



Community Connection

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Volume 10, Issue 1

January/February 2013

Measurably Different ... for Your Health!

LMHS and MCN Complete Purchase Agreement



LMHS has been able to save up to 70 local healthcare jobs after finalizing an agreement to purchase the former Medical Center of Newark building located at the corner of West Main Street and Tamarack Road in Newark.

Licking Memorial Health Systems (LMHS) recently completed a transaction with the Medical Center of Newark (MCN) for the purchase of the assets located at 2000 Tamarack Road in Newark and an agreement between LMH and Newark Ambulatory Surgery Center Real Estate Company, Ltd. for the associated real estate at that location. The financial closing took place on December 28.

All MCN employees were given the opportunity to apply for positions within LMHS. The interview process was

expedited during the week of the initial purchase announcement, and priority consideration was offered to those candidates.

LMHS & MCN Complete Purchase Agreement (continued on page 2)

LMHS Provides Cardio Equipment to High Schools

High school students in Licking County have access to \$75,000 worth of new cardiovascular exercise equipment following a donation from Licking Memorial Health Systems (LMHS). The Health Systems provided the equipment as its annual gift to the community for 2012.



Newark High School Principal Mark Fullen and LMHS President and CEO Rob Montagnese.

In August 2012, LMHS invited each high school to choose from a menu of equipment options that included an assortment of two to five exercise machines. In total, the schools received 29 rowing machines, 13 exercise bikes, three elliptical machines and two treadmills.

LMHS Provides Cardio Equipment to High Schools (continued on page 3)

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

See pages 12-18 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Coronary Artery Disease

Date: Thursday, January 24
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Patty Merrick, C.N.P.

(continued on page 2)

The Heart Truth: Red Dress Event

Date: Thursday, January 31
Location: Bryn Du Field House in Granville
Time: 5:00 – 8:00 p.m.

(continued on page 5)

Advances in Eye Care

Date: Thursday, February 21
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Elliot Davidoff, M.D.

(continued on page 8)

Seasoning Instead of Salt

Date: Thursday, February 28
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Aundrea Parker, R.D., L.D.

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LMHS & MCN Complete Purchase Agreement (continued from front page)

“Our Human Resources Department noted that 112 of the 160 MCN staff members expressed interest in positions offered at LMHS,” stated Rob Montagnese, LMHS President & CEO. “Each of those individuals completed an application to LMHS, and the interview process was expedited so that we could present as many employment offers as possible before the Christmas holiday. Fortunately, we anticipate that we will be able to extend employment offers to 65-70 of the applicants. We have also communicated with the physicians serving at MCN. Although many already have medical privileges at LMH, we did express to them that we would expedite any applications to join the LMH Medical Staff.”

Both organizations received inquiries regarding a facility closing and termination notice that was sent to all MCN employees. The notice is simply a governmental requirement that must be sent when a company goes out of business. It had nothing to do with LMHS in terms of hiring or not hiring employees of MCN.

The building opened January 7 as an LMHS branded facility, initially offering various outpatient clinic services. “We have concluded a preliminary assessment of the facilities, and will need to complete a number of physical environment changes to offer medical care consistent with the Hospital,” said Rob. “We have determined that outpatient services first will be offered at the site. Unfortunately, due to the necessity

of completing the deal quickly, there are some regulatory requirements that will need to be met before we can consider expanding the services to be offered – this process could take several months.”

The financial purchase included a real estate transaction of approximately \$19 million and an asset purchase of just over \$7 million for a total agreement of approximately \$26 million. \$10 million of the purchase price will be financed through a tax-exempt lease. “The Health Systems is very strong financially and has the ability to pay for the entire purchase with cash; however, we chose to execute the tax-exempt lease because the interest rates were so favorable,” said Rob. “Our financial strength is secure due to the support we receive from community members who utilize our medical facilities. Following this transaction, that financial stability will allow us to continue to provide support back to the community including numerous community sponsorships and our annual tithing gifts, such as the donation of cardio equipment to all local high schools and 12-lead EKG units for Licking County EMS squads.”

The Health Systems will continue to assess community medical needs for expansion of convenient healthcare services. Future additional plans for the facility will be announced through local media outlets.

Community Education – Coronary Artery Disease *(continued from front page)*



Patty Merrick,
C.N.P.

Coronary Artery Disease (CAD) is the most common form of heart disease and is the leading cause of death for men and women in the United States. CAD occurs when arteries stiffen and narrow, impeding needed blood flow and oxygen to the heart. Left untreated, CAD can result in heart failure, a heart attack and permanent heart damage. However, there are a variety of methods to prevent and treat CAD.

Join Patty Merrick, C.N.P., to discuss the current prevention and treatment strategies for CAD. This program is free; however, registration is required. To register for the program, or for more information, please call (740) 348-2527.

“We are quite enthusiastic about this contribution because we believe it will be effective in fulfilling our mission, which is ‘to improve the health of the community,’” stated LMHS President & CEO Rob Montagnese. “By supporting heart-healthy exercise in the schools, we are helping the students establish lifelong habits that will result in better health as adults. It is my sincere hope that students use the equipment at every opportunity.”



Heath High School Principal Ellis Booth & LMHS President and CEO Rob Montagnese.

LMHS dedicates an annual project toward improving the health of the community on a broad scale. Past projects have included placing automated external defibrillators in public locations to resuscitate heart attack victims and equipping emergency medical squad vehicles with 12-lead EKG equipment to expedite the diagnosis and treatment of heart attack victims.

LMHS Equipment Donation to Licking County High Schools

- C-TEC
- Granville Christian Academy
- Granville High School
- Heath High School
- Johnstown High School
- Lakewood High School
- Liberty Christian Academy
- Licking County Christian Academy
- Licking Heights High School
- Licking Valley High School
- Newark Catholic High School
- Newark High School
- Northridge High School
- Utica High School
- Watkins Memorial High School

(Left to right) Granville Exempted Village Schools Superintendent Jeff Brown, LMHS President & CEO Rob Montagnese, Granville High School Principal Ryan Bernath, and students Dalton Boucher, Wyatt McCracken, Devan Schaly and Maura Sharkey.



LMHS' Heart to Play Program Averts Possible Loss of Young Lives

As the Licking Memorial Health Systems (LMHS) Heart to Play program celebrated its fifth consecutive year of providing free pre-participation sports screenings to Licking County's youth, two local seventh grade students celebrated for another reason. During the electrocardiogram (EKG) portion of the screening, Daniel Bellofatto, a student at Granville Middle School, and Lauren Riggleman, a student at St. Francis de Sales Elementary School, were diagnosed with Wolff-Parkinson-White syndrome. The condition is a heart disorder in which an abnormal extra electrical pathway between the upper and lower chambers of the heart can lead to a rapid heart rate. The disorder is extremely serious, and if untreated, can put athletes at risk of sudden death during physical exertion.

Daniel Bellofatto

Daniel Bellofatto is a typical 13-year-old boy. Although his mother, Kristy Bellofatto, describes him as quiet, he is very active and enjoys playing sports, which he does almost year-round – baseball during the spring and fall seasons and basketball during the winter season. When it came time for Daniel to complete a sports physical, Kristy anticipated just another routine appointment. However, during the EKG portion of the screening, it was revealed that Daniel had Wolff-Parkinson-White syndrome. Pediatrician Diane LeMay, M.D., who coordinates the LMHS Heart to Play program, called to deliver the news.

“We have two older children who also participated in the LMHS Heart to Play screenings, so we were familiar with the program,” Kristy said. “Daniel never showed any symptoms of a heart defect, so this came as a complete shock to us.”



Daniel Bellofatto was diagnosed with Wolff-Parkinson-White syndrome during a routine EKG screening as part of the LMHS Heart to Play program.

Kristy and her husband, Charles, received the news on June 29. That evening, severe storms knocked out power to many areas in central Ohio, including the Bellofatto's house, making further research on Daniel's condition and possible treatment options nearly impossible. Armed only with the information they received from Dr. LeMay, they decided to follow her recommendation and immediately took steps to schedule him for a follow-up EKG at Nationwide Children's Hospital. “Dr. LeMay explained how serious this could be, which was a huge cause for worry,” Kristy said.

“Because he is so quiet, Daniel had very little reaction outwardly, but we could tell he was worried, too. We knew that he trusted us to take care of him.”

The heart surgeon confirmed the Wolff-Parkinson-White diagnosis and presented them with options for moving forward. “She told us that we could postpone treatment and wait to see if

Daniel developed symptoms, but he would not be allowed to participate in sports or any strenuous activities. Our other option, which the surgeon recommended, was to schedule him for treatment immediately,” Kristy said. As a family, they decided that the risk was too great to take the “wait and see” approach, so they opted to proceed with the surgery.

The surgery is a two-part process that consists of an electrophysiology (EP) study and a catheter ablation. During the procedure, the surgeon places catheters through two small incisions in the groin and one in the neck. Electrodes attached to the end of the catheters collect information about the heart's electrical activity in order to identify the defect. The defective cells are then destroyed through a process called catheter ablation, which normalizes the heart rhythm into the correct sequence. Daniel's surgeon was unable to pinpoint the defect to complete the ablation, but despite that complication, the procedure was successful. Through the EP study, it was determined that Daniel is not at significant risk, and he was given medical clearance to continue participating in athletics.

“This was not exactly the outcome we were hoping for, but we are very grateful to Dr. LeMay and the Heart to Play program for identifying this potentially dangerous risk that we otherwise would not have known about,” Kristy said. “Knowledge is power, and we feel very blessed that we now have the power to monitor Daniel's condition if it progresses.”

The surgeon educated Daniel and his parents about potential symptoms, including: fatigue, dizziness, feeling faint, an overly increased heart rate and being overly tired after completing an activity. Kristy and Charles monitor Daniel very closely and routinely attend follow-up appointments with his physician. After promising to alert his parents and coaches immediately if he experienced any of these symptoms, Daniel has resumed playing sports and is looking forward to baseball season in the spring.

Lauren Riggleman

As 13-year-old Lauren Riggleman prepared to enter her seventh grade year at St. Francis de Sales Catholic Elementary School in Newark, she was busy practicing for her upcoming volleyball and basketball seasons, but as with most young girls, heart health was not at the top of her list of concerns. When Lauren's mom, Brooke Riggleman, received a letter in the mail explaining the requirement for Lauren to have a pre-participation sports physical and inviting them to participate in the free LMHS Heart to Play program, Lauren thought of it as just another pre-requisite to prepare for her upcoming sports seasons.

“At first, we just wanted to fulfill the sports physical requirement, and we were not concerned with having the EKG portion of the screening,” Brooke said. “However a family friend convinced us that it might be worth it.”

*LMHS' Heart to Play Program Averts Possible Loss of Young Lives
(continued on page 5)*

That last-minute decision potentially saved Lauren's life. The EKG screening revealed that Lauren also had Wolff-Parkinson-White syndrome. When a nurse from Dr. LeMay's office called to deliver the news, Lauren was at basketball camp. Brooke immediately rushed to the camp to check up on her. "Thankfully, Lauren seemed fine. It was her last day of camp, and they had finished all of their strenuous drills, so I let her finish out the afternoon," Brooke said.



After being diagnosed with Wolff-Parkinson-White syndrome, Lauren had corrective surgery and was able to return to sports one week later.

At the nurse's suggestion, Brooke made an appointment for Lauren to have a second EKG screening at Nationwide Children's Hospital the following week. That evening, she discussed the situation with her husband, Don. Brooke and Don both agreed to downplay the situation for Lauren until they had the results of the second EKG.

The second EKG confirmed the original diagnosis of Wolff-Parkinson-White. "We were both devastated by the news," Brooke said. "As parents, we are supposed to make everything better for our children, but when a situation is out of your control, it is very difficult to handle."

That evening, Brooke and Don had to break the terrible news to their daughter. "It is very hard knowing that something is wrong with your heart, and realizing that something terrible

could have happened at any time," Lauren said. "I was very scared when I learned that I would have to have surgery, but I was also very happy that it was detected early and could be fixed," Lauren said.

"We are counting our blessings for the Heart to Play program and that Lauren's condition was diagnosed in time, Brooke said. We are so thankful to LMHS for providing this program and for ensuring that our kids have the opportunity to be healthy and safe while doing what they love."

Although Lauren was not experiencing any symptoms of the condition, she and her parents decided to heed the physicians' advice and scheduled the corrective surgery immediately. During the EP study portion of the procedure, the heart surgeon was able to locate and successfully complete the ablation process for the heart abnormality. However, a second defect also was discovered. The four-hour procedure turned into six hours as the surgeon performed a second ablation procedure.

A post-operative EKG screening indicated that Lauren was still showing signs of Wolff-Parkinson-White syndrome, but a follow-up appointment revealed otherwise. Both ablations were successful, and Lauren received medical clearance to return to sports just one week later.

Community Education – The Heart Truth: A Red Dress Event *(continued from front page)*



Licking Memorial Health Systems (LMHS) will present The Heart Truth: A Red Dress Event on Thursday, January 31, at the Bryn Du Field House, located at 537 Jones Road NE, in Granville. The doors will open at 5:00 p.m., and the program will begin at 6:00 p.m. This free program is designed to encourage women to make heart-healthy lifestyle changes in cooperation with the American Heart Association's (AHA) Go Red for Women Day, which is celebrated nationally on Friday, February 1.

The red dress has become a national symbol to increase awareness that heart disease is the number one cause of death for women. The AHA reports that cardiovascular disease takes the life of one woman nearly every minute. The AHA also reports that 80 percent of women's cardiac events could be prevented by changing to a heart-healthy diet, exercising and abstaining from smoking.

The program will present television personality Gail Hogan as the featured speaker. Door prizes will be awarded, and each guest will receive a red dress lapel pin to wear on Go Red for Women Days in the future. Prior to the program, free blood pressure testing will be offered on a first-come, first-served basis to the first 50 attendees.

Light refreshments will be available. Pre-registration is required, and space is limited to the first 380 registrants. To register, or for further information, call (740) 348-1572.

Featured Speaker:



Gail Hogan is an Emmy award winning journalist and has worked in television and radio news for more than 30 years. Gail has been a radio morning show host, host of the nationally syndicated television show PM Magazine, a news reporter and anchor for 16 years at NBC 4, and most recently, a business owner. She founded GMH Media, Ltd, produced her own television talk show, Showcase Columbus, then returned to NBC 4 in September 2008, to host Daytime Columbus, a daily talk show.

Gail also is a heart disease survivor and has volunteered for more than 20 years with the Columbus Chapter of the American Heart Association (AHA). Gail is currently on the board of the Central Ohio Chapter of the AHA. She has been a champion for women's heart health, and is a founding member of the Central Ohio AHA's Women's Heart Health Initiative that led to the current and national Go Red for Women campaign.

New Licking Memorial Urgent Care Opens at Convenient Granville Site

Licking Memorial Health Systems (LMHS) recently celebrated the grand opening of the new Licking Memorial Urgent Care – Granville, conveniently located at 14 Westgate Drive in the northeast corner of the State Route 16 and Cherry Valley Road intersection. Local dignitaries, members of the community and LMHS staff were invited to the event, which featured a ribbon-cutting ceremony, tours of the facility and an open house reception.

Licking Memorial Urgent Care – Granville is one of the latest Health Systems' expansion projects designed to meet the needs of the community. LMHS opened its first urgent care facility at the Pataskala Health Campus in 2009. Because of its success with patients from the western areas of Licking County, the need was recognized for a second urgent care facility centrally located in the county.

“Licking Memorial Urgent Care – Pataskala has been successful in serving the western portion of the county, but we recognized a need for an additional facility in the Newark/Granville area,” said Rob Montagnese, LMHS President & CEO. “This site was chosen for its convenience and ease of accessibility so that patients have a variety of options in choosing the appropriate level of care that they need. Since the official opening, the Granville facility has provided care for an average of nearly 50 patients daily.”

Licking Memorial Urgent Care – Granville offers the diagnosis, treatment and management of urgent medical conditions and minor trauma when the patient's primary care physician is unavailable, but the condition is not severe enough to require an emergency room visit. Visits to urgent care facilities have been shown to be less expensive and less time-consuming than visits to emergency rooms.



(Left to right): Granville Village Manager Steve Stilwell, Mayor of Newark Jeff Hall, Licking County Commissioner Tim Bubb, LMHS Board of Directors Chairman William Mann, LMH Emergency Department Medical Director May-Lee Robertson, D.O., LMH Board of Directors Chairman Linda Dalgarn and LMHS President & CEO Rob Montagnese cut the ribbon at the Licking Memorial Urgent Care – Granville Open House ceremony on November 9, 2012.

The new facility officially opened its doors to the public on November 12 and features a spacious waiting room, patient exam rooms, a procedure room, digital radiology services, as well as offices for staff and physicians. The regular hours for Licking Memorial Urgent Care – Granville are 9:00 a.m. to 8:00 p.m., Monday through Friday, and 9:00 a.m. to 5:00 p.m., Saturday and Sunday. The office will be closed on holidays. No appointments are necessary. For more information about Licking Memorial Urgent Care – Granville, please call (740) 348-7500.



LMH Laboratory Receives Accreditation Renewal by The Joint Commission



LMH Laboratory Director Lorei Rinehard and Medical Director Lori Elwood, M.D.

The Laboratory Department at Licking Memorial Hospital (LMH) has earned the Joint Commission's Gold Seal of Approval. The accreditation was granted after thorough review of the Laboratory's policies, procedures and operations.

“Achieving The Joint Commission’s accreditation demonstrates to our patients that LMH’s Laboratory follows national best practices and continuously adds improvements to provide the highest quality of services,” explained Rob Montagnese, President & CEO of Licking Memorial Health Systems. “The Joint Commission rigorously evaluated many standards in the Laboratory before recommending the renewed accreditation.”

The Laboratory is located on LMH’s first floor. It maintains a staff of qualified clinical laboratory scientists, medical laboratory technicians, histologists, cytologists and phlebotomists 24 hours a day.

Services provided at the LMH Laboratory include:

- **Blood Bank** – performing typing and compatibility testing, and supplying blood components
- **Chemistry** – providing a variety of procedures
- **Hematology/Urinalysis** – providing a variety of procedures, as well as coagulation assays
- **Pathology** – staffed by full-time pathologists who provide anatomical and surgical pathology, review of cytology screening, and round-the-clock consultation
- **Histology/Cytology** – processing tissue and fluid specimens to be examined for abnormalities, such as malignancies
- **Microbiology/Serology** – performing bacterial identification and determining sensitivities to antibiotics
- **Molecular** – identification of organisms or detection of genetic mutations by DNA/RNA assays
- **Phlebotomy** – obtaining specimens by venipuncture and capillary puncture for inpatients and outpatients, and processing all Laboratory specimens
- **Point of Care** – reviewing and monitoring patient care, training personnel, and providing consultation regarding all laboratory testing done outside the LMH Laboratory



Date: Thursday, January 31

Location: Bryn Du Field House
537 Jones Road NE
Granville

Time: 5:00 to 8:00 p.m.

Featured Speaker: Emmy Award
Winning Journalist
Gail Hogan

Admission is free; however, space is limited to 380 attendees. Call (740) 348-1572 for reservations.

1320 West Main Street • Newark, OH 43055
(740) 348-1572 • www.LMHealth.org

Sports Medicine Specialty Care Comes to Licking County



Michael A. Vaccariello, M.D.

Sports medicine is a medical specialty dedicated to the prevention and treatment of injuries and illnesses that result from participating in athletic activities. Sports medicine physicians receive specialized training that prepares them to understand, diagnose and treat sports-related injuries. Although there are several outstanding orthopedic surgeons on the Licking Memorial Hospital (LMH) Active Medical Staff, it was evident that the Licking County community would benefit from a sports medicine specialist.

In order to fill that need, Orthopedic Surgeon and Sports Medicine Specialist Michael A. Vaccariello, M.D., joined Orthopaedic Specialists and Sports Medicine, Inc., located at 1980 Tamarack Road in Newark, and was welcomed as a member of the LMH Active Medical Staff. Dr. Vaccariello treats patients of all ages and activity levels, from those who enjoy recreational activities, to athletes who participate in organized sports.

As an orthopedic surgeon specializing in sports medicine, Dr. Vaccariello's expertise includes surgeries of the knee, such as knee arthroscopy, ACL and ligamentous reconstruction of the knee, meniscus repair, cartilage restoration and partial and total knee replacements. Dr. Vaccariello also specializes in surgeries of the shoulder including arthroscopic rotator cuff repair, arthroscopic treatment of shoulder pain, instability and dislocations, as well as shoulder replacement. Although much of his training focused on the surgical management of athletic injuries, Dr. Vaccariello also has extensive experience in the non-operative treatment of sports-related injuries. Utilizing that knowledge, he works closely with local physical therapists and athletic trainers to develop and implement treatment plans, monitor each patient's progress, and return athletes to their sport as quickly and efficiently as possible.

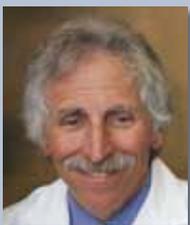
Dr. Vaccariello earned his Medical Degree from the Northeast Ohio Medical University where he was elected to the Alpha Omega Alpha National Medical Honor Society. He completed his orthopedic surgery residency with the Grand Rapids Medical Education Program in Grand Rapids, Michigan, before completing a fellowship in sports medicine at Allegheny General Hospital in Pittsburgh, Pennsylvania. While in Pittsburgh, Dr. Vaccariello served on a physician team that provided care for the Pittsburgh Pirates baseball team, USA men's junior rugby team, Pittsburgh Riverhounds soccer team, Slippery Rock University Athletics and the Pittsburgh Harlequins rugby club.

Dr. Vaccariello is currently accepting new patients, and is usually available for same-day or next-day consultations. Please call (740) 788-9220 to make an appointment.



Michael A. Vaccariello, M.D., examines 18-year-old Samee Khan, who is recovering from a knee injury.

Community Education – Advances in Eye Care *(continued from front page)*



Elliot Davidoff, M.D.

Over 30 years ago, successful vision restoration therapies and surgeries for diabetic eye disease, macular degeneration, or many other retinal diseases did not exist. Because of technological advances, the entire practice of ophthalmology has changed – previously untreatable conditions are now routinely and successfully managed, and in addition, blindness often can be prevented.

Join Elliot Davidoff, M.D. of The Center for Sight for a community discussion on the advances in eye care and discover new opportunities to restore your vision. This program is free; however, registration is required. To register for the program, or for more information, please call (740) 348-2527.

Active•Fit Period 1 Ends, Period 2 Begins

Recently, Licking County youth enrolled in Active•Fit completed the first phase of the goal-oriented wellness program. Youth who completed their goals during Period 1, which ended on December 31, were entered in a special prize drawing as a reward for achieving their initiatives.

More than 850 Licking County children have registered for the program to date. "We are thrilled that a large number of our county's youth have joined the Active•Fit program, thus far," said Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). "One of the objectives of the Licking County Community Health Improvement Plan was to establish programs to prevent and reduce childhood obesity in Licking County by 2014. We feel that through this program and the various Active•Fit activity events offered to the community, we will greatly support our county by helping to exceed this goal."



Approximately 200 community members attended the guided tour of Black Hand Gorge in October.



Youth who attended the December Wii Just Dance Party completed one of their Active•Fit program goals. Throughout the event, two contestants per age group competed during each song for top score. Participants with the top scores at the end of the event won valuable prizes.

During Period 1, LMHS presented the Active•Fit program through assemblies in more than 20 elementary and intermediate schools throughout Licking County. The Health Systems also offered four Active•Fit events during the past six months. "We felt gratified by the amount of participation at these fun activities," Rob said. "In October, we held a guided tour hike at Black Hand Gorge. Initially, we expected about 25-35 attendees - typical for such an event; however, approximately 200 community members registered to attend the hiking activity. Even during the extremely busy month of December, we still had more than 100 youth and their family members attend our Wii Just Dance Party at the Licking County Family YMCA."

Period 2 of the Active•Fit program began on January 1, 2013. All program participants will have an opportunity to choose new wellness goals, and will have until April 30 to complete those goals to qualify for the next incentive prize drawing. For more information or to register for the Active•Fit Youth Wellness Program, please visit www.ActiveFit.org for more information.

Active•Fit Period 1 Winners

- 1. Xbox 360 with Kinect and Fitness Software**
Devin McDonald, McGuffey Elementary
- 2. Xbox 360 with Kinect and Fitness Software**
Caleb Aeby, Licking Valley Intermediate
- 3. Bicycle**
Tyler Loughman, Licking Valley Elementary
- 4. Bicycle**
Chase Wonderly, Carson Elementary
- 5. Nike Shoes with iPod & Nike/iPod Connect**
Melvin Landaverde, Etna Elementary
- 6. Nike Shoes with iPod & Nike/iPod Connect**
Kristina Gee, Licking Valley Intermediate
- 7. iPod Nano with Fitness Software**
Gia Wholaver, John Clem Elementary
- 8. iPod Nano with Fitness Software**
Ethan Curry, Licking Valley Intermediate
- 9. \$100 Dick's Sporting Goods Gift Card**
Travis Allen, Northridge Primary
- 10. \$100 Dick's Sporting Goods Gift Card**
Ezabella Preston, McGuffey Elementary
- 11. \$100 Dick's Sporting Goods Gift Card**
True Rechel, McGuffey Elementary
- 12. \$100 Dick's Sporting Goods Gift Card**
Emilee Redfern, Licking Valley Elementary
- 13. \$100 Dick's Sporting Goods Gift Card**
Ryenne Phillips, Licking Valley Elementary
- 14. \$100 Dick's Sporting Goods Gift Card**
Kitty Crouse, John Clem Elementary
- 15. \$50 Dick's Sporting Goods Gift Card**
Natalie Simmons, Granville Elementary
- 16. \$50 Dick's Sporting Goods Gift Card**
Isaiah Rush, St. Francis De Sales
- 17. \$50 Dick's Sporting Goods Gift Card**
Sebatian Lubert, Licking Heights
- 18. \$50 Dick's Sporting Goods Gift Card**
Alanah Smith, Licking Valley Elementary
- 19. \$50 Dick's Sporting Goods Gift Card**
Sara Moore, Blessed Sacrament
- 20. \$50 Dick's Sporting Goods Gift Card**
Madison Stretton, McGuffey Elementary



Education Programs at the Betsy Eaton O'Neill Health Resource Center

Community members are invited to the Licking Memorial Hospital (LMH) Betsy Eaton O'Neill Health Resource Center, located near the LMH Main Lobby, for upcoming education programs, which will cover a variety of healthcare topics. The programs are held at 1:00 p.m., and are free to the public; however, registration is required and space is limited. Please call (740) 348-2527 to register.

Thursday, January 24

Foot Care and Diabetes – Foot problems are common in people with diabetes. Causes of foot problems include poor circulation, improper footwear, nerve damage, trauma and infection. Fortunately, serious foot problems often can be avoided with attention to proper foot care. Join Teresa Knicely, R.N., C.D.E., to learn how you can protect your feet from the consequences of diabetes.

Wednesday, February 6

Preventing Caregiver Burnout – Caring for an ill loved one can lead to physical, emotional and mental exhaustion. This condition, called caregiver burnout, is common when demands

exceed our ability to give. Many stressors contribute to this condition and the warning signs are often missed. Join social worker, Victoria Spring, L.S.W., to learn how to recognize and prevent caregiver burnout.

Wednesday, February 20

Early Heart Attack Care – Fifty percent of people have the ability to prevent heart attacks through the recognition of and response to early symptoms. These early symptoms are mild and often unrecognized. Yet, if responded to appropriately, treatment can protect the heart from damage. Join Cardiology Clinical Coordinator Jane Tolliver, R.N., B.S.N., to learn how to recognize these early symptoms.

The Betsy Eaton O'Neill Health Resource Center offers numerous medical resources free of charge, including computers, Internet access, reference manuals, anatomical models, and health-related journals. The Health Resource Center is staffed by volunteers, many with clinical backgrounds, and is open to the community, Monday through Friday, from 8:00 a.m. to 4:00 p.m.



In January, Licking Memorial Hospital marks 115 Years of Caring. Congratulations and thanks to our employees, Medical Staff, Volunteers, TWIGS, Board Members, Development Council and other supporters for doing their part to help improve the health of the community.



Licking Memorial Hospital

1320 West Main Street • Newark, Ohio 43055
(740) 348-4000 • www.LMHealth.org

View our Quality Report Cards online.

Physician Spotlight – David E. Subler, M.D.



David E. Subler,
M.D.

David E. Subler, M.D., received his Medical Degree from The Ohio State University College of Medicine and completed an internship and residency in internal medicine at the University of Michigan Medical Center in Ann Arbor, Michigan. Dr. Subler completed his fellowship training in gastroenterology at University Hospitals of Cleveland and Case Western Reserve University in Cleveland. He is board certified as a diplomate with the National Board of Medical Examiners and the American Board of Internal Medicine, with a subspecialty of gastroenterology.

Dr. Subler joined Licking Memorial Gastroenterology in 2004, and currently serves as Division Chief of the Gastroenterology Medical Division at Licking Memorial Hospital. He received the Licking Memorial Health Systems (LMHS) MVP Award in 2007, and was co-recipient of the LMHS Physician of the Year Award in 2009. He also is a member of the Licking Memorial Health Foundation's Caduceus Society.

Ask a Doc – Diverticulosis with David E. Subler, M.D.

Question: I have been diagnosed with diverticulosis. What does that mean?

Answer: Diverticulosis is a common disease of the colon. Diverticula are outpouchings in the lining of the colon, which tend to be more common with advancing age. Less than 5 percent of people will have diverticulosis at age 40, 30 percent by age 60, and 65 percent by age 85.

Most people with diverticulosis will not have symptoms. Fifteen to 20 percent with diverticulosis will develop diverticulitis, and 5 to 15 percent will have bleeding complications.

Diverticulitis is inflammation/infection of a diverticulum. Most patients will have acute, moderate to severe pain in the left lower quadrant of the abdomen. Other symptoms can include nausea, vomiting, diarrhea, constipation or even urinary tract symptoms. Urinary tract symptoms are not uncommon with diverticulitis given the proximity of the colon to the urinary bladder. Most cases of diverticulitis will resolve with antibiotic treatment. Intravenous antibiotics in the hospital may be required for severe diverticulitis. Milder cases of diverticulitis can be treated with oral antibiotics.

Twenty-five percent of diverticulitis cases will be complicated and may require surgery. Complications from diverticulitis include abscess (a localized collection of pus), fistula (an abnormal tract between the colon and another organ such as the urinary bladder), obstruction, peritonitis (infection inside the abdominal cavity), or sepsis (blood infection).

Surgery involves removing the diseased segment of colon, sometimes requiring a temporary colostomy. Surgery often is done electively after resolution of acute diverticulitis with antibiotic therapy. Elective surgery is usually recommended for patients with recurrent bouts of diverticulitis. Patients with diverticulitis under age 50 often have a more severe variety of the disease, and surgery often is recommended after only one episode of diverticulitis.

Bleeding from diverticulosis is characterized by the passing of large amounts of red or burgundy-colored blood from the rectum, usually without abdominal pain. The bleeding usually will stop spontaneously, but occasionally will require intervention such as surgery, colonoscopy, or even angiography.

The role of dietary fiber in diverticular disease is somewhat controversial. Historically, patients have been instructed to avoid insoluble fiber (large pieces of fiber) such as seeds, nuts, and corn. However, there is no convincing evidence that this will trigger diverticulitis or diverticular bleeding. In general, a high soluble fiber diet is still recommended to add bulk to the stool and may prevent the development of new diverticula, diverticulitis or diverticular bleeding.

Diverticular disease can be diagnosed using radiographic studies such as CT scan of the abdomen and pelvis, or barium enema. Diverticulosis often is discovered incidentally at the time of screening colonoscopy.

Community Education – Seasoning Instead of Salt *(continued from front page)*



Aundrea Parker,
R.D., L.D.

Salt (or sodium) is present in many of the foods we eat. It is easy to consume too much salt and increase the risk for serious health conditions, such as heart disease and high blood pressure. Using salt-free seasonings and herbs to flavor and tenderize food is a good way to reduce daily salt intake.

Join Licking Memorial Dietitian Aundrea Parker, R.D., L.D., to discuss ways to reduce the salt intake through the creative use of herbs and seasonings. This program is free; however, registration is required. To register for the program, or for more information, please call (740) 348-2527.



Patient Story – Barbara and George Fenton

Barbara and George Fenton of Newark recently celebrated their 60th anniversary, surrounded by a large gathering of friends and family. The couple originally met as teenagers at a dance in Akron, Ohio. “We did not like each other,” Barbara joked. “I drove her to her house, anyway,” George countered.

It did not take long for the two to overcome their differences, and today they are still sharing a ride as they visit the Anticoagulation Clinic at Licking Memorial Hospital (LMH). They attend the clinic monthly to ensure that their medications are safely adjusted. The Fentons receive regular testing of their blood's clotting time since they both take Coumadin[®], a prescription blood-thinner used to reduce the risk of forming dangerous blood clots that can cause a deadly heart attack or stroke.

George began visiting the LMH Anticoagulation Clinic several years ago after a cardiac stress test showed that the bottom chamber of his heart was not pumping blood efficiently. He had a heart pacemaker implanted and started taking Coumadin after being diagnosed with atrial fibrillation. “In the beginning, it took a little adjusting to get the dosage of Coumadin just right, but within two to three months, we found the proper balance, and it has stayed the same ever since,” he said.

“A couple of years ago, I began to have an irregular, rapid heartbeat, and I was diagnosed with atrial fibrillation, too,” Barbara stated. “Then, my cardiologist referred me to the Anticoagulation Clinic. I did not mind at all because I was already very familiar with the staff from George's visits, and they are very nice and accommodating. I felt quite comfortable going there.”

The LMH Anticoagulation Clinic, located on LMH's sixth floor, is directed by a physician and staffed by clinical pharmacists and registered nurses with specific training in anticoagulation therapy. Their purpose is to set up a



Barbara and George Fenton of Newark recently celebrated their 60th wedding anniversary. The Fentons both visit the Anticoagulation Clinic at LMH regularly to ensure their medications are properly managed.

treatment and management plan for patients who have been prescribed blood-thinning medications, such as Coumadin, Lovenox[®] or heparin.

“Blood-thinning medications are valuable tools in reducing blood clots, heart attacks and strokes in at-risk patients,” explained Jason Sturgeon, R.Ph., Outpatient Pharmacy Clinic Manager. “However, many factors, such as certain foods or other medications, can significantly alter these medications' effect, so it is important to closely monitor patients' blood-clotting levels.”

“The staff has provided us with a great deal of education,” Barbara remarked. “They stressed that we need to limit certain foods, such as greens and cranberries, because of the effect they will have on the Coumadin that we take.”

George added, “Each visit, they take our vital signs, do a quick finger prick for a small blood sample, ask about any new medications, and even inquire about our activity level. We learn the results of the finger prick test before we leave so we know if any adjustments need to be made. They never keep us waiting, and it is all done very quickly so I can get to my job at the Licking County Aging Program where I drive a bus.”

“We always consult with the Clinic before we have any medical procedures or begin new medications,” Barbara said. “There have been a couple of times that a new prescription could have been a problem, but the Clinic's staff caught it and recommended an alternate medication. It has worked very well for us.”

Appointments with LMH's Anticoagulation Clinic are made following a referral from the patient's physician, and the staff is available for telephone consultations with established patients. Most major health insurance plans cover the costs of the Clinic's services. Please call (740) 348-1898 for more information.

Patient Safety – 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 them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

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

1 The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. Although the medication error rate at Licking Memorial Hospital (LMH) is significantly better than the national benchmark, we make continuous efforts to improve the process. LMH dispensed nearly 850,000 doses of medication in 2011.

	LMH 2009	LMH 2010	LMH 2011	National ⁽¹⁾
Medication errors	0.012%	0.014%	0.013%	0.310%

2 Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has an ongoing program to prevent and treat infections in patients. Per the Centers for Disease Control and Prevention (CDC) recommendations, LMH tracks high-risk patients, including those with an increased risk of infection due to the presence of an invasive device, such as a ventilator, catheter or central venous line. The following data reflects how many infections occurred during 1,000 patient days compared to the national benchmarks.

	LMH 2009	LMH 2010	LMH 2011	National ⁽²⁾
Pneumonia infection rate of ICU patients on ventilators	1.3	1.4	1.5	1.9
Urinary tract infection rate for ICU patients with urinary catheters	1.4	0.0	0.9	3.7
Bloodstream infection rate for ICU patients with central venous catheters	0	1.5	0	1.9

3 LMH conducts a comprehensive assessment to determine if a patient is at risk for a fall at admission and during the Hospital stay. Personal alarms and bed sensors help alert staff to a potential fall.

	LMH 2009	LMH 2010	LMH 2011	Goal
Inpatient falls	0.36%	0.21%	0.30%	less than 0.30%

4 Coumadin is a blood thinner (anticoagulant) used to help prevent and treat blood clots. The most common side effect of Coumadin is bleeding in any tissue or organ. It is important for patients to have their blood tested regularly. The blood test, called prothrombin time (PT) and International Normalized Ratio (INR), helps the physician determine how fast the blood is clotting and whether the dosage of Coumadin should change. The testing is very important and must be accomplished at recommended periodic intervals in order to keep the PT/INR result in the best and safest range for the medical condition. Licking Memorial Health Professionals (LMHP) has adopted this recommendation as a safety measure.

	LMHP 2009	LMHP 2010	LMHP 2011	Goal
LMHP patients on Coumadin with PT/INR in last two months	96%	96%	95%	greater than 90%

5 Metformin (trade name Glucophage) is a medication that is used in the treatment of diabetes mellitus and polycystic ovarian disease. It is an effective medication for treatment of both of these unrelated disease processes, but must be used cautiously in patients with compromised renal (kidney) function. It is recommended to monitor renal function prior to initiation of therapy and at least annually thereafter. Licking Memorial Health Professionals (LMHP) has adopted this recommendation as a safety measure.

	LMHP 2009	LMHP 2010	LMHP 2011	Goal
LMHP patients on Metformin with creatinine within last year	91%	91%	95%	greater than 90%



Quality Reporting to the Community

Patient Story and Benchmarks for Heart Care



Patient Story – Mary Kay Booher

As Mary Kay Booher drifted in and out of consciousness in the Catheterization Lab at Licking Memorial Hospital (LMH), she silently prayed, “Dear Lord, is this going to be ‘it’? I have more things that I would like to do.”

Mary Kay had been dining at a restaurant in Heath with her husband, Gene, earlier that evening in February 2012. She had not been feeling well for a couple of days, but as a busy real estate agent, she attributed her fatigue and aches to her full schedule. Suddenly, her symptoms worsened, and she knew that she needed to have immediate medical help.

“I told Gene, ‘I do not feel good.’ I cannot explain it, but I felt as though my body were not my own. Gene offered to take me to a hospital in Columbus, but I said, ‘I will not make it that far. This is really serious.’” Gene then decided to take Mary Kay directly to LMH’s Emergency Department.

“As soon as I arrived at LMH, I was in very good hands,” Mary Kay stated. “Dr. Rajjoub (Interventional Cardiologist Hasson Rajjoub, M.D.) was at my side immediately, and I was taken to the Catheterization Lab. I remember just bits and pieces since I was in and out of consciousness, but I was aware that Dr. Rajjoub and the staff worked very efficiently as a team. Everyone was very encouraging. At one point, I heard someone say, ‘Mary Kay, there are a lot of people in the waiting room who are here for you. Do not give up now!’”

Mary Kay had suffered a heart attack. She later learned that she “coded” in the Catheterization Lab, and the LMH team skillfully restored her heartbeat with electrical defibrillation.

Mary Kay also later learned that although she never had the traditional warning signs of a heart attack, such as chest pain, her body had been sending her other signals that are less common. “I did not have any chest pain, tightness, or arm pain, but for two weeks prior to the heart attack, I had pain in the back of my neck. I checked my blood pressure, and it was fine, so I just assumed that the neck pain was from bad posture while using the computer,” she reflected. “The symptoms were easy to ignore, but I know now that I should have made a doctor’s appointment much sooner.”



Mary Kay Booher

Following her balloon angioplasty, Mary Kay recuperated in the Hospital for four days. “It was amazing,” she recalled. “I felt so awful on Wednesday, so tired on Thursday, and ready to go back to work on Friday.” As an additional bonus, Mary Kay discovered that while she was resting on the second floor, her fifth grandchild, a baby girl, was born on the third floor.

After leaving the Hospital, Mary Kay attended the Cardiac Rehabilitation program at LMH. “Dr. Rajjoub stressed how important it was for me to increase my exercise,” she said. “The nurses in Cardiac Rehab were great. They were always compassionate and knowledgeable, and it was reassuring to have monitoring while I regained my strength. I plan to attend the Wellness Center to continue exercising.”

Currently a real estate agent, Mary Kay was a Denison University Summer Theater veteran, one of the founders of Weathervane Playhouse, and she developed the drama program at Newark High School (NHS). She retired as a teacher and director of drama at NHS in 2000. Gene is also a retired NHS teacher and currently is an assistant coach of track at Denison University. The Boothers have lived in Newark since they married in 1965.

Although she is very active in the community, Mary Kay previously believed that a hospital in a bigger city might provide better care. She said, “Now, I tell everyone, ‘Do not bother with going to Columbus for cardiac rehabilitation. It cannot be any better in Columbus than it is at LMH. I also feel so blessed that there is an Interventional Cardiology unit here in Newark. I do not think I would have survived the trip to Columbus during my heart attack.’”

“The important message that I have been telling everyone is that some heart attacks do not have the classic symptoms,” Mary Kay reiterated. “Most people think that a heart attack will cause chest pain, but that is not always true. Anyone who has intense pain in the back or neck should see a doctor right away. I am so grateful to the wonderful staff who saved my life.”

LMH’s Cardiology and Interventional Cardiology Departments are located on the Hospital’s first floor. For more information about available services, please call (740) 348-4189.

Heart 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 them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

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

- 1** Angiotensin-converting enzyme (ACE) inhibitors reduce the risk for mortality in patients with left ventricular systolic dysfunction (LVSD) after heart attack. LVSD refers to the reduced squeezing ability of the left ventricle that can occur after heart attack. Additionally, the likelihood of the patients having another heart attack can be reduced if an ACE inhibitor is administered.

	LMH 2009	LMH 2010	LMH 2011	National Average ⁽¹⁾
ACE/ARB at discharge for LVSD	100%	100%	100%	97%

- 2** The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of an attack. An electrocardiogram (EKG) measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2009	LMH 2010	LMH 2011	National Average ⁽²⁾
Median time from arrival to completion of EKG	4.9 minutes	4.9 minutes	2.5 minutes	7.3 minutes

- 3** In patients having a heart attack, emergency angioplasty restores blood flow to the heart muscle by re-opening blocked or clogged arteries. This is done by inserting a catheter into the artery that feeds the heart, inflating a balloon and placing a stent inside the artery to keep it open. This procedure can help reduce damage to the heart muscle, and has the best results when performed within 90 minutes after arriving in the Emergency Department. Licking Memorial Hospital began performing this procedure in 2008.

	LMH 2009	LMH 2010	LMH 2011	National Average ⁽²⁾
Mean time from arrival until balloon angioplasty performed			51 minutes	63.6 minutes ⁽²⁾
Time to balloon within 90 minutes	94%	83%	100%	94% ⁽¹⁾

- 4** During a heart attack, the heart tries to compensate for its weakened pumping action by beating faster which increases strain. Beta blockers reduce the heart's tendency to beat faster. Additionally, aspirin has been shown to prevent further blood clotting in heart attack patients.

	LMH 2009	LMH 2010	LMH 2011	National Average ⁽¹⁾
Aspirin within 24 hours of patient arrival	100%	100%	99%	99%
Aspirin ordered at hospital discharge	90%	93%	99%	99%
Beta blocker ordered at hospital discharge	100%	100%	100%	99%

- 5** Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH's program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants' progress in improving certain indicators of heart health. The following results were reported by cardiac rehabilitation patients.

Health Indicator	LMH 2009	LMH 2010	LMH 2011	Goal ⁽³⁾
Stopped smoking	48%	78%	66%*	greater than 75%
Improved weight	58%	57%	55%*	greater than 75%
Increased exercise time	100%	100%	100%*	100%

*The cardiac rehabilitation goals are customized for each individual patient. LMH offers nutritional counseling, supervised wellness sessions and an incentive program to reinforce the importance of making healthy lifestyle choices, but it is the individual patient's efforts to attain these goals that achieve the highest rates of success.

- 6** The left ventricle is the chamber of the heart that pumps blood out of the heart and into the body. Measuring left ventricular function (LVF) helps determine how well a chronic heart failure (CHF) patient's left ventricle is working.

	LMH 2009	LMH 2010	LMH 2011	National Average ⁽¹⁾
LVF assessment completed	99%	99%	99%	99%

- 7** Medications beneficial to many CHF patients include ACE inhibitors, beta blockers, and angiotensin-receptor blockers (ARBs). ACE inhibitors and ARBs have been shown to lower mortality and improve functional capacity and quality of life. Beta blockers can reverse or prevent some of the health effects associated with heart failure. Patients treated with beta blockers may see significant improvement in heart function after three months.

	LMH 2009	LMH 2010	LMH 2011	National Average
CHF patients on ACE or ARB at discharge	99%	94%	97%	96% ⁽¹⁾
CHF patients on beta blockers at discharge	97%	94%	96%	90% ⁽³⁾

- 8** It is vital that CHF patients be involved in their own care to reduce health complications and improve quality of life. They must monitor their weight, limit their salt intake, and take their medications regularly. Healthcare providers need to give thorough discharge instructions to help these patients effectively manage their condition.

	LMH 2009	LMH 2010	LMH 2011	National Average ⁽¹⁾
All discharge instructions given	95%	93%	92%	92%

- 9** Licking Memorial Health Professionals (LMHP) physicians also monitor the usage of antiplatelet drugs, such as aspirin or an antithrombotic drug, in patients with coronary artery disease (CAD). The usage of these medications lowers the risk of myocardial infarction (MI) or death in patients with CAD.

	LMHP 2009	LMHP 2010	LMHP 2011	Goal ⁽⁴⁾
LMHP CAD patients with aspirin and/or antithrombotic prescribed	90%	92%	93%	greater than 80%

- 10** LMHP physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of CAD. Elevated LDL cholesterol level is a risk factor for myocardial infarction (MI), but is reversible through medication, diet and exercise.

	LMHP 2009	LMHP 2010	LMHP 2011	National Average ⁽⁵⁾
LMHP CAD patients with LDL less than or equal to 100 mg/dl	61%	58%	64%	greater than 53%

Data Footnotes: (1) *Hospitalcompare.hhs.gov national benchmarks.* (2) *Midas and CPMS Comparative Database, 2011-2012.* (3) *Benchmark indicates LMH goal.* (4) *Benchmark indicates LMHP Goal.* (5) *National Committee for Quality Assurance, "State of Health Care Quality 2012."*

Patient Safety – How do we compare? (continued from page 13)

- 6** Venous thromboembolism (VTE) is a potentially life-threatening condition that results when a blood clot forms within a vein. If the clot becomes dislodged, it can travel to the lungs and cause serious harm or even death. The risk of developing a clot can be high with some studies estimating that approximately 10 to 20 percent of all hospitalized patients develop a clot. Risks are even higher for patients undergoing surgery, those who have suffered a stroke, and in cancer and trauma patients. Often, patients will have no symptoms when a clot has formed. By using preventive measures, such as blood thinners or mechanical devices, the risk for developing a clot can be significantly reduced. One study⁽³⁾ indicated that nationally, only about 34 percent of hospitalized patients at risk for developing clots receive these preventive measures. Due to the great risk of blood clots for patients, LMH has adopted a prevention protocol that applies to nearly all patients admitted to the Hospital to reduce their risk.

	LMH 2009	LMH 2010	LMH 2011 ⁽⁴⁾	National ⁽⁵⁾
Medical patients receiving VTE prophylaxis by end of Hospital day 2	85%	89%	95%	90%

- 7** LMHS recognizes the importance of keeping our staff healthy and lessening the likelihood that they will infect our patients with influenza while under their care. The Health Systems is committed to providing and encouraging free, easily accessible flu vaccines to all employees.

	LMHS 2009	LMHS 2010	LMHS 2011	LMHS Goal	National ⁽⁶⁾
LMHS employees receiving the seasonal influenza vaccine	85%	83%	86%	greater than 80%	62%

Data Footnotes: (1) *To Err Is Human – Building a Safer Health System, National Academy Press, Washington D.C., 2000.* (2) *CDC National Healthcare Safety Network pooled median (ICU only) from January 2006 through December 2007, issued November 2008.* (3) *Anderson, FA IMPROVE; Blood 2003.* (4) *2009 data reflects only fourth quarter data using new CMS specifications. No national benchmarks have been established.* (5) *MIDAS CPMS Comparative Database.* (6) *Centers for Disease Control and Prevention (CDC). Interim Results: Seasonal Influenza Vaccination Coverage Among Health-Care Personnel. MMWR April 2, 2010 / 59(12); 357-362.*

Medication Reconciliation Important Component of LMH's Patient Safety

Beneficial medications that can cure disease, promote healing or control symptoms can conversely cause harm if they are taken incorrectly. A report compiled by the Centers for Disease Control and Prevention (CDC) in 2011 showed that nearly one-half of all Americans take at least one prescription medication daily. In addition, more than 10 percent of Americans take at least five daily prescriptions, and more than 38 percent of seniors over the age of 65 also take at least five prescriptions each day. The likelihood of taking medications improperly rises along with the number of drugs taken, putting those patients at risk for serious injury, possibly even death.

Licking Memorial Hospital (LMH) has established a medication reconciliation program to prevent patients from incorrect medication usage. The program is designed to detect incorrect dosages, improper combinations of prescription and/or over-the-counter drugs, and possible confusion of medication names.

In 2008, LMH became one of the few U.S. hospitals at that time to employ a full-time pharmacist in the Emergency Department (ED) to facilitate the medication reconciliation process for patients who are being admitted to the Hospital. "LMH is still in the forefront of community hospitals by having a pharmacist assigned to the ED. The process has been so successful that we added another pharmacist and two certified pharmacy technicians," Debbie Young, Vice President Patient Care Services, stated. "Medication reconciliation is critically important because the physician needs to know exactly what medications the patient is taking. The list of medications may give the physician a clue about the cause of the patient's emergency, and guides the physician about what new medications can be used safely to treat the patient's current condition."

LMH Pharmacist Janine Shipley, R.Ph., explained, "In many instances, we find that patients arrive at the ED without

their medication lists. They may not be able to recall the precise names and dosages of their medications, or they may forget to tell the staff about insulin, inhalers, and over-the-counter drugs they are taking. Much of that information will be available to the staff if the patient's information is on the electronic medical record, but physicians need to know the complete, up-to-date medication list in order to provide good care. The medication reconciliation process compiles a comprehensive list of medications, checks the dosage guidelines, and scrutinizes the list for possible contraindications and duplications of ingredients. For example, the patient may have been taking Tylenol[®] for a fever, Nyquil[®] for a cold and Vicodin[®] for pain, not realizing that all three drugs contain acetaminophen, which can cause liver damage in high doses."

Janine also devotes time to discussing medication routines with patients. She said, "Sometimes, patients are embarrassed to tell us the truth about the way they take medications. For example, they may take less of an expensive drug than the physician prescribed as an effort to save money, or they may discontinue a prescription without telling their physician because of undesirable side effects. Pharmacists and certified pharmacy technicians talk with patients in the ED prior to their Hospital admission to get additional details, which help to create a realistic picture of how they are actually taking their medications. The pharmacist then completes a report that includes the medication list, the allergy list and reasons why the patient may not be taking medications as prescribed. This information is shared with the inpatient physicians.

Medication reconciliation takes place every day in the Hospital for inpatients. Pharmacists, nurses and physicians all are involved in reviewing the individual drug regimens to ensure that new prescriptions fit safely into the patient's treatment plan. Upon discharge from LMH, patients receive a complete, updated list of their new medications.

Health Tips - Proper Disposal of Medications

Prescription medications are effective in treating illness and disease; however, those same medications can be dangerous if taken after their expiration date or by someone other than the patient for whom they were prescribed. The U.S. Food and Drug Administration (FDA) urges patients to check their homes for expired or unused prescription medicines and dispose of them properly.

The RxCollect program, sponsored by Pathways of Central Ohio, provides convenient drop-off locations for residents to dispose of expired/unused medications anonymously. Secure drop-off boxes are located in the lobbies of the Licking County Sheriff's Office, the Newark Police Department and the Pataskala Police Department for drop-off whenever the lobbies are open. Both prescription and over-the-counter drugs are collected and incinerated for safe disposal.

Tips for the safe disposal of unused/expired medications:

- Pills and capsules should be removed from bottles and placed in a sealed plastic bag before taking to RxCollect sites.
- Liquid medications should be discarded by pouring into absorbent shredded paper or kitty litter before placing in household trash.
- Inhalers and aerosols should not be placed in RxCollect boxes. They should be placed in household trash.
- Hypodermic needles and other "sharps" should not be placed in RxCollect boxes. They should be sealed in sturdy containers, such as liquid detergent bottles, before discarding in household trash.
- All personal information should be removed from prescription containers before discarding in household trash or RxCollect boxes.

EKGs Transmitted En Route Save Lives at LMH

Immediately after Licking County emergency medical technicians arrive to assist an individual who may be having a life-threatening heart attack, they can send an electrocardiogram (EKG) to provide detailed information about the patient's heart functions to the Emergency Department (ED) team at Licking Memorial Hospital (LMH). The ED staff instantly receives an alert that an EKG is being transmitted, and the ED physician begins to brief a medical team on the patient's plan of care based on the EKG's data.



Critical heart rhythm information is transmitted to LMH before the patient arrives by emergency medical squad so that the Emergency Department team can prepare for immediate care.

Interventional Cardiologist

Hassan Rajjoub, M.D., explained, "For example, if the EKG indicates that the patient's coronary artery is blocked, an alert is called, and the STEMI (ST segment elevation myocardial infarction) team begins to prepare for balloon angioplasty prior to the patient's arrival to the ED. This process allows us to expedite the patient's care and provide optimal outcomes. Any time that can be reduced from the overall 'door-to-balloon' time, even as little as one minute, potentially is saving heart muscle and preserving our patients' quality of life."

Dr. Rajjoub added, "We always strongly recommend that anyone who may be having a heart attack should call 9-1-1 for transportation to the nearest Emergency Department instead of arriving by private car. The emergency medical technicians can expedite the diagnostic process by transmitting the EKG, and they can provide life-saving treatment if the patient should go into full cardiac arrest on the way to the hospital." In 2007, Licking Memorial Health Systems (LMHS) made a \$300,000 investment in the community's health by purchasing equipment

to unify Licking County's 18 emergency medical departments under a single system for recording and transmitting EKG information to LMH. According to guidelines set by the American Heart Association and the American College of Cardiology, patients' risk of death can be reduced by 40 percent if they receive balloon angioplasty within 90 minutes of arriving at a hospital.

"Our team carefully studied each step that takes place between the patient's EKG transmission from the emergency medical squad and the beginning of the balloon

angioplasty at LMH to identify any areas where the timing could be improved," Dr. Rajjoub said. "We made many little adjustments, and as a result, our average door-to-balloon time was reduced to 51 minutes for 2011, and dropped to 50 minutes for the first 10 months of 2012. Also, during the first 10 months of 2012, our ED received more than 1,200 EKGs that were transmitted from emergency medical squads, so our staff members have been operating at a high rate of efficiency. We know that each passing minute may have a strong impact on the patient's quality of life, based on the extent of damage to the heart, and could even be the difference between life and death in some cases."

If the patient is determined to be having a heart attack due to arterial blockage, the interventional cardiology team at LMH often is able to use balloon angioplasty and stenting to open and treat the blocked arteries, instead of performing coronary bypass surgery. Balloon angioplasty is minimally invasive and requires less recovery time and a shorter hospital stay than traditional surgery.

Health Tips - Less Common Signs and Symptoms of a Heart Attack

Nearly 1 million Americans have a heart attack each year, and approximately 15 percent will die as a consequence, according to the Centers for Disease Control and Prevention. Patients are much more likely to survive and recover from a heart attack if they receive medical treatment immediately after signs and symptoms begin.

The most common symptom of a heart attack is chest pain or discomfort in the middle or left side of the chest that lasts for more than five minutes. In some cases, the chest pain may stop and come back. All chest pain that lasts longer than five minutes should be checked immediately by a physician.

However, not all heart attack patients have typical symptoms. The National Institutes of Health reports that approximately one-third of women and one-fourth of men who have heart

attacks do not experience any chest pain. Some patients, especially women, senior citizens, and patients with diabetes experience less common signs and symptoms of heart attack, such as:

- Pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Lightheadedness or dizziness
- Breaking out in a cold sweat
- Heart palpitations
- Weakness or fatigue
- Loss of appetite
- Indigestion
- Nausea/vomiting
- Cough
- Fainting

Anyone who experiences these symptoms and suspects they may be having a heart attack is urged to call 9-1-1 for emergency assistance. The emergency medical squad is equipped with life-saving tools to begin evaluation and treatment immediately.

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Eric M. Layne, M.D.

LMH Psychiatrist Receives Award for Dedication to Mental Health

Eric M. Layne, M.D., of Licking Memorial Outpatient Psychiatry – Newark, recently was recognized by Mental Health America of Licking County Board of Trustees for receiving the 2012 Mental Health Physician Award. The award, which was established in 1991, is reserved for physicians who are dedicated to the mental health of Licking County citizens. Honorees are chosen through recommendations from clients and patients. Dr. Layne is the most recent physician in a long line of Licking Memorial Hospital Active Medical Staff to be recognized with this award.

New Appointments



Earl G. Haley, M.D.,
joined Licking Memorial
Family Practice – Pataskala.



Jill M. Nicholson, M.D.,
joined Licking Memorial
Urgent Care.



Birendra Piya, M.D.,
joined Licking Memorial
Urgent Care.



Kenneth W. Saul, D.O.,
joined Licking Memorial
Urgent Care.

New LMHS Physicians Introduced at Community Reception



LMHS President & CEO Rob Montagnese introduces the new members of the LMH Active Medical Staff at the New Physician Reception in October.

To familiarize patients with new physicians, the Licking Memorial Development Council hosted the second New Physician Reception on October 28. Members of the public had an opportunity to meet physicians who have recently joined the Licking Memorial Hospital (LMH) Active Medical Staff.

The LMH Active Medical Staff is a group of more than 150 board certified physicians, dentists, podiatrists and psychologists who have a demonstrated interest and commitment to Licking Memorial Health Systems through active clinical practices and are involved in the care and treatment of patients referred to or treated

at the Hospital. New additions include:

- **Deborah L. Coates, D.O.**, Licking Memorial Pain Management
- **Valerie D. Collins, M.D.**, Licking Memorial Anesthesiology
- **Edward A. Del Grosso, M.D.**, Tri County Radiology
- **Carlos B. Domingo, M.D.**, Surgical Interventions
- **Nadia K. Gill, M.D.**, Licking Memorial Outpatient Psychiatric Services – Pataskala
- **Ngozi V. Ibe, M.D.**, Licking Memorial Women’s Health
- **Suelywn Stewart, M.D.**, Licking Memorial Family Practice – Johnstown
- **Michael A. Vaccariello, M.D.**, Orthopaedic Specialists and Sports Medicine, Inc.
- **Paven K. Venkata, M.D.**, Licking Memorial Outpatient Psychiatric Services – Newark

“Our mission to improve the health of the community means recruiting the finest physicians with the highest level of training and expertise,” said Rob Montagnese, LMHS President & CEO. “We are honored that these skilled physicians are joining the ranks of the LMH Active Medical Staff and will continue our tradition of providing quality care to the Licking County community.”

These new physicians currently are accepting new patients. For more information about LMH Active Medical Staff physicians, visit www.LMHealth.org, or call the Physician Referral Line at (740) 348-4014.

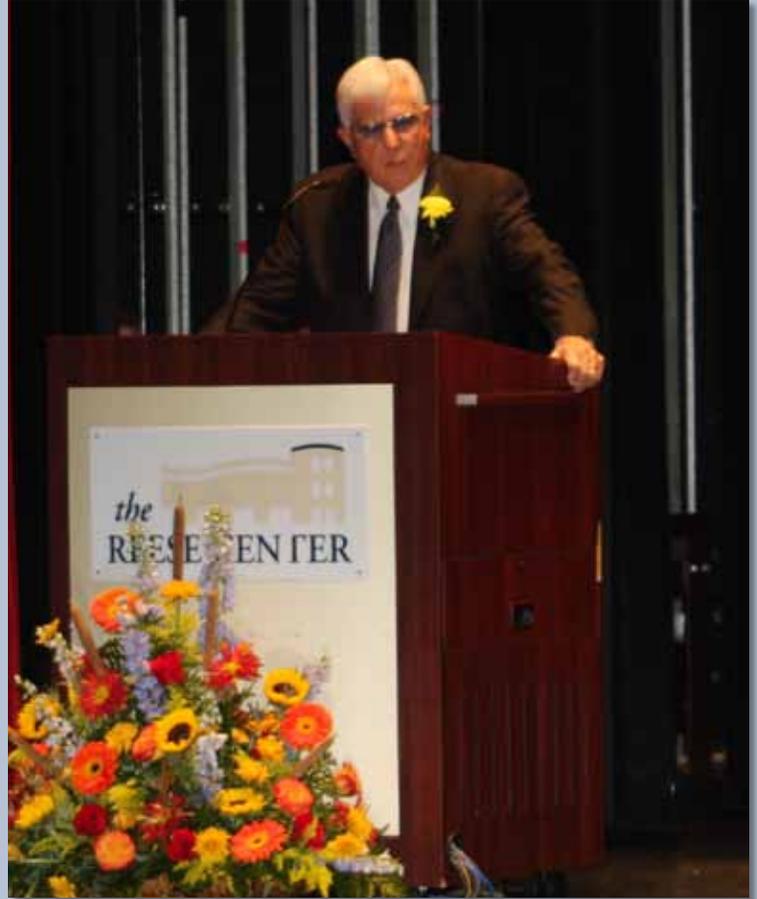
Lifetime Achievement Reception Honors Distinguished Recipients



Past recipients of LMH's Lifetime Achievement Award were invited to attend the 2012 Lifetime Achievement Award Reception. Pictured are (left to right): front row – Glenn F. Abel, Clarissa Ann Howard, B.S.N., Jerry McClain, John "Jack" O'Neill and Mary Jane McDonald. Back row – Licking Memorial Health Systems President & CEO Rob Montagnese, Robert H. McGaughy, Robert A. Barnes, Ph.D., William T. McConnell and Lewis R. Mollica, Ph.D.



In addition, Rob Montagnese (left) presented the Building a Healthier Community (BAHC) Award to Connie Kramer and Diane Paetz of The Licking County Coalition of Care to recognize the non-profit organization's project that addresses the needs of local residents who are struggling to make ends meet. The BAHC Award has been given every year since it was established in 2005.



Local developer and philanthropist Gerald (Jerry) McClain received the 2012 Lifetime Achievement Award from Licking Memorial Hospital (LMH) at a reception on November 2 at the J. Gilbert Reese Center on the Newark campus of The Ohio State University. Jerry is the 25th recipient of LMH's highest accolade that is given to honor an individual who has made extraordinary contributions to the community's well-being.

Licking County Parkinson Support Group Donation

Licking Memorial Hospital (LMH) received a donation of more than 200 plush toys from the Licking County Parkinson Support Group. The group has collected for two consecutive years and donated the toys to Licking Memorial pediatric patients. The Licking County Parkinson Support Group was formed to serve those with Parkinson's disease, as well as their caregivers. The group meets the third Sunday of every month at 2:00 p.m. in the LMH First Floor Conference Rooms. Each monthly meeting consists of professional speakers and leaders who present information programs around the patient and caregiver needs. For more information on the Licking County Parkinson Support Group, please contact John Stover at (740) 967-3809.

Rob Montagnese accepts the plush toy donation from Licking County Parkinson Support Group members (left to right) John Stover, Neva Stover, Linda Haynes, Jim Haynes and Carolyn Nichols.





Community Leaders Learn Fitness Tips Over Breakfast

Healthy eating and exercise, two pillars of physical fitness, were featured topics at the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in December. Approximately 150 breakfast guests watched live demonstrations that offered tips on food choices and personal exercise to help them avoid the common pitfalls of weight gain and inactivity throughout the winter season.

Chef Brian Merritt, Director of Food Services at Licking Memorial Hospital (LMH), said that portion control is an important part of healthy eating. "Many dieters become discouraged because they believe they will never be able to eat some of their favorite foods again. I tell them about an old saying, 'The last bite tastes no different from the first bite.' They will not completely sabotage their efforts to eat a healthy diet by having an occasional dessert, as long as they limit the portion to a very small serving. They will still be able to enjoy all the flavors and textures by taking just a couple of bites," he commented.

Chef Merritt added that many popular beverages can contribute to excess body weight. "We tend to drink a lot of our calories with beverages, such as soft drinks, energy drinks and milkshakes," he said. "Two or three of these beverages in a day can have the caloric equivalent of an additional meal. Drinking water instead will allow individuals to consume



Physical Therapist David Alianiello, P.T., CSCS, demonstrated simple methods of exercising.

proper amounts of food, which will make it much easier to follow a healthy diet."

LMH Physical Therapist David Alianiello, P.T., CSCS, suggested a quick and easy exercise routine to help maintain fitness during the winter months. He said, "With busy schedules and shorter daylight hours, our regular exercise regimens often are disrupted. Daily exercise is necessary to maintain strength and flexibility, as well as to control body weight. Studies have shown that short amounts

of 'circuit training,' which combines motions focusing on different body parts, can be very effective." David then performed several 30-second repetitions of exercises with simple, inexpensive equipment that included a medicine ball, exercise band, and single-step stool. "The most important consideration in developing an exercise routine is to choose activities that you love, so that you will look forward to performing them every day," David advised.

The LMH Development Council hosts four Corporate Breakfasts each year to share information about the Hospital with community leaders. The LMH Development Council, which is comprised of approximately 80 members, was established in 1987 to increase charitable giving to the Hospital and to promote good community relations.

Donors Recognized for Contributions to the Licking Memorial Health Foundation

New donors were recognized for their generous contributions to the Licking Memorial Health Foundation (LMHF). These contributions ensure that Licking Memorial Hospital (LMH) can continue to provide excellent, quality health care for the community with state-of-the-art technology and capital expansions.

The John Alford Fellowship



LMHS President & CEO Rob Montagnese (left) presented T. Thomas Mills, M.D., with a glass recognition piece in honor of his generous commitment to The John Alford Fellowship.

T. Thomas Mills, M.D.

T. Thomas Mills, M.D., of Newark, was recognized for his recent commitment to The John Alford Fellowship. Membership is reserved for individuals who support the LMHS mission to improve the health of the community by pledging a minimum of \$25,000 to LMHF over a period of 10 years.

Dr. Mills moved to Licking County in 1963 to begin practicing family medicine in Heath and was one of the first family physicians to join the Licking Memorial Professional Corporation when it was formed in 1995. After serving the community for 35 years, he retired from Licking Memorial Health Systems (LMHS) in 1998. Since retiring, Dr. Mills has been involved in a real estate company partnership, volunteers in Licking County and remains active in supporting the medical community. Dr. Mills previously served on the Board of Directors for both LMH and LMHS. He currently serves as the Board Chairman for Kendal at Granville and is a member of the Medical Alumni Board of Governors at The Ohio State University (OSU) College of Medicine.

Dr. Mills attended OSU to earn both his bachelor's degree in biological science and his Doctor of Medicine, followed by an internship and residency at OSU Medical Center. He then served as a physician in the Air Force where he provided a variety of healthcare services for families before retiring from the military in 1963.

Dr. Mills has three children: a son, David, and two daughters, Julie and Sarah. He also is the proud grandfather of five.

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

Golden Corporate Honor Roll

Waste Away Systems

Waste Away Systems, originally founded in 1976, was re-established in April 2012, by Seth Ellington, President and CEO. The company, originally founded by Seth's grandfather, John Young, provides complete waste and recyclable material collection services to residential, commercial and industrial customers. Centrally located in Newark, at 132 S. 30th Street, the company offers a unique customer satisfaction plan, lowest competitive rates and a community outreach program. The first stage of this program will be an effort to collect goods for troops serving overseas in a campaign dubbed, "Trash Bags for Troops." Residents will be able to easily donate items most needed by our military members by placing goods to the curb on select days.

Seth Ellington is a lifelong resident of Licking County, and a graduate of Newark High School. He attended Ohio University in Athens, Ohio, and graduated cum laude with a bachelor's degree in business communication administration in 2007.



LMHS President & CEO Rob Montagnese (left) and LMHS Vice President Development & Public Relations Veronica Link (right) recognized Waste Away Systems Owner and President & CEO Seth Ellington (center right) and Vice President Richard Masterson (center left) for the company's membership in The LMH Golden Corporate Honor Roll.

Seth is involved in various community groups including Newark Rotary. He is a member of the LMH Development Council Annual Support Committee, and also serves as a governing board member for Mental Health America of Licking County and charter president of the Newark Area Jaycees. In addition, Seth is a member of the National Solid Waste Management Association (NSWMA) and the NSWMA Future Industry Leaders Alliance (FILA).

Donors Recognized for Contributions to the LMHF (continued on page 24)

Rick Masterson, Vice President of Waste Away Systems, joined the company during its re-establishment in April 2012. Rick was born and raised in Bradenton, Florida until he moved to Central Ohio in 2005. In 2008, Rick joined the Ohio Army National Guard, serving as a combat engineer. He was deployed to Iraq in 2009 and served a one-year deployment under the "Operation Iraqi Freedom" mission. Upon his return in 2010, he was awarded with the Army Commendation medal, among others, for his outstanding work. Rick has held various positions within the Ohio Army National Guard unit based out of the Defense Supply Center in Columbus. Rick is still an active member of the Reserves and is involved with various military outreach programs, including overseeing Waste Away's "Trash Bags for Troops" program.

The Golden Corporate Honor Roll is a distinguished list of companies that have made a total commitment of \$10,000 or more to LMH. Participation in this program signifies the company's alliance with LMH to ensure the continuation of excellent healthcare services.

The William Schaffner Society

Tom and Kate Cummiskey

Tom and Kate Cummiskey were honored for their recent commitment to The William Schaffner Society. The Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over the course of 10 years.



LMHS President & CEO Rob Montagnese (right) welcomed Tom Cummiskey, LMH Development Council Annual Support Committee Chairman (center), and his wife, Kate, into The William Schaffner Society in honor of their recent donation.

Tom is the Senior Vice President and Trust Officer at Park National Bank. He earned his Bachelor of Science degree in finance from The Ohio State University in Columbus, and earned his law degree from Capital University Law School also in Columbus. He is very active in the community, serving as Chairman of the LMH Development Council Annual Support Committee, a member of The Works Board of Directors, a member of the Board of Directors and President of the Executive Committee for the United Way of Licking County, Past Chairman of the Licking County Chamber of Commerce Board of Directors and a member of the A Call to College Governing Board of Directors. Tom also is a member of the Ohio State Bar Association and the Ohio Bankers League.

Kate earned a degree in nursing from the Mount Carmel College of Nursing in Columbus. Currently, she stays at home to care for their three young children – John, 14, Emma, 10, and Megan, 6. Tom and Kate reside in Granville, and in their spare time, they enjoy fitness activities and spending time with their family.



LMH Development Council Education and Membership Committee Chairman John Gard received a glass recognition piece from LMHS President & CEO Rob Montagnese in recognition of his recent commitment to The William Schaffner Society.

John and Elaine Gard

John and Elaine Gard were recognized for their recent commitment to The William Schaffner Society. John serves as both Vice President and Trust Officer at Park National Bank. He is a lifelong resident of Licking County and a graduate of Newark High School. He attended Ashland University in Ashland, Ohio, where he earned a bachelor's degree. He later earned his Juris Doctor degree from the Ohio Northern University Claude W. Pettit College of Law and has been an attorney since 1981.

John is the Chairman of the LMH Development Council Education and Membership Committee, Treasurer of the Newark Area Financial Planning Group, Treasurer of Citizens for Developmental Disabilities and a member of the First United Methodist Church in Newark, where he serves as an usher, nursery volunteer and children's church leader. In addition, John is a member of the Ohio State Bar Association, as well as the Licking County Bar Association – Notary Committee. In his spare time, John enjoys playing tennis and cheering for all Cincinnati-affiliated sports teams.

Elaine attended The Defiance College in Defiance, Ohio, where she earned her Bachelor of Arts degree in Religion and Christian Education. She is a member of the St. John's United Church of Christ in Newark, where she serves as the Chair of the Missions and Outreach Committee for the St. John's Church Council. In her spare time, she enjoys photographing county courthouses, creating memory books for her family, as well as creating and presenting Christian programs for women's groups.

John and Elaine currently reside in Newark. They have two adult daughters, Rachel and Leah, and two grandchildren, Katie and Ethan.

Tammy and Todd Johnson

Tammy and Todd Johnson were recognized for their commitment to The William Schaffner Society. Tammy joined Licking Memorial Hospital (LMH) in 2008 and currently serves as the LMH Director of Registration. She is a graduate of Newark High School and earned her bachelor's degree in business management from Otterbein University in Westerville, Ohio.

Todd joined LMH in 2003 as a painter in the Engineering Services Department. He graduated from Licking Valley High School and attended The Ohio State University – Newark Campus.



LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right) presented LMH Director of Registration Tammy Johnson (center right) and her husband Todd, a painter at LMH, with a glass recognition piece in honor of their generous commitment to The William Schaffner Society.

Both Tammy and Todd are lifelong residents of Licking County. They have three grown children, Tiffany, Tessa and T.J., and one grandson, Trei. In her spare time, Tammy enjoys jogging and reading, and both Tammy and Todd enjoy spending time with their family – especially cheering on their grandson at his baseball, football and basketball games.



LMHS President & CEO Rob Montagnese (right) recognized David and Joan Trautman for their generous commitment to support LMHF.

David and Joan Trautman

David and Joan Trautman were recognized for their commitment to The William Schaffner Society. David currently serves as President of The Park National Bank. He earned a degree in economics from Duke University in

Durham, North Carolina, in 1983 and a Master of Business Administration degree from The Ohio State University in Columbus in 1989. David is a member of the Newark Rotary Club and the Moundbuilders Country Club, and he serves as a trustee for both The Dawes Arboretum and Kenyon College. In his spare time, he enjoys snow skiing, hiking, trail running and spending time with his family.

Joan also graduated from Duke University in 1983 with degrees in economics and psychology and earned a Master of Business Administration degree from The Ohio State University in 1989. She is active in A Call to College at Newark City School District and participates in the Leukemia & Lymphoma Society's Team in Training.

David and Joan currently reside in Granville. They have three children, Benjamin, William and Karen.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community. 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.

The Caduceus Society



Samar A. Farghaly, M.D., (center) was recognized for her commitment to The Caduceus Society by LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right).

Samar A. Farghaly, M.D.

Samar A. Farghaly, M.D., a Hospitalist at LMH, recently was recognized for her commitment to The Caduceus Society. Membership is reserved for Licking Memorial Honorary and Active Medical Staff who support the LMHS mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years.

Dr. Farghaly earned her Medical Degree from the University of Alexandria in Alexandria, Egypt. She completed an internship and residency in internal medicine with Cleveland Clinic Health System's Huron Hospital in East Cleveland, Ohio, after completing an internship in internal medicine with Alexandria University Hospital. She is board certified in internal medicine.

Dr. Farghaly is a member of the American Medical Association, as well as the American College of Physicians. She also is a volunteer for the United Way. In her spare time, she enjoys roller skating and bicycling.

Todd F. Lemmon, M.D.

Todd Lemmon, M.D., is a gynecologist at Licking Memorial Women's Health – Newark. He received his Doctor of Medicine degree from the University of Cincinnati College of Medicine in Cincinnati, and completed a residency at Washington University in St. Louis, Missouri. Dr. Lemmon is board certified in obstetrics and gynecology. He also is a fellow of the American Congress of Obstetricians and Gynecologists.



LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right) presented Todd Lemmon, M.D., with a glass recognition piece in honor of his recent membership in The Caduceus Society.

Dr. Lemmon is a member of the Weathervane Playhouse Board of Directors and the chancel choir at the Centenary United Methodist Church in Granville. In 2011, he was awarded the Central Ohio Theatre Roundtable Excellence in Acting Award.

Dr. Lemmon and his wife, Kimberly, currently reside in Heath. They have two children, Ross and Audra. In his spare time, he enjoys acting, vocal performing, playing the trumpet and watching The Ohio State University sports teams.



In honor of her commitment to The Caduceus Society, LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right), presented Suellywn Stewart, M.D., with a glass recognition piece.

Suellywn Stewart, M.D.

Suellywn Stewart, M.D., is a physician at Licking Memorial Family Practice – Johnstown. She received her Medical Degree from Saba University School of Medicine in Saba, Netherlands Antilles. She completed an internship and residency at The Ohio State University Medical Center in Columbus. She is board certified in family medicine and serves as the Vice President of the Ohio Academy of Family Physicians, as well as a member of the Central Ohio Academy of Family Physicians governing board.

Dr. Stewart currently resides in Westerville, Ohio. In her spare time, she enjoys golfing, antiquing and gardening, and she is currently working to create an Audubon-sanctioned backyard.

Latha Urs, M.D., and Jagadish Urs, M.D.

Latha Urs, M.D., is a pathologist at Licking Memorial Hospital. She received her Medical Degree from Vijayanagar Institute of Medical Sciences in Bellary, India. She completed an internship and a pathology residency at Mysore Medical College in Mysore, India. She also completed a pathology residency at the University of Kentucky in Lexington, Kentucky, and a fellowship at Nationwide Children's Hospital in Columbus. Dr. Urs is board certified in anatomic pathology, clinical pathology and pediatric pathology.



Latha Urs, M.D., is presented with a glass recognition piece from LMHS President & CEO Rob Montagnese in honor of her and her husband's commitment to The Caduceus Society.

Dr. Latha Urs is a member of the Society for Pediatric Pathology, the College of American Pathologists, the American Society for Clinical Pathologists, the United States & Canadian Association of Pathology and the Ohio Society of Pathologists. In addition, she received the Resident Teacher Award in 2006 from the University of Kentucky Pathology Program.

In her spare time, Dr. Urs enjoys traveling, cooking and gardening. She and her husband, Jagadish Urs, M.D., have two boys, Shamanth and Karthik.

Dr. Jagadish Urs, is a member of the Section of Ambulatory Pediatrics at Nationwide Children's Hospital and a Clinical Assistant Professor of Pediatrics at The Ohio State University College of Medicine in Columbus. He served as a Flight

Lieutenant and Medical Officer for the Army Medical Corps. He later earned his Medical Degree from the Armed Forces Medical College in Pune, India. He also completed a residency at the Wayne State University School of Medicine in Detroit, Michigan. He is a member of the American Academy of Pediatrics (AAP), the Council on Community Pediatrics and the Ohio AAP. In addition, he also serves as the Medical Director of the Flying Horse Farms in Mt. Gilead, Ohio, a summer camp for children with serious medical conditions.

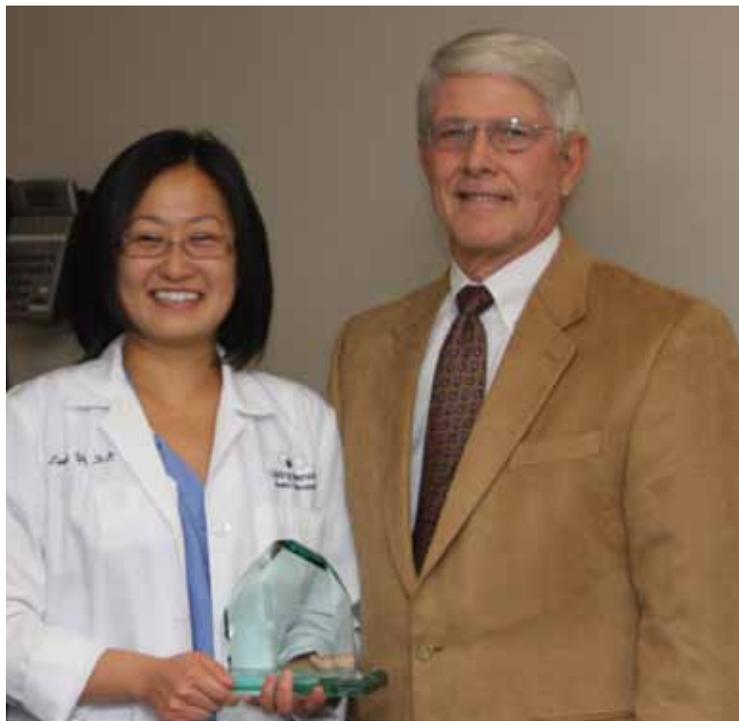
Linda Yu, D.O.

Linda Yu, D.O., of Licking Memorial Women's Health – Newark, received her Doctor of Osteopathic Medicine degree at the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed an obstetric and gynecology residency at Aultman Hospital in Canton, Ohio. She also is a member of the American Osteopathic Association and the American Congress of Obstetricians and Gynecologists. In her spare time, Dr. Yu enjoys traveling and crafting.

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Active and Honorary Medical Staff members who support LMH through charitable contributions. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable

contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.



LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right) recognized Linda Yu, D.O., for her generous commitment to LMHF.

Donors

Contributions to Licking Memorial Health Foundation in 2012 were used toward the Hematology/Oncology Renovation Project at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in September and October 2012.

5K RUN AND FUN WALK

Mr. and Mrs. C. Daniel DeLawder
Park National Bank

2012 GOLF GALA

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Liberty Dodge Chrysler Jeep
Summit Custom Cabinets

BENEFACTOR

Timothy and Deborah Young

CADUCEUS SOCIETY

Mr. Bernard W. Schubach and Jaime T. Goodman, M.D.
Suellywn Stewart, M.D.

CAPITAL IMPROVEMENT FUND

TWIGS 4
TWIGS 6

COMMUNITY CORNERSTONE CLUB

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Budget Blinds of Mid Ohio
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Marcia and Jonathan Downes
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Jessica Nethers and Family
Joan and David Trautman

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Now available at two
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Closed on Holidays



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www.LMHealth.org

Volunteer Spotlight – Ethel “Becki” Becker



Ethel Becker

Every Tuesday, Licking Memorial Hospital (LMH) Volunteer Ethel Becker spends her morning assembling patient charts and escorting families within the John & Mary Alford Pavilion. She especially enjoys assisting family members locate their loved ones following surgical procedures. “It brings me great joy to help families and patients in such a small way,” she reflected.

Ethel, who prefers her nickname, Becki, was born and raised in Newark where she met her husband, Joseph, while working as a waitress at a diner on North 2nd Street. The couple married and raised two children, Peter and Mary Lou. Once both children began their education, Becki decided to volunteer. She first volunteered at the Newark City Hospital located at the corner of Buena Vista Avenue and Everett Avenue. At the encouragement of many staff members and physicians,

Becki became employed as a Point of Care Technician (POCT) in 1967. As a POCT, Becki served in the nursing units of 4-North, Intensive Care, Pediatrics, Nursery, and the Emergency Department. She retired from LMH in 1988 and then returned to volunteering in 1991 to serve her community. Currently, Becki has accumulated more than 4,100 hours of volunteer service at LMH.

“Becki has such a love for health care, and it shows every time she serves,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “This is evident in her volunteer service both before and after her career.”

Becki and Joseph enjoyed 55 years of marriage before he passed away in 2001. She enjoys spending time with family, including her two grandchildren and four great-grandchildren, and has a love for cooking, baking, and reading. Becki is an active member of the Fraternal Order of Eagles and a member of St. John’s Lutheran Church.

Retiree Spotlight – Judy Stanton



Judy Stanton

In 1989, Judy Stanton began serving Licking Memorial Health Systems (LMHS) as a Patient Account Representative. She was involved in assisting patients as they made payment arrangements for the care they received at LMHS. She remembers Rob Montagnese, LMHS President & CEO, working as a file clerk in the Patient Accounts Department during the summer and holiday seasons while in college. “I am pleased to see Rob in this position and to know that he understands the front-line employee perspective.”

In 1994, she left LMHS to serve elsewhere within the healthcare industry, but returned to LMHS in 2004 to serve as a Patient Account Representative for Licking Memorial Health

Professionals. During more than 20 years of service, she experienced many changes in the area of healthcare accounting. “It was difficult to be part of the transition within the industry while learning how to use the new technology,” she reflected. “The current generation who already developed such advanced skills has a great advantage in the workplace.”

Since retiring in 2011, Judy and Ron, her husband of 36 years, transport automobiles purchased at auctions and dealerships throughout Ohio and surrounding states back to their hometown of Zanesville. They have four sons and eleven grandchildren. The couple enjoys a full schedule of their grandchildren’s various sporting events and school music concerts. The Stantons are members of Central Trinity United Methodist Church, and are active in the American Legion and the Fraternal Order of Eagles.

LMH Volunteers Donate Crocheted Gifts

Licking Memorial Hospital (LMH) received a donation of more than 100 newborn Santa hats from the Newman Needlers, a group of LMH Volunteers who enjoy crocheting, knitting and weaving. The group was founded in 2011 by Arlene Newman, an LMH volunteer. Arlene instructs interested volunteers on how to make various items, including baby hats, baby Afghans, chemotherapy caps, lap robes, heart monitor pouches, baby booties and socks. To date, the group donated over 1,100 items provided to patients in various Hospital areas.

Picture Caption (left to right): Carol Barnes, Director of Volunteers, TWIGS & Events, Chris Fulton, Mary Lou Place, Carol Yost, Arlene Newman, Joan Olmor and Ruth Mann. Group members not pictured include Dee Ann Cable, Vicky Fogarty, Mary Ellen Grabski, Joanne Hanson, Marge Hensley, Cathy Jackson, Lori Kennard, Pastor Carole Smith and Brenda Tompkins.



Development Spotlight – Maggie Barno



Maggie Barno

Maggie Barno recently joined the Licking Memorial Hospital (LMH) Development Council Community Relations Committee. Maggie has served as the Executive Director of the Granville Area Chamber of Commerce (GACC) since 2008. Prior to joining the GACC, Maggie taught high school English, developed the first preferred provider organization of hospitals and physicians

for MedBen in Newark, managed and developed the volunteer program for The Woodlands Serving Central Ohio, served as the office manager for The Granville Sentinel and was an account coordinator for a high-end cosmetic company. Her other notable accomplishments include: coordinating the donation of seven tons of books to the Pine Ridge Indian Reservation in South Dakota, writing and directing a play for elementary-school children, recruiting volunteer tutors for the Ohio Reads program and writing and producing a video promoting Granville. In addition, Maggie has been recognized for her contribution to business by the Licking County chapter of Business and Professional Women's Foundation.

Maggie believes that developing relationships is key to achieving positive growth and development in any organization. Her goal as a member of the LMH Development Council is to promote meaningful community relations for the continued growth of Licking Memorial Health Systems. "My family has always received excellent care at LMH. Over the years, I have watched the Hospital grow, and I am grateful that our community has this healthcare facility," Maggie said. "I am honored to be a member of the Development Council and support LMH as it continues to improve the health of the community with new programs, services and the latest advances in medical technology."

Maggie is a graduate of Marshall University in Huntington, West Virginia where she was president of Alpha Chi Omega, listed in Who's Who in American Colleges and Universities, initiated into Alpha Psi Omega National Theatre Honor Society and had lead roles in various theater productions. She has been a resident of Granville for more than 20 years. She has three sons, and enjoys spending time with her family and playing with her grandchildren, Sarah and John.

LMH Celebrates First Baby of 2013

As first-time parents, Sarah and Randy DeLong II of Utica, were focused on having a happy and healthy baby girl, but had not given much thought to the possibility that their daughter might earn the designation of the first baby born at Licking Memorial Hospital in the new year. However, Sarah and Randy welcomed baby Hannah Grace DeLong at 1:22 p.m. that day. She was 6 pounds and 19 inches long. To celebrate the first baby of 2013, Licking Memorial Health Systems presented a \$100 Babies R Us gift card to Sarah and Randy. "It's neat that she was born on New Year's Day, but the most important thing to us is that she's here and she's healthy," Sarah said. "We can't wait to take her home."



Sarah and Randy DeLong II are the proud parents of baby Hannah, who was honored as Licking Memorial Hospital's first baby of the new year.

FIRST IMPRESSIONS MATERNAL CARE

FEATURING PRIVATE SUITES FOR MOTHERS AND NEWBORNS

At Licking Memorial Hospital, new parents can expect to receive caring, high-tech maternal care close to home. Our Maternal Child Department has been enhanced with the recent addition of new mother-baby suites, to ensure that parents are able to enjoy the private intimacy of their newborn's first hours. Our maternity experience also features:

- Complete in-room entertainment center
- Newborn care and breastfeeding education
- Custom gourmet meal prepared by our on-site chef
- Private bathroom with shower
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Licking Memorial Hospital



first impressions



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National Doctors' Day March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will be utilized for facility improvements at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (740) 348-4102. To make a donation online, visit www.LMHealth.org, and click on the Doctors' Day Recognition link.



**Licking Memorial
Health Systems**



Licking Memorial Health Systems

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Newark, Ohio 43055

Please take a few minutes to read this issue of **Community Connection**.

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org.

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Columbus, Ohio
Permit No. 8757



Community Events

For more information about any LMHS event, please call (740) 348-1572, or visit www.LMHealth.org

The Heart Truth: A Red Dress Event

Thursday, January 31
5:00 p.m.
Bryn Du Field House
Granville, OH

Registration is required. Please see story on front cover for program details. Call (740) 348-1572 for more information.

Betsy Eaton O'Neill Health Resource Center Education Programs (See page 10 for details.)

Licking Memorial Hospital – First floor, off main lobby.
1320 West Main Street, Newark
Reservations are required. Call (740) 348-2527 to register.
1:00 p.m. No charge.

- **Foot Care and Diabetes** – Thursday, January 24
- **Preventing Caregiver Burnout** – Wednesday, February 6
- **Early Heart Attack Care** – Wednesday, February 20

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m.
No charge. Open to the public.
Shepherd Hill, 200 Messimer Drive, Newark

A physician will answer questions about chemical dependency and treatment options. Call (740) 348-4877 for more information.

Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC
150 Price Road, Newark
1:00 to 3:00 p.m. No charge.

Second Thursday of each month: blood glucose screenings
Fourth Thursday of each month: blood pressure screenings
No appointment required. Call (740) 364-2720 for more information.

First Impressions – Maternal Child Classes

Childbirth Education Classes	Maternity Tour
Stork Tour	Breastfeeding Class
Infant and Child CPR	Sibling Preparation Class
Newborn Basics Class	

For more information or to register, call (740) 348-4346 or e-mail: firstimpressions@LMHealth.org.