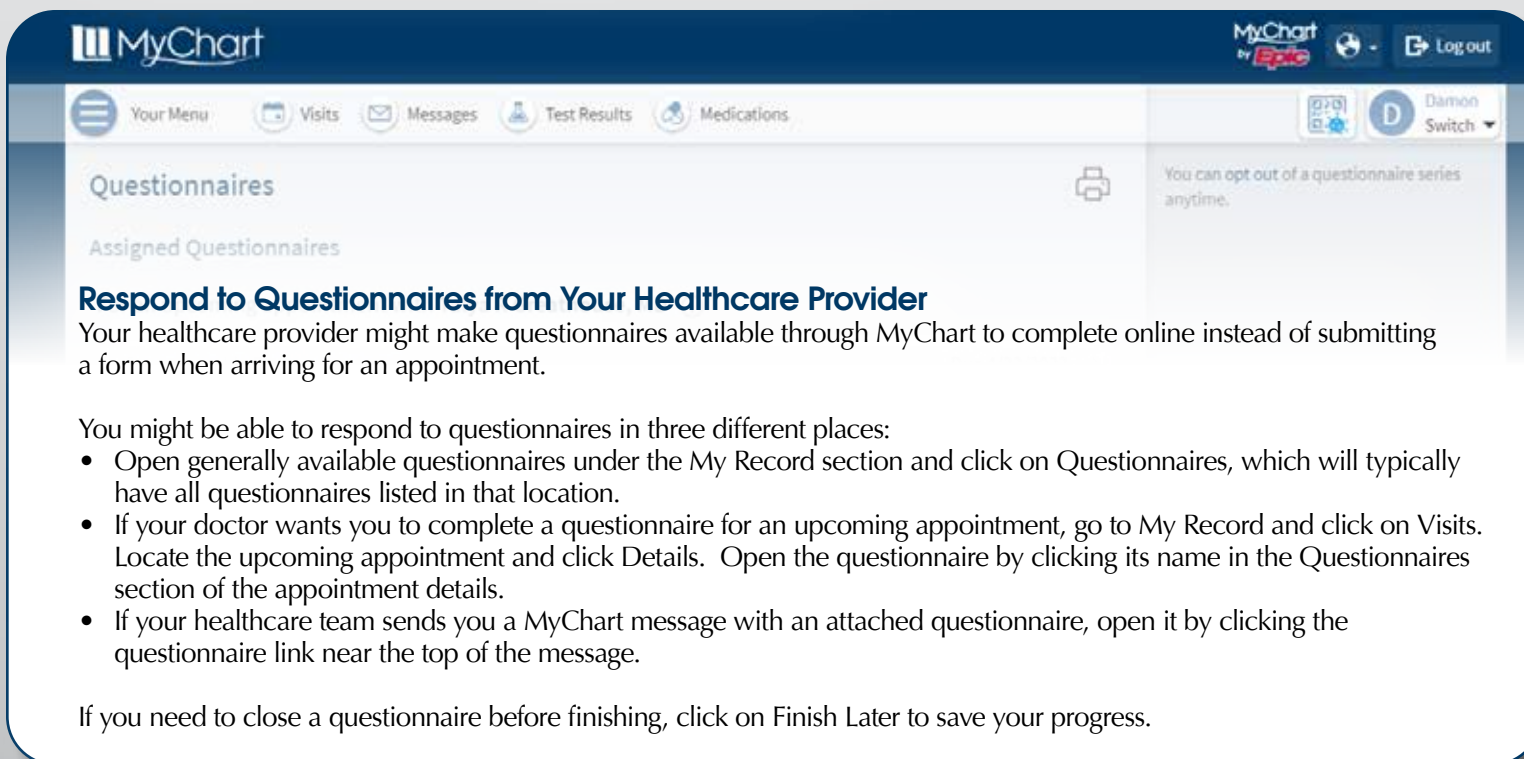
MyChart provides easy and efficient communication methods to contact your healthcare team. Patients are able to ask questions, request an appointment or referral, set notification preferences, complete any necessary questionnaires before an appointment or procedure, and more through the MyChart app or website. Listed below are step-by-step guides that provide quick and easy methods to customize notification preferences, contact your healthcare providers, and complete any pre-visit tasks.



## Customize Notification Preferences

MyChart can send you notifications by email or text message when there is new information available in your MyChart account. Users can specify preferences for different types of notifications including new messages, test results, billing statements and letters, prescriptions, appointment updates, and more.

1. Go to the Account Settings section under Menu, and click on Communication Preferences.
2. Select notification options for a group of notifications (such as Appointments or Messages) or expand a notification group to select options for individual notifications you want to receive, and click on Save Changes in the bottom right corner. You can choose to receive a text message, email, call, or physical mail for notifications.
3. Update your email address and mobile phone number, if needed.



## Respond to Questionnaires from Your Healthcare Provider

Your healthcare provider might make questionnaires available through MyChart to complete online instead of submitting a form when arriving for an appointment.

You might be able to respond to questionnaires in three different places:

- Open generally available questionnaires under the My Record section and click on Questionnaires, which will typically have all questionnaires listed in that location.
- If your doctor wants you to complete a questionnaire for an upcoming appointment, go to My Record and click on Visits. Locate the upcoming appointment and click Details. Open the questionnaire by clicking its name in the Questionnaires section of the appointment details.
- If your healthcare team sends you a MyChart message with an attached questionnaire, open it by clicking the questionnaire link near the top of the message.

If you need to close a questionnaire before finishing, click on Finish Later to save your progress.

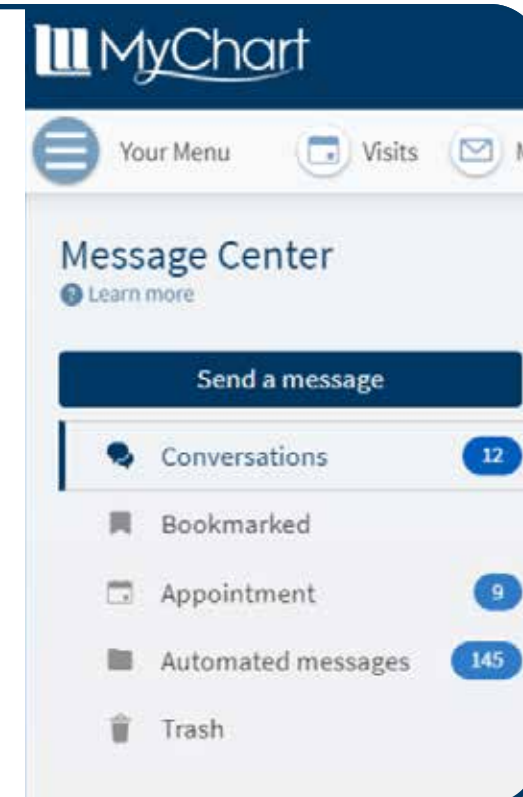
## Messaging

### View Messages from Your Physician's Office

You can read any messages sent by a physician or other clinic staff by going to your Message Center (go to the Communication tab and click on Messages). The Message Center includes four folders:

- The Conversations folder is the primary folder and includes messages between you and your care team or other clinic staff. The list of messages in this folder is organized by conversation to keep messages and replies together.
  - To flag a conversation for easy access in the future, open the conversation and bookmark it by clicking on Bookmark or the Bookmark icon near the top right side of the screen. The conversation then appears in the Bookmarked folder.
- The Appointment folder includes appointment reminders and confirmations.
- The Automated Messages folder includes system messages automatically sent to and from your account, such as payment confirmations and questionnaire submissions.
- The Trash folder includes any conversations you have deleted from your main folders. If you realize that you need a message again, you can restore it to its original folder.

If you are looking for messages about a specific topic in a particular folder, you can enter key words in the Search field, located in the top right side of the screen to find them.



## Ask Your Doctor for Medical Advice

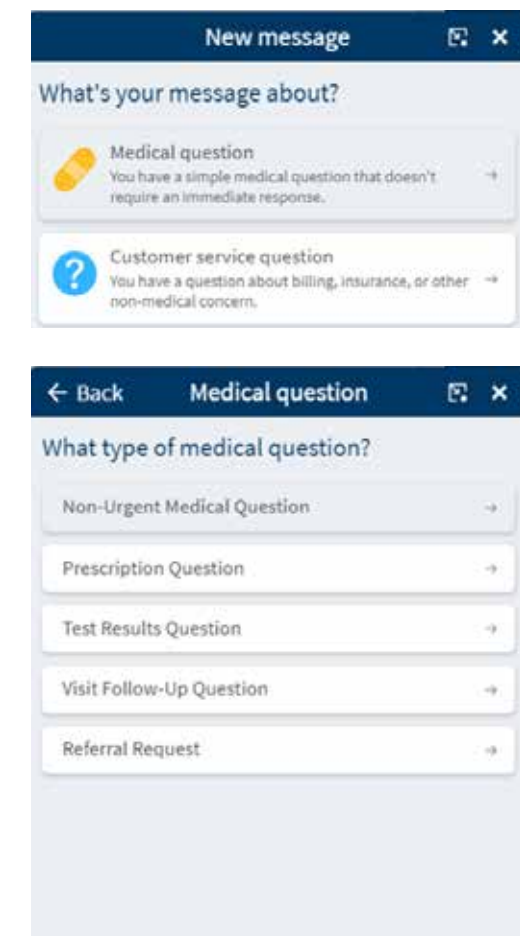
If you have a non-urgent medical question, you can send a message to the physician and care team. This message is secure and will only be seen by you and your healthcare provider.

A message can be sent if you are unsure whether a certain medical issue requires an appointment, need clarification on medication dosage or a topic that was discussed in a recent visit, or request a referral.

1. Go to the Communication section, and select Ask a Question. A pop-up message center will appear.
2. Select Medical Question and the type of medical question.
3. Select a recipient from the list, which includes the primary care provider, another doctor with whom you have recently had an office visit, or the general nursing staff at the clinic.
4. Select a subject for your message and enter your question.
5. When you are finished, click Send.

If you have opted to receive notification for new messages in your MyChart account, you will receive a message or push notification letting you know that the clinic has responded to your request. To view a message after you have sent it, go to Communication > Messages and find your message in the Conversations folder.

The provider's office should respond within two business days. If you have opted to receive email or text notifications for new messages in your MyChart account, you will receive a message alert that the clinic has responded to your request. To view a message after it was sent, go to the Communication section, click on Messages, and find your message in the Conversations folder.



# Corporate Breakfast Highlights 2021 and Looks Forward to 2022

In March, the Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast for community leaders in the newly remodeled Main Street Café at LMH. President & CEO Rob Montagnese reviewed the achievements, activities, and technological implementation at Licking Memorial Health Systems (LMHS) during the past year.

As COVID-19 cases ebbed and surged throughout the year, LMHS was able to administer over 32,000 vaccines to area residents. While maintaining vaccine clinics in several locations, LMHS staff members also established several pop-up clinics throughout Licking County to encourage vaccination. Despite the challenges of the pandemic, LMH continued to provide quality care to the community.

Rob shared a number of comparison statistics to demonstrate the care taken to avoid readmissions for chronic illnesses, pneumonia, and heart attacks, as well as avoiding medication errors and infections from central-line and catheter insertions. According to these measures, LMH ranks below the national rates for such occurrences and generally below other state and local hospitals. LMH staff members perform particularly well in assuring patients experiencing a heart attack or stroke receive a diagnostic test as soon as possible. In 2021, the average time it took for a patient to receive an electrocardiogram (ECG) upon arrival at LMH was 2 minutes – well under the national goal of 8 minutes. For stroke patients, 93 percent of those who visited the LMH Emergency Department received results from a computed tomography (CT) scan or magnetic resonance imaging (MRI) within 45 minutes. The national average is 73 percent. LMH also offers care at a lower cost than other state and local healthcare organizations.

Reducing the spread of COVID-19 remained a top priority in 2021. LMHS completed a number of initiatives that focused on providing improved patient

care, including implementation of a new electronic health record (EHR) from Epic Systems that provides a better continuum of care throughout LMHS and nationwide. Patients may schedule appointments, review health records, securely message providers, and pay bills. Using the MyChart app or website, patients can also easily schedule COVID-19 testing appointments, COVID-19 vaccinations, and boosters. The Social Care segment of the site offers local healthcare resources, such as tobacco cessation and transportation.

In addition to implementing Epic, LMH acquired the da Vinci Surgical System. The robotic equipment provides surgeons with precision and accuracy to perform complex, minimally invasive surgical procedures for a wide range of conditions, including urologic, gynecologic, and general surgery. The enhanced accuracy offers less blood loss, decreased damage to skin, muscles, and tissue, reduced risk of infection, and smaller, less visible scars. As of March 1, LMH physicians and surgeons performed 193 surgeries using the da Vinci Surgical System.

During 2021, LMH completed a \$1.7 million project to renovate the LMH Café, which was renamed Main Street Café. The renovations included adding a vestibule at the patio entrance and moving the employee entrance hallway to allow for the addition of two restrooms and the Ground Floor Conference Room. A wall filled with live plants was installed to bring nature indoors and enhance the environmental elements of the space. The kitchen and serving areas were also renovated to create a unique and individualized dining experience while the seating area offers a more modern style.

“Creating a relaxing space for staff and visitors was very important to us. Our employees work long hours each day to care for our patients, including the

very ill,” Rob said. “The new Café offers a place to recharge, relax, and enjoy a meal. The living wall and project overall was a sound investment for the community and the employees.”

Looking forward to the year ahead, Rob shared that the current initiative is purchasing new inpatient beds for LMH. The beds are equipped with technology that allows continuous monitoring of a patient’s vital signs, including heart and respiratory rate, to determine the clinical status and alert staff when a patient requires immediate intervention. A motion detection component reduces the risk of falls. LMH also purchased Hercules – a patient repositioning system that improves comfort and safety for the patient, while eliminating the risk of injury to the caregiver.

Rob also discussed the water service line replacement project set for June. The current water line from Main Street to the Hospital, which was installed in 1964, is now outdated and has experienced two breaks in the past two years. Alternate traffic routes will be established to accommodate patients and visitors during the replacement process.

After his review, Rob presented The Robert H. McCaughy Honorary Ambassador Award – an honor bestowed on those who have demonstrated a high level of commitment to LMHS through their actions, exceptional service, and loyalty to the organization. This year’s honoree was Bonnie Manning, a volunteer and former TWIGS member and LMH Board member – serving from 2003 to 2013. She has served on the LMH Development Council since 1992, and is currently a member of the Education & Membership and Golf Gala Committees. In 2009, she was the Honorary Chair of the Golf Gala. Several of her family members surprised her during the award presentation and offered flowers and support.

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



LMHS President & CEO Rob Montagnese, Bonnie Manning, and Robert McCaughy

# LMHS Adds Breast Patient Navigator

Licking Memorial Health Systems (LMHS) is dedicated to improving patient outcomes and quality of life for cancer patients by providing high-quality, comprehensive care that focuses on the health and well-being of the patient from the time of diagnosis through treatment and survivorship. In an effort to provide treatment options close to home for patients who receive positive results from a mammogram, Licking Memorial Hospital (LMH) recently hired breast patient navigator Miranda Bailey, R.N., RDMS.

The primary goal of the breast patient navigator is to ensure that patients receive excellent continuity of care as quickly as possible. Miranda offers support and guidance to patients from screening and diagnosis through treatment and survivorship. She helps patients to effectively communicate with their cancer care team and also assists with scheduling appointments with various specialists involved in their care.

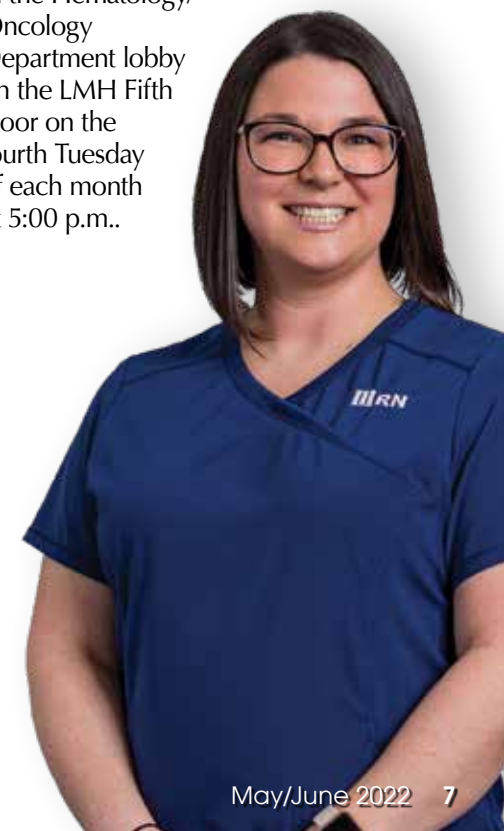
“We are very excited to be able to offer this new service to breast cancer patients,” said LMHS President & CEO Rob Montagnese. “LMHS remains committed to improving comprehensive cancer care for our patients. In addition to our board certified general surgeons with surgical experience managing breast cancer, incorporating a breast patient navigator ensures our ability to provide superior care for patients across the cancer continuum.”

The most important role of a breast patient navigator is to provide education to patients to ensure they understand their diagnosis. Miranda provides patient support, information on treatment options, clinical trials, and connects patients with community and financial resources. She also works with Genetics Navigator Susan Fantini to coordinate genetic testing. Miranda collaborates with the Radiology, Surgery, and Hematology/Oncology Departments to initiate referrals and coordinating services that meet the physical and emotional needs of the patient before, during, and

after treatment. Patients may contact Miranda by calling (220) 564-4596.

“I am available to patients from the moment they learn a breast biopsy is recommended, through intervention, surgery, treatment, and beyond,” explained Miranda. “I help facilitate referrals to ensure timely and efficient care for our patients. It can be very overwhelming for a patient to learn about their diagnosis and then also try to figure out what is next. I am able to ease some of their anxiety and assist them during a difficult time in their lives.”

In addition to a breast patient navigator, an oncology nurse navigator is available to provide support and guidance for patients with other types of cancer. LMH also offers a cancer support group and caregivers support group to help people cope with all aspects of cancer. The support groups provide a safe environment for individuals to share their experiences and learn from others who are facing similar situations. Both groups are facilitated by an Oncology staff member who provides encouragement, education, and an opportunity for participant discussion. Each group meets in the Hematology/Oncology Department lobby on the LMH Fifth Floor on the fourth Tuesday of each month at 5:00 p.m..



# “For Your Health” 5K Run/Walk Scheduled for July



**Saturday,  
July 23, 2022**

**Start Time:  
8:00 a.m.**

**The Dawes Arboretum**  
7770 Jacksontown Road,  
Newark, Ohio

The Licking Memorial Hospital (LMH) Development Council is partnering with The Dawes Arboretum, the Buckeye Valley Family YMCA, and Park National Bank to present the 14th annual “For Your Health” 5K Run/Walk and 1-mile Fun Walk on Saturday, July 23. Participants may choose to run or walk the 5K course or complete the 1-mile Fun Walk course on the scenic grounds of The Dawes Arboretum.

All participants who complete the course will receive a participation medal. RacePenguin will provide Chip Timing Service to determine the awards for the top three male and female finishers overall, and the top three males and females in each age division. Advance registration for timed runners is \$15 dollars. The event is free for untimed participants; however, registration is required.

The Mortellaro Family – Brian, Janine, Emma, Abby, and Sarah – are serving as the Honorary Chairs for this year’s event. Brian is an Owner/Operator of 16 McDonald’s restaurants in five counties, seven in Licking County. He is a graduate of Mount Vernon High School and earned his Bachelor of

Science degree in accounting from John Carroll University in Northeast Ohio. In addition, Brian is a Certified Public Accountant (CPA).

Brian recently joined the Licking Memorial Health Systems (LMHS) Board of Directors and also is currently a member of the Central Ohio Ronald McDonald House Board and the Licking County Foundation Finance Committee. He is a past Licking Memorial Hospital Board Member and Treasurer. Brian enjoys running and has completed 24 half and three full marathons.

Janine serves as the Community Relations and Donations Director for Mortellaro McDonald’s. She is originally from Pittsburgh, Pennsylvania, and earned her Bachelor of Arts in education from John Carroll University. Janine is actively involved with the Licking County Foundation, serving as a Board Member, and chairing both the Community Grants and Youth Philanthropy Committees. Additionally, she serves on the Scholarship Review Committee. Janine enjoys cooking and trying new recipes with the couple’s three daughters. Brian and Janine reside in Granville.

Community leaders who previously served as Honorary Chairs of the “For Your Health” 5K Run/Walk & 1-mile Fun Walk include:

- 2021 – Pamela and David Subler, M.D.
- 2019 – The Hagele Family: Thomas Hagele, M.D., his wife, Courtney, and their children – Helena and James
- 2018 – Sally and Lee Heckman, and their children – Will, Everett, and Mae
- 2017 – The Reeves Family: Howard Reeves, D.O., his wife, Sara, and their son – Brackyn
- 2016 – The Cummiskey Family: Tom Cummiskey, his wife, Kate, and their children – John, Emma, and Megan
- 2015 – Pattye Whisman, M.D.
- 2014 – Diane and Dan DeLawder
- 2013 – Dr. Garth and Mrs. Marci Bennington
- 2012 – Marcia and Jonathan Downes
- 2011 – Cara and Jim Riddell
- 2010 – The Fondriest Family: Joseph Fondriest, M.D., his wife, Jean, and their children – Joe, Sara, Jacob, and Steven
- 2009 – Karen Smith-Silone, D.O., and James Silone Jr., D.O.
- 2008 – Christy and Kevin Plaugher

Please register for all events online at  
[racepenguin.com/events/foryourhealth/](https://racepenguin.com/events/foryourhealth/)

## Behind the Scenes – Urgent Care

In 2021, more than 46,000 patients visited three Licking Memorial Hospital (LMH) Urgent Care locations to receive treatment for non-life-threatening injuries or illnesses that required immediate attention. Urgent Care bridges the gap between physician offices and the Emergency Department (ED) by offering walk-in care, longer hours, and shorter wait times. They provide a time-saving convenience and high-quality service when a primary care physician may be unavailable, but a patient does not require ED care.

LMH Urgent Care specializes in treating urgent medical conditions, which are illnesses or injuries that are not considered emergencies yet still may require quick care. Urgent Care is not a substitute for a primary care physician, but offers patients access to healthcare when a physician is not available, such as after hours or on weekends. At three conveniently located facilities in Granville, Pataskala, and Downtown Newark, LMH Urgent Care provides treatment for a variety of urgent medical conditions, including:

- Cold and flu-like symptoms
- Sprains and strains
- Lacerations
- Sexually Transmitted Infections
- Eye irritations
- COVID-19

Digital radiology (general X-ray) services are also available, and routine lab and blood work are offered at the Pataskala location Monday through Friday, 9:00 a.m. to 4:00 p.m. For more life-threatening emergencies, such as a heart attack, severe head injury, compound fractures, shortness of breath, or uncontrolled bleeding, patients should report directly to the LMH ED. Additionally, patients who visit an Urgent Care and require more in-depth treatment, such as blood draws, IVs, sedation, or imaging beyond general X-rays, may be transported to the LMH ED. The healthcare providers at LMH Urgent Care and the Emergency Department are familiar with both departments’ procedures and processes and work in consultation to allow for a seamless transition, when necessary.

In addition to providing treatment for urgent medical needs, LMH Urgent Care also played an integral role during the COVID-19 pandemic. At the beginning of the pandemic, LMH worked quickly to open the first COVID-19 testing site in Central Ohio. The drive-through clinic and subsequent on-site testing clinics were staffed by Urgent Care nurses and providers.

As the need for the testing clinics lessened, the Urgent Care locations provided on-site testing and, when available, were distribution sites for at-home testing kits. Moreover, LMH Urgent Care has been instrumental in treating those with minor COVID-19 symptoms, which has helped alleviate the volume of patients at the ED. The ED staff can then focus on patients with more life-threatening conditions.

Along with the LMH ED, Urgent Care also distributes rapid fentanyl test strips (FTS). The test strips are a harm reduction method that may help inform people who use drugs about their risk of fentanyl exposure before consumption. FTS detect the presence of fentanyl, a dangerous additive that drug dealers often mix with other drugs. Sellers may not disclose that their product contains fentanyl; therefore, individuals taking these drugs may not be aware of the increased risk of overdose due to the presence of the additive. Those who use an FTS and receive a positive result may be more likely to change their drug use behavior – including not using the drug – than someone unaware of the contamination. All LMH Urgent Care locations offer FTS. A contact number for Shepherd Hill, the treatment center associated with Licking Memorial Hospital, is included with the testing strips.

All LMH Urgent Care locations are open seven days a week, except on holidays. No appointments are necessary; however, patients can notify the Urgent Care of their pending arrival using the “I’m On My Way” feature in the Licking Memorial Health Systems patient portal, MyChart. To use the feature, patients can login to their MyChart account, select “Find Urgent Care” from the

menu, choose which location they wish to visit, and then select “I’m On My Way.” Once they have selected “I’m On My Way” they will be able to enter an estimated arrival time or choose from a list of open appointments.

Scheduling an appointment does not guarantee that the patient will be seen at a specific time. Patients are treated in the order they arrive, so if a number of patients check-in prior to an individual’s scheduled time, then the appointment may be delayed. However, patients using the MyChart feature will save their place in queue, and will be seen before any patients arriving after their appointment. For more information about LMH Urgent Care services and hours of operation, visit [LMHealth.org](https://LMHealth.org).



  
Licking Memorial  
**Urgent Care**

# Active•Senior Events Resume

In April, Licking Memorial Health Systems (LMHS) presented the Active•Senior Bingo event in the Main Street Café at Licking Memorial Hospital and the Active•Senior Game Show event at The Midland Theatre in Downtown Newark. The annual events resumed this year after cancellations due to pandemic restrictions.

During the Bingo event, LMHS President & CEO Rob Montagnese called the numbers for the nearly 140 participants in attendance. Lucky winners received prizes such as \$25, \$50, and \$100 gift cards to area businesses including Target, Kohl's, Dick's Sporting Goods, Reader's Garden, AMC Theaters, Spa on the Avenue, Darden Restaurants, Speedway, and more.

Nearly 250 local seniors enjoyed the Game Show event, which was inspired by *The Price is Right* and hosted by Rob Montagnese. Attendees entered their names into a drawing for a chance to be called on stage to Contestant's Row where they guessed the prices of various healthcare-related items. The individual with the guess closest to the actual cost of the items advanced to play games such as Plinko, Punch-a-Bunch, Money Grab, Cliffhangers, Shell Game, and Operation. Winners earned prizes including gift cards to Kroger, Dick's Sporting Goods, Lowe's, Speedway, and Home Depot. Key healthcare tips and informative descriptions of various procedures and pieces of equipment were provided throughout the show.

The next Active•Senior event is the Active•Senior Dance on Wednesday, July 6, at the Bryn Du Mansion Field House.

The Dance features instruction, contests, prizes, hors d'oeuvres, and beverages. Space is limited at the Active•Senior Dance, and registration, which is required to attend, may be completed beginning Monday, June 6, by calling Licking Memorial Public Relations at (220) 564-1560.

Participation in both events counts toward the Active•Senior program goals. Members of the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental, and Social. By earning points, participants are encouraged to stay physically fit and maintain a healthy diet through completing health-related goals. The 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. Interested participants, age 60 and older, may register online at [LMHSActiveSenior.org](http://LMHSActiveSenior.org) and create a custom username and password. Registration on the website allows participants to document their progress on an ongoing basis for an opportunity to win great prizes.

Participants also may track their progress in an Active•Senior booklet, then contact the Licking Memorial Public Relations Department at (220) 546-1560 to ensure that goals are recorded in the Active•Senior database prior to the end of each program year in April. Booklets are available upon request.



# Supporter Spotlight – Licking County Foundation

For more than 65 years, the Licking County Foundation (LCF) has worked to improve life in Licking County. Through a collection of approximately 300 charitable funds established by caring individuals, businesses, and organizations, LCF has helped to create a community where residents can lead happy, healthy, and hopeful lives. Through a common goal to improve the health and wellness needs of the community, Licking Memorial Health Systems (LMHS) has greatly benefited from the generosity of LCF and its donors.

Since 1990, LCF has given more than \$100,000 to LMHS to assist in implementing several improvements to enhance patient care and expand community outreach. Projects at Licking Memorial Hospital (LMH) that LCF has supported include the purchase of new equipment and expansion of the Radiology Department, facility improvements to the LMH Hematology/Oncology Department, installation of the CBORD Food Service Suite and Aladdin Temp-Rite Meal Delivery System, and implementation of the new electronic health record (EHR), Epic. The comprehensive EHR allows patients and their caregivers to benefit from convenient digital access to health information, including efficient management tools for scheduling, billing, and automatic appointment reminders, while physicians can enhance patient care by sharing health information on a nationwide network.

More recently, LCF – in collaboration with the United Way of Licking County – rose to overcome the challenges of the unprecedented COVID-19 pandemic. Within weeks, the organizations brought together businesses, non-profits, public

services, and other stakeholders to address the needs of the community during the crisis. For LMH, LCF support assisted with the purchase of additional vital equipment and supplies needed to treat COVID-19 patients and implement heightened safety protocols.

LCF began a partnership with LMH to meet the dental care needs of the community's youngest residents through the Licking Memorial Dental Clinic for Children, which was established in 2017. The Clinic is located in the dental practice of Keith A. Wing, D.D.S.; Matthew P. Mack, D.D.S.; Christopher R. Smith, D.D.S.; and Robert L. Bang, D.D.S., at 1420 Dickerson Street in Newark and offers basic exams, cleanings, and other dental services to uninsured, low-income children. LCF contributes toward the cost of services, supplies, and office space.

Additionally, LCF support has been instrumental in the success of the LMH Fruit and Vegetable Prescription Program – a healthy food initiative that helps patients and families maintain a balanced diet by offering a prescription of free fruits and vegetables. Once a week, participants can pick up a fruit and vegetable basket in the Main Street Café. From June through September, families can also receive tokens once per week for the Canal Market District Farmer's Market in Downtown Newark that can be used to purchase fresh fruits and vegetables.

"LCF is a valuable asset to not only LMH, but the entire community," said LMHS President & CEO Rob Montagnese. "We are fortunate to have an organization that shares in our mission of improving the lives and health of our residents."

In 2020, LCF contributed over 300 scholarships and grants, totaling more than \$3,000,000 to organizations in support of the well-being of Licking County citizens.

## If you had to choose one thing to improve life for others in Licking County, what would it be?

As part of the celebration of 65 years of giving, the Licking County Foundation (LCF) is asking this simple question to inspire community members to share their hopes and what they consider vital to create a vibrant future for Licking County.

Although not scientific, the survey provides LCF an opportunity to gather new ideas from donors, community leaders, non-profit organizations, grant partners, residents, and other stakeholders about what they see as challenges and opportunities that LCF can address to move the community forward. Responses will be compared with current LCF priorities to capture new ideas that were not on the organization's radar.

LCF encourages participants to share ideas that they think would make a difference in the lives of others – whether that means addressing complex issues, such as housing, transportation, or access to mental healthcare, or something simpler, such as learning to garden, enjoying the arts, or volunteering. LCF welcomes and wants to hear all ideas.

Residents of all ages, business owners, and others are invited to participate. Organizations and clubs are encouraged to ask members to share their feedback. LCF can help groups use the question to facilitate an activity or project focused on improving the community. The survey is anonymous, but respondents will be asked to include their zip codes to help LCF identify if location plays a role.

Visit [bit.ly/CreateOurFuture](http://bit.ly/CreateOurFuture) or scan the QR (at right) to participate in the survey online. The survey is mobile-friendly and can be completed anywhere at anytime. Individuals also can share their thoughts by contacting LCF Donor Services Officer Jennie Dawes at (740) 349-3863, ext. 101, or via email at [jennie@thelcfoundation.org](mailto:jennie@thelcfoundation.org). Ideas may be mailed or delivered to 30 North Second Street, Newark, Ohio 43055.

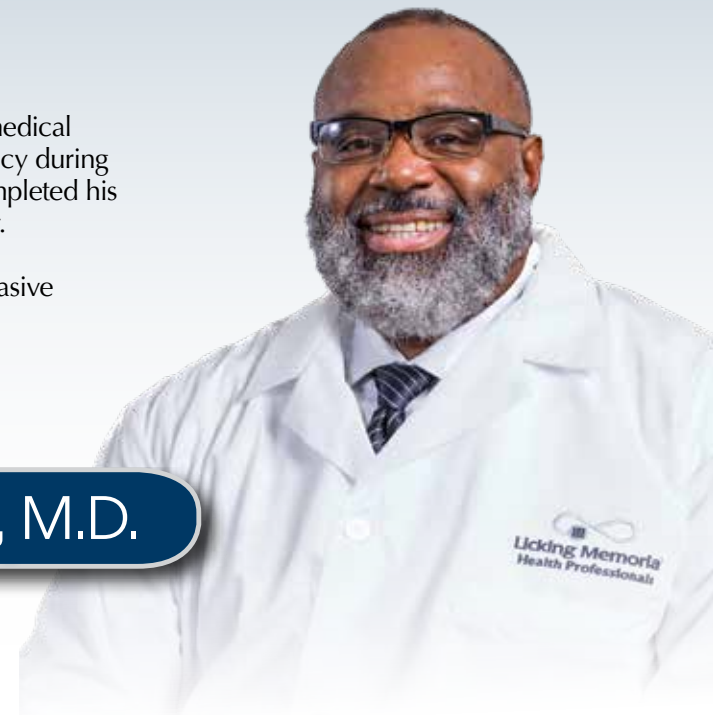
The information gathered through the survey will be shared at a community gathering in November.



# Physician Spotlight

**Derrick L. Reedus, M.D.**, joined Licking Memorial Urology in October 2021. Dr. Reedus earned his medical degree from Northeast Ohio Medical University in Rootstown, Ohio. He began an obstetrics and gynecology residency during his internship year at Cleveland Clinic Akron General Medical Center. He then decided to change specialties and completed his urology residency at Cleveland Clinic Akron General Medical Center in Akron, Ohio. He is board certified in urology.

Prior to attending medical school, Dr. Reedus served as a critical care nurse at Riverside Methodist Hospital in the Invasive Recovery Unit. He is a member of American Urological Association and the Ohio Urological Society.



## Ask a Doc – Prostate Cancer with Derrick L. Reedus, M.D.

**Question:** What are the warning signs of prostate cancer?

**Answer:** June is Men’s Health Month – a time to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases, including cancer. After skin cancer, prostate cancer is the most common cancer in men, making it important to promote early detection through understanding the basics, risk factors, and warning signs of the disease.

Many prostate cancers grow slowly, remain confined to the prostate gland, and may not cause serious harm. Prostate cancer has the best chance for successful treatment when still confined to the prostate gland. Some symptoms are similar to noncancerous conditions, such as an enlarged prostate, so routine screenings are vital. Prostate cancer is the abnormal growth of cells in the prostate gland, which is part of the male reproductive system. About the size of a walnut, the prostate gland is located below the bladder – the hollow organ where urine is stored – and surrounds the urethra – the tube that empties urine from the bladder. The gland is essential in producing fluid that enriches semen.

As a man ages, the prostate tends to increase in size. Mutations or other types of changes to the basic DNA of the cells lead to the cells growing out of control. The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. In time, some abnormal cells can break away and spread – or metastasize – to other parts

of the body. Researchers are unsure exactly what causes prostate cancer; however, a number of risk factors have been identified.

Risk factors that cannot be changed to assist in the prevention of prostate cancer include age, family history, and a person’s race or ethnicity. Prostate cancer is rare in men younger than 50 years of age, and the chance of developing the disease increases as men get older. Prostate cancer appears to have an inherited or genetic factor. Having a father or brother that was diagnosed with prostate cancer more than doubles a man’s risk of developing the disease. The risk is much higher for men with several affected relatives, particularly if their relatives were young when the cancer was discovered. Finally, prostate cancer occurs more often in African American men than in other races. African American men with prostate cancer are also more likely to die from the disease.

Modifiable risk factors, such as diet and smoking, have also been identified. Studies show prostate cancer risk may double for heavy smokers. Smoking is also linked to a higher risk of dying from prostate cancer. However, the risk for prostate cancer decreases to that of a non-smoker of the same age within 10 years of quitting. Research also suggests high dietary fat may be linked to prostate cancer. Men in countries with a high-fat diet tend to eat fewer

fruits and vegetables. The disease is much more common in countries where the diet consists of more meat and dairy products compared to countries where the basic diet consists of rice, soybean products, and vegetables. Men who are obese also may have a higher risk of prostate cancer and are more likely to be diagnosed with a more aggressive cancer.

Most prostate cancers are detected early through screening. Early prostate cancer usually causes no symptoms, or are similar to other medical concerns such as benign prostatic hyperplasia (BPH) – enlarged prostate. It is vital to discuss the following symptoms with a healthcare provider in order to discover the cause of the symptoms and receive treatment if needed.

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine or semen
- Painful ejaculation
- Trouble obtaining an erection
- Pain in the hips, pelvis, spine, or upper thighs
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control
- Loss of appetite

Again, early detection is more dependent upon screening. Screening is testing to find cancer before symptoms are present. Detecting prostate cancer

at an early stage offers a better opportunity for successful treatment. Prostate cancer can often be discovered by testing for prostate-specific antigen levels in a man’s blood. Another way to find prostate cancer is the digital rectal exam. If the results of either of the tests are abnormal, further testing, such as a prostate biopsy, is often performed to confirm if a man has cancer.

While there is no proven method to preventing prostate cancer, lowering the changeable risks can assist in better health and outcomes. Quitting smoking will decrease the risk of prostate cancer as well as many other health issues. Choosing a healthy diet consisting of a variety of fruits, vegetables, and whole grains also improves overall health. Fruits and vegetables contain many vitamins and nutrients important in lowering cancer risks. Finally, maintain a healthy weight by including daily exercise to improve overall well-being.

# Arnett Receives 2022 CIO of the Year ORBIE Award

Licking Memorial Health Systems (LMHS) Vice President Information Systems Sallie Arnett recently received the 2022 Ohio CIO of the Year® ORBIE® Award in the Large Corporate category. The award was presented during a ceremony at the Hilton Columbus at Easton on April 1.

The CIO of the Year ORBIE Awards are the premier technology executive recognition program in the United States. The ORBIE honors chief information officers who have demonstrated excellence in technology leadership. Finalists and winners are selected by an independent peer review process, led by prior ORBIE recipients. Decisions are based upon leadership and management effectiveness, business value created by technology innovation, and engagement in industry and community endeavors.

“We are extremely fortunate to have someone of Sallie’s caliber and expertise leveraging information technology to improve the quality of patient care in our organization,” said LMHS President & CEO Rob Montagnese. “Patient safety and security are top priorities at LMHS, and Sallie demonstrates great leadership and dedication in our organization. She has been recognized as an influential technology leader and advocate of the current technology revolution in Central Ohio.”

Sallie is responsible for establishing the strategic vision for information technology and the optimization of the LMHS Electronic Health Record (EHR) system. She played an instrumental role in the implementation of the new unified EHR system, Epic, which went live in early 2021 after nearly two years of planning. Under Sallie’s direction, the IS team worked hard to maintain the timeline for completing the Epic development and installation. During the COVID-19 pandemic, Sallie coordinated with Epic management to hold meetings and training remotely via video and web conferencing to ensure that progress remained on schedule, resulting in a successful and timely launch of the program.

To help improve patient safety, Sallie spearheaded IS efforts for the LMH Sepsis Initiative. By compiling data from EarlySense and a patient’s EHR, the IS team created a visual smart board that constantly monitors for signs of sepsis, allowing clinical staff to be proactive with the care they provide. This innovation has resulted in a dramatic decrease of sepsis mortality cases and also has helped to reduce the number of Code Blue alerts on inpatient units.

With all medical information available in digital form, LMHS operates in a virtually paperless environment, and security is critical. Sallie has worked with her team to create policies for the protection of patient information and other systems in use throughout LMHS, including email. She ensures that her team uses advanced tools to proactively detect threats and protect the security of confidential information, continually updates firewalls and takes other security measures to avoid a data breach, and has worked to educate LMHS employees about various cyberattacks and methods that hackers utilize to deceive people into divulging passwords or other sensitive information.



# A Tribute to Mothers

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

March 2021



Ashley Hunt cannot get enough of her daughter, Isla, who was born on March 11.

April 2021



Ila and Owen, twins who were born on April 4, make Sarah Karling a very happy first time mother.

May 2021



Brianna Pyles and her son, Boston, who was born on May 26, are both all smiles.

June 2021



First-time mother Brooke McCartney and her son, Boone, who was born on June 14.

July 2021



Sydney Garza and her daughter, Blakely, born on July 1, show off their matching style.

August 2021



Liam, born August 17 to Taylor Carr, is comfortable and happy in his mom's arms.

September 2021



Sweet daughter, Ella, born on September 29, is happy with her mom, Sarah Robinson.

October 2021



Erica Winegardner and her son, Milo, born on October 7, enjoy each other's company.

November 2021



Brianna Smith holds her daughter, Laelah, born November 19, who looks adorable in her bow.

December 2021



Brynlee, born on December 21, is happy being held by her mom, Stephanie Stoneking.

January 2022



Kiersten Hayes is proud of her first child, Elliot, who was born on January 4.

February 2022



First-time mother Hailey Dawson is proud of her precious daughter, Everleigh, born February 6.

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

There were 842 babies born at Licking Memorial Hospital from March 2021 to February 2022.





# Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care

## Patient Story – Mary Bernowski

tightness, and often develop slowly but worsen over time. COPD can prevent the ability to complete routine activities. A pulmonologist specializes in the respiratory system, from the windpipe to the lungs, and often employs lung therapies for patients diagnosed with COPD.

Mary has been working with Dr. Anigbo to control the symptoms of COPD. She suffers from emphysema and chronic bronchitis, which requires the use of several different inhalers and full-time oxygen.

“I am so grateful for Dr. Anigbo. I was barely able to manage my condition, but with the tools she has given me, I am able to quickly pull through a breathing episode. It is wonderful,” Mary said.

“I have been to many physicians. Oftentimes, when you have a number of medical issues, the healthcare provider only focuses on treating the illness associated with their specialty. But a remedy for one disease may exacerbate another medical problem,” Mary shared. “While Dr. Anigbo’s specialty is focused on the lungs, she does more than treat lung disease. She sees me as a whole person and treats me. She is careful to consider the other medications and treatments I am undergoing to ensure the best overall results. Her empathy and knowledge assists in making me comfortable and at ease.”

After a car accident, Mary had to be taken to a Columbus hospital for trauma to her chest. She suffered a punctured lung when her chest slammed into the steering wheel. A punctured lung occurs when air collects in the space between the two layers of the tissue lining causing pressure and preventing the lungs

from expanding. Upon her release, Mary visited again with Dr. Anigbo for treatment.

“Dr. Anigbo worked with me to rehabilitate my lungs and get me back on course,” Mary said. “It has not been easy, but she is so kind and pleasant to me. I cannot say enough about the good work she does.”

Mary does her best to remain active. She experiences good days and bad, but keeps a positive attitude and sense of humor.

“As I age, I just keep adding physicians and specialists to my list,” Mary commented. “When I have an appointment at Licking Memorial Hospital (LMH), I enjoy visiting the Main Street Café and Main Street Coffee. I tell all my friends, the Café has the best cheeseburger in town.”

Right now, Mary is working to construct her family’s history to share with her growing family. “We just keep expanding,” she joked. “We could create a whole country ourselves.” In addition to tracing the family’s ancestry lines, she is also working to digitize photos and other memories.

Mary Bernowski’s husband, Robert, spent 22 years in the Air Force. In that time, the couple moved to numerous locations including the Philippines, Alaska, Michigan, and Wisconsin, and raised five children – four boys and one girl. In 1978, when Robert retired, they moved to Licking County to be close to family. Mary was raised in Flushing, Ohio, about 70 miles from Newark. She spent over 20 years at JC Penney in the Accounting office before retiring as the Associate Office Head.

The family has grown and now includes 15 grandchildren and 22 great-grandchildren. Two of her sons live in Central Ohio. One son now lives in Texas, another in Georgia, and her daughter lives in Arizona. Her children and grandchildren all visit her regularly. “I am very blessed knowing they are there for me,” Mary said.

Since moving to Newark, Mary has relied on Licking Memorial Health Systems (LMHS) for her medical needs. She often visits her primary care physician, Nishi V. Naik, M.D., of Licking Memorial Internal Medicine, and the Licking Memorial Medication Clinic to monitor her anti-coagulation medications. Several years ago, Mary was diagnosed with chronic obstructive pulmonary disease (COPD) and referred to pulmonologist Emilia N.U. Anigbo, M.D.

COPD refers to a group of progressive lung diseases that cause airflow blockage and breathing-related problems including emphysema and chronic bronchitis. Symptoms include coughing, difficulty breathing, shortness of breath, and chest

## Endobronchial Ultrasound (EBUS)

The lungs are vital organs in the complex respiratory system that oxygenate blood for transportation throughout the body. Lung disease is any issue in the lungs that prevents proper function, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, pulmonary fibrosis, and lung cancer. Lung diseases are some of the most common medical conditions in the world and affect millions of people in the United States.

Symptoms for lung disease can be subtle. Early signs include fatigue, shortness of breath, or pain when inhaling or exhaling. If a patient is exhibiting any of these symptoms, a physician may recommend a bronchial procedure to determine the cause. A bronchial procedure may be necessary for a patient with a persistent cough, infection, or a chest X-ray or other test that requires further evaluation. An endobronchial ultrasound (EBUS) is a minimally-invasive procedure that is used to diagnose different types of lung conditions, including inflammation, infections, and cancer.

The EBUS procedure is performed by a pulmonologist and uses a flexible tube that is inserted through the mouth and into the windpipe and lungs. The scope is equipped with a video camera and ultrasound probe that creates local images of the lungs and nearby lymph nodes in real time that allow the physician to view and evaluate areas that are difficult to reach or need a closer look.

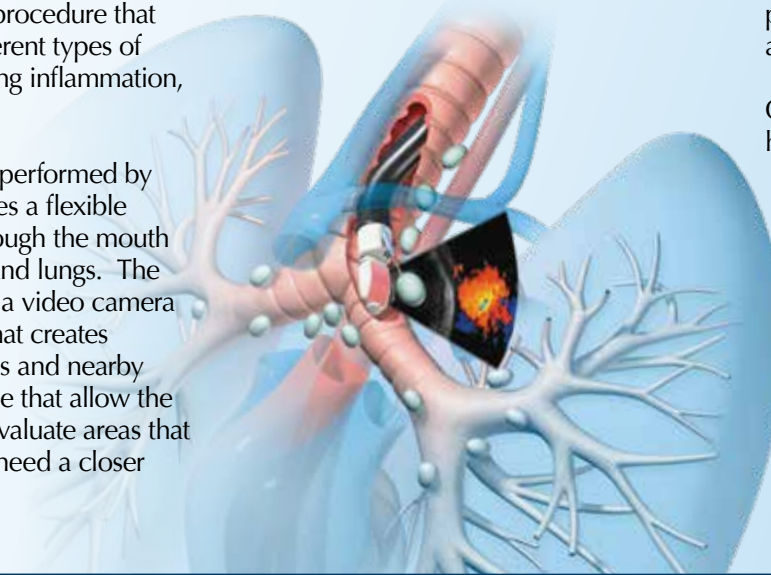
The images then allow the physician to perform a transbronchial needle aspiration to obtain fluid or tissue samples from the lungs and surrounding lymph nodes. The accuracy and speed of the EBUS enables a pathologist to process and examine the biopsy samples immediately, if needed. These samples can be used for diagnosing and staging cancer, detecting infections, and identifying inflammatory diseases.

EBUS is an outpatient procedure that uses moderate sedation or general anesthesia and takes approximately 45 minutes. Patients who have the EBUS procedure are usually released to return home the same day as the procedure. The patient may experience a sore throat or hoarseness after the procedure, which will go away after a few days. Receiving results from the testing may take up to five days, but generally is done as quickly as possible.

EBUS is extremely safe; however, complications such as bleeding from the biopsy, low oxygen levels during the procedure, infection after the procedure, and collapsed lung are possible but not likely. The physician will weigh the benefits and risks of each patient to determine whether the EBUS is an appropriate diagnostic tool.

There are preventive measures people can take to keep their lungs healthy and reduce the risk of lung disease. Not smoking or quitting smoking is the most important step individuals can take to protect their lungs. Cigarette smoke can narrow air passages and make breathing more difficult, and smoking destroys lung tissue over time and may lead to cancer. It is also important to avoid exposure to indoor pollutants, such as radon, chemicals in the home or workplace, and secondhand smoke. Minimize exposure to outdoor pollution by checking daily pollution forecasts and avoiding outdoor activities when pollution levels are high.

Colds and other respiratory infections have the potential to become serious. Prevent infection by washing hands frequently with soap and water or an alcohol-based hand sanitizer. Avoiding large crowds during cold and flu season is also helpful, as well as obtaining vaccinations for influenza, pneumonia, and COVID-19. Regular exercise can strengthen lung function, and routine visits with a physician offers the opportunity to address concerns about lung health.



## 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 **LMHealth.org**.

# 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.<sup>(1)</sup> 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. In 2021, 1,499 patients visited one of LMHS tobacco cessation programs.

	LMH 2019	LMH 2020	LMH 2021	LMH Goal <sup>(1)</sup>
Six-month success rate for patients who completed Quit for Your Health <sup>(1)</sup>	68%	73%	80%	<b>70%</b>

**2.** Chronic obstructive pulmonary disease (COPD) is a serious, progressive 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, and patients will progress to more serious respiratory compromise over time; however, with careful management, patients can enjoy longer and healthier lives. An admission to the hospital for a COPD patient typically means that their chronic respiratory issues have exacerbated to an immediate, acute condition requiring hospitalization. To monitor the quality of a COPD patient's care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who die from COPD within 30 days of hospital admission.

	LMH 2019	LMH 2020	LMH 2021	National <sup>(2)</sup>
Mortality rate of COPD patients within 30 days of hospital admission	8.5%	9.7%	7.3%	<b>8.1%</b>

**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 2019	LMH 2020	LMH 2021	LMH Goal
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 ventilator days	0.0	0.0	0.0	<b>0.0</b>

**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 2019	LMH 2020	LMH 2021	LMH Goal
Head of bed elevated to 30 degrees	99.9%	100%	100%	<b>greater than 90%</b>
Oral care	98.6%	100%	99.8%	<b>greater than 90%</b>
Daily test to reduce sedation	99.6%	99.8%	99.1%	<b>greater than 90%</b>
Stomach ulcer prevention	99.9%	100%	99.6%	<b>greater than 90%</b>
Blood clot prevention	99.6%	100%	99.1%	<b>greater than 90%</b>

**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 2019	LMHS 2020	LMHS 2021	LMH Goal	National <sup>(2)</sup>
LMHS employees receiving the influenza vaccine	95%	95%	90%	<b>greater than 90%</b>	<b>90%</b>

**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 2019	LMHP 2020	LMHP 2021	National <sup>(3)</sup>
Physician office patients over 65 years receiving the pneumonia vaccine	78%	80%	76%	<b>73%</b>
	LMHP 2018-2019	LMHP 2019-2020	LMHP 2020-2021	National <sup>(3)</sup>
Physician office patients over 65 years receiving the influenza vaccine	78%	75%	71%	<b>64%</b>

#### Data Footnotes:

(1) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program.

(2) HospitalCompare.hhs.gov national benchmarks

(3) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2016].

(4) National Committee for Quality Assurance, “The State of Health Care Quality 2013.”



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

## Pulmonary Rehabilitation

A person who suffers from a chronic lung disease, such as chronic obstructive pulmonary disease (COPD) or pulmonary fibrosis, may benefit from pulmonary rehabilitation to improve lung function, reduce symptom severity, and improve their quality of life. Pulmonary rehabilitation is the use of exercise, education, and behavioral intervention to aid in strengthening the lungs, help the patient become more active, and decrease the need for hospital visits.

Pulmonary rehabilitation is recommended for patients with lung disease who experience shortness of breath frequently and are unable to perform daily activities. The program is conducted in an outpatient setting for 8 to 12 weeks, and techniques learned may be continued by the patient at home. A multidisciplinary team consisting of a respiratory therapist, exercise physiologist, physician, psychologist, pharmacist, and dietitian will design a plan tailored to each patient's needs and abilities. The pulmonary rehabilitation program can instruct patients on how to:

- Control symptoms
- Manage respiratory medications to treat lung conditions
- Make healthy food choices to manage weight and diet
- Perform various exercises to improve lung function and increase physical abilities
- Cope mentally and emotionally with a chronic lung condition

Licking Memorial Hospital (LMH) offers pulmonary rehabilitation twice per week for patients with chronic lung disease. Individuals who want to learn more about the program may contact Licking Memorial Pulmonology at (220) 564-1805.



# Quality Reporting to the Community

Patient Story and Benchmarks for Behavioral Health Care

## Patient Story – Roger\*

Roger remembers the time when his response to commercials for anti-depressants was to think that people should be able to manage their emotions without medication. However, that was before his own experience with crippling depression. It soon became clear to him that mental disorders, such as depression and anxiety, are serious health conditions and recovery consists of more than overcoming a tough situation. For Roger, his experience with depression began with a significant life event that shattered his confidence. He began experiencing overwhelming sadness and anxiety, and found it difficult to perform daily tasks.

“I’m a mechanical engineer,” Roger shared. “Yet, when my wife told me the change oil light in her car had come on, I could not help her. I felt useless and did not know what to do.”

In addition to the depression, Roger was struggling with fear and worry when he had to travel for his job, which he often did. Finally, Roger revealed his condition to his primary care physician. The physician suggested he seek treatment at Licking Memorial Outpatient Psychiatric Services.

Elizabeth A. Yoder, D.O., diagnosed Roger with depression and began cognitive therapy – a relatively short-term form of psychotherapy based on the concept that a person’s thoughts affect emotions. Cognitive therapy focuses on present thinking, behavior, and communication rather than on past experiences and is oriented toward problem solving. Dr. Yoder also prescribed medication to increase the activity of chemicals called neurotransmitters in the brain. Increasing the activity of the neurotransmitters – serotonin, norepinephrine, and

dopamine, assists in lessening the symptoms of depression and anxiety.

“Dr. Yoder explained that finding the right medication to alleviate my symptoms would take time. The medication is not one type fits all. Finally, after several medications, and days of suffering headaches and other side effects, I woke up and felt completely free of the overwhelming feelings of worry and sadness.”

Soon after his breakthrough with the medication and therapy, Roger was traveling for work when he started feeling unwell. After asking advice from one of his siblings who is a healthcare professional, Roger visited his primary care physician who performed an electrocardiogram or EKG. Roger was immediately sent to the hospital where he was told he that he recently experienced a mild heart attack and required bypass surgery. The new health crisis again triggered Roger’s depression. Recovery from his surgery was quick and went well; however, he felt paralyzed by overwhelming feelings of uselessness and anxiety.

Roger made an appointment to meet with Dr. Yoder to try to get back on track with his therapy and medication. During the visit, Dr. Yoder became very concerned for Roger’s well-being. The depression was much more severe, and Dr. Yoder felt Roger should consider an inpatient stay, which he agreed to complete. She also recommended electroconvulsive therapy (ECT) – a medical treatment commonly used in patients with severe major depression or bipolar disorder that has not responded to other treatments. ECT involves a brief electrical stimulation of the brain while the patient is under anesthesia, and is typically administered by a

team of trained medical professionals that includes a psychiatrist, an anesthesiologist, and a nurse or physician assistant. The healthcare team suggested Roger receive 12 ECT treatments over a period of approximately two months.

“Before each treatment, I was given a survey to complete to rate my current emotional condition. Upon completion, the physician who administered the treatment showed me the results from those surveys, and it was a perfect downward curve from extremely out of control down to feeling content. The improvement was incredible,” Roger enthused. “Dr. Yoder had said I was the perfect candidate for the treatments, and she was right. I am in a much better place mentally.”

For Roger, the stay-at-home orders issued in 2020 due to the pandemic were helpful for his personal care. Travel was limited, so he was not required to take trips for work which alleviated some of his anxiety. He was also able to fully focus on his physical and mental health recovery. His wife and family offered support and comfort throughout his experience.

“My family’s faith in God and the belief that I would recover gave me strength when I did not believe in myself because of the confused state that I was suffering through,” Roger recalls.

On the other hand, Roger did struggle with working from home because he always considered himself an extrovert and missed making contact with others. He continued therapy with Dr. Yoder and has been able to maintain his mental health. Now, Roger visits with Dr. Yoder every two months to ensure his medication dosage is correct and that he is using the coping tools she provided

to overcome the symptoms of his depression and anxiety.

“I consider Dr. Yoder a friend – not just my physician. It is incredible to think about the impact she has had on my life,” Roger expressed. “Dr. Yoder’s staff have also been a huge influence on me and my family. They are so kind and understanding. They take a personal interest in my well-being. I cannot thank them all enough for their support.”

Getting ready for a new chapter in his life, Roger is planning for retirement and is currently working part-time. He wants to be home more to assist his wife of 38 years in caring for her mother who recently moved in with them. Roger also looks forward to spending more time with his 10 grandchildren – 8 of whom are three and under. His two daughters and two sons all live in or around Licking County. Roger also is an advocate for seeking assistance for mental health issues. “Everyone needs to know there is help out there. You just have to reach out for it.”

\*Roger is not the patient’s real name.

## Eating Foods That Fight Depression

Nutrition is an important component in managing a healthy lifestyle. Food plays a significant role not only in a person’s physical health, but also in their mental and emotional health. Eating certain foods can have a positive impact on a person’s mood. Individuals who struggle with depression can make small changes in their diet that may help improve their mood and have a positive effect on their daily life. Consider choosing foods that contain the following:

**Omega-3 fats** – important for brain health and may be involved in the production of serotonin – the chemical that regulates mood. Oily fish, such as salmon, mackerel, trout, sardines, and tuna, are good sources of omega-3 fats, as well as plant-based foods, such as walnuts, flaxseed, chia seeds, Brussels sprouts, spinach, kale, and watercress.

**Tryptophan** – an essential amino acid that helps create serotonin and assists in maintaining healthy sleep and a balanced mood. Pumpkin seeds, squash seeds, chicken, and turkey are good sources of tryptophan.

**Folate** – also known as vitamin B9, folate regulates the levels of tetrahydrobiopterin (BH4), which is important to the production of dopamine and serotonin. Foods that are high in folate include citrus fruits, asparagus, eggs, and leafy green vegetables.

**Probiotics** – several studies have shown that microorganisms living in the gut can play a key role in regulating mood. Probiotics help to reduce inflammation in the body, produce dopamine, and affect a person’s stress response. Foods that contain probiotics include yogurt, kimchi, sauerkraut, kombucha, and tofu.

Certain foods can negatively impact a person’s mood. Avoid refined grains as well as foods that are high in sugar. It also is important to limit consumption of alcohol and caffeine. Green tea is a healthy alternative to coffee and energy drinks because it provides antioxidants as well as stress-reducing benefits.

Eating nutrient-rich foods can help keep the brain healthy. Making better food choices can improve a person’s emotional health and have a positive impact on their overall wellness. Individuals should talk with their physician before making significant dietary changes.



# 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.

**1.** 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 2019	LMH 2020	LMH 2021	National <sup>(1)</sup>
Behavioral Health patients readmitted within 7 days	1.23%	0.73%	0.90%	<b>1.92%</b>

**2.** 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 2019	LMH 2020	LMH 2021	Goal
Patients remaining abstinent	98%	96%	97%	<b>greater than 85%</b>
Improvement in quality of relationships	94%	99%	100%	<b>greater than 85%</b>
Improvement in overall physical and mental health	93%	100%	92%	<b>greater than 85%</b>
Improvement in overall quality of life	85%	97%	100%	<b>greater than 85%</b>

**3.** 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 use of appropriate medications specific for each patient’s situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2019	LMH 2020	LMH 2021	Goal
Average length of stay – alcohol treatment	2.9 days	2.6 days	2.4 days	<b>less than 3 days</b>
Average length of stay – opiate treatment	1.7 days	1.4 days	N/A*	<b>less than 4 days</b>
Average length of stay – tranquilizer (benzodiazepines) treatment	1.0 days	2.2 days	1.0 days	<b>less than 5 days</b>

\*In 2021, an accurate representation of the length of stay for opiate treatment could not be obtained due to fewer patients visiting Licking Memorial Behavioral Health.

**4.** 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 2019	LMH 2020	LMH 2021	Goal
Diagnosis/disease education provided for patients and/or family	100%	100%	99%	<b>greater than 97%</b>
Medication education provided for patients and/or family	100%	100%	100%	<b>greater than 97%</b>

**5.** 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 2019	LMH 2020	LMH 2021	Goal
Social work/family meeting during patient stay	98%	97%	97%	<b>greater than 95%</b>

**6.** 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 2019	LMHP 2020	LMHP 2021	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	100%	75%*	85%	<b>greater than 90%</b>
Appropriate testing complete for patients taking valproic acid (such as Depakote)	100%	88%*	89%	<b>greater than 90%</b>

\*Due to telehealth visits and concerns about COVID-19, fewer patients visited Licking Memorial Behavioral Health to have blood testing in 2020.

## Yoga Benefits Mental Wellness and Substance Use Recovery

Substance use and addiction remains an important public health concern in the United States and is considered to be a chronic medical illness. According to the National Survey on Drug Use and Health, 40.3 million Americans who were 12 years or older battled a substance use disorder (SUD) in 2020. There are a variety of methods and programs that are available to treat substance use and addiction, with more programs focusing on a holistic approach to treatment that includes alternative methods, such as yoga.

Yoga is a mind and body practice that combines physical postures, breathing techniques, and meditation or relaxation to promote mental health and physical well-being. Practicing yoga brings mental benefits, including reduced anxiety and depression, and is also recommended as a treatment for SUDs. Yoga helps to lower stress and improve sleep, both of which contribute to improved mental health.

Performing yoga allows brain cells to develop new connections in learning and memory. As with physical exercise, yoga triggers the release of the mood-boosting chemicals, such as dopamine, serotonin, and norepinephrine. Yoga movements and poses elevate the heart rate and cause the muscles to work hard,

stimulating the release of these chemicals in the body and resulting in the positive feeling that people achieve when they exercise.

Studies have indicated that yoga is beneficial to the recovery of patients with substance use disorders and may help decrease the chances of relapse. When used in conjunction with treatment programs and addiction prevention methods, yoga can improve the quality of life in patients with substance use disorder by decreasing addictive behaviors, enhancing well-being, and improving cognitive flexibility.

Yoga can help those recovering from SUD by improving their focus and awareness. Performing the various postures and breathing exercises can help them stay mentally strong and focus on their recovery goals. In addition, patients become more mindful about their thoughts, feelings, and responses when practicing yoga, allowing them to learn the skills they need to tolerate the uncomfortable sensations that can lead to a relapse.

Yoga is very effective at regulating the stress hormones – cortisol and adrenaline. An imbalance of these hormones can be associated with anxiety

disorders, depression, post-traumatic stress disorder, and substance abuse. Practicing yoga can help reduce or balance the stress hormones in the body, causing less stress and making a person less likely to seek substances to cope with their situation.

Shepherd Hill, the Behavioral Health Department of Licking Memorial Hospital, will soon offer yoga classes to its patients. Shepherd Hill is a nationally accredited treatment center that focuses on the treatment of patients with substance use disorders. The facility provides care for patients aged 18 and older and provides comprehensive treatment in the inpatient, residential, and outpatient settings. For more information and to receive help, call (220) 564-HEAL.



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

# Annual Golf Gala to Support the Purchase of New Inpatient Beds

Sponsored by the Licking Memorial Hospital (LMH) Development Council, the 2022 LMH Golf Gala is scheduled for Monday, September 19. The annual Golf Gala is LMH's largest fundraiser and proceeds will be directed toward new hospital inpatient beds equipped with advanced safety features. The EarlySense patient monitoring system continuously tracks vital signs, including heart rate and respiratory rate to determine a patient's clinical status and alert staff if immediate intervention is necessary. The motion detection component reduces the risk of falls. In addition, the Hercules patient repositioning system improves comfort and safety for the patient, while eliminating risk of injury to the caregiver.

The Adams Family – Nate, Courtney, Grace, Natalie, and Reese – will serve as the Honorary Chairs of the 2022 LMH Golf Gala. Nate currently works as a financial advisor for Edward Jones. He also serves in the community as a Board Member for Young Leaders of Licking County, Licking County Crime Stoppers, and the LMH Development Council Education & Membership Committee. Courtney joined Licking Memorial Anesthesiology in July 2020. As a

Certified Registered Nurse Anesthetist, she provides comprehensive medical evaluation and clinical management of patients who need anesthesia or sedation. She is certified by the National Board of Certification and Recertification for Nurse Anesthetists and is a member of the American Association of Nurse Anesthetists and the Ohio State Association of Nurse Anesthetists. Nate and Courtney are lifelong Licking County residents and graduates of Newark Catholic High School. They currently reside in Newark where they are raising their three daughters.

The LMH Development Council is proud to acknowledge and thank the current sponsors of the 2022 Golf Gala. To date, the list includes the **Club Sponsor** (\$7,500 and above) Denison University and **Condor Sponsor** (\$7,500 and above) Park National Bank. **Ace Sponsors** (\$5,000) are John Hinderer Honda; Matesich Distributing Company; MedBen; Monte Christopher Holdings, LLC; Stedman Floor Company; and Waste Away Systems. **Eagle Sponsors** (\$2,500) include AssuredPartners; Claypool Electric, Inc.; Courtesy Ambulance, Inc.; Delta Dental; The

Energy Cooperative; First Federal Savings; The Granville Investment Group; Gutridge Plumbing, Inc.; Henderson-Van Atta-Stickle Funeral & Cremation Service; Licking Memorial Vascular Surgery; Limbach Company, LLC; The Jerry McClain Companies; Mill Tech, LLC; Mortellaro McDonald's; Northpoint Ohio Architecture; Robertson Construction Services, Inc.; Scott Peterson of General Graphics; and United Collection Bureau, Inc. The **Pro Sponsor** (\$1,500) is Griffin's Floral Design & Wine Shop.

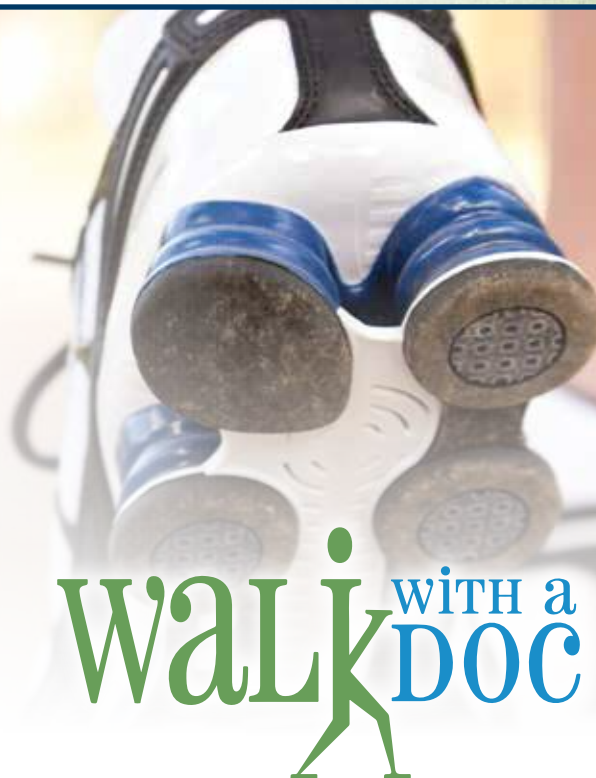
Additional sponsorship levels are available, including Birdie (\$1,000), Hole (\$500), Cart (\$250), and Pathway (\$100). If you are interested in being an event sponsor or donating a door prize, please call the LMH Development Office at (220) 564-4102.



## Walk with a Doc

In March, Licking Memorial Health Systems (LMHS) hosted a Walk with a Doc event at the Pataskala Municipal Park Bike Path. David E. Subler, M.D. (top), of Licking Memorial Gastroenterology, discussed colon cancer awareness in keeping with National Colon Cancer Awareness Month and the LMHS campaign – No One Fights Alone. During the April event at the Evans Foundation Bike Path in Johnstown, Elizabeth W. McIntosh, M.D. (bottom), of Licking Memorial Family Practice – Johnstown, provided information on anxiety and depression.

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



## Donors

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

**Caduceus Society**  
Dr. Christopher and Crystal Meyer

In honor of Nadia Kaur Gill, M.D.  
By: Craig Cairns, M.D., M.P.H.

In honor of David Subler, M.D.  
By: Sheila & Ron Miller  
Ann & Tom Mullady

**Capital Improvement Fund**  
TWIGS

In honor of Kevin Graham, M.D.  
By: Doug & Debbie Kullman  
Sheila & Ron Miller  
Phillip & Marcia White

In honor of Fikadu Tekleyes, M.D.  
By: Doug & Debbie Kullman  
Sheila & Ron Miller

**Community Cornerstone Club**

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In honor of Talya Greathouse, M.D.  
By: Cynthia Webster

In honor of Elizabeth Yoder, D.O.  
By: Craig Cairns, M.D., M.P.H.

In honor of Thomas J. Hagele, M.D.  
By: Cynthia & Thaddeus Webster  
Sheila & Ron Miller

In honor of Grant Yoder, D.O.  
By: Craig Cairns, M.D., M.P.H.

In honor of Keri Hershberger, M.D.  
By: Laura Edelblute

In honor of Susan Zwiebel, M.D.  
By: Craig Cairns, M.D., M.P.H.

In honor of W. Andrew Highberger, M.D.  
By: Craig Cairns, M.D., M.P.H.

### General

Anonymous  
Epic Systems Corporation  
Kroger Community Rewards  
Tri-Village Christian Church  
John H. & Sarah R. Wallace

In honor of Nina Hourmouzis, M.D.  
By: Marge & Richard Gillespie  
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**Cradle Roll**

In honor of Lainey Bridges  
By: Licking Memorial Health  
Systems

In honor of Brian Klima, M.D.  
By: Laura Edelblute

### Grants

Kroger Community Rewards  
State Farm Companies Foundation

In honor of Mark Law, M.D.  
By: Ann & Tom Mullady

**Doctors' Day**

In honor of Emilia Anigbo, M.D.  
By: Ann & Tom Mullady

In honor of Licking Memorial  
Hospitalists  
By: Ann & Tom Mullady

### Honorary

In honor of David Claypool and the  
LMH Fiscal Services Department  
By: Steven Zima

In honor of Matthew Arrowsmith, M.D.  
By: Craig Cairns, M.D., M.P.H.

In honor of Tara Menon, M.D. & Staff  
By: Michael Tarver

In honor of Garth Bennington, M.D.  
By: Cynthia & Thaddeus Webster

In honor of Robert Mueller, M.D.  
By: Sheila & Ron Miller  
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In honor of Roy Brown, Jr., M.D.  
By: Dave & Tickle Shull

In honor of Nishi Naik, M.D.  
By: Charles Selmon

In honor of Craig B. Cairns, M.D.,  
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By: Robert & Patricia McGaughy  
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In honor of Kevin Ouweleen  
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In honor of Alex Campolo, M.D.  
By: Seth Ellington  
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In honor of Mark Plaugher, APRN-CRNA  
By: Sheila & Ron Miller

In honor of Michael Campolo, D.O.  
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In honor of Elliot Davidoff, M.D.  
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In honor of Sara Rochester, M.D.  
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In honor of Janae Davis, M.D.  
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In honor of Laurie J. Schaeffer, D.O.  
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In honor of James DeSapri, D.O.  
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In honor of Andrew Seipel, M.D.  
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In honor of Donald DeShetler, Jr., M.D.  
By: Nancy Neely

In honor of Colleen Smith, M.D.  
By: Laura Edelblute

In honor of Donald Fairbanks, M.D.  
By: Mike Massaro  
Sheila & Ron Miller  
Dave & Tickle Shull

In honor of Karen Smith-Silone, D.O.  
By: Dave & Tickle Shull

### William Schaffner Society

Holly Lantz  
Treva Freeze

In memory of Kenneth Rapp  
By: Linda Allan  
Gary & Penny Sitler  
Wilson, Shannon & Snow, Inc.

# 2022 LMH Volunteer Executive Board

The 2022 Licking Memorial Hospital (LMH) Volunteer Executive Board officers are currently serving the first year of their two-year term. The officers are Julie Wiegman, President (left); Michael Barker, Vice President (middle left); Patricia Law, Recording Secretary (right); and Sheryl Bindley, Corresponding Secretary (middle right).

The Volunteer Executive Board also features historian and department representative roles. Each department representative is assigned to volunteer in different departments and discuss any updates, concerns, or suggestions affecting each area. The current department representatives are:

- Gary Morton – LMH – Tamarack and Licking Memorial Medical Campus
- Dave Hiatt – GI Lab
- Bill Fielding – Mail Room and Newspapers
- Karen Hamilton – Meet & Greet
- Diana Hufford – Messenger
- Janet Anderson – Oncology
- Melissa Loomis – Reception Desk
- Carol Yost – Registration
- Cindy Kikeli – Health Resource Center
- Mary Craig – Special Services at LMH
- Joan Omlor – Telecare and Birthday Cards

At LMH, volunteers can help meet the needs of the community by providing supplemental services for our patients and visitors – services that otherwise may

not be available. More than 15 different volunteer roles are available at LMH, and every attempt is made to match service needs with individual interests and talents. Volunteers may perform the following duties:

- Greet and guide visitors
- Deliver patient mail and Hospital office mail
- Provide messenger service
- Assist families who have loved ones in surgery
- Provide information while staffing the Main Lobby reception desk
- Assist with Hospital mailings
- Help transport patients
- Provide clerical assistance

LMH volunteers serve Monday through Friday, between the hours of 8:00 a.m.

and 4:00 p.m., and select positions are provided on the weekends. Although most choose four-hour shifts, volunteers set their own schedule, with a choice of days and hours, according to the needs of the Volunteer Department.

Volunteers must be over the age of 18; however, opportunities are available for volunteers, who must be between the ages of 16 and 18 and have parental consent. Volunteering is a great opportunity to serve the community. To learn more about volunteer opportunities at LMH, visit [LMHealth.org](http://LMHealth.org) and click the “Become a Volunteer” link in the About LMHS section or call the Volunteer Department at (220) 564-4044.



# LMH Volunteers Honored at Annual Recognition Dinner

Licking Memorial Hospital (LMH) recently hosted the annual Volunteer Recognition Dinner to show appreciation to the exceptional contributions made by the more than 150 members of the Volunteer Department. In 2021, volunteers and TWIGS members donated more than 14,000 hours of their time in service to 41 departments at the Hospital and off-campus locations. They delivered more than 16,000 newspapers, over 400 cards and flowers, and completed approximately 600 miscellaneous messenger runs, in addition to greeting patients and assisting with special projects and community events.

Rob Montagnese, LMHS President & CEO, spoke at the event to commend the volunteers on their invaluable work. “We are grateful that you choose to share your time and talents to assist the patients, employees, and visitors of Licking Memorial Health Systems (LMHS),” said Rob. “Your dedication and service is a vital part of helping us fulfill our mission to improve the health of the community.”

The dinner included the presentation of service awards in five-year increments and the 2022 Donald Day Volunteer of the Year Award. Patricia Law, who has volunteered more than 200 hours since 2020, was honored as this year’s recipient. The nominations described her as reliable, hard-working, pleasant, and quick to ask “What can I do for you?” Other nominees, who were selected for their excellent work ethic and volunteer contributions, included Bill Fielding,

Melissa Loomis, Gary Morton, and Julie Wiegman.

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

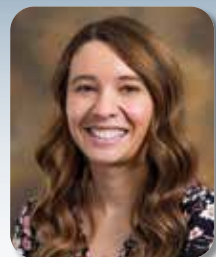
Past recipients of the Donald Day Volunteer of the Year award include:

- 2021 – Lori Brown and Michael Baker
- 2020 – Carol Yost
- 2019 – Diana Hufford
- 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



LMHS President & CEO Rob Montagnese, Volunteer of the Year Patricia Law, and LMH Board President David Doney

## New Appointments



**Alexandra M. Haffner,**  
APRN-CNP,  
joined Licking Memorial  
Women’s Health – Newark



**Megan K. Hampton,**  
APRN-CNP,  
joined Licking Memorial  
Pediatric Hospitalists



**Eric J. Hoff, D.O.,**  
joined Licking Memorial  
Women’s Health – Pataskala



**Rory L. Nesbitt, DNAP,**  
APRN-CRNA,  
joined Licking Memorial  
Anesthesiology



**Angela M. Raake,**  
APRN-CNP,  
joined Licking Memorial  
Heart Center



**Trisha D. Swearingin,**  
APRN-CNP,  
joined Licking Memorial  
Women’s Health – Downtown Newark



# Health & Fitness Fest Encourages Youth to Stay Active

On April 9, approximately 250 youth and parents/guardians attended the Health & Fitness Fest sponsored by Licking Memorial Health Systems (LMHS), the Licking County Family YMCA, and Denison University. The event, which counts toward Active•Fit Youth Wellness program goals, offers a variety of fun activities designed to encourage children to stay active and follow a healthy lifestyle. Stations with various fun activities, such as bubble soccer, basketball free throws, gymnastics, inflatables, half-mile run, and more, were located throughout the YMCA. Children also had the opportunity to learn the basics of hands-only cardiopulmonary resuscitation (CPR), Zumba, and yoga. Information booths offered education on a healthy diet, mental health, and dental care.

Nearly 20 Denison students volunteered at the event, leading the children through the activities. Each participant was given a Health & Fitness Fit•Tix activity form to collect achievement star decals upon completion of each health-related activity at the various stations. At the

end of the event, completed Fit•Tix were collected and placed into a drawing for prizes, including Dick's Sporting Goods gift cards, sports equipment, and a family pool pass to the YMCA, among others.

Event partnerships allow for an increased variety in the events available to Licking County and greater awareness of pursuing

optimal health. "Partnering with other community organizations allows us to create successful initiatives that lead to a stronger, healthier community," LMHS President & CEO Rob Montagnese said. "The Active•Fit Program has been very successful in introducing the benefits of exercise and healthy eating while assisting youth to develop a lifelong commitment to personal fitness."

LMHS plans to collaborate with the City of Pataskala, Park Lanes, and the Newark Area Soccer Association (NASA) for the Active•Fit Mini-triathlon, Active•Fit and Active•Senior Bowling, and Active•Fit Field Day events throughout the summer.

All Active•Fit events are open to youth ages 6 to 12. For more information or to register for the Active•Fit Program, please visit [ActiveFit.org](http://ActiveFit.org) or call Licking Memorial Public Relations at (220) 564-1560.



## Health & Fitness Fest

# Volunteer Spotlight

**JoAnn Walton** became a Licking Memorial Hospital (LMH) volunteer in 1974 and is currently the longest-tenured volunteer. She retired from Licking Memorial Health Systems (LMHS) in 2000 after working in the Medical Records Department for 25 years.

"I'm very fortunate to have worked for a great organization who also has given me an opportunity to volunteer all of these years," JoAnn said. "During my time as an employee and volunteer, I have made many friends. Being a volunteer has been so much fun and very fulfilling, which is why I have been happy to be a volunteer for almost 50 years."

JoAnn takes great joy in helping others as a volunteer and loves to interact with co-volunteers and LMHS employees. "It is great to help anyone I can at the Hospital. The medical staff have faced a lot of turmoil during the past few years due to the COVID-19 pandemic, and I always try to assist in any way that I can." JoAnn has been responsible for many tasks during her volunteer tenure. Currently, she helps organize files in Accounts Payable.

JoAnn has been married for 60 years to her husband, David. She was born and raised in Utica and later moved to Oklahoma to be with David while he was in the National Guard. They moved to Newark a year later, then in 1981, built their house in Granville, which also

included a 40-acre farm. They have two children, Brian and Brady, and one grandson, Lyle. JoAnn and David both love to work on their farm, and in her spare time, she enjoys quilting, hunting, reading, completing jigsaw puzzles, and gardening. She also is a member of the Church of God.



# 2022 LMH TWIGS Officers

The TWIGS Executive Board of Licking Memorial Hospital (LMH) welcomed two returning members and two new members. The officers are Marilyn Weber, Chair (middle right); Eudora Newhouse, Vice Chair/Assistant Treasurer (left); Janet Wells, Recording/Corresponding Secretary (middle left); and Darlene Baker, Treasurer (right).

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.

In 1950, TWIGS 6 was organized to open the Granville Thrift Shop, which is now named the TWIGS 6 Thrift Shop. After relocating several times, the Thrift Shop presently operates at 1865 Tamarack Road in Newark. The current TWIGS 6 Chair is Lynne Rotruck.

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 LMH First Floor. The current TWIGS 8 Chair is Pam Froelich.

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 as the current TWIGS 13 Chair.

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 \$5.6 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.



# 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 cherry finish)



**Handcrafted child-size rocker**  
(Shown with oak finish)

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

# Retiree Spotlight

**Debbie Conley** has had an interest in the medical field since she was in high school when she volunteered as a candy striper at the local hospital in Zanesville, Ohio. After graduating from Sheridan High School, she worked as a point of care technician (POCT) at a nursing home until she was hired as a POCT at Licking Memorial Hospital (LMH) in November 1979.

the Critical Care Unit, and finally to Nursing Administration as a patient care coordinator. Debbie worked the night shift, which she enjoyed. Her duties included coordinating bed placement, assisting with admissions, and handling any issues that may arise throughout the night. In the mornings, she would help to coordinate the staffing schedule for the day shift.

once again adapted to learn the new EHR system.

Debbie enjoyed interacting with the patients and taking care of them. She received a feeling of satisfaction as she saw each patient's health improve. She is grateful for the opportunities provided to her at LMH and misses the camaraderie with her coworkers as well as patient interaction.

Since her retirement, Debbie has been able to enjoy activities that she did not have time for while she was working. She and her husband, Bill, enjoy boating on Salt Fork Lake and are looking forward to spending more time on the water. She also enjoys gardening and hopes to visit her sister, who lives in Cincinnati, more often. In the future, Debbie and Bill want to venture out of Ohio and go boating on lakes in Kentucky and Tennessee. Debbie and Bill currently live in Newark with their dog, Rosie.

There were many changes that Debbie experienced during her 40-year career at LMH. When she began her career, medical records and patient charting were kept on paper. Each shift wrote notes and recorded patient information in a different colored pen. Since Debbie worked the night shift, her records were written in red ink. In 1985, LMH implemented its first electronic health records (EHR) system. Debbie remembers that it was challenging to learn the computer system at first, but it was easy to use once she became familiar with the program. When LMH transitioned to Epic in 2021, Debbie

Debbie was initially assigned to work in 4-South – now known as 4-East – and then worked as a floating staff member assisting where needed. She later moved to



# 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 2022 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 Licking Memorial Hospital Development Office, 1320 West Main Street, Newark, Ohio 43055 by June 17, 2022, at 5:00 p.m.

# Development Spotlight

**Angie Ryan** recently joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee after previously serving on an LMH Community Cornerstone campaign. Angie has over 25 years of involvement in various Licking County organizations, and is excited for the opportunity to join the LMH Development Council. The purpose of the Development Council is to increase charitable giving to LMH, and to enhance and promote meaningful community relations for the Hospital.

"It is very beneficial for Licking County residents to have a community hospital with Development Council members who share similar values and work together to make a positive impact on our community," Angie explained. "I joined the Development Council because the members are extremely motivated to help the Hospital continue providing top-notch healthcare

resources for Licking County residents, whether through acquiring cutting-edge equipment or hosting health-related events for community members."

Angie believes that LMH is accomplishing its mission to improve the health of the community through its patient care, as well as the partnerships that are established with other local organizations. She also stated that these partnerships build goodwill throughout the community and are essential in making Licking County a great place to live.

Angie has worked at Leader Printing for over 27 years and currently serves as the Executive Vice President overseeing sales for the company, which has served Licking County for more than 140 years.

"Leader Printing and my involvement with other community organizations has helped me to gain a broad knowledge of community needs, which gives me

a perspective that I think will benefit the Development Council. Although I just joined in February, I understand the importance of the Development Council's purpose and the positive influence we bring to Licking County and the health of its residents."

A lifelong resident of Licking County, Angie lives in Newark with her husband, Andy. She will serve as the Incoming President of the Newark Rotary Club for the 2022-2023 year. In her spare time, she enjoys baking, indoor cycling, and traveling.







## Licking Memorial Health Systems

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# Community Events

## Walk with a Doc

Saturday, June 11, 9:00 a.m.  
Geller Park  
580 Cynthia Street, Newark

Brent M. Savage, M.D., of Licking Memorial Surgical Services, will discuss hernias.

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.

## Community Education

### Living Well with Hearing Loss

Wednesday, June 22, 6:00 to 7:00 p.m.  
Licking Memorial Hospital First Floor Conference Rooms

Cheryl Barker, Au.D., CCC-A, of Clear Choice Audiology, discusses the impact of hearing loss and tinnitus on wellness, and how current treatment strategies designed to address individual needs offer hope for real solutions. Seating is limited to the first 40 participants. To register, please call LMHS Public Relations at (220) 564-1560.

## First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-3388 or visit [LMHealth.org/Calendar](http://LMHealth.org/Calendar).

## Diabetes Self-Management Education and Support (a four-week series class)

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

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

Please take a few minutes to read this issue of **Community Connection**. You'll once again see why Licking Memorial Health Systems is measurably different ... for your health! **Visit us at [LMHealth.org](http://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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