



Licking Memorial Health Systems

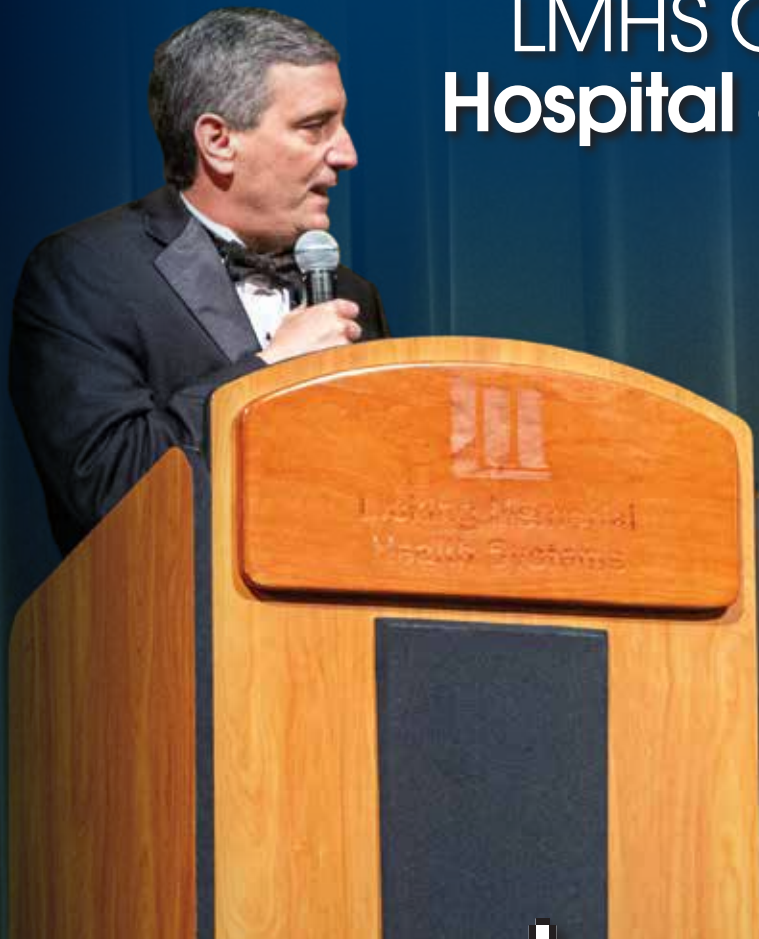
Community Connection

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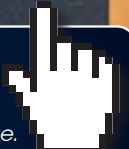
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LMHS Celebrates National Hospital & Healthcare Week

In an annual observance of National Hospital & Healthcare Week, Licking Memorial Health Systems (LMHS) paid tribute to the 2,100-plus employees who contribute to award-winning patient care. The five-day celebration at LMHS in May included a tour of the Employee Wellness Center, healthy eating tips, an employee health fair, a cookout, caricature drawings, sweet treat deliveries to outbuildings, award reception, Bingo and refreshments. Additionally, LMHS held its annual Employee Recognition Event on May 11.

“Our successful handling of the COVID-19 pandemic depended greatly upon the contributions and dedication of our staff. We are excited to host our annual Hospital & Healthcare week activities in recognition of those efforts,” LMHS President & CEO Rob Montagnese said. “We commend our employees’ ability to adapt to change and come into work each day to help make our community healthier and safer. Our employees continually hold themselves to a high standard, and our excellent reputation in the healthcare industry has been upheld throughout the pandemic due to their devoted work. We are grateful to them for sharing their time and talents to improve the health of the community.”

52nd Annual LMHS Employee Service Recognition Event

LMHS employees who are observing anniversaries in five-year increments in 2021 were invited to The Midland Theatre for the annual LMHS Employee Recognition Event, which featured a game show theme and offered honorees the opportunity to win prizes. The 310 honored employees represented 3,680 combined years of service.

Among the notable honorees were two employees with 45 years of service: Linda Crothers-Hurst, Process Improvement, and Janet Kimball, Behavioral Health. Each received a framed proclamation and gift to mark their special employment anniversary.

President’s Award

Rob Montagnese presented the President’s Award to Director of Pharmacy Jean Glaser, R.Ph., PharmD. The President’s Award is reserved for individuals or groups that have demonstrated a high level of commitment to LMHS and the community and is not presented every year.

Jean joined LMHS in 2002. She received her Bachelor of Science in Pharmacy and her Doctor of Clinical Pharmacy from Ohio Northern University. She became the Director of Pharmacy in 2007. Rob commended Jean’s role during the COVID-19 pandemic. Her personal involvement and oversight of the medication regimens used to treat COVID patients, providing required reporting to the state and federal governments, ordering, maintaining inventory, and preparing the COVID vaccines for administration are highlights of her

service to LMHS and Licking County. Licking Memorial Hospital (LMH) has treated hundreds of COVID patients and administered over 30,000 vaccine doses to employees and the community. Her attention to detail and personal dedication to processes helped LMH achieve zero wasted doses of the vaccine.

Manager of the Year

Rob also presented the Manager of the Year Award during the Employee Recognition Event. Established in 1987, the award recognizes a management employee who has demonstrated fair and consistent leadership in his or her area of responsibility. The nominee should demonstrate an ability to inspire employees beyond the ordinary requirements of their jobs. Two managers were honored this year – Amber Hartshorn and Ken Justice.

Amber began her career at LMHS in 2014 as the Registration Manager. One of Amber’s employees provided a statement for her award nomination, “When I first interviewed with Amber, I recall coming home and saying, ‘I really hope I get to work with her.’ She has since exceeded my expectations as a manager. She is an incredibly tireless worker and makes the Registrars feel motivated to work just as hard. Amber’s commitment to patient care is obvious and infectious, and she makes us continually aware of the effect of our roles on the care of our patients.”

Ken started at LMHS in 1992 as a Respiratory Therapist and was promoted to Respiratory Therapy Manager in 2014, then Director of Respiratory Therapy, Pulmonary Rehabilitation and Tobacco Cessation in 2017. Ken is certified as a

Neonatal/Pediatric Respiratory Specialist and an Adult Critical Care Specialist. He also serves as a member of the Code Blue, Infection Control, Cardiac and Critical Care, and HCAHPS committees. He works diligently with his departments and other teams throughout the organization in the pursuit of quality care and patient safety. Ken’s knowledge and expertise of the respiratory system and the equipment used to treat respiratory patients has been critical to the success in caring for COVID patients.

Clarissa Ann Howard Nursing Award for Clinical Excellence

The Clarissa Ann Howard Nursing Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for their expertise, professionalism and clinical excellence while providing patient care. The 2021 award recipients are Joshua Farrar, B.S.N., R.N., Sheryl Hayes, M.S.N., R.N., and Mary Vanest, B.S.N., R.N.

Josh graduated from Ohio University with an Associate Degree in Nursing in 2012 and recently completed his Bachelor of Science degree in Nursing from The Ohio State University. He is certified in basic life support (BLS) and advanced cardiovascular life support (ACLS). Josh was hired as a Medical/Surgical staff nurse on 4-North at Licking Memorial Hospital (LMH) in March 2013, where he served for nearly three years. Josh received an LMHS MVP award in 2015 and then transferred to the Intensive Care Unit (ICU) in June 2015. Josh serves as a charge nurse and preceptor and also is a member of the Nurse Practice Council.

Sheryl graduated in 1982 with an Associate of Applied Science degree in respiratory therapy, and in 1985, she received an Associate Degree in Nursing, both from Columbus State Community College. Sheryl earned her Bachelor of Science in Nursing in 2015 and a master’s degree in Nursing Education in 2018, both from Indiana Wesleyan University. She is certified in BLS, ACLS and advanced stroke life support (ASLS). Sheryl was hired at LMH in August 2018 as a critical care nurse in ICU. She serves as both a charge nurse and a preceptor for the ICU. In addition to training new employees, Sheryl also serves as a Clinical Adjunct Professor for Central Ohio Technical College (COTC) within the LMH ICU training and educating nursing students during their final semester of school. Prior to her career at LMH, Sheryl accumulated over 30 years of clinical experience working in critical care, home health, primary care environments, travel nursing assignments and for the government.

Mary graduated from Lakewood High School in 1996 and began her career with LMH in 1998 with a position in Registration and Central Scheduling. After a couple of years, she transferred to Company Care as a technician for five years. In 2004, she transferred back to the Hospital as a point-of-care technician on 5-South. She graduated from COTC in 2008 with a practical nursing degree and accepted a position in Licking Memorial Otolaryngology where she worked as a nurse with Kenneth Parker, M.D., for approximately 10 years. She returned to COTC in 2017 to become a registered nurse. In 2018, she obtained a position at Shepherd Hill, but recently transferred back to Licking Memorial Otolaryngology where she now is the nurse for Bradley Lawson, M.D. She returned to school in 2020 to earn a Bachelor of Science degree in Nursing from Muskingum University. She currently is pursuing a nursing certification in otolaryngology.

MVP Awards

As part of Hospital & Healthcare Week, LMHS recognized 38 MVP Award recipients who were selected for their consistent demonstration of LMHS’ values: compassion, accountability, respect and excellence. The 2021 MVPs are featured on pages 27 through 31.

Donut Truck



Caricature Drawings



Cookout



Health Fair



President’s Award

LMHS President & CEO Rob Montagnese honors Director of Pharmacy Jean Glaser, R.Ph., PharmD.



Manager of the Year

Pictured left to right: LMHS Board Chair Patrick Guanciale, Registration Manager Amber Hartshorn, Director of Respiratory Ken Justice, R.R.T., RRT-NSP, AE-C, LMH Board Chair David Doney, and LMHS President & CEO Rob Montagnese.



Clarissa Ann Howard Nursing Award for Clinical Excellence

Pictured left to right: LMHS President & CEO Rob Montagnese, Clarissa Ann Howard, Vice President Acute Care Services Heather Burkhart, Joshua Farrar, B.S.N., R.N., Sheryl Hayes, B.S.N., R.N., Mary Vanest, B.S.N., R.N., and Vice President Physician Practices Greg Wallis.

Interns and Family Members Celebrate Project SEARCH Graduation



The fifth year for Project SEARCH at Licking Memorial Health Systems (LMHS) consisted of many changes and challenges for the nine interns who participated. Due to the COVID-19 pandemic, new opportunities were created to offer the participants the work experience needed to graduate from the program. For health and safety purposes, the interns were given assignments that kept them from entering certain patient care areas. Despite the challenges, the participants completed the program and celebrated their accomplishments with family, friends and representatives from their respective high schools at a graduation ceremony at the Midland Theatre on May 24.

Project SEARCH provides real-life work experience to assist fifth year seniors from area high schools with disabilities make successful transitions from school to adult life. LMHS partners with Licking County Educational Service Center, Opportunities for Ohioans with Disabilities, Greenleaf Job Training Services, the Licking County Board of Developmental Disabilities and area school districts to offer the program for local students. In addition to work experience, the Project SEARCH program trains participants in employability and independent living

skills. Led by an instructor, job coaches, and directors and managers within LMHS departments, the students receive a combination of classroom instruction, career exploration and on-the-job training. Students began the program in August and, through the school year, completed three unique rotations in a variety of clinical and technological areas within LMHS.

To allow for more space to socially distance, the graduation ceremony was held at the Midland Theatre for the first time since the program began. LMHS President & CEO Rob Montagnese welcomed the interns and their guests. "Project SEARCH is fully-integrated into our culture at LMHS, and it was an easy decision to proceed this year despite the challenges of the pandemic," Rob shared. "The interns accomplished much during their rotations, and the manner in which they overcame the challenges speaks volumes about their character."

The COVID-19 Vaccination Clinic was one of the new experiences provided for the Project SEARCH participants. The interns assisted by checking temperatures of those entering the facility to receive a vaccination or assisting with preparing the needed paperwork. The Safety

& Security Department also provided a new internship opportunity this year. The Director needed assistance in manually entering thousands of pieces of data from a database to a spreadsheet. The Project SEARCH intern completed the task in one day, and was then permitted to assist in safety visits to departments throughout LMHS. Also accomplishing another first for the program, an intern was taught to use a zero-turn riding mower to assist the Engineering Department's grounds crew in maintaining the lawn around LMH. "We strive to create a feeling of contentment among our employees. The interns become part of our family, and they are invaluable in assisting us to fulfill our mission to improve the health of the community," Rob said.

In addition to the new opportunities and experiences provided this year, each intern had the opportunity to complete an application for the Mike Scheid Award. Mike Scheid graduated from Newark High School through a program to assist those with disabilities and was gainfully employed until his recent retirement in Phoenix, Arizona. He is an outspoken advocate for individuals with disabilities. His brother, Thomas, on behalf of Mike and their sisters, Julie and Kay, spoke to the interns and announced

the award winner. "Our family hopes this gift will assist in making the transition to the work world a little easier. We know all the interns have been working hard and possess a strong, positive attitude," Thomas said. "We celebrate and share the joy of this day and know they all will accept new jobs with a commitment to do their best." Cody VanValkenburg of Newark High School was given \$250 in gift cards for clothing and \$250 in bus tickets to assist with transportation needs. The application for the award included a question about what the intern felt they needed most to obtain employment. Cody answered that he would need new clothing and transportation.

Students from Newark, Granville, Licking Heights, Lakewood, Northridge and Southwest Licking school districts participated in Project SEARCH this school year. The long-term goal is to provide a set of transferable skills to people with disabilities that will result in a diverse group of motivated job seekers for employers throughout Licking County. At the conclusion of each academic year, students who graduate from the program are prepared for competitive employment and have assistance obtaining complex and rewarding jobs.

Since the program began in 2016, 94 percent of the interns have graduated from the program with 74 percent having been hired in Licking County. LMHS previously has hired 16 of the Project SEARCH interns, and Nicole Waters of Watkins Memorial High School recently accepted a position in the Physical Therapy Department. Since graduation, Cody VanValkenburg was hired to work with the Grounds crew and Natis Siegle received a position in the Culinary Department.

LMH Receives Top Rating in National Survey for Patient Safety

Licking Memorial Hospital (LMH) recently received a 10th consecutive "A" grade in the Spring 2021 Leapfrog Hospital Safety Grade. LMH ranks among the safest hospitals in the U.S. after earning the highest grade from The Leapfrog Group. Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade is based on adopted patient safety practices and uses 27 measures to assign letter grades to more than 2,700 U.S. hospitals twice per year.

The Leapfrog Group's spring survey found that the hospitals better prepared to respond to the COVID-19 pandemic were those that have consistently earned an "A" grade and have a consistent pattern of protecting patients from errors, accidents and injuries. Since safety and quality are embedded in the daily routine at all levels of the organization, the top-ranked hospitals, such as LMH, responded rapidly to the evolving pandemic. Also, the safety culture in straight "A" hospitals consistently shows a commitment to their workforce, empowering them to ask questions and share safety concerns.

"The pandemic emphasized how much we rely on healthcare workers," Licking Memorial Health Systems President & CEO Rob Montagnese said. "LMH's dedication and vigilance to protecting patients was vital to our preparedness to stop the spread of COVID-19 and created a high level of organizational resilience. As we emerge from the pandemic, our organization has grown stronger and we continue to make patient safety our top priority."

The Leapfrog Group, an independent national nonprofit organization that rates hospitals' safety performance, uses top patient safety experts to peer review and grade hospitals. The scores are fully transparent and free to the public. The Leapfrog Hospital Safety Grade focuses on a hospital's ability to protect patients

from preventable errors, accidents, injuries and infections. Ratings are based on performance in patient safety practices such as infection prevention and responsiveness of the staff. Grades are reported twice per year and provide the most complete picture of patient safety in the United States. Earning an "A" grade shows LMH has exhibited excellence in the national database of patient safety measures and ranks among the top hospitals in the U.S. in preventing patient harm and medical errors.

About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections. For more information about the Hospital Safety Score, please visit HospitalSafetyScore.org.



Defeating Cancer – A Virtual Education

Tobacco use remains the leading preventable cause of death and disease in the United States, accounting for 90 percent of all lung cancer deaths. Vaping, the process of inhaling aerosol through an electronic cigarette, has been promoted as a safer alternative to smoking. However, misconceptions regarding the use of e-cigarettes are widespread, with many users completely unaware of the associated risks. In response, Licking Memorial Hospital (LMH) partnered with the Licking County Health Department (LCHD) to offer a two-part virtual education event to address the latest research and provide participants with resources to learn how to quit tobacco and vaping use.

On May 6, LCHD Health Educator Mary Richardson, CHES, CTTS, and LMH Tobacco Cessation Counselor Eric West, NCTTP, CHES, presented *The Facts About Vaping and E-cigarettes*. During the presentation, Mary and Eric discussed the various vaping products, how they work and their ingredients. Vaping products include e-cigarettes and pod-based systems that work by heating liquid nicotine to convert it into a mist, or vapor, that the user inhales. The Food and Drug Administration (FDA) does not regulate these products, and many of the ingredients are unknown. Some of the known ingredients currently used in vaping products, such as propylene glycol and vegetable glycerin, are harmful when consumed and have been removed from other items. Studies are still in progress to determine what chemicals are in vaping products and how such affect users.

The advertising strategies of vaping companies also was discussed during the presentation. Many of the products are designed to appeal to younger audiences. These items are colorfully designed and include flavors such as bubblegum and chocolate. In addition, some companies have manufactured their products to resemble everyday items, such as USB drives, pens, chapstick and markers. These designs make it easier to conceal the products and may contribute to the rise in vaping among teenagers.

The 2019 National Youth Tobacco Survey reported that over 5 million youths currently are using e-cigarettes. Vaping nicotine is particularly harmful to younger individuals, and can have lifelong effects including mood disorders, lower impulse control and decreased attention span. It may also lead to other drug use, such as traditional cigarettes. When asked why they used e-cigarettes and other vaping products, middle and high school students responded that they were curious, friends and family members used the products, and they liked the flavors. They also believed they were less harmful than regular cigarettes. LMHS, LCHD and mylifemyquit.com can provide resources to help children quit.

LMH Tobacco Cessation Counselors Nia Spivey, NCTTP, CTTS; Megan Walts, CTTS, CHES; and Bonnie Ghiloni, R.N., B.S.N., NCTTP, CTTS presented *Quit for Your Health* on June 17. Discussion during the program included the effects of smoking, benefits to quitting and resources to help smokers quit. Cigarettes and other tobacco products contain nicotine and other harmful chemicals that can increase the risk of cancer. One cigarette contains about 7,000 chemicals and 70 cancer-causing substances. Cancer, stroke, diabetes and coronary heart disease are health problems associated with smoking. However, users who quit smoking see health benefits almost immediately. Within 20 minutes of quitting, a person's blood pressure and pulse rate drop to normal, and the chance of heart attack decrease with 24 hours of no tobacco use. Other benefits to quitting include saving money and an increased feeling of control.

To help a smoker quit, the presenters discussed strategies such as abrupt cessation, nicotine replacement therapy, prescription cessation medications and cessation counseling. The most successful method includes a combination of counseling and medication. This route can more than triple a smoker's chance of quitting.

Licking Memorial Health Systems (LMHS) offers two tobacco cessation programs, Quit for Your Health and Quit for You, Quit for Your Baby. Led by professional counselors, Quit for Your Health combines nicotine replacement therapy, counseling, and a personalized quit plan. Through the Quit for You, Quit for Your Baby Program, expectant mothers who smoke or use other forms of tobacco can receive free cessation services during prenatal visits.

Viewers of the Quit for Your Health presentation also received information regarding lung cancer screening. Lung cancer is the second leading cause of death in the United States and is the leading cause of cancer deaths. Screening can discover cancer before any symptoms appear and reduce lung cancer death through early detection and treatment. Patients who are at high risk for lung cancer should talk to a healthcare provider about screening. Risk factors include tobacco use, contact with radon, contact with asbestos or other cancer-causing agents, personal and family history of cancer, COPD or pulmonary fibrosis.

Both events were streamed live on YouTube for registered participants. For more information regarding tobacco use and the LMH Quit for Your Health program, call the LMH Quitline at (220) 564-QUIT (7848). Visit LMHealth.org to learn more about additional community education events hosted by LMHS.

Corporate Breakfast Focuses on Colon Cancer Prevention

In April, the Licking Memorial Hospital (LMH) Development Council hosted a Corporate Breakfast focused on colon cancer prevention. Due to social distancing guidelines, approximately 20 community leaders attended in person, and the event was presented through an online livestream. Frances B. Horenstein, M.D., of Licking Memorial Gastroenterology, and Marty E. Malloy-McCoy, APRN-CRNA, of Licking Memorial Anesthesiology, presented *Dietary Interventions to Prevent Colon Cancer and Polyp Formation* – an exploration of a plant-based diet approach.

Dr. Horenstein first discussed the mechanism of colon polyp and cancer formation explaining that the colon routinely sheds epithelial cells from the lining and replaces with new cells, which is essential to maintaining optimal health. During the shedding process, alterations may occur either randomly or due to risk factors that influence errors. Altered shedding is associated with multiple disorders, ranging from inflammatory bowel disease to colorectal cancer. A polyp of epithelial tissue may form and grow. Polyps generally are benign and, if detected early, can be removed before becoming a malignant tumor.

Colorectal cancer is the third most common cancer in men and women; however, it is highly treatable and preventable. Early detection through screening is the key to successful treatment. Prevention also may include lowering the risks of cancer formation. Some colon cancer risk factors cannot be controlled, such as increasing age, family

history or a person's race. However, a modified diet, physical activity, and avoiding alcohol and cigarettes can greatly improve the health of the colon and decrease the chances of altered shedding.

Following Dr. Horenstein, Marty explained how the microbiome of the colon assists in keeping the shedding process at optimal health. The microbiome consists of trillions of microorganisms including helpful bacteria that maintain balance in the body. Some foods, including processed meats such as bacon, sausage and hot dogs, may introduce harmful bacteria into the body. These bacteria can cause inflammation in the lining of the colon and lead to the development of polyps. Consuming fiber and more vegetables is vital to maintaining a proper balance. Marty, who is vegan, explained that dietary interventions have an immediate effect on gut health and significantly lowers cancer risk.

Together, Dr. Horenstein and Marty offered actionable advice to assist in making dietary changes. The two suggested the following:

- Set realistic goals
- Identify obstacles – for example: if finances are a concern, consider visiting a Farmers Market where fresh produce may be cheaper
- Keep a food journal
- Increase consumption of fruits and vegetables
- Make healthy foods convenient – for example: keep cut vegetables available for snacking

- Make unhealthy foods inconvenient – avoid purchasing processed foods and snacks

Marty and Dr. Horenstein also encouraged everyone to consider colon cancer screening. While a colonoscopy seems uncomfortable, Marty explained that patients receive intravenous sedation that offers a very sound, restful sleep-like state that is carefully monitored and administered by an anesthesia professional. There now are several different types of liquid laxative medications available for bowel preparation which offer less daunting volumes of liquid. According to national guidelines, anyone 50 years of age or older should have a colon cancer screening; however, new recommendations have suggested people age 45 should consider being tested. Dr. Horenstein suggested talking to a primary care physician or gastroenterologist about when to begin screenings.

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



Virtual “For Your Health” 5K Run/Walk & 1-mile Fun Walk Scheduled for July 24

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 “For Your Health” 5K Run/Walk and 1-mile Fun Walk virtual event on Saturday, July 24. Participants will race remotely on their favorite local routes at a convenient time, while simultaneously competing with others in the same event. To help create a motivating and exciting pre-race atmosphere, a pre-recorded event premier video will stream the morning of Saturday, July 24, at the regular start time of 8:30 a.m.

Real-Time Remote Racing will provide the virtual experience using GPS speed and distance to place each runner or walker on The Dawes Arboretum event course, enabling them to track their own position relative to other participants. Runners and walkers will be guided through the race with custom audio prompts for continual engagement, and the leaderboard will update automatically as each individual completes the event.

Additionally, participants can register for a time slot to run or walk at The Dawes Arboretum on Sunday, July 25, through Wednesday, July 28, from 8:00 to 10:00 a.m. There is a limit of 100 runners per day to allow a total of 400 participants on the course over the four-day period.

To register for the free virtual 5K Run/Walk and 1-mile Fun Walk, visit racepenguin.com/events/foryourhealth/ through Saturday, July 24. Then, download the Real-Time Race Tracking (RTRT.me) app and connect your registration by following the link that will be emailed the week of July 19. Participants have until Wednesday, July 28, to complete the event.

Also, as part of the event, Licking Memorial Health Systems (LMHS) and Park National Bank are inviting area businesses to participate in the Corporate Participation Challenge. Businesses will

be grouped into categories based on number of employees:

- Micro (1 to 10 employees)
- Small (11 to 20 employees)
- Medium (21 to 99 employees)
- Large (100 or more employees)

The Corporate Participation Challenge is a great opportunity for Licking County employers to promote employee wellness. Any employee who runs or walks in the event will count toward the organizational total. The winning business in each category, as determined by the highest percentage of employee participation, will receive a photo billboard, trophy and mention in the “For Your Health” 5K Run/Walk and 1-mile Fun Walk article, which will appear in LMHS’ *Community Connection* magazine. To register your organization for the Corporate Participation Challenge, contact LMH Director of Development Kristen Stare at (220) 564-4108 or KStare@LMHealth.org.

David Subler, M.D., and his wife, Pamela, are serving as the Honorary Chairs for this year’s event. Dr. Subler joined Licking Memorial Gastroenterology in 2004, and his practice is located at 1717 West Main Street in Newark. He received a bachelor’s degree from the University of Dayton and his Medical Degree from The Ohio State University College of Medicine. Dr. Subler completed an internship and residency in internal medicine at University of Michigan Medical Center and a fellowship in Gastroenterology at Case Western Reserve University in Cleveland, and is board certified in gastroenterology. He was named the LMH Physician of the Year in 2009 and enjoys photography and running marathons.

Pamela is a speech pathologist who provides speech and language therapy services to preschool and school-aged children. She received a bachelor’s degree from Miami University and a master’s degree from Eastern Michigan University. Pamela volunteers at Worthington City Schools, received the Volunteer of the Year Award from the Worthington Education Foundation, and enjoys gardening, traveling and participating in choir at St. Peter’s Church. Both Pamela and Dr. Subler graduated from Versailles Exempted Village Schools and have four grown children, Ashley, Anna Marie, Andrew, and Abigail, and two dogs, Izzy and Ferdie.



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

- 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, Bracklyn
- 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

Sponsored by:



LMHS Completes Sports Screening Program

Licking Memorial Health Systems (LMHS) once again offered its free annual Sports Screening Program to local youth. Licking County student-athletes entering grades 7 through 12 who are involved in sports, marching band, and C-TEC’s Criminal Justice, Fire and Physical Therapy programs were eligible to attend.

A total of 521 students from 15 Licking County Schools participated in the program, which provided pre-participation physical examinations, electrocardiogram (EKG) and echocardiogram heart screenings, and ImpACT baseline concussion testing. The painless EKG displays the heart’s electrical impulses, and the echocardiogram screens the functioning of the heart’s valves and muscles. These screening tests can identify heart conditions that place the athlete at risk for a sudden cardiac death even when there are no symptoms. Of the 456 students who received the heart screenings, 13 were referred to a pediatric cardiologist for further evaluation and treatment after preliminary results indicated possible abnormalities.

“LMHS is committed to the well-being of our area students and their ability to engage safely in physical activity,” LMHS President & CEO Rob Montagnese said. “After COVID-19 precautions did not allow us to provide EKGs and echocardiograms as part of our annual Sports Screening Program in 2020, we were pleased to offer these vital tests at no cost to all participants this year. When the Heart to Play screenings return an abnormal test result, previously undetected heart conditions can be diagnosed and treated before causing serious and potentially fatal issues during athletic competition or other strenuous activities.”

A total of 51 LMHS employees – including pediatricians, other family practice and specialty physicians, nurse practitioners, nurses, and support personnel – staffed the LMHS Sports Screening Program in 2021. The program included a total of 10 screening sessions, which were conducted after regular business hours at the Pataskala Health Campus and Licking Memorial Pediatrics – Tamarack.



Behind the Scenes – Hospitalists

When a medical condition requires hospitalization, Licking Memorial Hospital's (LMH) dedicated team of Hospitalists is prepared to guide and offer quality treatment to all patients. LMH Hospitalists are internal medicine physicians who specialize in caring for acutely ill, hospitalized patients. In both training and experience, they are the most suited to provide the best possible care, particularly for complex and challenging diagnoses, to patients during their hospital stay.

An individual's care is increasingly shared between primary care physicians during office visits and hospitalists during a hospital stay. Responsible for creating a treatment plan and the patient's overall care from admission to discharge, Hospitalists coordinate care for most of the people who are admitted to LMH. They are skilled in assessing a wide range of conditions to diagnose and begin medical care quickly. Their expertise in caring for complicated acute illness daily and in-depth knowledge of the hospital system affords them the skills to most effectively address a hospitalized patient's needs. Should a need arise that is out of their expertise, the Hospitalists will consult other specialists to provide appropriate care. Care may include special treatments or transfer to other facilities.

In addition, the hospitalists consistently communicate to the patient's primary care physician any changes in condition, medications or treatments. The implementation of Licking Memorial Health Systems' (LMHS) new electronic health record system, Epic, simplifies the communication process. Epic allows the hospitalists to access a patient's health records from LMHS providers and surrounding healthcare facilities that also use the system. Because the hospitalists do not regularly see most of the patients they treat like a primary care physician, access to the medical records is critical in quickly developing a care plan.

Patients benefit from the hospitalist and primary care physician partnership by receiving coordinated care across the healthcare continuum. Since hospitalists exclusively care for patients in the hospital, they are available any time of the day and night to respond rapidly to medical needs. They also are available to meet with family members, follow up on tests, answer questions, and provide more personal attention while coordinating treatment with the entire healthcare team. In return, primary care physicians can devote more time to individuals at office appointments while being assured their hospitalized patients receive excellent care from a highly trained and qualified healthcare provider.

A hospitalist requires empathy, compassion, flexibility, experience, interpersonal skills and stamina to deal with an ever-changing roster of medical conditions. Currently, LMH employs 13 highly qualified hospitalists who provide care

24 hours a day. Pediatric hospitalists are available to care for hospitalized children, treat infants in the Special Care Nursery and coordinate the transfer of those who require more intensive care to other facilities.

Along with providing high-quality health care to LMH patients, LMH Hospitalists offer their expertise to various committees at the hospital to assist with improving patient care. LMH Hospitalists also dedicate time to improve the community by volunteering their time to various organizations within the county. For more information about the LMH Hospitalists and the services they provide, visit LMHealth.org.



LMHS Hosts Family Drive-in Movie Night at Pataskala Health Campus

On June 4, more than 120 community members attended Licking Memorial Health Systems' (LMHS) Family Drive-in Movie Night at the Pataskala Health Campus to watch the Marvel Studios film *Guardians of the Galaxy* on a 30 foot-high inflatable screen. LMHS hosts Family Movie Nights as an initiative to promote family-oriented activities. The June event was the second drive-in style movie night held by LMHS. Prior to the start of the movie, the Active•Fit Youth Wellness Program Period 2 prize winners were announced. 972 Active•Fit participants completed their goals to earn entry into the drawing for the 32 prizes that were awarded. Families also were provided free pre-packaged healthy snacks and beverages to enjoy as they watched the show.



Active•Fit Period 2 Prize Winners

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit Youth Wellness Program prize winners from Period 2. Participants in the Program who completed their fitness goals between January 1 and April 30 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements.

Nintendo Switch & Fitness Software

Allison Schwamb, John Clem Elementary
Asher Kellett, Pataskala Elementary
Aiden Elkins, John Clem Elementary

Bicycle & Helmet

Michael Buckman, Pataskala Elementary
Gwen Reinhart, Etna Elementary
Nathan Gingerich, Etna Elementary

Athletic Shoes

Molly Meade, Etna Elementary
Serenity Shaner, John Clem Elementary

iPod Touch & Fitness Software

Madysen Mehl, Pataskala Elementary
Norah Fulton, Pataskala Elementary
Elizabeth Ebeling, Pataskala Elementary
Lacey Goins, Pataskala Elementary

\$100 Dick's Sporting Goods Gift Card

Emily Martinie, Etna Elementary
Jake McCleese, Etna Elementary
Luke Ellsworth, Pataskala Elementary
Zander Spencer, Etna Elementary
Graham Keller, Newton Elementary
Mychal Eden, John Clem Elementary
Camden Ford, Pataskala Elementary
Alize Brown, John Clem Elementary
Tyler Fulton, Etna Elementary
Keira Asher, John Clem Elementary

\$50 Dick's Sporting Goods Gift Card

Jacob Norris, Pataskala Elementary
Jean Gravely, Etna Elementary
Madison Holloway, John Clem Elementary
Case Vieira, Etna Elementary
Aaron Adhikari, Pataskala Elementary
Alexis Hardin, Etna Elementary
Ella Nation, Etna Elementary
Waylah Moore, Etna Elementary
Jocelyn Pullins, Etna Elementary
Odessa Setty, Etna Elementary

Since its creation in 2012, the Active•Fit Program has registered over 8,500 participants who select health-related goals and track their progress at ActiveFit.org. Each period of the Active•Fit Program features exciting events and opportunities for children to get active and learn about their health. Period 3 for 2020-2021 began May 1 and continues through August 31. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit ActiveFit.org.

Camp Feelin' Fine Provides Asthma Education and Summer Fun

To help local children care for their asthma, Licking Memorial Hospital (LMH) offers Camp Feelin' Fine, an annual day camp comprised of educational games and activities. Eighteen children attended this year's event on June 11 at Infirmary Mound Park, south of Granville. The event included superhero-themed activities

and presentations designed to help youth learn more about asthma, manage their symptoms and interact with others who also have the condition.

Licking Memorial Pediatrician Richard Baltisberger, M.D., members of the Licking Memorial Respiratory Therapy Department, and other Licking Memorial

Health Systems (LMHS) staff taught participants ways to avoid common "triggers" of an asthma attack, such as pollen, strenuous exercise, and dust and pet dander. The LMH Respiratory Therapy Department is staffed with state-licensed respiratory care professionals who work under the direction of a physician and assist with the diagnosis, treatment and management of patients with pulmonary disorders.

Asthma is a condition that inflames and obstructs the airways in the lungs. Acute attacks, in which airflow is severely restricted, can be life-threatening if left untreated. Symptoms of an asthma attack include coughing, irregular or labored breathing, wheezing, frequent clearing of the throat, and chest tightness. If a child who has not previously been diagnosed with asthma exhibits these symptoms, consult a pediatrician or family physician for a complete evaluation.



Walk with a Doc

Licking Memorial Health Systems recently resumed in-person Walk with a Doc events at outdoor locations in Licking County. In May, Marco M. De Santis, D.O. (top), of Licking Memorial Endocrinology, led a walk at Infirmary Mound Park while discussing type 2 diabetes. Sean M. Gallagher, M.D. (bottom), of Licking Memorial Pediatrics – East, provided information on adverse childhood experiences during the June event at Wildwood Park in Granville.

The monthly program gives community members an opportunity to ask general health questions related to a physician's specialty during a 40-minute walk at a variety of area parks and trails. For more information on upcoming Walk with a Doc events, visit LMHealth.org/Calendar.



Physician Spotlight

Frances B. Horenstein, M.D., joined Licking Memorial Gastroenterology in August 2017. She received her Medical Degree from the University of Santo Tomas in Manila, Philippines. She completed an internal medicine residency and a gastroenterology fellowship at Harlem Hospital – Columbia University Medical Center in New York, New York. Dr. Horenstein is board certified in internal medicine and gastroenterology.

Dr. Horenstein is a member of the American Neurogastroenterology and Motility Society, American Society of Gastrointestinal Endoscopy and American College of Gastroenterology.



Ask a Doc – Sucrose Intolerance with Frances B. Horenstein, M.D.

Question: I often experience stomach issues after consuming fruit or other foods with sugar. What could be causing this reaction?

Answer: Suffering uncomfortable gastrointestinal symptoms after consuming foods that contain sugar may be due to a disorder known as sucrose intolerance. However, the symptoms – bloating, abdominal pain, intestinal gas and diarrhea – are commonly attributed to a number of other gastrointestinal issues, such as irritable bowel syndrome (IBS) or celiac disease. Determining if sucrose is the cause of discomfort requires time to eliminate other possible conditions and a study of the timing of the symptoms in relation to eating high-sugar foods.

A person experiencing sucrose intolerance may be missing, or not have enough of, an enzyme known as sucrase, which is needed to digest sugar. Sucrose is a disaccharide meaning it consists of two individual sugars linked together. The body uses the sucrase enzyme during digestion to separate the two sugars into smaller forms for easy absorption in the small intestine. If a person lacks the proper enzyme, the sucrose becomes difficult to digest causing discomfort.

One form of sucrose intolerance, congenital sucrase-isomaltase deficiency (CSID), is believed to be genetic. From birth, a person lacks the genes that create the enzyme needed to break down sugar. Symptoms typically begin to appear in infancy once a child begins ingesting foods containing sucrose, such as fruit juice or common prepared baby foods. Chronic abdominal pain, watery diarrhea and an inability to maintain growth are common symptoms of the disorder. Symptoms may be less severe as the child grows and

adapts; however, a low sucrose diet is recommended.

Adults may acquire sucrose intolerance due to inflammation, disease or other factors that may damage the lining of the intestinal tract. Damage to the lining may cause the level of sucrase to decrease. When sucrose is improperly digested, different types of bacteria and other organisms in the intestine will consume the sugar and produce hydrogen or methane gas as a by-product of fermentation. This fermentation can result in uncomfortable symptoms, such as bloating and cramps, that generally occur soon after consuming foods that contain sucrose.

Diagnosing sucrose intolerance requires time and patience. A family physician may refer a patient to a gastroenterologist who specializes in digestive ailments to consider the cause of symptoms. Determining the cause of the symptoms likely begins with eliminating other possible causes for stomach issues. Once an infection or other disorder has been considered or treated and the symptoms persist, the physician may suggest a number of different tests to determine if a patient lacks the needed enzyme. The most accurate test to diagnose for sucrose intolerance is an intestinal biopsy, which requires the patient to be anesthetized and have tissue samples removed from the small intestine. Due to the risks and expense of the procedure, a number of alternatives are more likely to be utilized.

Alternative testing includes different types of breath tests. When a person with

a sucrase deficiency consumes sugar, hydrogen gas is produced and can be detected in a person's breath. Another indicator of sucrose intolerance is a lower level of carbon-dioxide (CO₂) in the breath. When sugar is properly digested, it is absorbed and then metabolized in the liver releasing CO₂. The amount of CO₂ in breath correlates with the amount of sucrase activity in the small intestine. Both breath tests are non-invasive and may provide the input needed to make a sucrose intolerance diagnosis. Individuals also may attempt a sugar challenge test at home after speaking with a physician or specialist. Mixing table sugar with water, the patient can ingest the mixture and monitor themselves for symptoms including bloating, intestinal gas or diarrhea.

Cases of sucrose intolerance are unique to each individual, so patients may need to visit with a physician and a registered dietitian to develop an individualized diet plan to meet specific needs. In general, dietary treatment, when necessary, may need to be combined with therapeutic treatment to focus on restricting the consumption of sugar and starch. The degree of restriction an affected individual needs is specific to each person. Keeping food logs or a food diary to record all items consumed throughout the day will assist in identifying trigger foods, and thus is an aid in developing an appropriate diet specific to the individual. Symptoms also should be recorded including the time of onset and the duration of the symptoms.



Quality Reporting to the Community

Patient Story and Benchmarks for Stroke Care

Patient Story – Debra Speight

The following day, Christina had to work, so she asked her husband, Richard, who has been working from home due to the pandemic, to pay close attention to Debra for any sign of slurred speech. Christina still was very concerned about Debra having another stroke, so she began calling Debra to check on her as well. During one phone call, Debra was again experiencing the slow, slurred speech. Christina called Richard and told him to check on Debra. Richard checked for other symptoms of stroke, but said Debra seemed fine. Christina called a short time later and again, Debra could not speak properly. “I thought I was speaking clearly. I could not understand why Richard was looking at me strangely and why Christina was so concerned,” Debra shared. Christina quickly left work and headed home. While driving, both Christina’s sister and niece called and said they too had noticed Debra was having difficulty speaking.

When Christina arrived home, Debra said she was fine and had been busy all day cleaning house, doing dishes and laundry. Christina was not convinced and insisted on taking Debra to the LMH Emergency Department (ED). Since Debra seemed a little more coherent, Christina stopped to get gas. Debra requested a soda and a candy bar; however, when Christina returned to the car, Debra was slurring her speech again. When Debra tried to take a drink or eat the candy bar, she started choking. By the time the two arrived at the ED, Debra seemed fine. The ED staff quickly admitted Debra and began testing for any damage from a stroke. It was recommended that Debra stay the night for observation though the tests showed no indication of damage or imminent stroke warnings.

Debra was monitored during the night without event. During a visit from

Christina the following day, she began losing her focus and ability to speak. The nurse quickly responded and called the physician. The staff were able to stabilize Debra and care for her during the episode. The physician found Debra in the process of having a stroke. A major artery in the brain had a partial blockage causing her intermittent, “stuttering stroke” symptoms. “The physician came to me and discussed our options for treatment for mom,” Christina said. “The treatment options included adding an antiplatelet, clopidogrel, or a more risky intervention with a catheter in the brain. We chose the medicine and saw immediate success.” Debra quickly recovered and was happy to be able to recognize her children, swallow safely and speak normally.

Christina was grateful that Debra had no ill effects from the stroke. She recalls watching her mother struggle to regain her independence after the stroke four years ago. Debra spent several weeks in the Inpatient Rehabilitation Unit at LMH, where she worked to learn to walk and talk again. “That was a long recovery, but I am a fighter. I just keep fighting to stay healthy,” Debra said. Since that time, Christina has been diligent about understanding and recognizing the signs and symptoms of stroke. Fast treatment can lessen the brain damage that a stroke can cause. Knowing the signs and symptoms is vital for the quick action needed to save a life.

It has been a stressful time for Debra. Several of her siblings and in-laws passed away within a few months of each other leaving her to grieve alone. She is now the last surviving child from her family of nine. Debra’s mother had suffered from mini-strokes until a major stroke caused her death. One of Debra’s sisters also suffered a stroke that caused bleeding in the brain and death. “I am lucky to have children who care so

much about me and keep a close watch for stroke symptoms. My children, grandchildren and great-grandchildren keep me going,” Debra said. Debra has three children, Amy, Michele and Christina, two step-children, Eddie and Kelly, four grandchildren, Stephanie, Nathan, Crystal and Amy, and two great-grandchildren, Dustin and Olivia, who she has cared for throughout the years. She still has some issues with her left side and suffers from minor memory loss, but is happy to continue caring for her family and spending time with them.

Medications That Aid in Stroke Prevention

Stroke prevention is an important component of stroke care. Patients who have suffered a stroke or a mini-stroke, also known as a transient ischemic attack (TIA), are at a higher risk of suffering from a repeated stroke in the future. Medications that prevent clot formation and aid in the management of stroke risk factors, such as hypertension, high cholesterol and diabetes, are an important focus of stroke prevention.

Patients who have suffered a stroke or TIA require lifelong medication to prevent clot formation and cholesterol-lowering medication, unless there is a medical reason that prevents the prescriptions. Anti-platelet and anti-coagulation drugs are two categories of medications that prevent clot formation.

Anti-platelet medications include aspirin and clopidogrel, also known as Plavix. These medications work by making it more difficult for platelets in the blood to stick together, which is the beginning of clot formation. Studies show that previous stroke patients who take an aspirin daily decreased their risk of suffering another stroke, heart attack, or cardiovascular death by 23 percent. In clinical studies, clopidogrel has been shown to be as effective when compared to aspirin.

There are some instances when a patient should be prescribed both aspirin and clopidogrel, or may require additional medication to prevent the formation of blood clots. Consultation with a neurologist is required prior to initiating therapy in these cases.

Anti-coagulation drugs, such as warfarin and heparin, make clots difficult to form or slow growth. These drugs typically are given to patients with a high stroke risk and those with atrial fibrillation.

Individuals who have a history of high blood pressure, diabetes, high cholesterol, or smoking, have an increased risk of a stroke and should visit their primary care physician to determine proper management of their medical conditions. In addition to medication, factors such as a healthy diet, physical activity, quitting smoking and losing weight can contribute to lowering blood pressure and cholesterol levels, which may reduce stroke risk.

Know the signs

Knowing the signs and symptoms of stroke is vital to obtaining care to reduce the chances of severe damage to the brain. Call 911 immediately if you experience or observe someone else experiencing the following symptoms:

- Sudden numbness or weakness in the face, arm, leg or on one side of the body
- Sudden confusion, trouble speaking or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or lack of coordination
- Sudden severe headache with no cause



Stroke 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. Thrombolytic drugs, sometimes called “clot-busters” often are effective in treating a stroke in progress, and may even reverse some of the neurological damage. However, thrombolytic drugs can have dangerous side effects. To lower the risk of complications, thrombolytic drugs can be given only to patients who have arrived at the Emergency Department (ED) quickly enough to have the drugs initiated within three hours of their first symptoms of having a stroke.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Eligible stroke patients who received timely thrombolytic drugs in the ED	77.8%	87.5%	90.6%	88%

2. Tissue plasminogen activator (tPA) is a FDA-approved medication for acute ischemic strokes. tPA is given through intravenous therapy (IV) in the arm and works by dissolving clots and improving blood flow to the part of the brain being deprived. tPA can help reduce damage to the brain and the long-term effects of stroke. Lower numbers are preferable.

	LMH 2018	LMH 2019	LMH 2020	LMH Goal
Median time from arrival to administration of tPA	79 Minutes	68 Minutes	73 Minutes	60 Minutes

3. Quick access to brain scan results is critical to physicians when treating a patient with a suspected stroke. Clot-buster medications can be administered, but only for a short period of time after the patient’s stroke symptoms begin, and the medications may not be given until a brain scan is completed. Quick completion of a brain scan upon the patient’s arrival can reduce the amount of time elapsed before these important medicines can be given, which then increases the patient’s chance for improved recovery from a stroke.

	LMH 2018	LMH 2019	LMH 2020	National ⁽¹⁾
Stroke patients in the ED with brain scan results within 45 minutes	86%	84%	96%	72%

4. Ischemic stroke is a type of stroke that results in damage to the brain caused by an interruption or blockage in blood flow. It is the most common type of stroke. A stroke can result in death, so seeking medical attention quickly is vitally important. Licking Memorial Hospital (LMH) measures the rate of in-hospital death of patients suffering an ischemic stroke. Prompt and comprehensive stroke treatment can reduce the risk of death and long-term complications. Lower percentages are preferable.

	LMH 2018	LMH 2019	LMH 2020	National ⁽²⁾
Ischemic stroke – inpatient mortality rate	0.00%	0.00%	0.00%	2.19%

5. The “incidence rate” is a measure of how often ischemic strokes occur in our community, as compared to national averages. It is measured as the number of patients who are admitted with a stroke, out of every 1,000 admitted patients. Rates higher than average mean that more patients are admitted to the Hospital with strokes than national average, while lower rates indicate fewer strokes occur in the community than national average. Lower numbers are preferable.

	LMH 2018	LMH 2019	LMH 2020	National ⁽²⁾
Incidence rate	21.28%	17.96%	20.10%	19.70%

6. Atrial fibrillation, also known as “AFib,” is a condition in which the heart does not pump blood effectively. Patients with AFib are five times more likely to suffer a stroke than the general population, and many patients may be unaware that they have it. Patients with AFib are at risk of having blood clots form inside their heart, which can travel to the brain, causing a stroke. This measure reflects the percentage of patients, diagnosed with stroke who had underlying AFib. Patients with AFib typically are treated with blood thinners to help reduce the likelihood of clots forming inside the heart. Lower percentages are preferable.

	LMH 2018	LMH 2019	LMH 2020	National ⁽²⁾
Ischemic stroke – percentage with AFib	25.00%	19.09%	14.29%	18.27%

7. In some cases, after the immediate crisis is stabilized and the patient no longer requires hospital care, ongoing care may be required depending on the needs of the patient. Patients may be transferred to post-hospital care settings such as inpatient rehabilitation, skilled nursing facilities or home health agencies. The LMH goal is for the patient to return to baseline functioning and be discharged directly home from the Hospital.

	LMH 2018	LMH 2019	LMH 2020	National ⁽²⁾
Ischemic stroke – percent discharged home	54.55%	34.27%	49.58%	56.00%

8. Licking Memorial Health Professionals (LMHP) office-based physicians use evidence-based measures in order to provide excellent, quality care to patients. The American Stroke Association and American Heart Association recommend the use of blood-thinning medication in order to prevent clots from forming and to improve blood flow.

	LMHP 2018	LMHP 2019	LMHP 2020	National ⁽³⁾	LMH Goal
% LMHP coronary artery disease patients seen receiving blood-thinning medication	94%	93%	93%	>80%	>85%

Data Footnotes: (1) Comparative data from www.hospitalcompare.hhs.gov. (2) Comparative data from the Midas Comparative Database. (3) American Heart Association/American Stroke Association/National Committee for Quality Assurance Heart/Stroke Recognition Program.

A Heart-healthy Diet Helps Prevent Stroke

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from receiving oxygen and nutrients. The risk of having a stroke increases with age, but health conditions, such as hypertension, diabetes and high cholesterol, also can contribute to stroke risk.

Lowering blood pressure is the best way to prevent a stroke, and other strategies are similar to those that prevent heart disease, including a healthy diet. Eating foods that contain important nutrients, such as potassium, magnesium, folate and omega-3 fatty acids, can help to lower blood pressure and reduce cholesterol levels, which are two known factors that can increase the risk of a stroke.

health, which can help prevent stroke.

- Oily fish, such as tuna, mackerel, salmon and trout, contain Omega-3 fatty acids that help to reduce inflammation in the arteries, leading to improved blood flow and a decreased risk of blood clots.
- Low-fat and fat-free milk, cheese and yogurt products deliver calcium, protein, vitamin D and potassium to the body. These nutrients can help lower the risk of heart disease, type 2 diabetes and high blood pressure, which are all risk factors for stroke.
- Blueberries, strawberries, raspberries and dark chocolate are rich in antioxidants called flavonoids,

which have been associated with a decrease in stroke risk.

Individuals who make positive changes to their diet can decrease their chance of having a stroke, but it is important to note that food is only part of a stroke prevention strategy. Quitting smoking, losing weight, increasing physical activity and managing existing health conditions, such as type 2 diabetes and atrial fibrillation, also help to decrease the risk of stroke and other health complications.

- Fruits and vegetables are low in fat and calories and contain potassium, fiber, folate, and vitamins A and C. Potatoes, bananas, tomatoes, avocados, prunes, melon and soybeans are high in potassium and can aid in maintaining a healthy blood pressure. Spinach, kale and other dark, leafy greens contain magnesium, vitamin K and iron, which are good for brain health.
- Whole grains are high in fiber, folate, thiamin, magnesium and iron. These vitamins and minerals promote heart



Quality Reporting to the Community

Patient Story and Benchmarks for Emergency Care

Patient Story – Abigail Rehbeck

LMH staff member standing outside. They yelled to the employee that they needed help right away. Darby jumped from the truck and ran to the passenger side as the employee used her Vocera communication device to alert the ED nurses and physician that help was needed immediately. “I had to remove Abigail’s pants to get to Stella. The LMH employee helped me massage Stella as we tried to get her to take a breath,” recalled Darby, who is a Newark City firefighter and trained paramedic.

In minutes, the staff had moved Stella and Abigail on a gurney to a trauma room in the ED. Darby quickly parked the truck, and a staff member escorted him to the room to be by his wife’s side. Jeff A. Bare, D.O., cared for Abigail, assisting her by delivering the placenta and ensuring the spontaneous birth had not caused tears or other internal damage. “I recognized Dr. Bare right away from my experience transporting patients to the ED, and I knew he always displayed professionalism and offered the best quality care to his patients,” Darby said. “His presence and demeanor were calming.”

Abigail could only watch as the medical professionals, including pediatric hospitalist Sofia Davila-Rodriguez, M.D., performed exams and cared for her and Stella. Dr. Davila-Rodriguez ran to assist as she witnessed the couple’s arrival from the parking lot and was instrumental in caring for Stella. “There were at least 15 people in the room. It was amazing to see them all working together as a single unit, quickly and calmly attending to Stella and me,” Abigail said. “Though the situation was frantic, I never felt panicked. The staff’s confidence was reassuring and comforting. It was clear that Stella’s health and safety was their first priority.”

When Abigail was ready, she was transferred to a Labor & Delivery Room. Stella was taken to the Special Care Nursery where staff performed a scan of her lungs and administered other tests. Darby was able to stay with Stella throughout the process. After a few days at LMH to address some minor breathing and heart concerns, Stella was able to join her brothers at home.

“There are so many wonderful nurses, physicians and other staff members who touched our lives and made us feel special. Everything from the food, to the careful cleaning of the room, made the experience perfect. We are so grateful to everyone who cared for us,” Abigail shared. The family also was excited to receive flowers from the LMH Administration and Development Department upon their return home.

Darby also was born at LMH. He grew up in Newark and has been a part of the Fire Department for 23 years. Abigail moved to Newark when she was 5 years old and now considers the city her home. She works for a local bank in the trust and investment department. The first time the two met, Abigail was running with her dog on the bicycle trail when she saw Darby running with his dog. The two pets stopped to investigate one another, and the shared experience drew Abigail and Darby together. They enjoy spending time with their many family members and sharing the story of Stella’s birth. “We joke and say she’s an All-American girl – she was born in a Ford pick-up truck on Main Street!” Darby said.

Abigail said if the couple have more children, they will be delivered at LMH as well. Abigail began visiting Cynthia A. Kears, D.O., for her obstetric and gynecological care after meeting her during her stay at LMH.

Safety Protocol in the ED: Lessons Learned from COVID-19

The COVID-19 pandemic presented unprecedented public health challenges around the world and heightened the awareness of infection control at Licking Memorial Health Systems (LMHS). At the start of the pandemic, an increase of patients exhibiting COVID-19 symptoms at Licking Memorial Hospital (LMH) and the Emergency Department (ED) created the challenge of protecting patients and staff from infection. A number of safety procedures and protocols were established to mitigate the spread of the virus and ensure the safety of patients and staff.

Wearing face masks played a critical role in slowing the spread of COVID-19, which also resulted in a significant decrease in the number of influenza cases this past winter. Transmission of COVID-19 and influenza are both spread through respiratory droplets that are released when a person breathes, talks, coughs or sneezes. A mask provides a barrier that prevents viruses from spreading once expelled from the body. Social distancing, avoiding large crowds, and quarantining when infected with the virus are other mitigation measures that also contributed to the low number of influenza cases during the pandemic.

Another factor limiting influenza cases is an increase in people who received the flu vaccine. The Centers for Disease Control and Prevention (CDC) reported as of February 2021 that nearly 194 million doses of flu vaccine had been distributed in the United States – the highest number distributed in the nation during a single influenza season.

In addition, LMH implemented a traffic control bundling process to minimize the potential spread of the virus within the Hospital. This included creating an isolation area in the ED with negative airflow rooms to quarantine

confirmed COVID patients. New routes were established within the Hospital that allowed only for the transport of COVID patients, including a dedicated elevator, which minimized contact between staff and patients in other areas of the Hospital. The institution of a drive-through COVID-19 testing clinic also reduced the potential of ill patients entering LMH or other LMHS facilities.

Safety protocols were established for patients and visitors, including a questionnaire process before entering an LMHS facility, temperature checks, strict adherence to hand hygiene, and required mask usage to minimize the potential risk of coronavirus infections and reduce the possibility of overwhelming the ED and Hospital staff. In addition, Vice President Medical Affairs Craig Cairns, M.D., participated with the medical staff to standardize evaluation and treatment procedures for COVID-19, allowing a quick and personal response for ill patients while protecting staff members and other patients and visitors.

Communication played a large part in keeping up with the ever-changing nature of the pandemic. LMH established a COVID committee that met frequently with the Licking County Health Department, Emergency Medical Services (EMS) and other health

organizations to ensure that all safety measures in place were up to date and observed properly. Regular staff meetings among Hospital departments and LMHS facilities reinforced the importance of hand hygiene and donning the appropriate PPE to reduce the risk of spreading disease within the Hospital.

The COVID-19 pandemic inspired the creation of new infection prevention protocols and helped to improve the overall preparedness in the Hospital and all LMHS facilities. Emphasis on infection control and prevention remains a high priority at LMHS, even as COVID-19 begins to diminish due to vaccination, enabling the community to approach herd immunity. Safety procedures established by LMH, in addition to maintaining necessary resources and providing appropriate training, will better prepare medical staff when new diseases emerge.

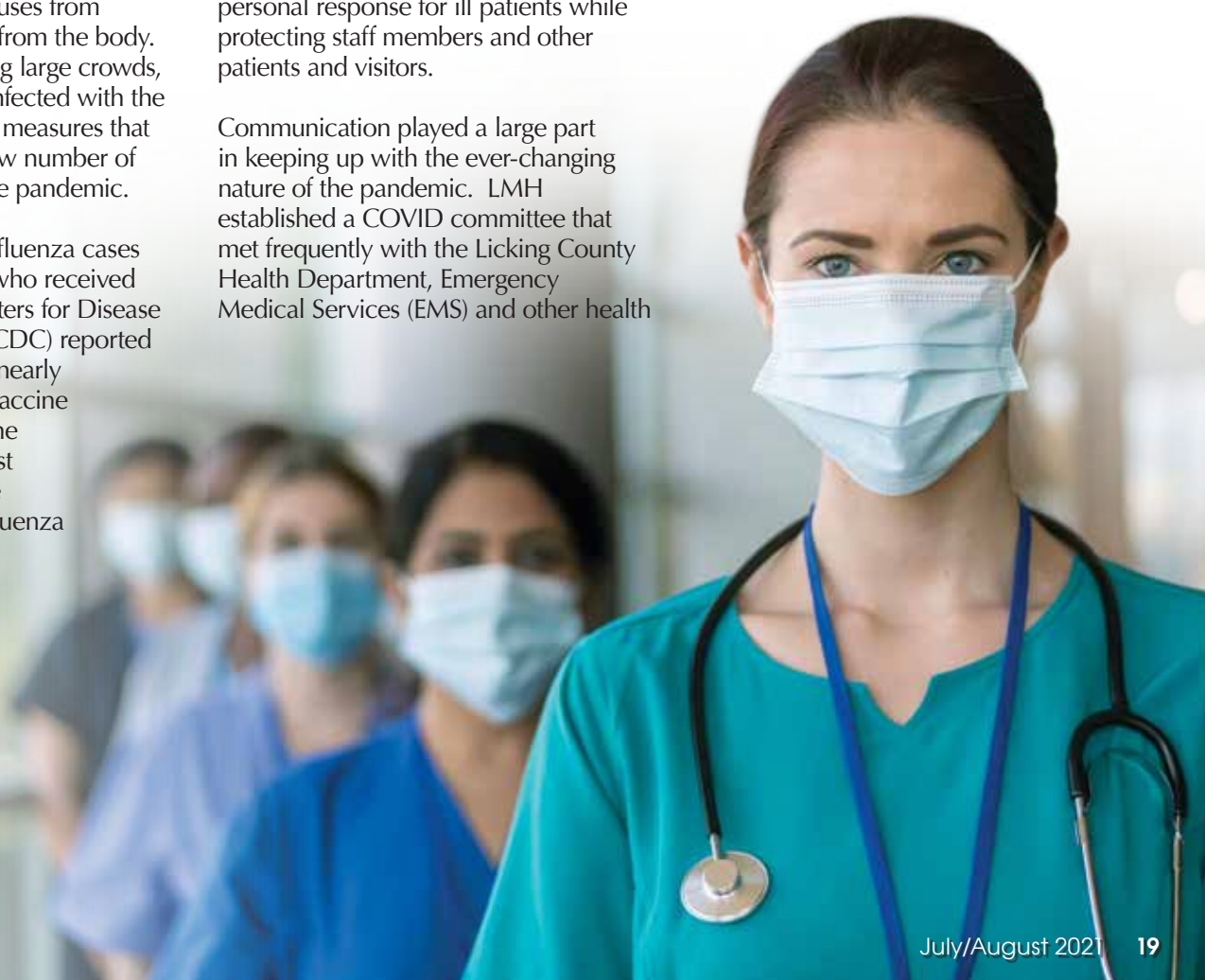


Abigail and Darby Rehbeck had not planned to welcome their third child, Stella, at Licking Memorial Hospital (LMH). Abigail’s obstetrician/gynecologist works at a Columbus hospital where the couple’s two sons, Pace and Milo, were delivered. The delivery plan quickly changed in April 2020, when Abigail began having contractions a week before her due date and the birthing process progressed much faster than anticipated.

After a regular checkup showed no signs of labor, Abigail was home assisting Darby with yard work. “I always have been an active person and was happy to be outside working. I felt really good,” Abigail shared. “When the contractions began, I thought it was just a false alarm from having overworked myself. I tried to relax in a warm bath, but the contractions started becoming more regular.” Abigail and Darby began making preparations to leave for the hospital and called her parents to come to the house to care for the boys.

Within half an hour, Abigail’s contractions became much stronger and more painful. “I was struggling to stand when my parents arrived. Darby had to carry me to the truck,” Abigail remembered. “Darby asked me if I thought I could make it to Columbus, and I told him no.” The couple live approximately seven minutes from LMH, so Darby started driving to the LMH Emergency Department (ED). They had not driven far when Abigail noticed her water had broken. While turning from 30th Street to West Main Street, Stella was born. “I said to Darby – please hurry, she’s out!” Abigail said.

Darby drove up to the ED doors and stopped. He and Abigail noticed an



Emergency 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. During 2020, there were 44,198 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2018	LMH 2019	LMH 2020	Goal
Median length of stay in the ED for all patients*	193 min.	194 min.	192 min.	201 min.
Median length of time from arrival until seen by a physician*	24 min.	21 min.	16 min.	Less than 28 min.⁽¹⁾
Median length of stay in the ED for patients discharged home*	174 min.	175 min.	167 min.	175 min.⁽¹⁾
Median length of time from the ED physician's decision to admit a patient until the patient arrives in their Hospital room	86 min.	81 min.	98 min.**	120 min.⁽¹⁾
Percentage of patients who are in the ED for more than 6 hours	4.8%	5.3%	4.6%	6.2%⁽²⁾

***LMH data represented on this table reflect nearly 100 percent of all ED visits, while goals reference Centers for Medicare & Medicaid Services hospital comparative data, which use a small sampling of all U.S. emergency department patients.**

****In 2020, admittance times were affected by the need to test patients for COVID-19.**

2. In 2020, LMH operated three Urgent Care facilities: Licking Memorial Urgent Care – Pataskala, Licking Memorial Urgent Care – Granville and Licking Memorial Urgent Care – Downtown Newark. Patients are encouraged to visit Urgent Care rather than the ED when they have illnesses and injuries that are not life-threatening, but need immediate attention, such as ear infections, minor fractures and minor animal bites. Urgent Care visits usually require less time and lower costs than visits to the ED. During 2020, there were 13,249 visits to Licking Memorial Urgent Care – Granville, 5,967 visits to Licking Memorial Urgent Care – Pataskala and 15,020 visits to Licking Memorial Urgent Care – Downtown Newark.

	LMH 2018	LMH 2019	LMH 2020	Goal
Urgent Care – Downtown Newark time to see physician	19 min.	12 min.	18 min.	Less than 30 min.
Urgent Care – Downtown Newark median length of stay	48 min.	44 min.	54 min.*	Less than 60 min.
Urgent Care – Granville time to see physician	11 min.	9 min.	12 min.	Less than 30 min.
Urgent Care – Granville median length of stay	40 min.	36 min.	41 min.*	Less than 60 min.
Urgent Care – Pataskala time to see physician	15 min.	14 min.	13 min.	Less than 30 min.
Urgent Care – Pataskala median length of stay	43 min.	44 min.	44 min.*	Less than 60 min.

****In 2020, length of stay times were affected by the need to test patients for COVID-19.**

3. Emergency angioplasty restores blood flow in a blocked heart artery by inserting a catheter with a balloon into the artery to open the vessel. The procedure has been proven to save lives during a heart attack and is most effective when performed within 90 minutes of the patient's arrival to the ED to minimize irreversible damage from the heart attack.

	LMH 2018	LMH 2019	LMH 2020	Goal
Median time to opened artery	58 min.	55 min.	58 min.	61 min.
Percentage of patients with arteries opened within 90 minutes	100%	99%	98%	96%
Median time from arrival to completion of EKG	2 min.	5 min.	3 min.	National⁽¹⁾ 7 min.

4. Patients who are seen in the ED and return home sometimes can develop further problems that warrant a return to the ED. A high number of patients who return to the ED within 24 hours after being seen can possibly signal a problem with patient care and the ED's ability to accurately diagnose and treat a patient's condition. For this reason, LMH measures the rate of patients who return to the ED within 24 hours to ensure that they have their conditions managed correctly. LMH sets an aggressively stringent goal for this, as listed below.

	LMH 2018	LMH 2019	LMH 2020	Goal
ED patients who return to the ED within 24 hours of discharge	1.1%	1.4%	1.5%	Less than 2%

5. A high rate of patients who return to the Hospital within 72 hours after an ED visit and are admitted can possibly signal a problem with patient care. These cases are very heavily reviewed and scrutinized, and LMH sets an aggressively stringent goal for this indicator, as listed below.

	LMH 2018	LMH 2019	LMH 2020	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.7%	0.6%	0.6%	Less than 1%

6. For personal reasons, some patients may elect to leave the ED prior to completing any recommended treatment. Doing so can place the patient at serious health risk. As a measure of ensuring patient safety, LMH measures the percentage of patients who elect to leave the ED prior to completing their treatment.

	LMH 2018	LMH 2019	LMH 2020	Goal
ED patients who leave before treatment is complete	5.6%	5.0%	3.6%	Less than 3%

Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) Comparative data from the Midas Comparative Database. *LMH data represented on this table reflects nearly 100% of all ED visits, while goals reference CMS hospital comparative data, which uses a small sampling of all U.S. emergency department patients.



Keep a Current List of Medications in Case of Emergency

A visit to the Emergency Department (ED) often is unexpected and requires prompt medical treatment upon arrival. Keeping an accurate health record and a complete list of medications is important to ensure that physicians and healthcare workers can focus on treating the patient. Taking time to track down medical information can delay urgently needed care.

When listing medications, it is important to include the name of the prescription drug, dosage and frequency. In addition to prescription medications, individuals also should indicate if they are taking any of the following:

- Drug samples
- Over-the-counter drugs, such as aspirin or ibuprofen
- Vitamins
- Nutritional and dietary supplements
- Herbal/naturopathic remedies
- Respiratory therapy treatments
- Radioactive medications
- Diagnostic/contrast agents
- Intravenous medications
- Vaccines

There are a number of ways to keep medical information organized, including writing a list of medications on a piece of paper or storing it on a computer or mobile device. A person should choose a method that works best for them and is easily accessible in case of an emergency. Sharing the list with a family member or trusted friend also is recommended. The medication list serves as a critical lifeline that easily allows healthcare providers to determine the appropriate treatment for the patient's medical conditions.

MyChart is a free service that allows patients to easily keep track of their medications. Patients can view their medication list and dosing instructions for each prescription in their MyChart account, as well as report medications they are no longer taking. The MyChart app is a simple way for patients to keep an up-to-date medication list readily available on their mobile device. Individuals can register for MyChart by visiting MyChart.LMHealth.org or downloading the free MyChart app on their smartphone or tablet using the Apple App Store or Google Play. Click "Sign up now" and follow the on-screen instructions to create an account.

Licking Memorial Health Foundation Recognizes New Donors

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

The John Alford Fellowship

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

Brian and Janine Mortellaro

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese (left) and Vice President Development & Public Relations Veronica Patton (right), welcomed Brian and Janine Mortellaro as members of the John Alford Fellowship with a glass recognition piece. The Mortellaros reside in Granville and have three daughters – Emma, Abby and Sarah.

Brian is an Owner and Operator of nine McDonald's restaurants in the Newark and Mount Vernon areas. He is a graduate of Mount Vernon High School and earned

his bachelor's degree in accounting from John Carroll University (JCU) in University Heights, Ohio.

Brian recently joined the LMHS Board of Directors and also is currently a member of the Ronald McDonald House Board and the Licking County Foundation Finance Committee. He is a past LMH Board Member and Treasurer.

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 JCU.

Janine is actively involved with the Licking County Foundation as a Board Member and Chair of both the Community Grants and Youth Philanthropy Committees. Additionally, she serves on the Scholarship Review Committee.

Brian is an avid runner and has completed 24 half and

three full marathons. Janine enjoys cooking and trying new recipes with her daughters.



The William Schaffner Society

Created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community, The William Schaffner Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years. William Schaffner was the first Chair of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

Joe and Krys Mortellaro

Joe and Krys Mortellaro accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) to commemorate their pledge to The William Schaffner Society. The Mortellaros reside in Mount Vernon.

Joe is an Owner and Operator of seven McDonald's restaurants in the Newark and Mount Vernon areas and recently celebrated 56 years with the corporation. He is a graduate of Cardinal Mooney High School in Youngstown, Ohio, and earned his business degree from Youngstown State

University. Additionally, he graduated from Broadcasting School in 1968.

Joe is involved in numerous organizations, including the McDonald's Corporation National Advisory Board, McDonald's Corporation Operators National Advertising Fund, the Columbus Advertising Cooperative, Mount Vernon Rotary Club, Mount Vernon Chamber of Commerce, and the Elks.

Joe twice has been recognized with the prestigious Ronald Award. He also has received the Golden Arch Award, which is given to a select group of owner/operators bi-annually at the worldwide McDonald's

convention. Additionally, the Joe Mortellaro Ronald McDonald House Golf Tournament was named in his honor.

Krys also is a graduate of Cardinal Mooney High School. She is retired from Mortellaro McDonald's where she supervised day-to-day operations and managed the main office. Her community involvement includes Women United, a branch of The United Way. She also is a past Board Member of The Freedom Center.

Joe collects Happy Meal toys and created a museum this past year. He also likes to bowl and play golf. Krys enjoys spending time with family, gardening and working on puzzles.



Development Spotlight – Andrea Taylor

Andrea Taylor joined the Licking Memorial Hospital (LMH) Development Council in the fall of 2020. She was approached by Veronica Patton, Vice President Development & Public Relations, to become a member of the Annual Support Committee due to her involvement on the Community Cornerstone Campaign Committee that assisted in raising funds for the construction of the Licking Memorial Medical Campus at 1717 West Main Street in Newark. "When I was involved in the fundraising effort for the Medical Campus, I began to see how much Licking Memorial Health Systems (LMHS) cares for our community. Now that I am a part of the organization, my knowledge and appreciation for LMHS has grown quickly and exponentially."

Andrea believes that LMHS is imperative to the health of Licking County residents. "My experience with the Development Council has helped me understand the magnitude of effort and care that goes into every decision made for LMHS. The health care that LMHS provides is ranked highly, but the organization always is striving to improve their already stellar care."

A lifelong resident of Licking County, Andrea is happy to give back to her community through the Development Council. She currently resides in Newark

and owns a State Farm Insurance agency in Gahanna. She is a Newark High School graduate and has a bachelor's degree in business administration with a concentration in finance from Kent State University. After graduating from college, Andrea lived in California for seven years. "As much as I loved California, I kept getting pulled back to Licking County. My family is here, my centers of influence are here, and being away truly showed me how much I love my hometown."

Andrea and her husband, Jim, have two children, Dylan and Margo. She and her family enjoy being active through traveling, hiking, skiing and various other outdoor activities. Andrea also serves on the Advisory Council for The Works in Newark.



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

Retiree Spotlight – Debbie Young, R.N., M.S., C.C.M.

Debbie Young joined Licking Memorial Health Systems (LMHS) in 1996, working in Community Case Management and immediately embracing the Hospital's mission of improving the health of the community. Community health and patient care were two aspects Debbie enjoyed most about working at LMHS. She was promoted to Director of Community Case Management in 1999 and became Vice President Patient Care in 2001, managing the nursing and clinical departments of Licking Memorial Hospital (LMH) in addition to community case management and rehabilitation services.

"Moving into a management position showed me the wide scope of community benefits LMHS provides to meet the healthcare needs of Licking County residents," said Debbie. "LMHS established a number of free

community-based programs that are designed to improve our community's overall health and wellbeing, such as the Active•Fit and Active•Senior programs, the Wellness Exercise Program, and home care visits for patients in need," Debbie explained. As community-based programs expanded, Debbie became Vice President of Allied Health Services and Community Health & Wellness.

One of Debbie's most memorable accomplishments at LMHS was establishing what is now known as the Clarissa Ann Howard Nursing Award for Clinical Excellence. "Nurses Week always has been a huge celebration at LMHS, and I wanted our organization to recognize those nurses who demonstrated expertise, professionalism and clinical excellence in the delivery of direct patient care," Debbie explained. In 2002, the LMHS Nursing Award for Clinical Excellence was created. In 2009, the award was renamed the Clarissa Ann Howard Nursing Award for Clinical Excellence to honor Ann's 50-plus years of dedication to LMHS.

Debbie assisted in the enhancement of clinical services provided to patients. She modified the nursing model of care at LMH to help nurses assess, plan and deliver patient care more efficiently and reduce the nurse-to-patient ratio. Debbie's experience in nursing and management also enabled her to assist with the design of the nursing area located in the John and Mary Alford Pavilion,

which allowed for a more efficient delivery of patient care.

During her career, Debbie witnessed the expansion of health services provided at LMHS, which helped keep health care local. The John & Mary Alford Pavilion was constructed in 2007, which provided advanced surgical procedures not available at other Ohio hospitals. The LMH Inpatient Rehabilitation Unit opened in 2012, and completion of the Licking Memorial Medical Campus addition in 2019 offered a new location for Outpatient Rehabilitation and a Wellness Center. Licking Memorial Vascular Surgery was added in 2020, which increased awareness for vascular disease and improved community access to vascular health.

Debbie has kept herself busy since her retirement. She babysits her three granddaughters, Aubrey, Ainsley and Rylie, a few times a week and enjoys spending time with her large family. Debbie lives in Newark near The Ohio State University at Newark campus, where she enjoys taking walks and riding her bike outdoors. She also loves swimming and gardening. In the fall, Debbie will resume her involvement in the Big Brothers Big Sisters Lunch Buddies program. She also enjoys traveling and is looking forward to a month-long RV trip with her family to visit several national parks and monuments out west, including Mount Rushmore, Yellowstone National Park and Grand Teton National Park.

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. Lydia Cortes-Betancourt and Nathaniel Substanley
In Honor of Yuvi & Veer Mudrakola – Vishnu Mudrakola, D.O.
Jimisha Patel, M.D.
Mary J. Torchia, M.D.

Community Cornerstone Club

Tony and Rita Adams
Brandon and Ellie Akey
Ms. Julie Ketner Barrett
Thomas A. Brannon, O.D.
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Craig Cairns, M.D., M.P.H.
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Mr. and Mrs. Lee and Melody Crader
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Joseph and Mary Tebben
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Charles and Jane Walker
James and Trinda Ward
Carol E. Wollenburg
Beth and Harry Yocum

Cradle Roll

In honor of Sawyer Hope Calhoun
By: Licking Memorial Health Systems
In honor of Ruby Drumm
By: Licking Memorial Health Systems
In honor of Ila Karling
By: Licking Memorial Health Systems
In honor of Owen Karling
By: Licking Memorial Health Systems
In honor of Jaxon May
By: Licking Memorial Health Systems
In honor of Ezra Drew Otten
By: Licking Memorial Health Systems
In honor of Griffin Reese Weaver
By: Licking Memorial Health Systems

Doctors' Day

In honor of Matthew Arrowsmith, M.D.
By: Craig Cairns, M.D., M.P.H.
In honor of Richard Baltisberger, M.D.
By: Rob & Lauren Montagnese
In honor of Michael Barth, M.D.
By: Edward Wheeler
In honor of Garth Bennington, M.D.
By: Rose Maddern
Sandy and Don Mandich
Rob & Lauren Montagnese
Veronica and Mark Patton
Cindy and Thaddeus Webster
Debbie Young
In honor of: Craig Cairns, M.D., M.P.H.
By: LMH Senior Management
Rob & Lauren Montagnese
Tom and Ann Mullady
In honor of Michael Campolo, D.O.
By: Jane Staggers
In honor of Elliot Davidoff, M.D.
By: Craig Cairns, M.D., M.P.H.
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In honor of Janae Davis, M.D.
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In honor of Nadia Gill, M.D.
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In honor of Talya Greathouse, M.D.
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In honor of Debra Heldman, M.D.
By: Julie Ketner Barrett
In honor of Keri Hershberger, M.D.
By: Ashley Montagnese

In honor of W. Andrew Highberger, M.D.
By: Craig Cairns, M.D., M.P.H.
In honor of Nina Hourmouzis, M.D.
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By: Cindy Webster
In honor of Donald Lewis, M.D.
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Tom and Ann Mullady
In honor of Maria Campolo May, D.O.
By: Jane Staggers
In honor of Marita Moore, M.D.
By: Nancy Coey
In honor of Robert Mueller, M.D.
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Veronica and Mark Patton
In honor of D'Anna Mullins, M.D., Ph.D.
By: Sandy and Don Mandich
Anne Peterson
In honor of Kevin Ouweleen, M.D.
By: Patsy Jones
Robert and Patricia McGaughy
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In honor of Kenneth Parker, M.D.
By: Craig Cairns, M.D., M.P.H.
In honor of Mark Plaugher, APRN-CRNA
By: Sheila Miller
In honor of Hassan Rajjoub, M.D.
By: Walter Gemmell
Sheila and Ron Miller
Rob & Lauren Montagnese
Tom and Ann Mullady
In honor of Howard Reeves, D.O.
By: Sheila and Ron Miller
Veronica and Mark Patton
In honor of Sara Rochester, M.D.
By: Craig Cairns, M.D., M.P.H.

In honor of Phillip Savage, D.O.
By: Heather Burkhardt
In honor of Laurie Schaeffer, D.O.
By: Robert and Patricia McGaughy
Barbara Quackenbush
In honor of Andrew Seipel, M.D.
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By: Doug and Debbie Kullman
Sheila and Ron Miller
In honor of Hintsu Tewoldemedhin, M.D.
By: Karen Addy
In honor of Jason Winterhalter, M.D.
By: Ruth Shaw
In honor of Maureen Yabolonski, M.D.
By: Barbara Quackenbush
In honor of Grant Yoder, D.O.
By: Craig Cairns, M.D., M.P.H.
In honor of Elizabeth Yoder, D.O.
By: Craig Cairns, M.D., M.P.H.

General

Anonymous
Anonymous

Grants

Fidelity Charitable Donor-Advised Fund
Licking County Foundation
State Farm Companies Foundation

Honorary

In honor of Lorei Kraft
By: Lori J. Elwood, M.D.

Memorial

In memory of Robert "Bob" Houston
Campbell, Jr.
By: Marsha Dickenson

Paving Our Future

Columbus Springs Hospitals

William Schaffner Society

Amber Lyndsie Kner

New Appointments



Rachel L. Del Cecato,
APRN-CNP,
of Orthopedic Specialists &
Sports Medicine, joined the
LMH Medical Staff.



Ibiene A. Osuobeni, M.D.,
joined Licking Memorial
Hospitalists.



Krystal L. Heggstad,
APRN-CNM,
joined Licking Memorial
Women's Health.



Chandra S. Veerla, M.D.,
joined Licking Memorial
Hospitalists.



Tyler J. Weese, M.D.,
joined Licking Memorial
Emergency Medicine.

LMHS Hosts Pataskala Chamber of Commerce Luncheon

Licking Memorial Health Systems (LMHS) hosted the Pataskala Chamber of Commerce luncheon at Tri-Village Christian Church in June – the first in-person meeting held since the beginning of the pandemic in early 2020. Thirty-three Chamber members attended the meeting and enjoyed a boxed lunch, catered by LMHS Culinary Services. Mark T. DeFrancisco, D.O., discussed the services offered at Licking Memorial Vascular Surgery and presented information about abdominal aortic aneurysms.

Vascular disease includes any condition that affects the circulatory system, primarily diseases of the arteries and veins. A vascular surgeon diagnoses and treats disorders including peripheral arterial disease, carotid stenosis, venous thrombosis and varicose veins. Many vascular conditions can be managed with non-surgical interventions, such as medication, education, diet and exercise. As a specialty, vascular surgery utilizes minimally invasive techniques or open surgical intervention, depending on the patient's medical condition.

The aorta is the main blood vessel that supplies blood to the abdomen, pelvis and legs. An abdominal aortic aneurysm occurs when an area of the aorta weakens, allowing it to abnormally balloon out or widen. This type of aneurysm can affect people of any age, but occurs most often in older men who have at least one or more risk factors, including family history, high blood pressure, high cholesterol, smoking and emphysema.

Most patients who experience an abdominal aortic aneurysms are asymptomatic. The condition often is discovered incidentally during a physical exam, computed tomography (CT) scan, MRI or ultrasound for chronic back pain or kidney stones. Pre-surgical monitoring is the preferred method of treatment for an abdominal aortic aneurysms that is detected early, with regular follow-up exams every 6 to 12 months, depending on the size of the aneurysm. Surgical intervention is recommended for an abdominal aortic aneurysms measuring greater than 5.5 centimeters.

Vascular surgeons ensure that patients with vascular health conditions know and understand all of their options and work collaboratively with primary care physicians to identify patients with vascular disease. Early detection of chronic vascular conditions is key to providing preventive measures through a long-term relationship with a vascular surgeon.

Licking Memorial Vascular Surgery is located at 1371 West Main Street in Newark and the Pataskala Health Campus at One Healthy Place, Suite 202, in Pataskala. Appointments may be scheduled by calling (220) 564-1965.



Volunteer Spotlight – Melissa Loomis

Melissa Loomis has been a Licking Memorial Hospital (LMH) volunteer for the past four years. She is a 36-year resident of Licking County and retired from her position at Denison University before volunteering. Having experience in Denison's Public Affairs and Conferences & Events departments, she enjoys being around people. "I heard that LMH had volunteer services, and I thought the opportunity sounded interesting. I was excited to have the chance to meet new people in a different environment. I love all of the friendships I have made with volunteers and employees at LMH, and I always am excited for each volunteer opportunity. We truly are treated like family and I feel very blessed to be here."

Melissa first started her experience in the Volunteer Office, then moved to the Reception Desk as a greeter, and she currently serves as a Wayfinder to help visitors navigate the Hospital and find their desired destination. "As volunteers, we meet many people who may feel anxious, stressed, scared or all of the above. All of us are so glad that we can help to alleviate those emotions that are weighing on them." Regardless of her assigned role, Melissa feels fortunate that she is able to comfort patients at LMH as a volunteer.

Born in Wooster, Ohio, Melissa graduated from Miami University in Oxford, Ohio, with a bachelor's degree in secretarial science. She and her husband, Roger, later moved to Newark

for his job with the City of Newark. As part of a liberal arts college at Denison University, she always has had an appreciation for music and other fine arts. She is an active member of First United Methodist Church in Newark and sings in the sanctuary choir. Melissa also enjoys reading, walking and traveling in her spare time. She and Roger have two children and four grandchildren who all reside in Newark.



Licking Memorial Health Systems

2021 MVPs

Licking Memorial Health Systems' (LMHS) 2021 MVPs were chosen for their consistent demonstration of the LMHS CARE values: compassion, accountability, respect and excellence.



Jessica Adamson
Senior Administrative Assistant

Jessica provides administrative assistance to Vice President Medical Affairs Craig B. Cairns, M.D., and also coordinates the Continuing Medical Education program at Licking Memorial Hospital (LMH). She grew up in Licking County and graduated from Northridge High School in 1997. Jessica enjoys horseback riding, gardening, beekeeping, reading, baking and writing. She is the head advisor for the Dusty Riders 4-H Club in Licking County and attends Faith Fellowship Church in Johnstown. She recently moved to Mount Vernon where she resides with her husband, Nathan, and her stepson, Gage.



Bryce Carner
Health Information Specialist/
Printing Services Assistant

An inaugural participant in Project SEARCH, Bryce graduated from the program and was hired at LMHS in 2017. He lives in Newark and is a member of Christ Lutheran Church in Heath. Bryce is an avid Cleveland sports fan and also enjoys golf, fishing for walleye on Lake Erie, and listening to all types of music.



Amanda Cook
Unit Clerk

Amanda joined LMHS in 2011 as a point of care technician (POCT) and became a unit clerk in 2018. Amanda also assists as a Patient Care Coordinator. She is a lifelong Licking County resident and lives in Newark with her wife, Mel. In her free time, Amanda enjoys walking at The Dawes Arboretum, traveling with Mel, boating and kayaking with her family, and spending time with her grown daughter, Alexis Riggelman.



Melissa Decker
Licensed Practical Nurse

Melissa and her husband, Darrin, live in Newark. She earned her LPN from Mideast Ohio Career Center in 2012 and currently works at Licking Memorial Urgent Care – Granville. Melissa worked as an Emergency Medical Technician (EMT) at Madison Township Fire Department from 1996 to 2015, and was awarded EMT of the Year in 2013 and 2014. She loves spending time with her family, especially her eight grandchildren. Melissa also enjoys traveling and watching movies.



Alexis Bouris
Radiologic Technologist

Alexis joined LMHS in 2012 as a Radiologic Technologist and performs X-rays on patients for diagnostic purposes. She graduated from Coshocton High School in 2004 and earned her Associate in Applied Science degree in radiologic technology from Central Ohio Technical College (COTC) in 2009. In her free time, Alexis enjoys ATV riding, camping, spending time with her two children, Anthony and JoAnn, and hanging out with her twin sister, Justine.



Christy Dunn
Physical Therapist

Christy earned her Bachelor of Science in Human Ecology degree from The Ohio State University (OSU) and received her Doctorate of Physical Therapy from Wheeling Jesuit University in Wheeling, West Virginia. Christy joined LMHS in December 2015 as a Physical Therapist in Acute Inpatient Rehabilitation then moved to the Outpatient Rehabilitation facility in 2018. Christy enjoys spending time with her husband, Devin, their 9-month-old son, Tucker, and their two rescue dogs, Hank and Haddie. She is an avid OSU and Cleveland sports fan and enjoys attending sporting events and outdoor activities.



Abdul-Karim Elhabyan, M.D., FACP
Hospitalist

Abdul-Karim Elhabyan, M.D., FACP, joined Licking Memorial Hospital in 2010. He received his Medical Degree at the University of Aleppo Medical School in Aleppo, Syria, and completed a fellowship in research, followed by a residency in internal medicine at the Charleston Area Medical Center (West Virginia University) in Charleston, West Virginia. Dr. Elhabyan is board certified in internal medicine and is a member of the American College of Physicians and the American Medical Association. In his spare time, he volunteers at a clinic in Columbus that assists uninsured patients. Dr. Elhabyan resides in Dublin and enjoys playing chess with his children and tennis.



Sean Gartner, B.S.N., R.N.
Registered Nurse

Sean began his career with LMHS in 1999 and became a point of care technician in the LMH Emergency Department (ED) two years later. He earned his associate degree as a registered nurse (RN) in 2004 and obtained his Bachelor of Science in Nursing (BSN) from OU in 2014. Sean recently began working in the Outpatient Clinic after working in the ED for 17 years. Sean enjoys spending time with his wife, Tabitha, and his two sons, Jackson and Vincent. His hobbies include traveling, OSU Football, Cleveland Browns Football, and kayaking.



Tara Gibson
Coding Specialist

Tara began her career at LMHS in 2011 after receiving her medical coding certification from the Career and Technology Education Centers (C-TEC) of Licking County. She is responsible for the medical coding for Licking Memorial Orthopedic Surgery and Licking Memorial Occupational Health. Tara is a member of the Lions Club and enjoys spending time with her husband, Greg, and adult children, Garret, Elizabeth and Landon.



Ashley Goldsmith
Registered Medical Assistant

Ashley has served LMHS since 2007 and is currently a registered medical assistant for John Mitchell, M.D., of Licking Memorial Surgical Services. She is a member of American Medical Technologists. Ashley lives in Newark with her partner, Amanda, and two Yorkshire terriers, Bear and Chewy. She enjoys traveling, home decorating and spending time outdoors.



April Graham, B.S.N.
Staff Nurse

After earning an Associate Degree in Nursing from COTC, April began her career at LMHS providing care for patients at Shepherd Hill. In 2020, she earned her BSN degree from Muskingum University. April lives in Johnstown and enjoys reading, hiking and running.



Angie Heeralal, RHIT, C.P.C.
Coding Specialist

Angie began her career at LMHS in 2012. In 2019, she graduated with high honors from Sinclair Community College with an Associate of Science in Health Information Management degree. She currently is a member of the American and Ohio Health Information Management Associations and the American Academy of Professional Coders. Angie enjoys spending time with her husband and adult children.



Jesse Holdsworth
Support Specialist

Jesse began his career with LMHS in 2019. He earned his associate degree in electronic engineering from COTC in 2010 and CompTIA A+ certification in 2018. Jesse enjoys watching football and rooting for The Ohio State Buckeyes and Denver Broncos.



Carrie Jarvis
Pharmacist

After working in a retail pharmacy, Carrie joined LMHS in 2012. She graduated from the University of Toledo College of Pharmacy in 1993. Carrie lives in Pataskala with her husband, John, and children, Abby and Ian. She is an avid marathon runner and plans to complete her 32nd marathon in Boston in October.



Brian W. Korn, D.O.
Emergency Medicine

Dr. Korn joined Licking Memorial Emergency Medicine in January 2014. He received his Doctor of Osteopathic Medicine degree at OU College of Osteopathic Medicine in Athens, Ohio. He completed an internship and residency in emergency medicine at Doctors Hospital in Columbus, and is board certified in emergency medicine. He has a special interest in trauma and toxicology. Dr. Korn and his wife, Stashah, live in Worthington and have five children – Avery, Greyson, Lachlan, Stratton and Thayer.



Megan Layman, B.S.N., R.N., IBCLC
Perinatal Nurse Navigator

After relocating to Licking County in 2018, Megan began her career at LMHS assisting women with completing routine prenatal care and finding needed resources during pregnancy. Her relationship with patients supports healthy outcomes in pregnancy and each infant's first year of life. She earned her BSN degree from Olivet Nazarene University in 2001 and became an International Board Certified Lactation Consultant in 2015. Megan enjoys spending time with her husband, Dan, and children, Abby Kate and Benjamin.



Vicki Lennon, B.S.N., R.N.
Community Case Manager

Vicki began her career with LMHS in 2006. She received her BSN degree from Old Dominion University in Norfolk, Virginia, then served as a nurse in the U.S. Army for four years earning the rank of Captain. Vicki and her husband, Sean, live in Newark and enjoy spending time with their five children and three grandchildren.



Mollie Lewis
Physician Center Clerk

Mollie began her LMHS career as a Physician Center Clerk for Licking Memorial Pediatrics in 2017. After graduating from Maysville High School, Mollie earned an Associate of Science in Health Information Management degree. She currently resides in Mount Perry with her husband, Bo, and children – Haley, Ashton and Lexi. In her spare time, Mollie enjoys gardening, farming, reading and being a mother.



Jill Little
Administrative Assistant

Jill, a resident of Licking County for the past 12 years, has served as the administrative assistant for LMH Cardiac Services since 2017. She is a graduate of Bowling Green State University in Bowling Green, Ohio, where she received a Bachelor of Science degree. Originally from Rootstown, Ohio, Jill currently resides in Hanover with her husband, Jake, and son, Liam. She enjoys spending time reading, sewing and working on her family farm.



Cindy Lovell
Environmental Services Assistant

Cindy, a lifelong resident of Licking County, began her career at LMHS in 2001. She previously received the MVP award in 2010 for her exceptional service. Cindy is a graduate of Heath High School, currently resides in Newark, and enjoys bowling and watching Tom Cruise movies.



Tara McFarland, B.S.N.
Staff Nurse

Tara began her career at LMH in 2013. She graduated from COTC in 2015, then received her BSN degree in 2019 from Chamberlain University of Nursing in Chicago, Illinois. She also is a clinical nursing instructor for COTC. Tara currently resides in Warsaw, Ohio, with her husband, Rob, two sons, Tristen and Gauge, and their dog. In her spare time, she enjoys exercising and kayaking.



Carrie McPherson, B.S., M.L.S. (ASCP)^{CM}
Medical Laboratory Supervisor

Carrie began her career at LMH in 2005 and currently serves as the Medical Laboratory Supervisor for the point of care technicians, reference lab testing and processing areas. She received an Associate of Applied Science degree from Zane State College in Zanesville in 2005 and a Bachelor of Science from Muskingum University in New Concord, Ohio, in 2017. She enjoys reading, baking and playing outside with her three young children, Alex, Evan and Olivia. Carrie and her husband, Eric, reside in Zanesville.



Fred Munkachy
Police Officer

Fred joined the LMH Police Department in 2018. A lifelong resident of Licking County, he resides in Newark with his wife, Katie, and their children, Vayda and Cohen. In his spare time, Fred enjoys hunting, shooting and basketball.



Susan Myers
Certified Pharmacy Technician

Susan, a lifelong resident of Licking County, joined LMHS in 2016. As a pharmacy technician, she assists with filling employee prescriptions, compounding IVs, and resolving issues with the Pyxis machines. In 2015, she completed a one-year course at My Computer Career in Westerville, Ohio. Susan enjoys crocheting, baking and spending time with her husband, Craig, and their children – Adam, Logan and Lucas.



Ryan Nguyen, L.P.N.
Licensed Practical Nurse

Ryan joined Licking Memorial Pediatrics in 2013. A graduate of Licking Valley High School, he also received degrees from COTC in 2002, Franklin University in Columbus in 2004, and Fortis College in Westerville, Ohio, in 2010. Ryan enjoys traveling and spending time with his wife, Andrea, and their two children, Reid and Emily.



Nichole Petrey, B.S.N.
Case Manager

Nichole began her career as a Staff Nurse at LMH in 2016 before transitioning to Case Management in 2019. She received her Associate of Applied Science degree from OU – Zanesville in 2012 and a BSN degree from OU in Athens, Ohio, in 2015. In her spare time, she volunteers for Habitat for Humanity and enjoys kayaking, hiking, traveling, gardening and camping. Nichole and her daughter, Raeleigh, reside in Newark.



Suzanne Posey, B.S.N., R.N., CCRP
Clinical Research Nurse

Suzanne joined Licking Memorial Oncology in 2013. Her role as a clinical research nurse is to coordinate and manage clinical research studies and patients enrolled in those studies. She was born in West Chester, Ohio, and has resided in Licking County for 26 years. She received a Bachelor of Science degree in Education from OSU in 1989 and received an associate degree in nursing from COTC in 2012. She later returned to OSU in 2020 to earn a BSN degree. Suzanne is a member of the Society of Clinical Research Associates and Nurse Practice Council. Her hobbies include hiking and yoga, and she also loves traveling to Costa Rica to surf.



Drema Reaser, R.N., CNOR
Registered Nurse

Drema recently celebrated her 40th year of employment at LMHS. In her role as a registered nurse at Licking Memorial Surgical Services, she assists with surgical procedures and acts as a patient advocate. She received her nursing degree from COTC and is a certified perioperative nurse. She previously has been nominated for the Clarissa Ann Howard Nursing Award for Clinical Excellence. Drema's hobbies include gardening, watercolor painting, golfing, riding her ATV, and traveling overseas.



Misti Sciacca
Pre-certification Coordinator

Misti joined LMHS in 2017 and is a lifelong resident of Fairfield County. In Registration, she notifies insurance companies of inpatient admissions and verifies outpatient testing precertifications are complete before the procedure. She loves outdoor activities, such as boating, kayaking and gardening, and also enjoys spending time with her husband, son and granddaughter.



Carlie Stevenson
Patient Account Representative

Carlie has worked at LMHS in Patient Financial Services since 2015. She graduated from Zane State College in 2011 with a degree in health information management. Carlie enjoys going on vacation, going to the beach, fishing with her husband, and watching football and basketball.



Tasha Stickle
Environmental Supervisor

Tasha began her service at LMH in 2018 as an Environmental Services Assistant, then was promoted to her current role shortly thereafter. Tasha is a lifelong resident of Licking County and graduated from the C-TEC medical technology program in 2007. Her interests are traveling, riding motorcycles, spending time with family and friends, and seeking new adventures.



Kalina Tapealava, B.S.N., R.N.
Registered Nurse

Kalina joined the Coronary Care Unit in 2016 and later transferred to the Intensive Care Unit in 2019. She attended COTC to become an LPN in 2013 then an RN in 2015. Kalina later received a BSN degree from Mount Vernon Nazarene University in 2018. She was a member of the Nurse Practice Council for two years and a nominee for the Clarissa Ann Howard Nursing Award for Clinical Excellence in 2018. Kalina volunteers with Newark Youth Softball and Ohio Lazy Beez softball team and is a mother to three children – Louise, 20, Meah, 16, and Ariana, 6. She enjoys spending time with family and friends, kayaking, boating and traveling in her spare time.



Fikadu Tekleyes, M.D.
Heart Center Physician

Dr. Tekleyes received his Doctor of Medicine degree at Addis Ababa University in Addis Ababa, Ethiopia. He completed an internship at Addis Ababa University and a residency in internal medicine at Marshall University Joan C. Edwards School of Medicine in Huntington, West Virginia. He also completed a cardiovascular imaging and research fellowship at Piedmont Heart Institute in Atlanta, Georgia, as well as a cardiovascular fellowship at Marshall University Joan C. Edwards School of Medicine. Dr. Tekleyes is board certified in internal medicine and cardiovascular computed tomography. He is a member of the American College of Physicians, the American College of Cardiology, and the Society of Cardiovascular Computed Tomography. In his spare time, he enjoys jogging, bike riding, and photography.



Melissa VanMeter
Respiratory Therapist

Melissa was hired as a respiratory therapist at LMH in 2006. She graduated from Columbus State Community College with a degree in respiratory therapy and has served as a therapist for 28 years. Melissa currently works as a charge therapist and assists with competencies and training new therapists within the department. She enjoys spending time with her husband and four children and currently is making plans to build their dream home.



Haley VanSickle
Room Service Lead

Before joining Culinary Services, Haley graduated from C-TEC and Utica High School, then attended COTC and received an associate degree in human services. Haley served as a culinary specialist before being promoted to her current role as a room service team lead. In her spare time, she likes to be outdoors, travel, spend time with family, and sketch.



Todd Wolfe
Senior Building Maintenance Technician

Todd joined the LMHS Engineering Department in 2016 as a Senior Building Maintenance Technician. He is a lifelong resident of Licking County and currently lives in Newark with his wife, Becky. Together they have three children – Haley, Connor and Hannah. In his spare time, Todd enjoys being with his family, hunting and fishing.



Susan Zapara
Purchasing Systems Administrator

Susan joined LMHS in 2006 and currently is a Purchasing Systems Administrator. She attended Asbury College and Dean Call School of Interior Design. Susan lives in Pataskala and enjoys gardening, reading, singing and spending time with her animals.



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