

Community Connection

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

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LMHS Honored for Involvement with Project SEARCH Program

Licking Memorial Health Systems (LMHS), a not-for-profit organization, is dedicated to its mission to improve the health of the community. This mission is focused on community health not only through medical care, programs and education, but also in a variety of other means, including support of other noteworthy nonprofit organizations.

At the Corporate Citizenship Awards reception in June, LMHS received the 2019 *Columbus Business First* Vanguard Award for their involvement with the Project SEARCH program. The award honors companies who are innovating with nonprofit partners to find creative solutions to the region's critical needs.

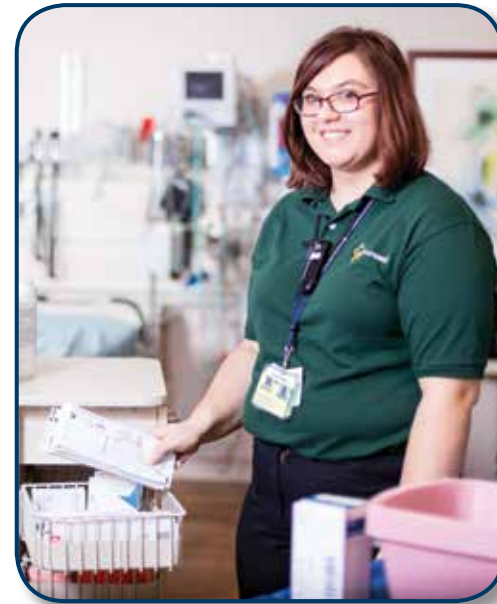
For the past three years, LMHS has hosted Project SEARCH for Licking County high school seniors who have completed the requirements for graduation, but remain enrolled as fifth-year seniors. The Project SEARCH High School Transition Program provides real-life work experience, combined with training in employability and independent living skills, to help youth with disabilities make successful transitions from school to adult life. LMHS collaborates with the 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 Project SEARCH program locally.

The Project SEARCH program, which runs for a full academic year, takes place entirely at LMHS facilities. In addition to serving as the host site, LMHS provides uniforms to all of the students, as well as transportation via Licking County Transit Services as needed. LMHS' vision for Project SEARCH is to provide students with the opportunity to learn the skills needed not only to obtain a job, but ultimately to embark on a meaningful and long-lasting career. By preparing the students to enter the local work force, area businesses also will benefit by having an expanded pool of qualified candidates from which to hire.

"As one of Licking County's largest employers, LMHS certainly has been positively impacted by this program," said LMHS President & CEO Rob Montagnese. "We believe it will be a tremendous benefit to the entire community for many years to come."

The long-term goal of Project SEARCH is to provide a set of transferable skills to people with disabilities, which will result in a diverse group of motivated job seekers for employers throughout Licking County.



Project SEARCH Program Begins Another Year at LMHS



The Project SEARCH High School Transition Program, which began at Cincinnati Children's Hospital in 1996, provides real-life work experience, combined with training in employability and independent living skills, to help students with disabilities make successful transitions from school to adult life. Licking Memorial Health Systems (LMHS) is continuing its partnership for a fourth year with the 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 2019-2020 program. Students from Big Walnut, Newark, Granville, Licking Valley, Lakewood and Southwest Licking school districts are participating in Project SEARCH this school year.

"We are so grateful to work alongside outstanding community organizations

to provide this program," said LMHS President & CEO Rob Montagnese. "Project SEARCH provides students the opportunity to learn numerous vital skills, which will be used in their transition to a long-lasting career in the Licking County workforce. LMHS staff members enjoy working with the students as they learn new skills and display their exceptional work ethic and eagerness each day. Some students also apply for positions at LMHS after program graduation, and we are delighted to have them join our organization."

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 with orientation and time to acclimate to the healthcare environment.

Throughout the school year, students continue to work on employability and functional skills in a classroom setting, but the majority of their time is spent completing three unique rotations in a variety of clinical and technological areas within the Hospital. The internship rotation allows the students to acquire marketable and transferable skills necessary to be hired by Licking County businesses. These work experiences also help the students build communication, teamwork and critical thinking skills.

The long-term goal of the Project SEARCH program at LMHS 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 rewarding jobs.



Venom Immunotherapy Effective in Treating Stinging Insect Allergies

Spending time outside during warm weather increases the likelihood of coming in contact with stinging insects, which are among the most common triggers of a serious, life-threatening reaction called anaphylaxis. A successful treatment option for people who are allergic to stinging insects is venom immunotherapy (VIT), which can reduce the risk of a future severe reaction to less than 5 percent. In addition to preventing life-threatening reactions, immunotherapy also can reduce anxiety associated with insect stings.

Anaphylaxis is considered a systemic reaction, which is an allergic reaction that spreads extensively from the sting site and may affect the entire body. Systemic reactions are not common, but can be life-threatening. Allergy injections usually are recommended if an adult or child has had a severe systemic reaction and test positive for an allergy to the venom of a stinging insect.

Some individuals begin experiencing symptoms indicative of anaphylaxis minutes after being stung, including swelling of the lips, light-headedness, difficulty swallowing and hives. Epinephrine, the first line of treatment for anaphylaxis, is necessary as soon as possible in these situations. Anyone who believes they are having an anaphylactic

reaction should use auto-injectable epinephrine and seek medical attention immediately.

Patients who have experienced a severe allergic reaction to an insect sting should consult an allergist/immunologist, who can provide appropriate testing and determine if VIT is the right treatment option. VIT is given in the form of injections, and about 80 to 90 percent of patients who receive it for three to five years, do not experience a severe reaction to a future sting.

Immunotherapy is available to treat allergies to stings from:

- Honeybees
- Paper wasps
- Yellow jackets
- Fire ants
- Hornets

Immunotherapy for insect sting allergies is a series of injections given to reduce an individual's sensitivity to allergens that cause a reaction. A solution of diluted saline containing a very small amount of the insect venom is injected under the skin. Injections are usually performed in a physician's office. It is normal to stay in the office for 30 minutes after receiving the injection for observation for possible reactions. Redness and warmth at the injection site are common, but diminish after a short time.

Initially, patients receive one or more injections about once a week. The amount of allergen injected is slightly increased each time, unless a reaction is experienced. After approximately four to six months of weekly treatments, patients

usually are acquiring an optimal amount of allergen in the injection, which is called the maintenance dose. After the maintenance level is reached, patients receive the same dose in injections every four weeks for another three to five years. This therapy is highly effective and safe as most of the adverse events during the induction and maintenance phase – including swelling, reddening and warmth of the skin, and itching at the injection site – are mild and localized. Some people may have large local reactions that include itching, hives, or swelling of the skin near the injection site. VIT has been found to be effective in preventing large local reactions and improving the quality of life of allergic individuals. In general, people with stinging insect allergy should avoid exposure to insect stings. Patients who have been prescribed an epinephrine injector should carry two doses at all times.

Tiffany J. Owens, M.D., FAAP, of Licking Memorial Allergy & Asthma, offers venom immunotherapy. The allergy/immunology specialty focuses on the prevention, diagnosis, and management of illnesses and chronic conditions related to the immune system. Dr. Owens' specialized training and experience allows her to treat both children and adults, as well as focus her efforts on preventive medicine. Licking Memorial Allergy & Asthma is currently accepting patients. Please call (220) 564-7510 to schedule an appointment.



LMH Hosts Acute Rehabilitation Reunion

Former patients of the Licking Memorial Hospital (LMH) Acute Inpatient Rehabilitation Unit reconnected with a variety of their healthcare providers in August at a special reunion event. LMH hosted a catered cookout-style dinner for the patients and their guests, who also enjoyed blood pressure screenings, informational tables, and socializing with others who had participated in acute rehabilitation after an illness, accident or surgery.

Licking Memorial Health Systems President & CEO Rob Montagnese welcomed the attendees and introduced Acute Inpatient Rehabilitation Medical Director David W. Koontz, D.O., of Licking Memorial Internal Medicine. Dr. Koontz thanked the former patients for attending the reunion and for allowing the Acute Inpatient Rehabilitation staff to be part of their recovery process.

"I am thankful that we are gathered together to celebrate the tremendous progress each of you have made in your rehabilitation," Dr. Koontz said. "We have a dedicated team on the Acute Inpatient Rehabilitation Unit, but your attendance tonight is a testament to the hard work you put forth."

It truly is an honor to have partnered with you and to have this opportunity each year to receive updates on your life after you were discharged from the Unit."

The featured speaker was Eschol Curl, Jr., a Georgia native who has called Licking County home for more than 30 years. He and his wife of 45 years, Dorothy, raised three daughters and now enjoy the company of their five grandchildren. Since retiring in 2011 after a 39-year career with State Farm Insurance Companies, Eschol remains involved in the community by serving as a board member for several local organizations, including LMHS.

Eschol's service as an LMH Development Council member and Board Member gave him a unique perspective on the Hospital, but his double knee replacement surgery earlier this year was the first time he experienced its services as an inpatient. "In fact, it was the first time I had to stay in any hospital since I was born," he told the attendees.

Four days after Kevin Ouweleen, M.D., of Licking Memorial Orthopedic Surgery, performed the surgery, Eschol was

transferred to the Acute Inpatient Rehabilitation Unit where he spent an additional five days participating in physical and occupational therapy. "I am so grateful to all of the kind and compassionate staff members who helped me through my rehabilitation process. Everyone I encountered – from Dr. Koontz to the therapists to the Environmental Services team members – made me feel like I was the most important patient on the Unit," Eschol said. "Even though there were other people they had to care for, I knew I was their priority when they were with me. We are so fortunate to have such high-quality service available in our community."

The Acute Inpatient Rehabilitation Unit opened in 2012 on the Hospital's sixth floor and is a specialized care center that provides at least three hours of skilled therapy services per day, five days per week to patients who have experienced an illness or injury. The care team includes specially trained professionals including nurses, social workers, physicians, dietitians, and physical, occupational and speech therapists who work to improve the patient's functional status and mobility so that they may return home and live as independently as possible.



LMHS Announces Leadership Promotion

Licking Memorial Health Systems is pleased to announce the promotion of Ben Broyles to the position of Assistant Vice President Community Health & Wellness. In his new role, Ben will continue to oversee Rehabilitation Services, Home Care, and Community Case Management.

Ben joined Licking Memorial Health Systems in 2014 and has served as the Director of Rehabilitation Services, Home Care and Community Case Management. He received his Master of Science in Occupational Therapy from Washington University School of Medicine in St. Louis, Missouri.



Caring for Aging Parents – A Resource Fair

The Licking Memorial Hospital (LMH) Development Council recently hosted the first ever Caring for Aging Parents – A Resource Fair at LMH. Approximately 300 people attended the event to gather information from area vendors about the resources available for seniors. Information booths, which filled the LMH First Floor Conference Rooms and the John and Mary Alford Pavilion, included care facilities, and information about health care and healthy living. Participants also heard from LMH staff, Moni Carroll, LISW-S, and Cindy Robson, L.S.W., who spoke about having difficult conversations with aging parents, while Emily Burner, L.P.N., addressed living with dementia and Alzheimer's patients.

The idea for the resource fair generated from feedback from a member of the community who noted the difficulty in finding resources for an aging parent. As part of LMHS' mission to improve the health of the community, the resource fair was created to offer a place where people could find all the information needed. "We felt there was a definite need for this type of event," said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese. "We were overwhelmed by the response from the area agencies as well as the number of community

members who attended the event. We are grateful to be able to serve Licking County in this capacity." The Development Council already is discussing plans for another such event in the future.



LMHS Presents Active•Senior Gourmet Gardener Event

Licking Memorial Health Systems (LMHS) will present **Active•Senior Gourmet Gardener**, Tuesday, October 15, at 3:00 p.m., in partnership with the High School Culinary Program at C-TEC, located at 150 Price Road in Newark. Guests, ages 60 and older, will have an opportunity to participate in activities that teach the basics of gardening and cooking healthy meals. Participants also will create their own meal to be enjoyed at the end of the event. Attendees may count this activity toward their **Active•Senior** goals.



Registration is required and space is limited to the first 40 guests. To register for the event, please call LMHS Public Relations at (220) 564-1560.

Behind the Scenes – Pastoral Care

The Licking Memorial Health Systems' (LMHS) mission to improve the health of the community includes caring for the mind and the spirit in addition to the physical body. A person's unique spiritual beliefs and cultural practices impact the experience of illness or trauma and the health of the body and mind. For that reason, Pastoral Care was developed in 2007 with one chaplain serving Licking Memorial Hospital (LMH) to address the emotional and spiritual needs of the patients and families. The Department now consists of two full-time chaplains, one part-time chaplain and a part-time administrative assistant who each offer unique qualities to serve the needs of the patients, visitors and staff.

The Pastoral Care team visits patient rooms on a daily basis to offer prayer or assistance. They also serve as a liaison between patients and their own clergy, and upon request, provide religious counsel to those without clergy. "We start where the patient is in their own spiritual walk," said Director of Pastoral Care Jeff Smith. "We do not expect people to believe what we believe. Our main focus is to listen." One of the chaplains always is present during emergency codes at LMH including a Code Blue, which is called when a patient's heart has stopped beating. The chaplain acts as a liaison for the LMH staff offering a calming presence and support to the family allowing staff members to focus on the emergency at hand. Pastoral Care also facilitates three weekly spirituality groups for patients at Shepherd Hill.

While all three chaplains serve the entire Hospital, each has an area in which they feel their strengths are best utilized. Cheryl Simpson, a former teacher, is drawn to children and their families. In addition, Cheryl is trained to respond to people in crisis who are contemplating suicide. Cory Campbell has a passion for the patients in Hematology/Oncology. He enjoys getting to know both the patients and their families and assisting them in walking through the treatment process. Jeff is most often observed in the Intensive Care Unit or at trauma situations. He has an exceptionally calming nature that is beneficial to both

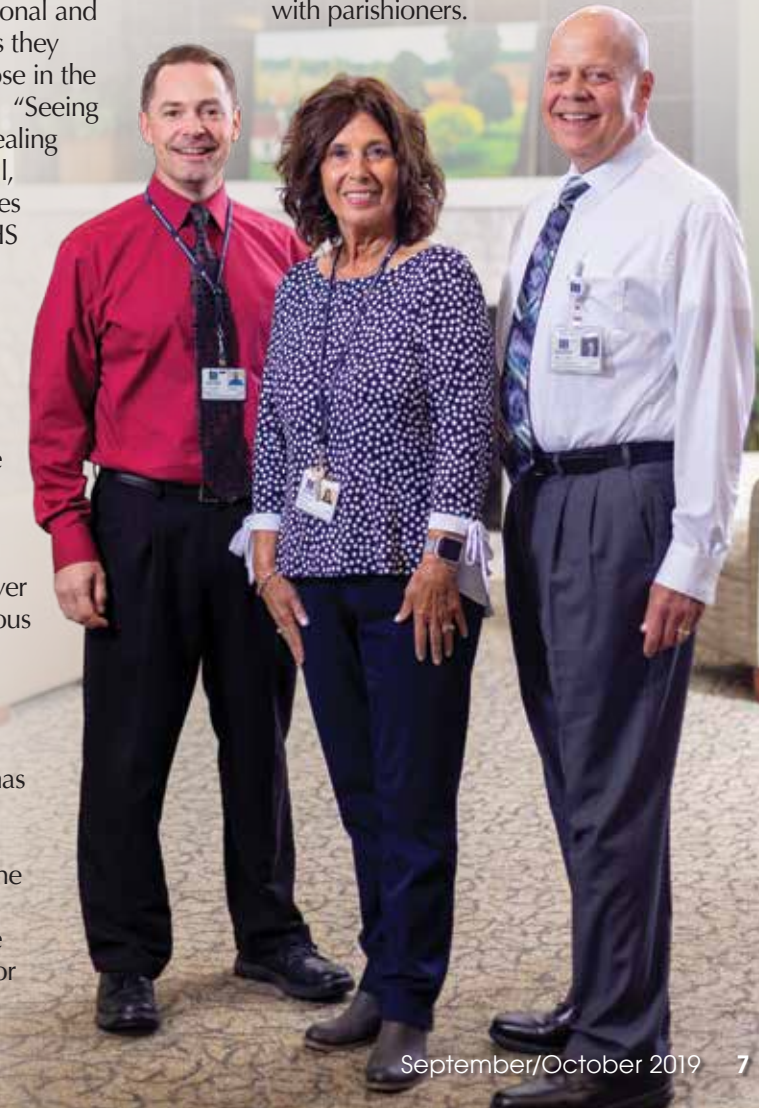
staff and family members when emotions are high. The chaplains' individual talents and strengths complement the unit as a whole, and the cohesive team is better able to serve the needs of the community.

LMH staff members often recognize a person's need to discuss issues or concerns that are affecting the patient's emotional or spiritual wellbeing. The staff member consults the members of Pastoral Care for assistance. The chaplains all are connected to the community and resources available beyond medical and spiritual care. "We have assisted our patients in many ways including finding employment or contacting organizations for home health care," Jeff said. While LMH does have trained social workers on staff, some feel more comfortable discussing their needs with the chaplains.

Pastoral Care also are available to staff members of LMHS. "The leadership recognized that the members of the staff deal with many emotional and spiritual issues daily as they serve the needs of those in the community," Jeff said. "Seeing others in distress or dealing with trauma is stressful, so our ministry includes our coworkers." LMHS employs over 2,000 staff members on six campuses and multiple physician practices. The chaplains provide similar services for the employees as they do for the patients. They listen to concerns and offer comfort and prayer when needed. Religious services on special holidays are available for employees as well as patients including Thanksgiving, Christmas and Good Friday.

While ministering to the needs of the staff and patients, Pastoral Care also offers teachings for the patients and staff.

The chaplains assist staff members in understanding religious beliefs and customs in order to better serve the patients. "We do our best to honor the spiritual and religious desires of those staying in the Hospital by sharing with the staff what is considered appropriate to other religious beliefs." Jeff explained. The staff and members of Pastoral Care do all they can to accommodate ceremonies or other rites that patients request. Patients, visitors and staff also are invited to visit the chapel, located on the second floor adjacent to the Intensive Care waiting area. It is available seven days a week, around the clock, for private meditation or prayer. Offering a forum for clergy relations in Licking County, LMH hosts periodic Pastoral Care Breakfast events to keep the area's clergy members apprised of new developments at LMH and to present educational programs. The gatherings are an opportunity for the clergy to discuss ways that the Hospital can facilitate their visits with parishioners.



Donors Recognized for Contributions to Licking Memorial Health Foundation

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

The 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 Licking Memorial Health Systems (LMHS) employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years. William Schaffner was the first Chairman 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.

Sandy Hanlon

Volunteer Services Manager Sandy Hanlon accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) in honor of her commitment to the William Schaffner Society. Sandy has worked for LMHS since 2012 and assumed her current role in 2016.

Sandy earned an associate degree from The Ohio State University in Columbus and a bachelor's degree in business administration from Southern New Hampshire University.

She is a member of the Ohio Healthcare Volunteer Management Association and was named an LMHS MVP in 2015. Sandy has two grown children – Stephanie and Phillip – and two grandchildren – Evelyn and Jack.



Angela and Michael Wallace

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) honored Angela and Michael (not pictured) Wallace for their generous support of LMHF as members of the William Schaffner Society. Angela joined LMH in 2008 and currently serves as Director of Surgical Services. The Wallaces live in Alexandria and have two adult children and four grandchildren.

Angela was born in Finchley, England, and received her baccalaureate degree in nursing from Middlesex University in London before earning a Master of Science in Nursing from Walden University in

Baltimore, Maryland. During her career at LMH, Angela was recognized as an MVP in 2010 and named Manager of the Year in 2014. Angela is certified in ambulatory perianesthesia and post anesthesia nursing. She also is a member of the Association of Perioperative Registered Nurses and the American Society of Perianesthesia Nurses.



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

Donors

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

Capital Improvement

- TWIGS 6
- Community Cornerstone Club**
 Lowell S. Anstine
 APS Medical Billing
 Patricia C. Bates-Woods
 Bremen Banking Center
 Jim and Linda Brucker
 Eddie and Carolyn Cline
 COTC & The Ohio State University at Newark
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 Carol Wollenburg
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 Brad and Tricia Zellar

- In honor of David Koontz, D.O.
 By: Clarissa Ann Howard
 In honor of Owen Lee, M.D.
 By: Clarissa Ann Howard
 In honor of David Subler, M.D.
 By: Clarissa Ann Howard

General

- Anonymous
 Anonymous
 Network for Good
 Park National Bank
 Robert and Mary Beth Stedman

Grants

- Licking County Foundation

Honorary

- In honor of Sam DeMattei
 By: Mark and Lori Toskin

John Alford Fellowship

- Timothy R. Gatens, M.D.

Memorial

- In memory of Joan Ford
 By: Robert and Patricia McGaughy
 Ken Quick
 Tom and Pam Yinger
 In memory of Ellen R. Miller
 By: The Resta Family
 In memory of Harold Greten, Jr.
 By: Clarissa Ann Howard
 Robert and Nancy Rush

Paving Our Future

- In memory of Bill Armstrong
 By: Patricia C. Armstrong
 In memory of Cynthia Bline Boring
 By: Ladies of NHS '73

Cradle Roll

- In honor of Lennon Faye Berkley
 By: Licking Memorial Health Systems
 In honor of Griffin Gatens
 By: Timothy Gatens, M.D.
 In honor of Teddy Gatens
 By: Timothy Gatens, M.D.
 In honor of Ameila Mae Hunt
 By: Licking Memorial Health Systems
 In honor of Adalyne Mae Huynh
 By: Licking Memorial Health Systems
 In honor of Brielle Lynn Huynh
 By: Licking Memorial Health Systems
 In honor of Harper Ryann Lay
 By: Licking Memorial Health Systems
 In honor of Lucy Marie Maher
 By: Michael and Kate Maher
 In honor of Colton Metheny
 By: Licking Memorial Health Systems
 In honor of Maverick Vest
 By: Licking Memorial Health Systems

Doctors' Day

- In honor of Ann Govier, M.D.
 By: Clarissa Ann Howard
 In honor of Kevin Graham, M.D.
 By: Phillip and Marcia White

LMHS Purchases Hartford Fair Steer Pool Grand Champion

At the 161st Hartford Fair, Licking Memorial Health Systems (LMHS) purchased the Market Steer Grand Champion for \$6,895.68. Owned by Cole Foor, the steer weighed in at 1,312 pounds. Cole is involved in the Boots N Buckles 4-H Club in Pataskala. LMHS plans to donate the beef to the Salvation Army of Licking County.



LMHS Completes Annual Sports Screenings Program

Throughout May, Licking Memorial Health Systems (LMHS) once again offered its free Sports Screening Program to local youth. Licking County student-athletes entering grades 7 through 12, marching band members and students from C-TEC's Criminal Justice, Fire and Physical Therapy programs were eligible to attend.

A total of 469 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 247 students entering grades 7, 9 and 11 who received the heart screenings, one was referred to a pediatric cardiologist for further evaluation and treatment after preliminary results indicated possible abnormalities.

"LMHS is proud to have offered EKG testing since 2008 and

echocardiogram testing since 2015 at no cost to our local youth," LMHS President & CEO Rob Montagnese said. "Through the Heart to Play Program, a total of 35 area students have learned of previously undetected heart defects that could have placed their lives at risk during athletic competition or other strenuous activities. However, identifying abnormal test results allowed for early detection, diagnosis and treatment of their conditions, which prevented the possibility of sudden tragedy in our community. Offering EKGs and echocardiograms alongside the state-required pre-participation physical examinations and ImPACT concussion testing demonstrates our commitment to improving the health of the community."

A total of 60 LMHS employees – including pediatricians, other family practice and specialty physicians, nurse practitioners, nurses, and support personnel – staffed the LMHS Sports Screening Program in 2019. The program included a total of nine screening sessions, which were conducted after regular business hours at the Pataskala Health Campus and Licking Memorial Pediatrics – Tamarack.



LMHS Summer Camps Provide Fun and Education

During the months of July and August, Licking Memorial Health Systems (LMHS) hosted summer camps for Licking County youth featuring active play and education based on various health-related topics, including cancer and diabetes. The one-day camps offered an opportunity to meet other children and learn how to stay healthy. Licking County high school seniors also were invited to participate in a two-day camp to learn about careers in health care at Licking Memorial Hospital (LMH).



Camp Med

On July 9 and 10, Camp Med offered an opportunity for high school seniors to speak with healthcare professionals and receive firsthand experience with various healthcare careers. Twenty-nine students, chosen through a rigorous application process, spent two days visiting departments and medical practices throughout LMHS. The attendees were divided into groups, and allowed to participate in interactive medical demonstrations. The students were given the opportunity to use surgical and sonogram equipment, learn to draw blood, and prepare and administer medications. The group also spent time observing physician practices including Dermatology, Orthopedic Surgery, Women's Health, Hematology/Oncology and Pulmonology.

Camp AIC

LMHS invited children, ages 7 to 13, who have diabetes to attend Camp AIC. Diabetes is a long-term health condition that causes high blood sugar and inadequate insulin levels in the body. This year, the group met at the Bryn Du Mansion Carriage House for the one-day camp featuring a crime scene investigation theme. Teams competed in activities such as the Cops and Robbers relay, Find the Fingerprint, Cat and Mouse, and Soak Your Suspect while trying to solve the case of the missing glucometer. Campers had to choose one of the six "suspects,"



portrayed by LMH dietitians and nurses, based on the clues that were given to solve the mystery. During the activities, LMH Community Wellness Dietitians discussed the pitfalls of diabetes, carbohydrate counting and creating a balanced plate. Campers were encouraged to exercise often and enjoyed an inflatable obstacle course throughout the day.



Camp Courage

Camp Courage was designed to help reduce anxiety about cancer for children, ages 7 to 13, who have had an encounter with the disease personally or through a close friend or family member. The day camp, held at Infirmary Mound Park in Granville, featured a superhero theme to encourage the attendees to find their superpower and create a T-shirt with a personally designed superhero logo. D'Anna N. Mullins, M.D., Ph.D., of Licking Memorial Hematology/Oncology, spoke to the group about overcoming fear, exercise, proper nutrition and making healthy choices. Cory Campbell, Pastoral Care Chaplain, spoke to the children about being comfortable with their emotions and finding ways to relax. He encouraged them to learn about topics they do not understand to help minimize fear. The children enjoyed healthy snacks, superhero training sessions and water games.



LMHS Presents Events for **Active•Fit** and **Active•Senior** Programs

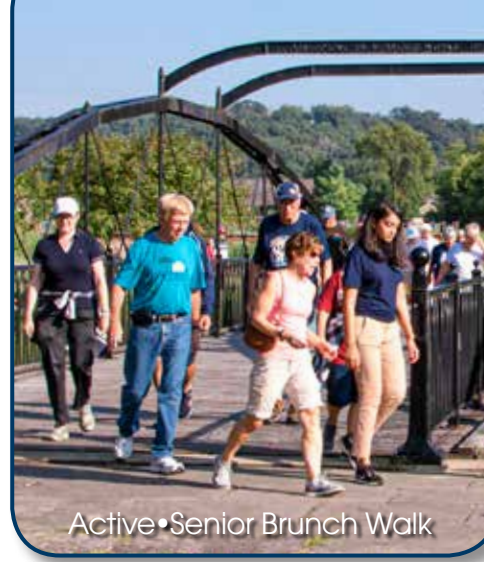
Licking Memorial Health Systems (LMHS) recently held numerous events during July and August for the Active•Fit and Active•Senior programs. All events included healthy snacks and beverages for participants.

The first ever event featuring both wellness programs, Active•Fit and Active•Senior Bowling, took place on July 24 at Park Lanes in Heath. Approximately 140 Licking County youth, ages 6 to 12, and Licking County seniors, ages 60 or older, enjoyed two hours of free bowling.

On August 8, Licking County youth participated in the Active•Fit Field Day at Alford-Reese Park in Newark. Youth had an opportunity to join multiple activities throughout the event with breaks for snacks and hydration. The children were divided into two age groups, ages 6 to 8 and 9 to 12, and participated in two games of choice, including flag football, soccer, kickball and freeze tag.

On August 20, 93 Licking County seniors participated in the Active•Senior Brunch Walk. The event included the opportunity to enjoy a walk beginning at the Rotary Park Pavilion in Newark while Nishi Patel, M.D., of Licking Memorial Internal Medicine, discussed Alzheimer's disease. A healthy brunch followed the walk.

Participation in all Active•Fit summer events counted toward the Active•Fit Program Period 3 goals. The current period, complete with new goals, began September 1. All Program participants have an opportunity to choose and complete new wellness goals by December 31 to qualify for the next incentive prize drawing. Since 2012, the Active•Fit Program has registered more than 4,600 participants who select health-related goals and track their progress on the Active•Fit website. For more information or to register for the Active•Fit Youth Wellness Program, please visit www.ActiveFit.org.



Active•Senior Brunch Walk

The Active•Senior Program was designed with activities which have been reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2019–2020 goal program continues through April 30, 2020. The next event is Active•Senior Gourmet Gardener, which is scheduled on October 15, 2019, at C-TEC, located at 150 Price Road in Newark. For more information or to register for the Active•Senior Program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



Active•Fit Field Day



BLACK PANTHER

LMHS invites you to bring the entire family to a **FREE** fun youth wellness event, and stay for Family Movie Night. LMHS will present the Marvel Studios film, *Black Panther*, in an outdoor screening.

Date: Friday, September 20

Time: Active•Fit Youth Wellness Event 6:30 – 7:30 p.m.
The movie will follow, beginning at dusk.

Location: The grounds of Denison University's Fine Arts Quad, located at 100 West College Street, in Granville.

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

Active•Fit
WWW.ACTIVEFIT.ORG

be the change.
John W. Alford Center
for Service Learning
at Denison University



Note: In the event of rain, an alternate location for the movie will be announced.

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

Evaluating Patient Choice in Health Care

There is a growing awareness that patients can and should play an important role in deciding their own care, in defining optimal care, and in improving healthcare delivery. Popular concepts such as patient-centered care, patient empowerment, shared decision making, and informed choice illustrate the concept of patient choice.

All patients have the right to choose the provider who renders healthcare services to them. Frequently, this is an assisted choice, as physicians and hospitals often refer patients to specialists, home health care, long-term facilities or other healthcare professionals for further care outside of their expertise or ability to provide continuity of care.

For patients to choose the best provider, they need to be informed about the quality of providers. This type of information often is referred to as a quality indicator, a measurable aspect of care that gives an indication of the quality of care and may concern the structure, process or outcomes of care delivered by a provider. Because

patients have different information preferences, comparative information for all indicators is developed to enable patients to select the information that is relevant to their medical situation and to choose a provider based on that information.

Licking Memorial Health Systems (LMHS) takes pride in the care provided to the community and strives to offer helpful information regarding patient choice. LMHS continually monitors the quality of their care, by tracking specific quality measures and comparing benchmark measures. This data is published in the Report Card, a segment of the bi-monthly *Community Connection* magazine. The data presented allows community members to draw their own conclusions regarding healthcare choices in numerous practice areas, including, patient safety, heart, cancer, maternity, respiratory, behavioral health, stroke, emergency, diabetes, pediatric, rehabilitation and surgery care. The publication offers educational and patient stories, as well as health tips and quality measures.

Furthermore, patients' choices can be determined by a combination of patient and provider characteristics. Patients make different choices in varying situations. Some patients may attach greater importance to their own previous healthcare experiences or to a general practitioner's recommendations, than to comparative information. A patient's own previous care experience, for example, is the most important information source for many patients. A positive experience with a particular provider positively influences the future choice for that provider. Patients' general care experiences also influence their choices.

Additionally, patients may base their decisions not only on quality indicators or personal experience, but on a variety of provider characteristics. Several factors can affect provider characteristics, such as the availability of providers, the accessibility of the providers, the type and size of the providers, the experience and quality of the staff, and the cost of treatment.

Physician Spotlight

Nishi V. Patel, M.D., joined Licking Memorial Internal Medicine in September 2018. She received her Doctor of Medicine degree at the University of Kentucky College of Medicine in Lexington, Kentucky. She completed an internal medicine residency at The Ohio State University Medical Center. Dr. Patel is board certified in internal medicine.



Ask a Doc – Healthy Aging with Nishi V. Patel, M.D.

Question: How can I maintain my health as I age?

Answer: People in the United States are living longer than ever with the average life expectancy around 80 years old. The body changes as we age and it is imperative to maintain good health in order to avoid a loss of functionality and enjoy greater independence in later life. Even if you never have been very active or followed a healthy diet, it is not too late to reap the benefits of a healthy lifestyle. In addition to physical health, it is important to preserve your mental and emotional health by challenging your mind and cultivating relationships. Receiving health screenings and managing risk factors for disease also will influence different areas of health.

The first step to maintaining good health is adopting a healthy lifestyle including regular exercise and a healthy diet. Even people who begin exercise later in life can experience improved heart function. Physical activity does not have to be strenuous exertion at a gym. Performing everyday activities that keep the body moving – such as gardening, walking the dog and taking the stairs instead of the elevator – increase breathing and heart rate which increases stamina and improves the health of the heart and lungs. Regular exercise and physical activity can reduce the risk of developing some diseases and issues that often occur with aging. For instance, balance exercises help prevent falls, a major cause of injury

to older adults. Strength exercises build muscles and reduce the risk of osteoporosis while flexibility or stretching exercises assist in staying mobile. Exercise may even be an effective treatment for certain chronic conditions such as arthritis, heart disease, high blood pressure or diabetes.

A healthy diet also is attributed to reducing the risks for heart disease and diabetes. In addition to eating nutrient-dense foods including fruits, vegetables and whole-grains, reducing sodium intake is recommended to lower blood pressure. Making better food choices also ensures the body receives important vitamins and nutrients that also contribute to wellbeing. Dietary needs are different for each person, so talk with a physician about food restrictions.

Exercise and healthy eating invigorates the body, and also can stimulate the mind and emotions. Medical studies have found those who live longer lives report feeling happier and healthier, are sociable and generous, have cultivated strong relationships and enjoy participating in meaningful activities, such as volunteering in the community. Negativity and long-term stress can damage brain cells affecting the memory and lead to depression. Stress and lack of sleep also may cause memory loss, depression and

a decreased ability to fight off and recover from infection. In order to maintain mental health, challenge the mind and adopt an attitude of learning. Be sure to participate in social activities, maintain communication with family and friends – especially after a significant loss or life change – in order to avoid feelings of isolation or loneliness, and develop a regular schedule with a bedtime routine.

Finally, it is vital to practice prevention in order to maintain good health. Annual physicals and health screenings will assist in detecting any possible chronic illnesses or diseases in the early stages when treatment is most beneficial. When visiting a primary care physician, always have a list of current prescription and non-prescription medications, including herbal supplements. The physical should include a blood pressure check. High blood pressure can cause heart disease, kidney problems, blindness and other health issues. It also is recommended to have a cholesterol test at least every five years. High cholesterol is a risk factor for heart disease and stroke. Be sure to discuss the different types of cancer screenings with a physician as well especially if there is a family history of cancer such as colorectal, breast or lung cancer. Eye, ear and dental exams also are important to maintain functionality and wellbeing.

LMH Active Medical Staff Members Participate in Pelotonia



Several members of the Licking Memorial Hospital Active Medical Staff recently participated in Pelotonia, the annual three-day cycling fundraiser that supports life-saving cancer research. The event, which features a variety of cycling routes throughout Central Ohio, was held the first weekend in August. To date, Pelotonia has generated more than \$195 million for cancer research at The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute.

The five local physicians, who raised more than \$11,500 in support this year, included (left to right): Elliot Davidoff, M.D., of Center For Sight; Donald DeShetler, M.D., of Cherry Westgate Family Practice; William Knobloch, M.D., of American Health Network; Karen Smith-Silone, D.O., of Licking Memorial Gynecology; and James Silone, D.O., of Center For Sight. Dr. DeShetler has been involved with Pelotonia in each of its 11 years, and Dr. Davidoff rode for the tenth-straight year. Dr. Knobloch participated for the sixth time, Dr. Smith-Silone returned for her fourth year at the event, and Dr. Silone completed his inaugural ride. Anyone interested in supporting their fundraising efforts may make an online contribution at www.Pelotonia.org through Friday, October 4.



Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care

Patient Story – Patty Carpenter

Approximately seven years ago, Patty Carpenter underwent foot surgery. Her podiatrist expressed concern that she may have diabetes. Patty also began suffering minor unconscious spells. She would later learn this was caused by sudden decreases in her blood sugar level. She visited her family physician who suggested that losing weight could defer the onset of diabetes. Patty became dedicated to strict eating habits and increasing her exercise and lost over 160 pounds.

However, about two years ago, she became ill with an upper respiratory infection and went to Licking Memorial Urgent Care – Downtown Newark for treatment. During the course of her physical exam, it was determined a blood draw was necessary and the results revealed that Patty, in fact, had Type 2 diabetes.

Patty, the only girl in a family of six, has no history of diabetes in her family. “I have always eaten junk food though,” Patty confessed, “and it had finally caught up with me.” Patty began seeing Kevin Graham, M.D., of Licking Memorial Family Practice – Granville, and he recommended in 2018 that Patty attend the Diabetes Education classes offered by Licking Memorial Hospital (LMH). “I am so appreciative of Dr. Graham for his care. He set me on the right track to managing my diabetes and it has really turned my life around,” she shared.

Diabetes care at LMHS features education, training and careful monitoring, in order to empower patients and encourage proactive self-management. A variety of health professionals – including pharmacists, dietitians, registered nurses, personal trainers and social workers – help to ensure a multifaceted approach to diabetes management, with an emphasis on healthy lifestyle improvements. The Diabetes Education Center also offers a variety

of one-on-one services for individuals with diabetes, including self-management skills, insulin instruction, and education regarding carbohydrate counting, healthy food options and nutritional label reading.

“I learned so much through the Diabetes Education classes! Dietitian Annmarie Thacker, M.S., R.D.N., L.D., C.D.E., is always so encouraging and makes me feel good upon just walking into the office. She knows just how to answer my questions,” said Patty. “She guides me to eat well and eat things I enjoy ‘within reason’ and has recommended I limit ‘whites,’ such as potatoes, breads and pasta.” Annmarie emphasizes appropriate portion size as a key element to weight management.

Individuals with diabetes also are encouraged to take advantage of the Licking Memorial Wellness Centers, located at the Licking Memorial Medical Campus, 1717 West Main Street in Newark, and C-TEC in Newark. Both locations offer treadmills, ellipticals, NuSteps, stationary bicycles and arm bicycles, in addition to a variety of free weights and other weightlifting equipment.

Patty visits the Wellness Center three times a week. “I really enjoy exercising at the facility. I have met many good friends there. You can tell that everyone really cares for you. The staff has such a good understanding of their patients, their capabilities and the equipment,” she explained. “The open relationship we have is comforting and I know that they are there to help if I need it. Ed Nagy, Ron Goodwin, and Felizardo Dela Cruz take excellent care of me. Ed has been very involved in my progress and assisted me a great deal.” Patty is able to ask questions regarding her diabetes management and often, the Wellness Center staff consults with pharmacists, dietitians and social workers on her behalf as needed.

Wellness Center staff monitor each patient’s blood glucose, as it must fall between 100

mg/dL and 300 mg/dL in order to exercise safely. “It is wonderful how the staff charts my glucose and blood pressure. This regular procedure really ensures we all stay on track,” Patty noted. “There are even notes on the machines, so that patients can read what symptoms to be aware of if they begin not feeling well. These extra efforts to ensure our safety make such a difference,” she concluded.

Patty is thankful to her husband, Arthur, for his support throughout this process. He is her walking partner and also has adjusted his eating habits. Patty still concentrates on eating smaller portions and very limited amounts of sugar. She drinks primarily water and no carbonated beverages. All her efforts have paid off as she has lowered her A1C level from 14 to 5. She visits Dr. Graham every three months for regular blood work.

Patty and her husband have two grown children, Kara and Scott, and three grandsons, Kaleb, Ross and Holden, whom Patty cares for on regular basis. Her favorite hobby is crocheting squares for blankets and towels for the homeless. Central Christian Church of Christ accepts donations of yarn and Patty, along with several women in the community, give their time to hand make the items.

LMHS offers Diabetes Self-management Education and Support for newly diagnosed or chronic diabetes patients. The classes, held on Wednesdays, 12:00 Noon to 2:00 p.m., are taught by certified diabetes educators – including nurses, dietitians and pharmacists – and consist of four consecutive two-hour classes. Evening classes are offered twice a year in May and October. The program can be scheduled through central scheduling with a physician’s order. Most insurances or uncompensated care cover the cost of the classes. Contact the Diabetes Education Center at (220) 564-4915 to receive more information about the classes.

Diabetes Care – How do we compare?

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

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

	LMHP 2016	LMHP 2017	LMHP 2018	National
LMHP diabetes patients receiving eye exam	59%	59%	59%	58% ⁽¹⁾
LMHP diabetes patients having HbA1C test	95%	94%	94%	88% ⁽¹⁾
				LMHP Goal
LMHP diabetes patients having lipid profile	91%	89%	90%	83%
LMHP diabetes patients having microalbuminuria test	86%	82%	86%	84%
				National
LMHP diabetes patients having foot exam	85%	84%	86%	80% ⁽²⁾

2. While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1C (HbA1C) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person’s blood over an extended period of time.

	LMHP 2016	LMHP 2017	LMHP 2018	National ⁽¹⁾
LMHP diabetes patients with HbA1C less than or equal to 7%	56%	51%	53%	38%
LMHP diabetes patients with HbA1C less than or equal to 8%	76%	72%	74%	59%

3. People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease – a very serious complication of diabetes.

	LMHP 2016	LMHP 2017	LMHP 2018	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	65%	65%	67%	48%

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

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
CCM diabetes patients who obtained an HbA1C test	100%	100%	99%	Greater than 85%

5. Per the American Diabetes Association (ADA), decreasing body weight can delay or prevent Type 2 diabetes and lower blood glucose levels. Intentional weight loss can result in a reduction in A1C for people with Type 2 diabetes.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Diabetes Self-Management Education & Support participants’ average weight reduction	8.59 lbs.	10.59 lbs.	11.37 lbs.	7 to 10 lbs.

Diabetes Care – How do we compare? (continued on page 18)



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

6. A1C is the standard for measuring blood sugar management in people with diabetes. Studies show higher A1C levels to be associated with the risk of certain diabetes complications (eye, kidney and nerve disease). For every one percent decrease in A1C, there is significant protection against those complications.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Diabetes Self-Management Education & Support participants with a decrease HbA1C or within normal limits	92%	98%	97%	greater than 80%

Data Footnotes:
 (1) Average of reported Commercial, Medicare and Medicaid/HEDIS measures.
 (2) National Committee for Quality Assurance – NCQA Diabetic Recognition Program

Preventing Cellulitis

Cellulitis is a common, potentially serious bacterial skin infection that often affects the lower legs, although the infection can occur anywhere on the body or face. The infection appears as a red, swollen area and is typically painful and warm to the touch. Cellulitis occurs when bacteria, most commonly streptococcus and staphylococcus, enter through a crack or break in the skin. Bacteria are most likely to enter disrupted areas of skin, such as surgery sites, cuts, puncture wounds, an ulcer, athlete's foot or dermatitis. Left untreated, the infection can spread to lymph nodes and the bloodstream and rapidly become life-threatening.

People with diabetes and those with poor circulation need to take extra precautions to prevent skin injury because they are more susceptible to developing

infections such as cellulitis. An elevated blood sugar level can inhibit the bodies' ability to fight infection, which can prolong or prevent the ability to heal cuts and wounds. Some diabetes-related health issues, including nerve damage, also can contribute to the risk of infection. A person with diabetes may not feel an injury to the foot or leg. If unnoticed, a wound may not heal properly and can become infected.

Implementing the following measures can assist in avoiding infection:

- Work with a healthcare provider and team to control blood sugar levels
- Cleanse daily with mild soap and water or as directed by a healthcare provider
- Use hypoallergenic moisturizer daily
- Inspect skin folds and between toes daily
- Seek treatment for warmth, pain, tenderness, swelling, redness or breakdown of the skin promptly

- Keep nails trimmed to prevent irritating or tearing other skin
- Wear protective clothing and padding to prevent cuts and scrapes
- Wear footwear that does not rub and cause pressure
- Manage swelling by wearing compression clothing items as ordered by a healthcare provider
- Keep primary care appointments to help manage swelling and illnesses such as diabetes mellitus
- Eat a healthy, well balanced diet, and limit sodium to help manage swelling

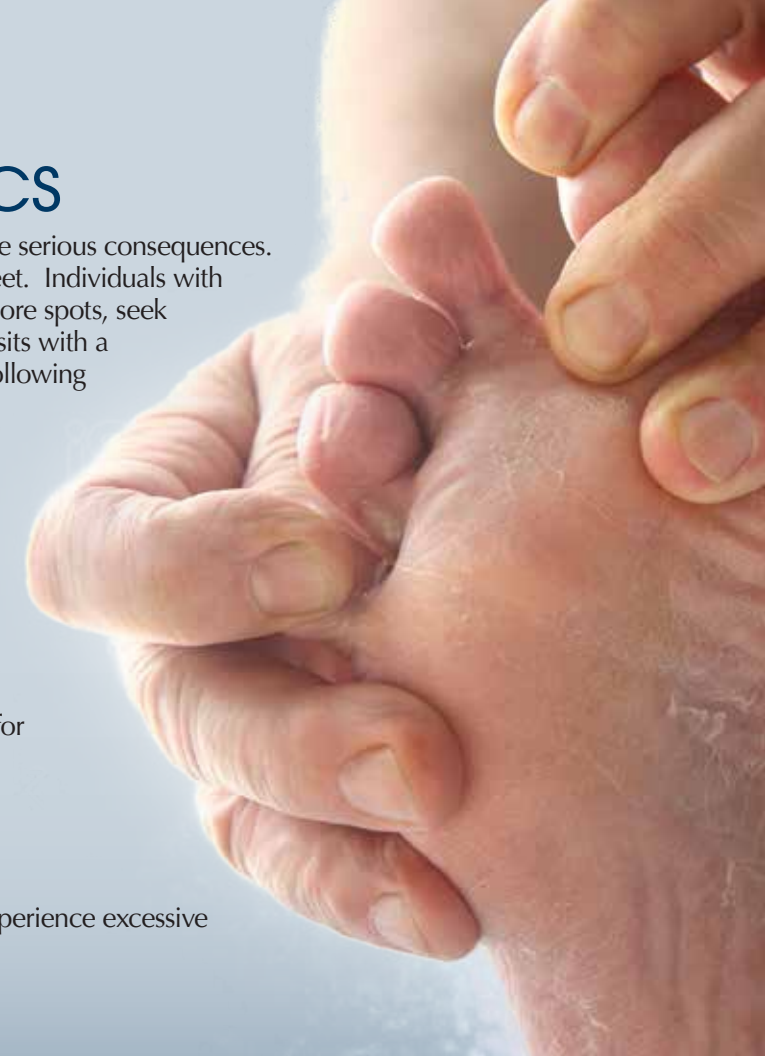
A healthcare provider may order lymphedema pumps or Lymphedema Clinic appointments. For those at high risk or have repeated cellulitis, visits to the Wound Clinic and/or an infectious disease physician may be required for further management.



Health Tips – Foot Care for Diabetics

Diabetes can be dangerous to the feet, as even a small cut can produce serious consequences. Diabetes may cause nerve damage that takes away the feeling in the feet. Individuals with diabetes should inspect their feet every day for open cuts, wounds or sore spots, seek care immediately for foot injuries and remove shoes and socks at all visits with a primary care physician. To avoid serious foot problems, practice the following suggested guidelines:

- Keep blood sugar levels under control
- Bathe feet daily in lukewarm water – not hot
- Do not soak feet
- Use a soft washcloth or sponge to avoid scratches or other injury
- Dry feet well especially between the toes
- Moisturize the feet to keep dry skin from itching or cracking; however, avoid putting lotion between the toes as dampness may cause infection
- Cut nails straight across carefully – and file the edges
- Never treat corns or calluses yourself – visit a healthcare provider for appropriate treatment
- Wear clean, dry socks changing daily and well fitting shoes
- Never use a heating pad or a hot water bottle to heat your feet
- Shake out shoes and feel the inside before wearing
- Keep the feet warm and dry
- Consider using an antiperspirant on the soles of your feet if you experience excessive sweating
- Never walk barefoot
- Speak with your physician about obtaining diabetic shoes



Community Education – Healthier for Life Workshop



Aundrea Parker, M.S., R.D., L.D.



Donya Hageman, P.T.A., C-PT, CFNS



Debra Y. Larabee, R.N., B.S.N.

Date: Thursdays, October 3, 10, 17 and Tuesday, October 22
Location: LMH First Floor Conference Rooms
Time: 6:00 to 8:00 p.m.

Speakers: Aundrea Parker, M.S., R.D., L.D.
 Donya Hageman, P.T.A., C-PT, CFNS
 Debra Y. Larabee, R.N., B.S.N.

Weight loss organizations often promise significant results to participants who adhere to their plans or purchase their services. Yet, 33 percent of American adults remain overweight and the numbers continue to climb. Diets and weight loss services frequently fail, leaving participants feeling discouraged, deprived and still struggling to lose weight.

Dietitian Aundrea Parker, M.S., R.D., L.D.; ACE Certified Personal Trainer and Physical Therapy Assistant Donya Hageman, P.T.A., C-PT, CFNS; and Patient Educator Debra Y. Larabee, R.N., B.S.N., invite you to discover a different way to view weight loss. Sustained weight loss is often the result of positive change focused on health, not pounds – a personalized lifestyle instead of a weight loss plan. Through this unique event, attendees will learn to successfully confront common stumbling blocks to exercise and menu planning, grocery shopping, motivation, unwanted eating behaviors, recipe modification and more. Participants who complete the program will acquire practical guidelines for beginning a new, healthier lifestyle.

Healthier for Life is a four-part program and will be held on four consecutive weeks, **Thursday, October 3, 10 and 17, and Tuesday, October 22**, from 6:00 to 8:00 p.m., in the Licking Memorial Hospital First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. A meal will be provided for all participants. The program is free; however, space is limited and registration is required. To register, please call (220) 564-1560.



Quality Reporting to the Community

Patient Story and Benchmarks for Pediatric Care

Patient Story – Noah Blake

medications or a procedure known as ablation. Early treatment of the condition not only prevents the possibility of sudden tragedy, but also enables youth to resume their normal lives – including physical activities.

“Noah is a vibrant, resilient and active child, so physical activity does not affect him as much as it does others. Not only does he play multiple sports, he assists his father with lawn care, including mowing, weeding and mulching,” explained Kierra. Noah was previously diagnosed with attention-deficit/hyperactivity disorder (ADHD), which makes it difficult for a person to pay attention and control impulsive behaviors. Individuals who suffer from this condition may be restless and almost constantly active. “We choose not to medicate Noah for ADHD and his natural activity level helps him manage the condition successfully,” noted his mother.

Noah had occasionally noticed some minor chest pain and experienced shortness of breath, but never thought much of it due to his high level of physical activity. “At first, the diagnosis was overwhelming and I was a little bit nervous wondering if I would be okay and be able to play sports again,” said Noah. “Dr. Baun referred us to a cardiologist at Nationwide Children’s Hospital and we are anxiously awaiting our appointment to confirm the diagnosis, take the first steps in his treatment and begin recovery,” said Kierra. “I can’t wait to begin playing sports again,” Noah commented.

Noah has been seeing Dr. Baun since the age of ten. “I have always felt it was very important to stay current with the annual well-child visits for all my children,” stated Kierra. Noah has four siblings – three sisters and a brother, ages 13, 10, 3 and 1 – all of whom were born at Licking Memorial Hospital (LMH). “Dr. Baun’s staff is fantastic! They are very

family-friendly and always very helpful in working me into the schedule when one of my children is ill,” she explained. “They have good hours and I really appreciate the availability of the walk-in appointments,” Kierra added. “I would highly recommend all parents schedule regular wellness child visits. I am so grateful for Dr. Baun’s expertise and thoroughness to ensure Noah a healthy future,” she concluded.

Noah’s heartrate can quicken up to 220 beats per minute, so if he begins to feel out of breath or abnormal, he knows he needs to take a break immediately. He seems at ease with his diagnosis, yet eager for a resolution so he can return to his passion without restriction. “I understand now that it is important to pay close attention to how you feel and share that with your parents and coaches. I would give that advice to other young athletes, too,” said Noah. Sports are life to Noah, and he is disappointed to be missing his first high school football season. However, he is very appreciative to the coaches for still including him as an integral part of the team this year as team manager. He hopes to earn a place as wide receiver or safety next season. “The coaches have been terrific, very supportive and understanding of the situation,” Kierra said.

Annual well-child visits are a standard part of patient care at Licking Memorial Pediatrics. Please contact your child’s pediatrician or family physician for more information, or to schedule an appointment. Additionally, each spring, Licking Memorial Health Systems offers annual pre-participation screenings, including EKG testing, baseline concussion screenings and pre-participation physical examinations. Please email sportsphysicals@lmhealth.org for more information or with any questions you may have about the pre-participation screenings.

When Noah Blake, age 14, was diagnosed with Wolff-Parkinson-White (WPW) syndrome earlier this summer, it came as a complete shock because he did not have any symptoms. “Since the fourth grade, sports always have been a big part of his life. Noah plays football, wrestles and runs track. This was not something we were expecting at all,” shared his mother, Kierra Harper. In preparation for his freshman football season at Newark High School, Noah was completing daily two-hour conditioning workouts when he received the stunning news after his annual well-child exam with Robert Baun, M.D., of Licking Memorial Pediatrics – Tamarack.

Due to Noah’s age and upcoming participation in high school sports, this was the first year that an electrocardiogram (EKG) was performed as part of the annual well-child visit. An EKG is a test that measures the electrical activity of the heartbeat. Dr. Baun recognized the abnormality in Noah’s heart during the procedure.

WPW is a condition in which there is an extra electrical pathway in the heart. This extra pathway appears between the heart’s upper and lower chambers and is present at birth. The condition can lead to periods of rapid heart rate (tachycardia), creating dangerous heart rhythms that can result in sudden death during physical exertion. WPW syndrome is one of the most common causes of fast heart rate problems in infants and children. Symptoms most often appear between the ages of 11 and 50 and also can include dizziness and lightheadedness. A rare and chronic condition, WPW is treatable and may involve the use of

Pediatric Care – How do we compare?

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

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

	LMHP 2016	LMHP 2017	LMHP 2018	National
Childhood immunization rate (4:3:1:3:3:1 series)	86%	86%	83%	73% ⁽¹⁾
Children, aged 6 months to 18 years, receiving the influenza vaccination	32%	31%	33%	56% ⁽²⁾

- LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2016	LMHP 2017	LMHP 2018	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	56%	62%	58%	55% ⁽³⁾
Adolescent children receiving varicella vaccination	96%	97%	96%	89% ⁽³⁾
Adolescent children receiving meningococcal vaccination	89%	91%	89%	85% ⁽²⁾

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

	LMHP 2016	LMHP 2017	LMHP 2018	National
Children with pharyngitis receiving test before antibiotics	96%	96%	94%	84% ⁽⁴⁾


- LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood that their children will enjoy long and healthy lives.

	LMHP 2016	LMHP 2017	LMHP 2018	LMHP Goal
Children, aged 9 to 11 years, receiving cholesterol screening	58%	66%	58%	65%

- When a child arrives at Licking Memorial Hospital with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2016	LMH 2017	LMH 2018	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

Data Footnotes: (1) Vaccination Coverage Among Children Aged 19-35 Months – United States, 2017 (2) Centers for Disease Control and Prevention, “Influenza vaccination coverage for persons 6 months and older by state, National Immunization Survey – Flu, 2017-18 influenza season, 6 months-17 years” (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2017. (4) NEW-National Committee of Quality Assurance, State of Health Care Quality Report Card 2017.

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

Well-child Visits are Key to Prevention

In the early days, weeks and months of a child's life, pediatricians or family practice physicians schedule a number of appointments to provide examinations and screenings to assess the child's development and growth. The appointments – often referred to as well-child visits – include a physical exam, during which height and weight are recorded, and administration of immunizations. Child development – physical, cognitive and emotional – occurs rapidly during the first years of life and the well-child visit is vital in assuring a child's good health and appropriate development. As the child ages, the well-child visits are less frequent, generally once a year, but still vital to good health. Parents may utilize the visits to discuss prevention and healthy behaviors.

The American Academy of Pediatrics (AAP) and Bright Futures created guidelines for pediatricians and family practice physicians for preventive pediatric health care. The recommendations include suggested ages for screenings, examinations and procedures. During a typical physical exam, the healthcare provider listens to the heart, breath and stomach to detect any abnormalities that might be concerning. Procedures, such as blood tests, may be performed to assess the child for anemia, lead exposure or possible infections or diseases. Developmental screenings are designed to determine if a child is meeting specific milestones for their age. For parents of younger children, the well-child visits can be a time to ask questions about a number

of health topics. If there is a family history of a particular illness, parents can discuss strategies to prevent that illness for the child. Healthy behaviors are important to instill at a young age, and the well-child visit is a time to review important behaviors, such as sleep, nutrition and physical activity.

It is recommended that well-child visits include depression screenings when the child reaches the teen years. Every well-child visit with a teenager should include time spent alone with the pediatrician or family practice physician in order to allow the adolescent to ask and answer questions about their own health. Adolescent visits provide an opportunity for teenagers to address important questions, including substance use, sexual behavior and mental health concerns.

The AAP suggests preparing in advance for a well-child visit. Often, schools require sports physicals and medical records be updated before the start of a new school year. Scheduling a well-child visit during the summer can be beneficial in completing the school requirements, or it may be more convenient for some parents to schedule the visits around a child's birthday. Parents should make a list of topics to discuss with the child's healthcare provider, such as development, behavior, sleep, nutrition or prevention. As the child ages, discuss the questions and topics with the child to determine if the child has questions or concerns to ask the physician. When

going to the visit, it may be helpful to bring the child's immunization record or any school or sports forms that may need completed.

Regular visits to the same pediatrician or family practice physician create strong, trustworthy relationships among the provider, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.



Preparing for Baby

A Resource Fair

The Licking Memorial Hospital Development Council will host Preparing for Baby – A Resource Fair on **Thursday, September 19, from 4:00 to 6:00 p.m., at LMH.** New or expecting parents, or those considering pregnancy, are invited to attend and learn about all of the services that Licking Memorial Health Systems offers. A safe nursery will be on display, as well as a car seat check station. Light refreshments will be available. Guests also will receive a variety of giveaway and informational items. This event is free to the public, and registration is not required. For more information regarding this event, please call the LMH Development Office at (220) 564-4102.

Supporter Spotlight – TrueCore

Since TrueCore Federal Credit Union was established in Licking County, the financial organization committed to giving back to the community, and that commitment includes Licking Memorial Hospital (LMH). TrueCore is a Platinum Circle donor contributing \$25,000 or more to enable LMH to purchase new equipment and provide additional services to meet the healthcare needs of the community. President and CEO Jay Young serves on the LMH Development Council. TrueCore's charitable organization – the TrueCore Foundation – also supports LMH as a member of the Community Cornerstone Club.

TrueCore is a result of a merger between Fiberglas and Cardinal Federal Credit Union in 2015. When the two organizations merged, they wanted the new name of the organization to embrace the Credit Union's core values: integrity, innovation, service and community. TrueCore is now the largest credit union in Licking County. The

organization serves the financial needs of over 16,000 members at office locations in Newark and Heath. They soon plan to open an office in Pataskala. The Credit Union is member-owned and available to serve those who live, work, attend school or volunteer in Licking County. TrueCore's mission is to improve the financial well-being of their members. In keeping with their core values and mission, TrueCore is dedicated to giving back to the community. The financial organization participates in the Licking Memorial Health Systems "For Your Health" 5K Corporate Challenge and sponsors a team for the LMH Golf Gala.

In 2017, the Credit Union introduced the TrueCore Foundation, a 501(c)(3), non-profit organization to address causes and assist with unmet needs in Licking County. The volunteer Board of Directors is comprised of a diverse group of Credit Union employees with a mission to improve the lives of others by fulfilling needs in the community. The

organization felt supporting LMH was important in improving the health of the community. "Our Foundation feels that the mission of LMH aligns perfectly with ours. We both share a common goal to better our community," shared Shani Smith-Reed, TrueCore Foundation Chair. "LMH provides so much more than medical care. It seems that you cannot attend any community event without seeing that LMH has generously supported it in some way." The TrueCore Foundation is a Birdie sponsor for the Golf Gala. Their gifts to LMH most recently have been used to assist with the purchase and installation of the new call light system.



Development Spotlight – Nate Adams

Nate Adams joined the Licking Memorial Hospital (LMH) Development Council Education and Membership Committee in November 2018, upon the invitation by John Gard, Education and Membership Committee Chair. "I was excited about the opportunity to get involved and advocate for the numerous services and activities that LMH offers to make the community a better place," Nate said.

Nate has had many interactions with LMH through various volunteer opportunities, community events and patient experiences. Nate's wife, Courtney, gave birth to their first daughter at LMH and his father, Tony Adams, also is on the Development Council as a member of the Community Relations Committee. Because of his experiences at LMH, he understands the importance of having a community hospital in Licking County. "We are very fortunate to have a not-for-profit hospital that not only serves the community's health, but also other community needs as well,"

said Nate. "I enjoy the committee meeting presentations by various Hospital departments that provide council members a better understanding of the new technologies and healthcare services to improve the health of the community."

Nate graduated from Newark Catholic High School in 2010. He later received a Bachelor of Science in Business Administration from Youngstown State University in 2013 and also completed a Master of Business Administration in 2015 from Youngstown State. Nate currently lives in Newark and works at the Tony Adams State Farm Agency in Newark. He oversees the daily operations and sales for all of the agency's insurance products and helps to create individualized recommendations and solutions for each client's needs.

Nate also serves in the community as a Newark Catholic High school varsity basketball coach, Fuse Network board member, LICCO Foundation vice president, Licking County Crime

Stoppers board member, Young Leaders of Licking County member and Elks Lodge member. He loves to spend time with family and friends, watch Cleveland sports teams, exercise, hunt and play basketball.



“For Your Health” 5K Run/Walk & 1-mile Fun Walk

The Dawes Arboretum provided a picturesque backdrop for the 12th annual Licking Memorial Health Systems (LMHS) “For Your Health” 5K Run/Walk & 1-mile Fun Walk on July 27. Licking Memorial Dermatologist Thomas Hagele, M.D., his wife, Courtney, and their children, Helena and James, served as the honorary chairs of the event, which was presented by the Licking Memorial Hospital (LMH) Development Council, The Dawes Arboretum, the Licking County Family YMCA, and Park National Bank (PNB).

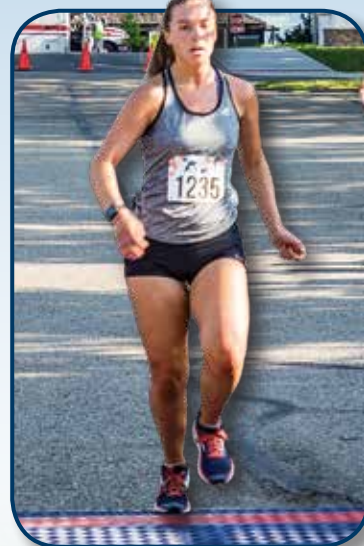
“Each year, we are proud to provide the ‘For Your Health’ 5K Run/Walk & 1-mile Fun Walk as an opportunity to improve the health of the community,” said LMHS President & CEO Rob Montagnese. “Being physically active is a crucial component of a healthy lifestyle, and I am encouraged to see the continued popularity of this excellent event among community members of all ages.”

The overall female and male winners of the 5K Run included: first place – Haylee Zigan (19:59) and Drake

Dickerson (16:33); second place – Taylor Crozier (19:59) and Taylor Hopkins (16:33); and third place – Gwendolyn Stare (20:42) and Matt Engstrom (16:41). The top three overall female and male finishers received medals and were offered gift cards to Dick’s Sporting Goods, but some respectfully declined due to collegiate restrictions. Medals also were awarded to those who finished in the top three of their age and gender groups.

LMHS and PNB invited Licking County businesses to promote employee wellness by joining the Corporate Participation Challenge. Businesses were grouped into four categories based on their total number of employees with the winners determined by the highest percentage of participants to run or walk the event. The Corporate Participation Challenge winners were: Micro (1 to 10 employees) – The Granville Investment Group; Small (11 to 20 employees) – ADR & Associates, Ltd.; Medium (21 to 99 employees) – Bloomberg Eye Center; and Large (100 or more employees) – The Energy Cooperative.

5K Run First Place Winners



Haylee Zigan (19:59)



Drake Dickerson (16:33)

2019 5K Run Medalists

Group	Top Female	Top Male
14 & Under	Addison Pound Allyson Stephens Landen Davis	Caleb Rafferty Dalton Crozier Corey Rafferty
15 to 19	Sofia Bishoff Leah Schultz Kaylee Padar	David Drushal Anthony Toskin Ronnie Brandal
20 to 24	Grace Montgomery Celsey Argyle Madison Rigsby	Isaac Wheeler Kameron Carpenter Joey Russell
25 to 29	Kali Monroe Ali Ernest Kristen Jones	J. Newman Matt Toskin Hayden Mohler
30 to 34	Amanda Filler Juliann Clark Elizabeth Butler	Fredrik Bergstrand Micah White Wes Carder
35 to 39	Courtney Hagele Molly Orsini Marie Stone	Patrick Smith James Keene Josh Fulton
40 to 44	Danielle Burns Nora Danhauer Andrea Burns	Cory Campbell Christopher Morrison Jeff Hunt
45 to 49	Jennifer Smith Beth Yasko Jennifer Shaner	Max Sutton Dan Patterson Joel McCreery
50 to 54	Janis Clark Colleen Skinner Keeley Herron	Jerame Davis Jim Silone John DuBois
55 to 59	Susan Haas Marianne Kieffer Patricia Henderson	Jeff Kieffer Bob Castle David Subler
60 to 64	Linda Castle Judy McNeish Linda Gates-Tucker	Vance Sarbaugh Tom Sturtz Brad Kittle
65 to 69	Nancy Stump Louise Gemmell	Mike Jacolenne A.J. Tarquino Will Kern
70 to 74	Chris Montis	John Grandmason Jim Tawney Daniel Sekerak
75 to 79	Dottie Crump	Thomas Mullady James Hoskinson Russell Hovland

New Appointments



Sofia Davila-Rodriguez, M.D., joined Licking Memorial Pediatric Hospitalists.



Brendan M. Divis, M.D., joined Licking Memorial Anesthesiology.



Rosita D. Frazier, M.D., joined Licking Memorial Gastroenterology.



Laraine B. Kemery, APRN-CNP, joined Licking Memorial Hematology/Oncology.



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



Stephen M. Pickstone, M.D., joined Licking Memorial Outpatient Psychiatric Services.



Vishnu V. Mudrakola, D.O., joined Licking Memorial Emergency Medicine.



Navin S. Muni, M.D., joined Licking Memorial Family Practice – Granville.



Kevin K. Ragothaman, D.P.M., of Foot and Ankle Specialists of Central Ohio, joined the LMH Medical Staff.



Andrew M. Reaven, M.D., joined Licking Memorial Anesthesiology.



Megan M. Robson, APRN-CNP, joined Licking Memorial Emergency Medicine.



Rachel Velishek, LPCC, joined Licking Memorial Behavioral Health.



Defeating Cancer

Licking Memorial Health Systems hosted Defeating Cancer: An Educational Dinner Event on June 27. More than 60 individuals enjoyed a catered dinner while listening to physician presentations about various cancer topics, such as colon cancer, prostate cancer and breast cancer. Attendees also were able to visit with LMHS staff at information tables that included topics such as advance care planning, cancer nutrition, women's health, tobacco cessation and colon cancer. Those who participated also were able to receive a skin cancer screening as well as a genetic cancer assessment.



Arnett Recognized on Community Hospital CIOs to Know List

Sallie Arnett has been named to the 2019 *Becker's Hospital Review* Community Hospital CIOs to Know. This is the third time she has been included on this prestigious list.

Sallie serves as the Vice President of Information Systems and Chief Information Officer for Licking Memorial Health Systems (LMHS), where she is responsible for establishing the strategic vision for information technology and the optimization of the organization's Electronic Health Record (EHR) systems. She oversees the Information Systems, Health Information and Communications Departments for LMHS. Sallie is an experienced healthcare executive with nearly 20 years as a healthcare CIO and 30 years of healthcare industry experience. Her key area of interest is leveraging information technology to improve the quality of patient care. Under her direction, LMHS operates in a virtually paperless environment. Additionally, Licking Memorial Hospital (LMH) has achieved recognition on the HealthCare's Most Wired list for the past five years, as well as being designated

a HIMSS EMR Adoption Model Stage 6 hospital.

Sallie has been recognized as an influential technology leader and advocate of the current technology revolution in the Central Ohio region. Sallie also has spearheaded the Information Systems Department efforts for the LMH Sepsis Initiative. The Hospital's EMR has been optimized to enhance communication between the multiple physicians and nurses caring for each patient. By automating key clinical workflows and documentation, including physician progress notes and physician order sets, the physician is able to rapidly take action to treat patients and quickly involve others throughout the Hospital to perform critical tasks.

Sallie received her Master of Science degree in Health Information Systems from the University of Pittsburgh in Pittsburgh, Pennsylvania, and her Bachelor of Arts degree from The Ohio State University in Columbus. Sallie is credentialed as a Registered Health Information Administrator (RHIA) by

the American Health Information Management Association (AHIMA) and as a Certified Healthcare Chief Information Officer (CHCIO) by the College of Health Information Management Executives (CHIME). She is an active member of the American Health Information Management Association (AHIMA), the College of Health Information Management Executives (CHIME), and the Health Information Management & Systems Society (HIMSS).



Relay for Life

The Licking County Relay for Life was held at Indian Mound Mall on July 20. Relay for Life, the signature event of the American Cancer Society, features continuous walking with the goal of raising funds to benefit cancer research through sponsorships and donations.

During the opening ceremony, Aruna Gowda, M.D., of Licking Memorial Hematology/Oncology, offered words of encouragement to the attendees.

This year's event featured 19 teams with approximately 100 participants – some of whom were cancer survivors themselves – in addition to the many friends and family members whose lives have been impacted by cancer. Together, they raised over \$45,400 toward a goal of \$78,494 for cancer research.

The event included fun games such as Human Hungry Hippos, themed walking laps and a hula hoop contest, as

well as a DJ and a photo booth. Some attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against cancer, as well as a Luminaria Ceremony in remembrance of lost loved ones.

Licking Memorial Health Systems is dedicated to the early detection and treatment of cancer. For more information about cancer care services at Licking Memorial Hospital, visit www.LMHealth.org.



LMH Supports National Mammography Day with Free Mammogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women's Health, and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women in order to promote the importance of breast cancer screening awareness. LMH will sponsor screenings on National Mammography Day, which is observed on Friday, October 18. Tests will be performed from 7:00 a.m. to 5:30 p.m., at the LMH Women's Imaging Center, and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 75. Any woman who is interested in receiving a free mammogram at LMH

should contact her physician for more information and a referral.

In order to be eligible to participate in this program, women must meet the following criteria:

- Must reside or work in Licking County
- Must be at least 40 years old
- Must be uninsured, or not eligible for Medicare or Medicaid
- Must have a physician's referral
- Should have no symptoms of breast cancer
- Must not have received a free mammogram from LMH in the last 12 months

The free tests apply only to screening mammograms. The X-rays will be interpreted by Tri-County Radiologists, including Edward Del Grosso, M.D., Joseph Fondriest, M.D., Daniel Kennedy, M.D., Lisa Lee, M.D., Owen Lee, M.D., Timothy Lifer, D.O., and Geoffrey Siesel, M.D. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program. However, financial assistance programs are available if follow-up is required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier's Office.

Kinship Care

A Resource Fair for Grandparents Raising Grandchildren

The Licking Memorial Hospital (LMH) Development Council will host Kinship Care – A Resource Fair for grandparents raising grandchildren on **Thursday, November 7, from 4:00 to 6:00 p.m., at LMH.** Vendors will be on site to provide information on available community resources to assist grandparents who are the primary caregivers of their grandchildren. Speakers will offer short presentations, and light refreshments will be available. Guests also will receive a variety of giveaway items. The event is free to the public, and registration is not required.

For more information regarding this event, please call the LMH Development Office at (220) 564-4102.



LMH Volunteers

This year, five high school students served as volunteers at Licking Memorial Hospital (LMH). The students offered support through a variety of services including greeting visitors at the reception desk, offering directions to patients, providing wheelchair assistance and more. Through these activities, the students receive firsthand Hospital experience.

to use this opportunity to gain experience and I have enjoyed my interactions with patients and volunteers in the meantime.”

Volunteers often have an interest in pursuing a healthcare career. The students were placed in areas that provide opportunities to gain more

knowledge geared toward their particular interests. Each student had the opportunity to interact with patients and LMH staff within each given area and task. Certain departments, such as Hematology/Oncology, utilized the volunteers to transport specimens. Also, the students assisted in the Volunteer Office, helping a variety of departments with special projects and Hospital deliveries.

Students who are at least 16 years old are eligible to become a member of the LMH Volunteer Department. A volunteer application, reference letter, a background check, and training also are required prior to assuming the responsibilities as a LMH Volunteer.

Many rewarding volunteer opportunities are available at Licking Memorial Hospital for teens and adults. To learn more about these opportunities, please call (220) 564-4044, or visit www.LMHealth.org and select “About Us” then “Volunteers” from the menu.

The LMH Volunteers include:

- Anna Crumrine
- Kolbe Heeralal
- Ryan Miller
- Emanuel Tewolde
- Matthias Young

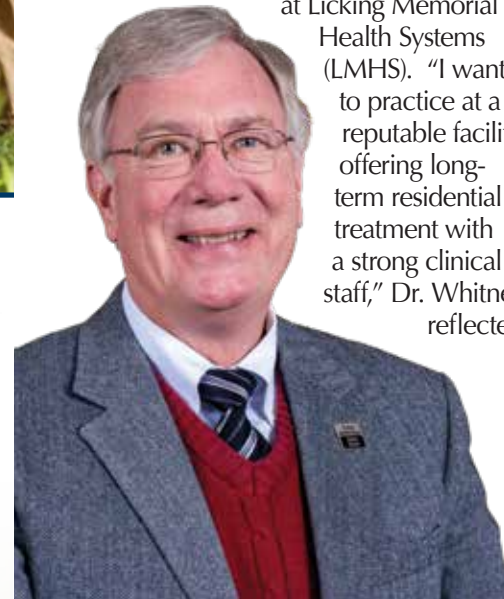
Emanuel Tewolde applied to become a volunteer because of his familiarity with LMH and for the opportunity to determine a future profession. “In the future, I could see myself becoming a physical therapist, but it is interesting to see a lot of the different roles and practices at LMH to help me find a career choice,” Emanuel said. “I have been trying



Retiree Spotlight – Richard N. Whitney, M.D.

In 1995, a recruiter on behalf of Licking Memorial Hospital (LMH) spoke with Richard N. Whitney, M.D., asking if he was interested in a position in Emergency Medicine. At the time, Dr. Whitney no longer practiced Emergency Medicine and instead was focused on Addiction Medicine, a fairly new medical specialty. He left some information with the recruiter and believed he would not hear from LMH again. However, in 2001, he received a recruitment letter indicating a need for a new medical director at Shepherd Hill – the private residential treatment center

at Licking Memorial Health Systems (LMHS). “I wanted to practice at a reputable facility offering long-term residential treatment with a strong clinical staff,” Dr. Whitney reflected.



“After seeing the campus and meeting Fred Karaffa, M.D., and the nursing and counseling staff, I knew I had hit the jackpot.” Dr. Whitney served as the Medical Director of Addiction Services at Shepherd Hill for 17 years before retiring in 2018.

While working at Shepherd Hill, Dr. Whitney found many of the staff had worked for Shepherd Hill for 15 to 20 years because of the collegial environment. That atmosphere led to Dr. Whitney’s own appreciation of the organization and the Licking County area, which he considered his primary community despite living in Dublin. His greatest accomplishment was recruiting, fellowship training and practicing with his successor, W. Andrew Highberger, M.D. “I am so grateful to LMHS President & CEO Rob Montagnese and Vice President Medical Affairs Craig Cairns, M.D., for the opportunity to spend time with Dr. Highberger and extend and grow the addiction program. I also am grateful to have worked with Cindy Barbour, R.N., as my admissions nurse and lead counselor Ellen Laubis,” Dr. Whitney said. Dr. Whitney maintains his privileges at LMHS in order to cover periods of paid time off for Dr. Highberger and also continues to teach an American Society of

Addiction Medicine Treatment of Opioid Use Disorder course.

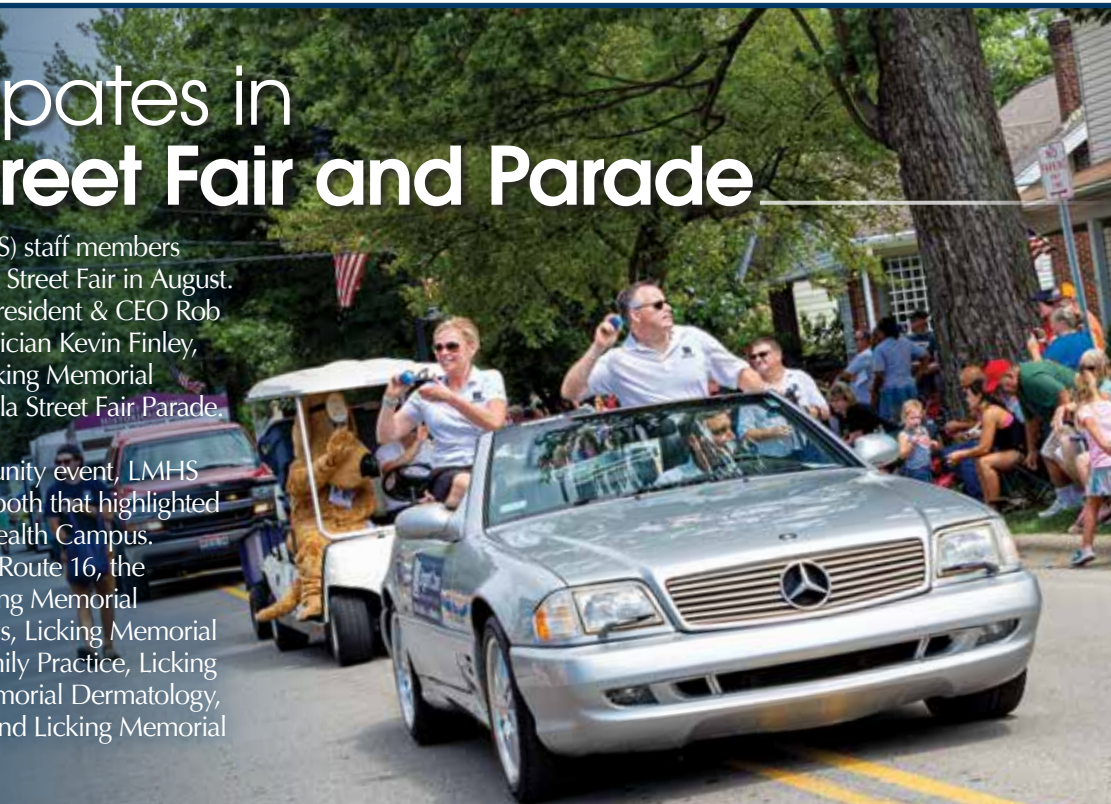
Since his retirement, Dr. Whitney has been enjoying time researching his family genealogy and delving into family memorabilia he has collected. The interest of his youngest daughter, Julia, in the family sparked the search for more information. So far, Dr. Whitney has traced his relatives back to the 16th Century. In May, he, Julia and his eldest daughter, Jessica, traveled to Boston to meet several cousins – the first relatives his daughters had ever met. Dr. Whitney also has been spending time with his middle daughter, Jacqueline, and her two sons, Owen and Caleb.

In addition to the trip to Boston, Dr. Whitney and his wife, Carol, recently returned from a Baltic Sea cruise with stops in Sweden, Finland, Russia, Estonia and Denmark. The couple often spend time at their second home in Naples, Florida. Dr. Whitney is looking forward to being with Carol when she receives an Outstanding Alumni Award from the College of Education and Human Development of Western Michigan University in October. When not traveling or gardening, Dr. Whitney, who received his pilot’s license in 2013, enjoys flying.

LMHS Participates in Pataskala Street Fair and Parade

Licking Memorial Health Systems (LMHS) staff members joined in the fun of the annual Pataskala Street Fair in August. On the final day of the festival, LMHS President & CEO Rob Montagnese, Emergency Medicine Physician Kevin Finley, M.D., and Laurie Schaeffer, D.O., of Licking Memorial Dermatology participated in the Pataskala Street Fair Parade.

During the Street Fair, an annual community event, LMHS employees provided an informational booth that highlighted the services available at the Pataskala Health Campus. Located at One Healthy Place, off State Route 16, the Pataskala Health Campus includes Licking Memorial Urgent Care, Licking Memorial Pediatrics, Licking Memorial Women’s Health, Licking Memorial Family Practice, Licking Memorial Physical Therapy, Licking Memorial Dermatology, Licking Memorial Ultrasound Services and Licking Memorial Hospital Laboratory Services.



Infectious Disease Physician Addresses Chamber of Commerce Members

Rachel DeMita, M.D., of Licking Memorial Infectious Disease, discussed the role of Infectious Disease physicians with nearly 70 community leaders at the Pataskala Area Chamber of Commerce Luncheon earlier this summer. Pataskala Grace Church hosted the event, sponsored by Licking Memorial Health Systems (LMHS) and catered by LMHS Culinary Services.



unusual infections. This field requires an extensive understanding of the way in which bacterial, viral, fungal, and parasitic infections occur in humans and symptoms they produce. Additionally, knowledge about antimicrobial agents, antibiotic resistance, vaccines, and other immunobiological agents is necessary.

Infections can be acquired in various ways, including:

- Skin contact
- Inhalation of airborne microbes
- Ingestion of contaminated food or water
- Bites from insects such as ticks or mosquitoes that carry and transmit organisms
- Sexual contact
- Transmission from mothers to their unborn children via birth canal and placenta

Dr. DeMita shared that modern vaccines are among the most effective strategies to prevent disease. She also noted that public health measures such as clean water supplies, adequate sewage treatment, and sanitary handling of food and milk are important in controlling the spread of infectious diseases. “The development of antibiotics and other antimicrobials plays an important role in the fight against infectious diseases.

Some microorganisms develop resistance to the drugs used in treatment, so it is important that antibiotics be prescribed carefully,” she explained.

Infectious Disease physicians are generating a growing impact on the transition of care. Noticeable results include improved patient care outcomes, an increase in accurate diagnoses, shorter lengths of stay, fewer complications, less antibiotic use, and more appropriate therapies.

Common Diseases Treated by Infectious Disease Physicians

- Bone and joint infections
- Complicated urinary tract infections
- Fungal infections
- Heart valve infections
- HIV/AIDS
- Lyme disease
- Malaria and other tropical diseases
- Meningitis
- Methicillin-resistant Staphylococcus aureus (MRSA)
- Pneumonia
- Post-operative infections
- Sexually transmitted diseases
- Tick-borne infections
- Tuberculosis

LMHS Offers Secure Phone Charging Stations

Two ChargeSpot kiosks are now available at Licking Memorial Hospital for visitors to securely charge any mobile device – iPhone, Android, Windows, Blackberry – at no cost. Each station includes eight locking chambers with a variety of adapters where phones can be charged securely. The lockers have been rigorously tested to withstand forceful entry and are monitored remotely. The kiosks have been placed in the Emergency Department and Surgery waiting rooms.

Patients or visitors can use the touch screen interface to enter the phone number, choose a security image, and select an available locker. Once the locker is open, the phone can be plugged

into a charger. Closing the door locks the phone safely inside. Upon return, the owner of the phone again enters the phone number and chooses the same security image to open the locker door. The charging station has no access to personal data on the phones and does not offer rapid charging because of the risk of damage to phone batteries. The system simply delivers a one-way directional current to the phone.

Customer support is available at all times if a locker cannot be reopened. If a phone number or security image is entered incorrectly, the phone owner has two more attempts to recall the information or can select “Get Help Now” for immediate assistance. After

making three unsuccessful attempts to retrieve a phone, a “lockout” procedure begins. ChargeSpot customer support will then verify the phone owner through a procedure known as photo-verification. Upon positive confirmation of the phone owner’s identity, a technician will unlock the locker remotely.



New Local Weather Alert System Available

The Licking County Emergency Management Agency (EMA) is encouraging residents of Licking County to sign up for a local weather alert system. RAVE Mobile Safety developed the Smart911 system that can be used by local emergency coordinators as a local weather alert to warn residents of dangerous or severe weather conditions. Automatic alerts such as Severe Thunderstorm Warnings and Tornado Warnings are preloaded and will activate when the National Weather Service posts a warning for Licking County. The County EMA also can send out important alerts, if necessary.

Those living in Licking County who wish to receive the alerts have two options to register – text message or online. Texting LCWEATHER to 67283 or 78015 registers

a phone to receive the alerts. To receive email or voice messages, there is a link to the system on the EMA’s homepage. Visit www.lcounty.com and hover your cursor over the Agencies/Departments listing. Under Safety & Law Enforcement, click on Emergency Management Agency, then click on the RAVE logo to register. The site offers registration in the Smart911 system. Residents may choose the alerts they wish to receive such as weather alerts, information about the Hartford Fair and even events in Licking County. They also can choose how they receive the alerts including text messages, email or voice messages.

The EMA also reminds residents to consider the following advice for safety during severe weather events.

During severe weather:

- Avoid using electrical appliances or the telephone – except for emergencies
- If caught outdoors, avoid isolated trees or other tall objects, bodies of water, sheds or fences
- During flash floods, avoid walking, swimming or driving in high water

During a tornado remember:

- Get in – if you are outside, go inside as far into the middle of the building as possible
- Get down – if possible, go underground or to the lowest floor possible
- Cover up – use pillows, blankets, coats, helmets, etc. to cover up and protect the head and body from flying debris

Walk with A Doc

The latest Walk with a Doc event was held on a hot and humid July morning, but the balmy weather did not deter the more than 30 local residents who attended the event. Keri Hershberger, M.D., of Licking Memorial Family Practice – Pataskala, provided information and answered questions about what to expect during a wellness exam as she led the participants on a 40-minute walk on the Conaway Trail at the Thomas J. Evans Foundation Park in Pataskala.

The monthly Walk with a Doc events provide community members with the opportunity to learn from a member of the Licking Memorial Hospital Active Medical Staff during a casual walk at scenic locations throughout Licking County. Details regarding upcoming dates, locations and featured physicians are available on the back page of [Community Connection](#).





Licking Memorial Health Systems

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Newark, Ohio 43055

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Community Events

Walk with a Doc

Saturday, October 19, 9:00 a.m.
Wildwood Park, off West Broadway in Granville

Maureen Yablonski, M.D., of Licking Memorial Gynecology, will discuss menopause.

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

Preparing for Baby – A Resource Fair

Thursday, September 19, 4:00 to 6:00 p.m.
LMH First Floor Conference Rooms
Please see page 22 for more details.

LMHS Family Movie Night

Friday, September 20, 6:30 p.m.
Denison University Fine Arts Quad
Please see page 13 for more details.

Active•Senior Gourmet Gardener

Tuesday, October 15, 3:00 p.m.
C-TEC, 150 Price Road in Newark

Guests, ages 60 and older, will have the opportunity to participate in activities that teach the basics of gardening and cooking healthy meals. To register, please call LMHS Public Relations at (220) 564-1560. Please see page 6 for more details.

First Impressions – Maternal Child Classes

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

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

Community Blood Pressure Screenings

Second and fourth Thursdays of each month, 1:00 to 3:00 p.m.
No charge. Open to the public.
Licking Memorial Wellness Center at C-TEC
150 Price Road in Newark

No appointment required. Call (740) 364-2720 for more details.

Diabetes Self-Management (a four-class series)

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

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

Ask the Doc

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

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

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

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

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

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