

# Community Connection

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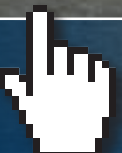
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# Lifetime Achievement Reception Honors Distinguished Recipients

In November, the Licking Memorial Hospital (LMH) Development Council hosted the annual Lifetime Achievement Reception at the J. Gilbert Reese Center on the campus of Central Ohio Technical College and The Ohio State University at Newark. The presentation of the prestigious Lifetime Achievement and The Mary Jane McDonald Building a Healthier Community Awards – which honor individuals, groups and organizations whose service to Licking County reflects Licking Memorial Health Systems’ (LMHS) mission to improve the health of the community – highlighted the special event.

## Lifetime Achievement Award – Christopher (Chris) Meyer



In recognition of his devoted leadership and involvement within the Licking County Community, Christopher (Chris) Meyer became the 32nd recipient of the Lifetime Achievement Award, which was created in 1989 and is the highest honor that LMHS confers each year. A lifelong resident of Central Ohio, Chris graduated from The Ohio State University (OSU) summa cum laude, where he was inducted into Phi Beta Kappa. He earned his law degree at The Moritz College of Law at OSU. Chris is a partner in Reese Pyle Meyer PLL, a 13-attorney general practice law firm in Newark, founded by J. Gilbert Reese, where he has practiced law his entire career. He was admitted to practice in Ohio in 1977 and he also is admitted to practice before the United States District Court for the Southern District of Ohio, the United States Sixth Circuit Court of Appeals and the United States Supreme Court.

Chris has been active for many years at the state and local level in bar-related

activities, serving two terms in the past as the President of the Licking County Bar Association (2012, 2013) and as a member of the Litigation Section of the Ohio State Bar Association, as well as, the Negligence Law Committee and Civil Justice Subcommittee, the Special Ad Hoc Committee on Product Liability, and the Unauthorized Practice of Law Committee. He also has served as a mentoring attorney in the Ohio Supreme Court’s Lawyer-to-Lawyer Mentorship Program. Chris is a member of the American Bar Association and, for many years, the Ohio Association of Civil Trial Attorneys, the Society of Ohio Hospital Attorneys, the American Health Lawyers Association and the National Association of College and University Attorneys. He holds the current appointment from the Ohio Attorney General as Outside Counsel for Central Ohio Technical College. He is a volunteer attorney in the local Interfaith Pro Bono Legal Clinic and has served as a volunteer judge at the local and state level in the

Ohio High School Mock Trial & Moot Court Program of the Ohio Center for Law-related Education.

Chris has a long history of involvement in civic and volunteer activities in the Licking County community, including past involvement with the Newark Area Jaycees, the United Way of Licking County (Planning and Allocations Divisions), the Advisory Board to the Licking County Department of Human Services, the Senior Citizen’s Levy Advisory Review Board and the Board of Directors of Weathervane Playhouse. He is a member of the Newark Rotary Club and the Licking County Chamber of Commerce and is a current member of the Board of Directors of the Newark Granville Symphony Orchestra, the Board of Trustees of The Ohio State University at Newark, and the Board of Directors of First Federal Savings & Loan Association of Newark. Chris also serves the LMH Development Council as a member of the Executive Committee and Vice Chair of the Community Relations Committee.

“Personally, it has been invaluable to receive Chris’ counsel throughout my 13 years as LMHS President & CEO,” Rob Montagnese said. “He always is available to provide prudent advice, and we have been the beneficiaries of his knowledge well beyond what most people will ever know. Chris has been a significant presence at LMHS, and honoring him with the 2018 Lifetime Achievement Award is the best way I can think of to pay tribute to his devoted service to our organization and community.”

Chris’ loving wife, Sharman, passed away on January 3, 2018. They enjoyed a close marriage of more than 44 years and have three adult children and six grandchildren, ages one to six years old.

## The Mary Jane McDonald Building a Healthier Community Award – Fostering Further

The Building a Healthier Community Award was renamed this year as The Mary Jane McDonald Building a Healthier Community Award. Mary Jane was a member of the Licking Memorial Hospital Board of Directors from 1981 to 1987, and a member of the Licking Memorial Health Systems Board of Directors from 1988 to 1999. She was elected as the first female chair of the LMHS Board in 1991 and received the Lifetime Achievement Award in 2001. Mary Jane dedicated her time and talents to enriching the lives of countless Licking County residents through her charitable and selfless acts of volunteerism.

The 14th annual Mary Jane McDonald Building a Healthier Community Award was presented to Fostering Further in recognition of their work with the



community to support foster care in Central Ohio. Members of the Fostering Further Board of Directors – President Valerie Smith, Treasurer Yvonne Williams and Secretary Joan Drew – accepted the award. The LMH Development Council created The Mary Jane McDonald Building a Healthier Community Award in 2005 to honor an individual, group or organization in Licking County with an ongoing work or project that reflects LMHS’ mission to improve the health of the community.

Since 2013, Fostering Further has emotionally and financially supported foster children in Licking County, their substitute care providers and social workers helping foster families overcome a variety of issues. The group’s primary mission is to ensure that the community’s most vulnerable individuals – victims of child abuse and neglect – have not been forgotten and that those caring for the children are supported. Fostering Further has successfully carried out this mission by hosting special social events for foster families, providing personal care items and household goods to teens moving into their first apartment, preparing specialized infant care kits for babies born dependent on illegal substances, setting up dorm rooms for college-bound foster youth, and purchasing backpacks and school supplies for foster children living with extended family members. In addition, Fostering Further has granted individual wishes for children in foster care. These grants have included financial support for dance and music lessons, camps, educational field trips, and sporting equipment and fees.

“It truly is my pleasure to present Fostering Further with The Mary Jane McDonald Building a Healthier Community Award in

recognition of the outstanding assistance they provide to children, families and case workers involved in foster care,” Rob said. “Over the past two years, the Grant a Wish program has sponsored over 100 camps, trips and activities for local foster children. With the assistance of area churches, they sponsor a quarterly Parents Night Out to provide respite for parents who may not be able to get a break otherwise. Fostering Further also serves as a community resource and support system for area case workers. Finally, they work with children aging out of the foster care program to provide basic necessities and life skills that will help them attend college or live on their own.”

Lifetime Achievement Reception Honors Distinguished Recipients (continued on page 4)

### Past Recipients of the Lifetime Achievement Award

- 1989 – John W. Alford\*
- 1990 – Howard E. LeFevre\*
- 1991 – Ernestine W. Spencer\*
- 1992 – J. Gilbert Reese
- 1993 – John H. Weaver\*
- 1994 – Norman R. Sleight\*
- 1995 – Robert H. Pricer\*
- 1996 – Carl L. Petersilge, M.D.\*
- 1997 – Clarissa Ann Howard, B.S.N.
- 1998 – Rev. Dr. Charles W. Noble, Sr.
- 1999 – Calvin E. Roebuck\*
- 2000 – John J. Kuttil\*
- 2001 – Mary Jane McDonald\*
- 2002 – William T. and Jane C. McConnell\*
- 2003 – Raymond Guy Plummer, M.D.\*
- 2004 – Robert N. Kent
- 2005 – Robert A. Barnes, Ph.D.
- 2006 – Stuart N. Parsons
- 2007 – Lewis R. Mollica, Ph.D.
- 2008 – Glenn F. Abel
- 2009 – C. Daniel DeLawder
- 2010 – Robert H. McCaughy
- 2011 – John J. O’Neill\*  
Dell Christine Warner Powell\* (posthumously)
- 2012 – Gerald K. McClain
- 2013 – Eschol Curl, Jr.
- 2014 – Patrick M. Jeffries
- 2015 – David Shull  
Judith B. Pierce\* (posthumously)
- 2016 – Sarah Reese Wallace
- 2017 – William N. Mann

\* deceased

### Past Recipients of The Mary Jane McDonald Building a Healthier Community Award

- 2005 – TWIGS of Licking Memorial Hospital
- 2006 – Newark Rotary Club
- 2007 – The Salvation Army
- 2008 – Hospice of Central Ohio
- 2009 – Granville High School Key Club
- 2010 – Twentieth Century Club
- 2011 – American Red Cross of Licking County
- 2012 – Licking County Coalition of Care
- 2013 – Look Up Dental Clinic
- 2014 – The Thomas J. Evans Foundation
- 2015 – Big Brothers Big Sisters of Licking and Perry Counties
- 2016 – Food Pantry Network of Licking County
- 2017 – Ben Franklin Walking Club



LMHS President & CEO Rob Montagnese (back row, far right) welcomed recipients of the Lifetime Achievement Award to the 2018 reception, including (left to right): front row – Robert A. Barnes, Ph.D.; Clarissa Ann Howard, B.S.N.; Chris Meyer; Rev. Dr. Charles Noble, Sr.; and Glenn F. Abel; and back row – Stuart N. Parsons; Patrick M. Jeffries; William N. Mann; David Shull; Lewis R. Molica, Ph.D.; and C. Daniel DeLawder.

Fostering Further understands the importance of typical childhood experiences for foster children in promoting future success as they grow, and provides opportunities for Licking County foster children to participate in positive and nurturing activities that encourage healthy social and emotional development.

### A Lifetime of Care

Rob also announced a new recognition called A Lifetime of Care to honor physicians for their longtime service to the Licking County community. Physicians who have served on the LMH Active Medical Staff for 35 years or more, or have 50 years or more of service combined between the Active Medical Staff and Honorary Medical Staff, will be featured on a new display wall on the LMH First Floor. Utilizing records that date back to 1940, a group of 28 physicians received the inaugural honor.

### A Lifetime of Care Recipients

- Mieczyslaw A. Bulas, M.D.
- Edward A. Carlin, M.D.\*
- Lawrence A. Dils, M.D.
- Gerald R. Ehram, M.D.
- Mary Beth Hall, M.D.
- Henry L. Hook, M.D.\*
- John W. Houser, M.D.
- Donald G. Jones, M.D.
- Frederick N. Karaffa, M.D.\*
- Harold E. Kelch, M.D.
- Warren N. Koontz, M.D.\*
- T. Thomas Mills, M.D.
- Mark A. Mitchell, M.D.
- Paul N. Montalto, M.D.
- Bryce I. Morrice, M.D.
- Zdravko S. Nikolovski, M.D.
- Larry N. Pasley, M.D.
- Carl L. Petersilge, M.D.\*
- Raymond Guy Plummer, M.D.\*
- Robert P. Raker, M.D.
- Nicholas E. Reed, M.D.
- Patrick J. Scarpitti, M.D.
- Richard E. Simon, M.D.
- Charles F. Sinsabaugh, M.D.\*
- C. Michael Thorne, M.D.
- Carl D. Waggoner, M.D.
- Richard D. Walters, M.D.\*
- Thom D. Wood, M.D.

\* deceased



LMHS President & CEO Rob Montagnese (far left) presented the inaugural Lifetime of Care recognition to 28 distinguished physicians at the 2018 Lifetime Achievement Reception. Those who attended the event to receive the honor were (seated, left to right) David Carlin, who represented his late father, Edward Carlin, M.D.; Mary Beth Hall, M.D.; Donald Jones, M.D.; Jane Karaffa, who accepted on behalf of her late husband, Frederick Karaffa, M.D.; Harold Kelch, M.D.; Connie Koontz, who represented her late husband, Warren Koontz, M.D.; Bryce Morrice, M.D.; Brian Reed, who accepted on behalf of his father, Nicholas Reed, M.D.; Barbara Sinsabaugh, who represented her late husband, Charles Sinsabaugh, M.D.; and C. Michael Thorne, M.D.

# LMH Named 2018 CHIME HealthCare's Most Wired Recipient

Licking Memorial Hospital (LMH) recently was recognized as one of the College of Healthcare Information Management Executives (CHIME) HealthCare's Most Wired Hospitals for 2018. Hospitals and health systems at the forefront of using healthcare information technologies (IT) to improve the delivery of care have maximized the benefits of foundational technologies and are embracing new technologies that support population management and value-based care. The most successful organizations not only adopt technology, but apply it strategically to achieve great outcomes, according to an analysis of the CHIME HealthCare's Most Wired survey results.

HealthCare's Most Wired, now in its 20th year, traditionally tracked the adoption of healthcare IT in hospitals and health systems. CHIME took over the Most Wired program and revised the survey questions and methodology this year to highlight strengths and gaps in the industry. The goal is to identify best practices and promote the strategic use of healthcare IT to elevate the health and care of communities around the world.

"We are pleased to be recognized for a fifth year at the national level for our efforts to improve the health of our community," said Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO. "For a number of years, we have been heavily focused on implementing advanced clinical systems at the point of care that directly impact the quality of care provided to our patients. Those efforts include adopting technologies to support the instantaneous documentation of patient care, using integrated computer systems with advanced clinical decision support tools, and reducing the likelihood of medication errors through the use of electronic tools such as Computerized Provider Order Entry (CPOE) and Barcoded Medication Verification.

In addition, information systems provide easy access to clinical information in a secure manner, and access to that information can readily be restored in the case of a disaster or outage."

The report found two key areas that emerged in 2018: the use of foundational technologies, such as integration, interoperability, security and disaster recovery; and the use of transformational technologies to support population health management, value-based care, patient engagement and telehealth. These foundational pieces need to be in place for an organization to leverage tools to effectively transform health care.

"Research has shown that information technology can be a powerful tool in supporting the delivery of high quality patient care, said Sallie Arnett, M.S., RHIA, CHCIO, LMHS Vice President Information Systems. "For many years, we have used technology to assist physicians, nurses, and other members of the clinical staff in making informed patient care decisions, improving patient outcomes, and reducing medical errors. With the recent introduction of the LMH Patient Portal, patients are directly engaged in their care with real-time access to nearly all relevant clinical information."

LMH provides digital diagnostic images from Radiology, Cardiovascular Imaging, Mammography, Neuroimaging and Nuclear Imaging to the appropriate care provider regardless of the provider's location, and integrates those images with the electronic medical record (EMR). Voice communication using the unique hands-free Vocera devices, worn by nearly every member of the clinical staff, occurs over the secure wireless network. In addition, Vocera devices allow patients to communicate directly with nurses by activating the nurse call button. LMH also utilizes patient monitoring equipment which sends data directly into the EMR, including bedside blood pressure, pulse oximetry, temperature, glucose, lab tests and fetal monitoring.

Information security also has been a key focus of the Information Systems Department at LMHS in recent years. The Information Security team is focused on the confidentiality, integrity and availability of patient information. "We respect the privacy of our patients' information and do our best to ensure that our information systems remain private, the information contained within the medical record is accurate, and that our systems are operating at peak efficiency for patient care," Sallie added.

The annual survey is designed to measure the level of IT adoption in U.S. hospitals and health systems, and serves as a tool for hospital and health system leadership to map their IT strategic plans. The four focus areas of the survey include: infrastructure and security; business and administrative management, clinical quality and safety (inpatient/outpatient hospital) and clinical integration (ambulatory/physician/patient/community). According to the survey, hospitals are ramping up their efforts to stop hackers and also working to boost their capabilities in telehealth and population health. There also has been an increased emphasis on clinical staff training.

### About CHIME

CHIME is an executive organization dedicated to serving chief information officers (CIOs), chief medical information officers (CMIOs), chief nursing information officers (CNIOs) and other senior healthcare IT leaders. With more than 2,700 members in 51 countries and over 150 healthcare IT business partners and professional services firms, CHIME provides a highly interactive, trusted environment enabling senior professional and industry leaders to collaborate; exchange best practices; address professional development needs; and advocate the effective use of information management to improve the health and health care in the communities they serve. For more information, please visit [chimecentral.org](http://chimecentral.org).



**Sallie Arnett** has been chosen for the Tech Power Player: Class of 2018 – a list of leading IT executives for the Central Ohio region by Lead Tribune Media Group. Sallie was recognized as an influential technology leader and advocate of the current technology revolution in the Central Ohio region. She is an experienced healthcare executive with nearly 20 years as a healthcare CIO and 30 years of healthcare industry experience. Her key area of interest is leveraging information technology to improve the quality of patient care. Under her direction, LMHS operates in a virtually paperless environment.

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

# Employee Veterans Honored by LMHS

In honor of Veterans Day, Licking Memorial Health Systems (LMHS) pays tribute to those who have served or are serving in the Armed Forces with a special celebration in the Licking Memorial Hospital Café and a special announcement in the morning and the afternoon that includes reading of the names of employee and volunteer veterans. LMHS leadership appreciates the qualities and skills that members of the military generally possess including a strong sense of dedication and respect. Four veterans shared their experiences and talked about how their time in the military prepared them for their careers at LMHS.

## Kateri Marie, R.N. Emergency Department Army Reserves

Kateri Marie grew up in Muskingum County and graduated from Tri-Valley High School. She knew she wanted a career in health care, and joined the Army Reserves to receive training and assistance in paying for her education. Since she had never left Ohio, Kateri also hoped for the opportunity to travel. She served as a combat medic for eight years with a Reserve Unit in Blacklick. During her service, she spent time at Fort Leonard Wood, Missouri, and Fort Sam Houston in San Antonio, Texas, for training.

As a combat nurse, Kateri learned many skills that she uses every day in the Emergency Department (ED) at Licking Memorial Hospital (LMH). She has worked for LMH since 2015 as a nurse in the ED where she also has accepted the roles of preceptor and charge nurse. She earned her associate degree with honors from Central Ohio Technical College (COTC) and currently is working toward her bachelor's degree at Chamberlain University. In addition to increasing nursing skills, Kateri matured while serving her country. "You learn valuable life lessons, such as staying calm during chaotic situations. That skill has served me well as a nurse," she said.

The military experience also taught her the importance of teamwork. "In a military unit, or in any successful team environment, you are only as strong as your weakest link. That is why you strive to build others up – to create a strong working unit," Kateri explained. Another life lesson that Kateri learned is the importance of staying organized and following through with tasks. In order to stay calm in the midst of chaos, an orderly environment brings reassurance and stability to the situation.

Kateri has earned the respect of her peers with her demeanor. She was chosen as one of the 2018 LMHS MVPs, an honor for employees who consistently demonstrate the LMHS values of compassion, accountability, respect and excellence.

## Mary Klark, L.S.W. Case Management Air Force

Mary Klark began her military career in the Reserve Officers' Training Corps (ROTC) while attending The Ohio State University. She followed in the footsteps of her father, who served in the military during World War II and the Korean War before retiring from the Air National Guard. She received a commission as a Second Lieutenant in the Air Force and went to Colorado for training, then to Arizona where she served as the manager of a munitions storage facility. "I always

tell people I was in charge of the bombs and bullets," she said. She had agreed to spend four years in the service; however, while she was pregnant with her first child, she was offered the opportunity to end her commitment early. She used her Veterans Administration Benefits to pay for her continuing education and worked to earn her master's degree in counseling psychology from Chapman College in Orange, California.

In 1986, Mary took a job with LMHS and continues to serve as a Social Worker for Case Management. While managing munitions for the military seems very different from social work, Mary still uses skills she learned while in the Air Force. "The military teaches strong communication skills and the concept of prioritizing tasks. These skills serve me well while working with the physicians and patients in the ED," Mary said. She also appreciated the military's use of standard operating procedures. "Tasks are generally set forth according to a certain set of procedures to ensure that each task is completed properly every time," she said. "These procedures make it easy to understand what is expected, and how the task helps support the ultimate mission. Working in a hospital is very similar, and meeting the standards set forth is a safeguard for the patients."

Mary is preparing for her next step in her career – retirement. She plans to continue to work as needed at LMH, but will spend as much time as possible visiting her new grandsons in California and Washington, D.C. Her oldest daughter served in the Army and now is working for the Department of the Army. Mary was excited when her daughter enlisted in the military because it offers an opportunity to learn skills, mature and travel. She encourages anyone looking for adventure or a place to start a career to consider the Armed Forces.

## Chris Lallathin, R.N. Licking Memorial Pediatrics Marines

Chris Lallathin knew he likely would be sent to a combat zone when he joined the Marines in 2002, but his desire to change his circumstances compelled him to enlist. Chris, who was 21-years-old and working as a busboy in Newark, felt he needed direction before he took a wrong turn in life. The Marines offered a chance to find discipline and maturity. During his time as part of the Infantry, Chris spent much of his four years on active duty overseas. "It was difficult being away from my family and facing combat, but I am glad I enlisted," he said. "It indeed changed my life."

Joining the Marines brought Chris a new understanding of life – that success involves

more than just oneself. Being part of a military unit offered him a sense of belonging, but also enforced the importance of teamwork. "When you are in a difficult situation, you are trusting the people serving next to you with your life. Those bonds are incredibly strong," he said. Chris maintains contact with several of the Marines he served with even though they now live in other states.

Chris used his benefits to take classes and become a registered nurse. Attending school was challenging while taking care of his children and working at LMHS as a point of care technician, but Chris persevered and now works as a nurse at Licking Memorial Pediatrics – Tamarack. Chris still relies on the skills he gained while serving. "We were taught order – even in our daily lives. I do my best to maintain that order and complete tasks as quickly and efficiently as possible." He believes there are best practices for every task and he works to implement those best practices for the health and safety of his patients.

## Percella Gualtieri, R.N. Intensive Care Unit Navy

Percella Gualtieri joined the Navy after graduating from high school. She spent the next ten years serving her country as an Aviation Electrician. "I tore apart and repaired the electronics inside the F-14 Tomcats," Percella explained. The F-14 Tomcat is a supersonic, twin-engine fighter aircraft used for more than three decades by the Navy. Percella enjoyed her job and was able to travel and see much of the United States, parts of Europe and the Philippines during her service. After she made the decision to leave the Navy, she joined her parents in Central Ohio to focus on her children.

Taking advantage of the Veterans Education Benefits, Percella recently earned her nursing degree, and currently is working to complete a master's degree. After winning the Asian Festival award through Capital University, Percella traveled to Thailand to teach critical

care nursing. She currently serves as a nurse in the LMH Intensive Care Unit. The Navy taught Percella discipline and the ability to think critically in all situations. The sense of structure and encouragement to pay attention to detail continue to be valuable skills put to use daily. "The best part of being in the Navy was being able to serve my country. Not everyone has the privilege of doing so, and I was honored to offer my service," Percella said. "Nursing requires the same dedication and I am grateful to be among those who choose to care for others."

Another skill learned in the military – perseverance – also has helped Percella in her life. Percella is a two-time cancer survivor, having battled endometrial and breast cancer. "I believe going through cancer treatments has made me a better nurse, because I understand what it is like to be a patient," Percella said. Her family and faith continue to sustain and drive her to continue fighting to help others. This summer, Percella was team captain of Team LMH – a group of bicycle enthusiasts who participated in the Pelotonia – a bike tour held specifically to raise funds for cancer research. She is grateful to those who worked to save her life, and hopes to continue the battle to save others.



# LMHS Honors Employees for Military Service

To show our gratitude on Veterans Day, Licking Memorial Health Systems honors those who have served our country in the armed forces, including many of our outstanding Active Medical Staff members, employees and volunteers listed below. Thank you for your service and the sacrifices you have made for the liberty and security of our country.

Name	Branch	Department
Brandi Aber	Air National Guard	Laboratory
Brian Adams	Marine Corps	Information Systems
Michael Barker	Air Force	Volunteer
Aubrey Biller	Army National Guard	Concierge
Dick Birtcher	Marine Corps	Transportation
Jacob Blackstone	Air Force	Emergency
Matthew Born	Air Force	2-West
John Bowyer	Army	Information Systems
Dale Boyd	Navy	Plant Operations
Bob Brooker	Air Force	Volunteer
Justin Brown	Navy	Emergency
Bill Butler	Navy	Volunteer
Phillip Cassone	Army	Volunteer
Eddie Cline	Navy	Volunteer
Mike Cochran	Army	Environmental Services
Lauri Cunningham	Army	Pediatrics
Eileen Dale	Air Force Reserve	Urgent Care – Pataskala
Elliot Davidoff, M.D.	U.S. Public Health Service	Center for Sight
Patricia Dunlap	Navy	Coding
Cameron Evans, PA-C	Army National Guard	Emergency
Bill Fielding	Air Force	Volunteer
Kevin Finley, M.D.	Air Force	Urgent Care – Granville
Pete Fleming	Army	Information Systems
Christopher Forbush, D.O.	Army Reserves	Family Practice – Doctors Park #5
Ken Friel	National Guard/Marines	Transportation
Bob Gabe	Air Force	Volunteer
Audrey Garove	Army	Radiology
Percella Gualtieri	Navy	Intensive Care Unit
Gary Hamilton	Army	Volunteer
Timothy Hanners	Army National Guard	Culinary Services
Michael Harper	Army	LMHP Administration
Malcolm Harris	Air Force	Radiology
Dave Hiatt	Air Force	Volunteer
Vincent Hill	Air Force	Police
Matthew Holmes	Marine Corps	Information Systems
Anna Hupp	Army	Surgery/Sterile Processing
Amanda John, APRN-CRNA	Navy	Anesthesiology
Mary Klark	Air Force	Case Management
Chris Lallathin	Marine Corps	Pediatrics
Owen Lee, M.D.	Army	Radiology
Victoria Lennon	Army	Community Case Management
Donald Lewis, M.D.	Army	Urology
Mathew Mahon	Marine Corps	Police
Kateri Marie	Army	Emergency

Name	Branch	Department
Alissa McConnell	Navy	5-South
Jay McKinney	Navy	Emergency
Phil McLellan	Army	Engineering Services
Jeffrey McTerrell	Army	Information Systems
Patience Miller	Air Force	Women's Health
Andrew Molnar	Air National Guard	Laboratory
Darlene Montgomery	Army	Public Relations
Seth Montgomery	Marine Corps	Interventional Cardiology
Elizabeth Moore	Army	Emergency
Brad Mosher	Navy	Plant Operations
Robert Mueller, M.D.	Navy	Orthopedic Surgery
James O'Bryan	Navy	Environmental Services
Ralph Offensmeier	Army	Volunteer
Tiffany Owens, M.D.	Air Force	Allergy & Asthma
Jessica Pack	Army	Central Billing
KW Tim Park, M.D.	Navy Reserves	Anesthesiology
Curtis Pyle	Marine Corps	Information Systems
Charles Roberts	Army	Police
Alek Rogne	Navy/Navy Reserves	Surgery
Andrew Seipel, M.D.	Army National Guard	Family Practice – Licking Valley
Debra Shaw	Army	Culinary Services
Mark Shaw	Marine Corps	Environmental Services
Wyatt Slonaker	Marine Corps	Information Systems
Darin Smaage	Navy	Information Systems
Doug Smith	Navy	Printing Services
James Smith	Air Force	Acute Inpatient Rehabilitation
Scott Smith	Navy	Environmental Services
Keith Stagers	Marine Corps	Police
Scott Stuart	Army	Purchasing
Kimberly Swartz	Army National Guard	Family Practice – Licking Valley
Brian Thatcher	Army	Process Improvement
Allan Thomas, PA-C	Army	Emergency
Kathy Tittle	Air Force	Pharmacy
Brenda Tompkins	Air Force/Air National Guard	Volunteer
Steve Warren	Army	Urgent Care – Downtown
Edward Westerheide, M.D.	Navy Reserves	Orthopaedic Specialists & Sports Medicine, Inc.
James Whitaker	Air Force	Engineering Services
Charles Wilhelm	Army	Environmental Services
Trent Willard	Army National Guard	Pharmacy
Tom Williams	Army	Plant Operations
Beth Worstall	Army	Respiratory Therapy
Elizabeth Yoder, D.O.	Navy	Psychiatric Services

## Thank You, Veterans

# LMHS Receives 2018 SCOPY Awards

Licking Memorial Health Systems (LMHS) recently received two American College of Gastroenterology (ACG) SCOPY Awards – Best Coordinated Community Campaign and the SCOPY Healthy Living Award. The winning submissions were selected based on originality and creativity, impact, and overall enthusiasm.

The ACG introduced SCOPY (Service Award for Colorectal Cancer Outreach, Prevention & Year-Round Excellence) in 2015 as an annual recognition of the most innovative and impactful colorectal awareness efforts. The SCOPY recognizes the achievements of its members in their community engagement, education and awareness efforts for colorectal cancer prevention.

LMHS coordinated a widespread initiative to increase colorectal cancer awareness within the Licking County community. The comprehensive campaign, titled “Don’t Delay! Contact Your Physician for a Colon Cancer Screening,” incorporated a broad range of marketing and publicity avenues utilized to reach the public and provide education on this significant health issue.

The extensive campaign included billboards, radio and print advertising,

posters, magazine articles, and more. The LMHS Facebook page featured weekly informative posts on colon cancer, including colon cancer facts, screening information, celebrity videos, and high-fiber recipes. Additional posts featured photos of staff wearing blue in support of colon cancer awareness as well as “Don’t Delay!” campaign T-shirts.

During the month of March, LMHS President & CEO Rob Montagnese and Frances Horenstein, M.D., of Licking Memorial Gastroenterology, appeared on the NBC4 midday lifestyle show, *Daytime Columbus*, to raise awareness about colon cancer and discuss LMHS’ efforts to educate and assist the community with regard to this disease. In addition, scrub caps were printed with the LMHS campaign message, “Don’t Delay!” and worn by surgical staff. “Don’t Delay!” campaign T-shirts were provided to the Family Practice and Gastroenterology offices and worn every Friday throughout the month.

Additionally, Licking Memorial Hospital (LMH) Culinary Services partnered with Licking Memorial Gastroenterology to offer high-fiber options in the LMH Café for a week. Two recipe items were offered each day. Dr. Horenstein, Gastroenterology

clinical staff and Culinary Services staff, were available at the end of the week to offer sample items and answer questions. Recipe cards for each item were available in the Café and posted on the Facebook page. At the March Walk with a Doc event, local residents participated in an informative discussion by Dr. Horenstein on the benefits of a high-fiber diet.

This year’s winners were honored during the SCOPY Award Ceremony & Workshop at the 2018 ACG Annual Scientific Meeting in Philadelphia, Pennsylvania in October. Licking Memorial Gastroenterology Physician Center Manager Darlene Thompson, Dr. Horenstein, and Candy Thorpe, APRN-CNP, accepted the award on behalf of LMHS.



# LMH Receives Conduent Midas Platinum Quality Award

Licking Memorial Hospital (LMH) once again has been recognized as a top-performing hospital in the Conduent Midas Health Analytics Solutions Platinum Quality Award program, ranking in the top 5 percent of hospitals in their category for numerous quality indicators. The Award is based on LMH’s function in numerous key areas of clinical performance including acute care, acute myocardial infarction, anthroplasty procedures, bacterial pneumonia, fluid and electrolyte disorders, heart failure, respiratory failure and pulmonary insufficiency, and septicemia.

Data-driven performance analytics are essential to helping healthcare providers improve the health of patients while driving operational efficiency. The Award recognizes hospitals that excel at using data in a meaningful way to improve clinical and financial outcomes. The scoring methodology evaluates comparative performance of more than 800 hospitals. Each area is weighted by a point system and the total score is based on the total awarded points divided by the total eligible points.

“This achievement is the result of LMH’s commitment to quality and patient safety,” said Licking Memorial

Health Systems President & CEO Rob Montagnese. “Our physicians, senior management, Board Members and staff are committed to implementing new ways to protect our patients,” he said. “We will continue to make patient safety a top priority and keep proactive measures in place.”

Each year, Conduent Midas Health Analytics asks hospitals to complete a quality scorecard, and those that rank in the top 5 percent are honored. The scorecard includes data on utilization efficiency and outcomes, including length of stay, mortality, average daily census, re-admissions, and several more.

# Memorial and Honorary Giving Offers Thoughtful Ways to Help LMH Achieve Mission

Licking Memorial Health Systems (LMHS) and its subsidiary, Licking Memorial Hospital (LMH), proudly offer state-of-the-art technology and services to the community. Many national- and state-level awards have acclaimed the high quality of care at LMHS and LMH, including Truven Health Analytics' 12 separate designations as one of the 100 Top Hospitals® in the U.S. As LMHS Vice President Development & Public Relations Veronica Patton explained, "LMHS' success can be credited not only to excellent patient care, but also to steadfast support from the community. Our physicians and services rival the best hospitals in Ohio, but the warm partnership that we share with the community truly enriches our organization. Much of LMHS' strength is based on community members' trust to provide their families' care, and the community's enthusiastic support given through gifts of their time and finances."

Retiree Sharyn Davis, who completed a pledge to The William Schaffner Society, is a long-time supporter of LMH. When her husband, Fred, passed away in April, she honored his wishes by remembering LMHS in his obituary. "Memorial giving was a choice we had both agreed upon," she said. "Our decision to support the Hospital was two-fold. I was fortunate enough to have a wonderful career at LMH, which helped make a great life for our family, and we are very grateful for the excellent care we have always received here," she continued.

Sharyn retired from a successful career in 2011 after serving LMH for 36 years. She began her career as a staff nurse in the Geriatric Department and went on to earn her certification in sonography before guiding the establishment and national certification of the Vascular Laboratory. She also enjoyed working in the GI Lab, Pain, Wound, Yag Laser and Infusion Clinics. At the time of her retirement, Sharyn was the Director of Outpatient Services and supporting LMHS as a member of The William Schaffner Society.

"We tried our best to stay in Newark for care and it was always outstanding,

whether we visited Urgent Care, our primary physician or a specialist," said Sharyn. The Davises' were some of the first patients of Mark Mitchell, M.D. "Over the years, we were treated with so much professionalism and compassion. I am very appreciative," she shared. "Fred would not have been with us for as long as he was had it not been for the care he received at LMH."

"We wanted to make an effort to give something back for all the care we have received. LMHS participates in such a tremendous amount of giving through their projects and donations, that we knew we could make a small difference with our contribution," Sharyn commented. "I encourage others to do the same. The Development Department makes this very simple to do."

Every contribution to Licking Memorial Health Foundation (LMHF), whether large or small, is important to the quality of care at LMH. LMHF has developed a variety of giving programs for the convenience of those who would like to support the Hospital, and the Honorary and Memorial Giving Program is one of several options available. In the first 10 months of 2018, the Foundation received 39 honorary or memorial gifts.

Michael Ratterman, M.D., spent more than 30 years caring for the community as a family practice physician and member of the Licking Memorial Medical Staff. "He enjoyed what he did and how he served the community," shared his wife, Betsy. She also was affiliated with the medical community for several years, working as the office manager of her husband's Granville practice and then later in the LMH Central Billing Department.

Both Betsy and her late husband also were patients of LMH. "The physicians and staff were terrific and always did a great job when it came to our family's care," she said. The Rattermans raised three children in the community. One of the couple's daughters worked several summers at LMH assisting with landscaping. "LMHS is such a wonderful institution. When Michael passed, we wanted to offer

family and friends a way to support the community and the organization that he cared so deeply about."

Honorary and memorial contributions allow donors to support LMH while honoring or memorializing a friend or relative. Some families request charitable contributions in lieu of flowers for funerals, and many have paid their respects in this manner. Honorary donations also provide special recognition to living individuals. Honorary and memorial contributions are listed with the honoree and donor names in the Giving Log located in the Main Lobby of the Hospital, the LMHS *Community Connection* magazine and the LMHS Annual Report. The honoree, or their family members, are notified by mail that a gift was received in their honor. Directing the donations of interested friends, family and colleagues to the Hospital can be a fitting way to remember family members while giving back to the community.

"Our patients often comment that LMH is unusually advanced for a community hospital. We are able to achieve and maintain this level of excellence because of our gracious donors who want to uphold the level of health care in Licking County. Their contributions allow LMH to focus resources on maintaining state-of-the-art technology and services while still offering amenities, such as comfortable furnishings, beautiful décor, fountains and landscaping features. We are so grateful to our donors because these extra details greatly enhance our patients' healing experience," Veronica remarked.

Commemorative bricks, part of the Paving Our Future Campaign, create a distinctive, elegant impression, and are another unique way to offer lasting recognition for a family member, special friend or organization. Offering a personalized tribute, the beige bricks are available with the option of two sizes and are located in the front circle, the John and Mary Alford Pavilion walkway, the Cardiac Rehabilitation walkway and the employee entrance walkway.

The personal brick (4 inches x 8 inches) will accommodate up to 20 characters per line, including spaces and punctuation, with three lines per brick. The corporate brick (8 inches x 8 inches) will accommodate up to 20 characters per line, including spaces and punctuation, with five lines per brick. A second option for the corporate brick is to place 20 characters per line, three lines per brick, and a corporate logo.

To purchase a commemorative brick, complete the order form and return it to: Licking Memorial Health Foundation, 1320 West Main Street, Newark, Ohio 43055. Receipt of your contribution and confirmation of your brick order will be sent by mail immediately. In addition, a letter of acknowledgment will be sent promptly to your designated honoree or the honoree's family. A confirmation letter regarding the installation of your brick and its location also will be sent following project completion.

All charitable contributions to LMHF are tax-deductible to the extent allowed by law. Donations are used for capital expansion, renovation projects or equipment needs, and are not used for operating costs, salaries or other day-to-day expenses. Undesignated gifts received in 2018 benefit the new nurse call light system. For more information about charitable giving, please call the Development Department at (220) 564-4102.

## Paving Our Future Order Form

Name

Address

City

State  Zip code

Phone

Cell phone

**Locations**  
Please mark the location where you would like your brick placed. We will do our best to accommodate your first choice.

Front Circle (Garden Area)       Cardiac Rehabilitation walkway  
 Pavilion walkway                       Employee Entrance walkway

**Brick Options**  
Print exactly as you would like the engraving to appear. Use one character/letter per box, leaving a box blank for each space between words. All characters will be uppercase.

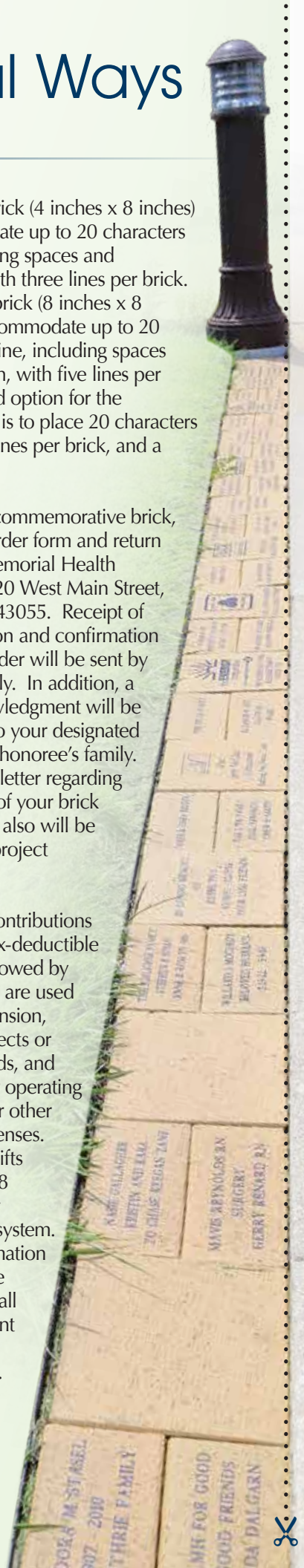
**Personal Brick (4" x 8") - \$250**


**Corporate Brick (8" x 8") without logo - \$500**


**Corporate Brick (8" x 8") with logo - \$500**  
Please call (220) 564-4102 for more information about providing logo artwork.

**Logo Will Go Here**


Please make checks payable to **Licking Memorial Health Foundation**. Credit/debit card gifts are accepted by phone at (220) 564-4102. (Gifts are tax-deductible to the extent allowed by law.)



# Physicians Recognized at Annual Medical Staff Dinner

In October, Licking Memorial Hospital (LMH) held the annual Medical Staff Recognition Dinner at Moundbuilders Country Club to show appreciation for the physicians' commitment to improve the health of the community. The LMH Active Medical Staff is comprised of 166 physicians who represent more than 30 medical specialties. Additionally, 57 physicians are members of the consulting staff.

Following a social hour and dinner, LMH Chief of Staff Lori Elwood, M.D., recognized the physicians celebrating five-year service anniversaries. To conclude the evening, Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese presented the 2018 Physician of the Year award to Elizabeth A. Yoder, D.O., who joined Licking Memorial Outpatient Psychiatric Services in October 2014.

## Past Recipients of the LMH Physician of the Year Award

Past recipients of the LMH Physician of the Year Award include:

**1988** – Charles F. Sinsabaugh, M.D.

**1989** – Craig B. Cairns, M.D.  
C. Michael Thorne, M.D.

**1990** – Mark A. Mitchell, M.D.

**1991** – Carl L. Petersilge, M.D.

**1992** – Edward A. Carlin, M.D.  
Harold E. Kelch, M.D.

**1993** – Gerald R. Ehrsam, M.D.

**1994** – William K. Rawlinson, M.D.

**1995** – Pattye A. Whisman, M.D.

**1996** – J. Michael Wills, M.D.

**1997** – Terry P. Barber, M.D.

**1998** – Mary Beth Hall, M.D.

**1999** – Debra A. Heldman, M.D.

**2000** – Frederick N. Karaffa, M.D.

**2001** – Elliot Davidoff, M.D.

Bryce I. Morrice, M.D.  
Mark L. Reeder, M.D.

**2002** – Jacqueline J. Jones, M.D.

**2003** – Owen Lee, M.D.

**2004** – Larry N. Pasley, M.D.

**2005** – Joseph E. Fondriest, M.D.

**2006** – May-Lee M. Robertson, D.O.

**2007** – Peter T. Nock, D.O.

**2008** – Eric R. Pacht, M.D.

**2009** – Ann V. Govier, M.D.

David E. Subler, M.D.

**2010** – Richard A. Baltisberger, M.D.

David R. Lawrence, D.O.

**2011** – Talya R. Greathouse, M.D.

**2012** – Bassam Kret, M.D.

**2013** – Shakil A. Karim, D.O.

**2014** – Brent M. Savage, M.D.

**2015** – Garth A. Bennington, M.D.

**2016** – Janae M. Davis, M.D.

**2017** – Audrey K. Bennett, M.D.

Dr. Yoder received her Doctor of Osteopathic Medicine degree at the Ohio University College of Osteopathic Medicine in Athens. She completed a psychiatry internship and residency at Naval Medical Center Portsmouth in Portsmouth, Virginia. Dr. Yoder is board certified in psychiatry and is a member of the American Psychiatric Association.

The Physician of the Year recipient is elected each year by the members of the LMH Active Medical Staff to recognize a physician who has consistently demonstrated care and concern for patients, clinical knowledge, and a good relationship with peers and other Hospital staff members. Other nominees included Aruna C. Gowda, M.D., of Licking Memorial Hematology/Oncology; Scott D. Gurwin, D.P.M., of Foot & Ankle Specialists of Central Ohio; Mohammed K.A. Mazumder, M.D., of Licking Memorial Gastroenterology; and Hassan Rajjoub, M.D., of the Licking Memorial Heart Center.



## 2018 Physician Service Awards

### 55 years

T. Thomas Mills, M.D.  
Zdravko S. Nikolovski, M.D.

### 50 years

C. Michael Thorne, M.D.

### 45 years

Chang Sup Lee, M.D.

### 40 years

Wesley Filipow, M.D.  
Yoon S. Kim, M.D.  
Charles J. Marty, M.D.  
Hang S. Wee, M.D.  
Pattye A. Whisman, M.D.

### 35 years

Leslie R. Laufman, M.D.  
Bryce I. Morrice, M.D.  
Patrick J. Scarpitti, M.D.  
Carl D. Waggoner, M.D.

### 30 years

Donald E. Harris, D.O.

### 20 years

Richard A. Baltisberger, M.D.  
Douglas N. Schram, D.O.  
Shahin Shahinfar, M.D.  
James E. Silone Jr., D.O.  
Karen L. Smith-Silone, D.O.  
Gary D. Sutliff, M.D.  
Edward L. Westerheide, M.D.

### 15 years

RR Evans, M.D.  
Michael E. Falkenhain, M.D.  
Ralph J. Napolitano Jr., D.P.M.  
Bethany A. Wyles, D.O.

### 10 years

Audrey K. Bennett, M.D.  
Brian T. Klima, M.D.  
Bharat B. Patel, M.D.  
Laurie J. Schaeffer, D.O.  
Vincent I. Walsh, D.O.

### 5 years

Kristen E. Burton, D.P.M.  
Raju Fatechand, M.D.  
Victor F. Ferrini, M.D.  
Charles L. Geiger, D.O.  
W. Andrew Highberger, M.D.  
Brian W. Korn, D.O.  
Sachida N. Manocha, M.D.  
KW Tim Park, M.D.  
I-Tsyr Shaw, M.D.  
Alene K. Yeater, M.D.

# Former Interventional Cardiology Patients Gather at LMH Event

A special reunion event at Licking Memorial Hospital (LMH) on October 11 reconnected patients who received Interventional Cardiology services during a heart attack with the staff members who provided their life-saving care. The patients and their guests enjoyed a heart-healthy dinner in the LMH Café, received massages and blood pressure screenings, explored informational tables, and met fellow community members with similar experiences.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese welcomed the attendees, noting that the event is a celebration of the many lives saved due to the hard work of the Interventional Cardiology staff members.



Rob then introduced Interventional Cardiologist Hassan Rajjoub, M.D., who addressed some of the most frequently asked questions he receives from patients during visits for follow-up care.

“The goal is to allow people to get back to what they love to do, with very few limitations,” Dr. Rajjoub told the crowd. “The most important thing is to follow the road map to recovery for the long term – keep your appointments with your physicians, and maintain any prescribed exercise routines and a heart-healthy diet. Also, please rely on family and friends who can keep you honest and moving forward as you work toward resuming a full, normal life following a heart attack.”

Community leader Jerry McClain was the featured speaker at the event, and recounted his experience as an Interventional Cardiology patient last spring. He was returning to work at The Jerry McClain Companies from a lunch meeting when he experienced severe pain in his stomach and chest as he drove on State Route 16. As he walked into his downtown office building, a coworker commented that he did not look well.

When Jerry reached the lobby, he sat down in a chair near the entrance and passed out. He briefly remembers being placed on a gurney, then woke up in the LMHEmergency Department.

Jerry was taken to the Cardiac Catheterization Laboratory where Dr. Rajjoub performed an angioplasty to reopen a blocked artery with a balloon and stent. Following a couple of days in the Hospital, Jerry was discharged home where he continued to rest for several more days before gradually resuming his normal work at his business and around his home.

“We are so blessed to have the care I received available in our community,” Jerry said. “Dr. Rajjoub, you saved my life and I wouldn’t be here today without you. Now, I am back to doing all the things I love, even if it is at a slightly slower pace.”

Attendees received a T-shirt, LMHS-branded giveaway items, and a scratch-off card to win various gift cards to local businesses. The Interventional Cardiology Reunion is an event that LMH hosts annually in the fall.

# Honorary Medical Staff Luncheon

Each September, Licking Memorial Hospital (LMH) welcomes members of its Honorary Medical Staff for a special luncheon in appreciation of the many years they spent providing care to the Licking County community. The annual event, which was established in 2007, offers the retired physicians an opportunity to socialize with one another and is a gesture of LMH’s enduring gratitude for their service.

“It is our pleasure to host this event each year to recognize your many years of service to the Licking County community. We cannot thank you enough for all you have done to help make Licking Memorial Hospital the excellent healthcare facility that it is today,” Licking Memorial Health Systems President & CEO Rob Montagnese (pictured far right) said. LMH Chief of Staff Lori Elwood, M.D. (fifth from left), added, “You each set a high standard that our current physicians maintain in the care and services we provide today. We benefit every day from the strong foundation you provided as we strive to improve the health of the community.”

The LMH Honorary Medical Staff currently is comprised of 48 physicians who retired after longtime service on the LMH Active

Medical Staff and have maintained an outstanding reputation in the community. Current members of the LMH Active Medical Staff Elliot Davidoff, M.D. (far left), Owen Lee, M.D. (second from right), and Craig Cairns, M.D. (seated right), also welcomed the Honorary Medical Staff members including (standing left to right) Mark Mitchell, M.D., John Quimjian, M.D., Bryce Morrice, M.D., Gerald Ehrsam, M.D., Mary Beth Hall, M.D., Harold Kelch, M.D., and (seated left) Robert Raker, M.D.



# Behind the Scenes – Rehabilitative Services

Many patients who visit Licking Memorial Health Systems (LMHS) because of a serious illness or severe injury often need more than primary care. Rehabilitation therapy for a few days, weeks or even months may be part of their recovery. LMHS Rehabilitative Services uses an interdisciplinary team approach to enhance the healing process, allowing patients to regain strength, movement and cognitive functions. Each member of the team offers a unique therapeutic experience that, when drawn together with the other therapies, leads to the best possible results for recovery.

Outpatient Rehabilitative Services are offered at offices on Tamarack Road and at the Pataskala Health Campus for patients who have been discharged from Licking Memorial Hospital (LMH), but need continued therapy. Therapy staff are available for inpatient services in individual rooms and in the Acute Inpatient Rehabilitation unit on the LMH Sixth Floor. Some employees also work with Home Care, offering the same therapies to patients in their homes. The goal is to assist patients in returning to their normal lifestyle as soon as possible after an illness or injury. Staff coordinate their different disciplines for optimum effect. Employees working for Rehabilitative Services include physical therapists, occupational therapists, speech and language pathologists, and massage therapists. A number of therapy assistants also work with patients.

Physical therapists earn a doctorate level degree – training for years to understand the function of muscles, bones and joints. They focus on improving a patient's mobility, strength, range of motion and balance. All patients from the very young to the advanced in age can benefit from a physical therapist. For the very young, a physical therapist will work to facilitate movement, such as assisting a child develop the ability to crawl. Many patients need assistance after surgery or an injury to rebuild strength and stamina. The therapist uses exercises as well as ice, heat, electrical currents and ultrasound to stimulate the muscles.

The education level required to become an occupational therapist currently is a master's degree; however, a transition is taking place to require occupational therapists to earn a doctorate degree. "The occupational therapist focuses on the occupation of living – not necessarily job-related skills," said Director of Rehabilitation Services Ben Broyles. "The focus is on self-care activities – assisting patients to regain skills needed for daily living." An occupational therapist typically breaks down a task, such as cooking, and simplifies the activity, then works with the patient to teach the smaller functions of the process until the patient is prepared to cook an entire meal.

Physical and occupational therapy assistants earn associate degrees, and are trained to work one-on-one with patients. Once the overall recovery plan is in place, the assistants work with patients on the prescribed exercises and therapies, such as heating and icing muscle areas. "It is a rewarding job. We help people help themselves. We spend a lot of time with the patient, get to know them, and help them make a whole lifestyle change," Erika Wills, a physical therapist assistant, said. On average, Erika attends to nine patients throughout a typical work day. The therapists often form close bonds with the patients. They witness the patient's challenges and weaknesses and offer emotional as well as physical support needed to overcome trials of recovery.

Many believe speech therapy focuses exclusively on language skills; however, speech and language pathologists also are consulted when a patient is having trouble swallowing. These specially trained therapists focus on the mechanisms in the throat and mouth and will perform tests to determine how the muscles are functioning when eating or speaking. Speech is produced by the same muscles that contract and relax when swallowing.

For example, a patient who has suffered a stroke, may experience weakened muscles in the throat. Much like a physical therapist, the speech therapist must first strengthen those muscles before they can focus on the cognitive abilities of producing speech. Speech therapists earn a master's degree.

LMHS also has licensed massage therapists on staff. These team members play an important role in the healing process for patients admitted to LMH, including new mothers. A massage is useful in helping a patient to relax, while also lengthening and warming tight and sore muscles. Those receiving intense physical or occupational therapy are offered some relief from the strenuous workouts. For those patients in the maternity area, the massage therapists help relieve pain by using relaxation techniques during the birthing process and after delivery. "Different therapies work for different people. Reducing stress and helping someone relax can significantly decrease recovery time. We are pleased to be able to

offer so many alternatives to pain management," Ben said.

Any type of therapy begins with a referral from a physician. An evaluation is scheduled with a complete assessment including past medical history. The team of therapists use standardized assessments to obtain reliable, accurate measurements of range of motion, pain, strength, mobility, cognitive abilities and function level. The group then uses those same measures to track improvements. Together, physical, occupational, speech and massage therapists determine what treatments will be most beneficial. Social workers assist the patient in coordinating appointments and work to alleviate concerns about barriers to recovery such as financial issues. During the process, the staff members get to know the patient to discover what is important to the individual, what motivates that particular person, and how to obtain the best recovery results. The coordinated approach includes families and caregivers. When a patient achieves the goals set for them, the entire team considers the recovery a success.

# BABY EXPO

In October, Licking Memorial Hospital (LMH) Development Council hosted the fifth annual Baby Expo at LMH. Licking Memorial Health Systems (LMHS) employees and volunteers, as well as local businesses, staffed 31 information tables displayed within the John and Mary Alford Pavilion and the Hospital's First Floor Conference Rooms. Approximately 150 guests, including new parents, expectant mothers, women considering pregnancy and grandparents, attended the event. The Baby Expo covered a wide variety of topics including childbirth, pediatric healthcare, breastfeeding, infant CPR, nutrition, finance and education.

A safe nursery display was provided again this year. The area included a crib, changing table, and Pack 'n Play set with a removable changing table. Staff members of the LMH Maternal Child Department spoke to attendees about the safety features of the items and encouraged attendees to practice the following safe sleep habits:

- Sleeping in the same bed with an infant is discouraged.
- Babies should be placed in a crib or bassinet with a flat, firm surface.
- Blankets and other items such as pillows or stuffed animals should not be placed in the crib with an infant.

Safe sleep can help protect your baby from sudden infant death syndrome (SIDS) and other dangers. The safe nursery display also included items for parents to review provided by Buy Buy Baby and car seats provided by State Farm. Staff members encouraged visitors to practice safety while driving with children. Outside the Hospital, employees certified in car seat safety were available to inspect car seats and ensure proper installation.

The day's activities included tours of the Maternal Child Department. In the Labor and Delivery area, staff members took attendees inside a birthing room. They explained what the mother would experience while giving birth, including the use of the monitors, and other tools used to help the birthing process. Guests also were taken inside a post-partum room where the mother and baby stay until discharged from the Hospital. LMHS encourages both parents to stay in the room and care for their newborn.

The Baby Expo offered guests an opportunity to learn more about products and services available for mothers and babies. Guests also enjoyed light refreshments. The event closed with a door prize raffle of items offered by LMH as well as the participating vendors.





# Former Board Members Thanked for Service

The Boards of Directors that govern Licking Memorial Health Systems (LMHS) and Licking Memorial Hospital (LMH) are comprised of volunteer community leaders who willingly contribute their time and talents to guide the organizations' operations and policies. In October, former Board members gathered in the LMH Café for an annual dinner, which LMHS hosted in appreciation of their years of dedicated service.

LMHS President & CEO Rob Montagnese thanked the former Board members for establishing a successful foundation to pursue LMHS' short- and long-term goals, which he outlined in a presentation to those in attendance. "We are tremendously grateful for the many years of service you provided to the Hospital and Health Systems. Thanks to your progressive thinking – we remain financially stable while providing excellent care to Licking County residents," Rob said. "Your dedication to this organization and our community established a legacy of strong financial management that has allowed the Hospital and Health Systems to remain independent while providing state-of-the-art equipment and services."

LMH has been governed by a Board of Directors since 1898, when the first nine-room Hospital, known as Newark Hospital, was established on North Third Street in Newark. The LMHS Board of Directors, created in 1984, oversees operations of the Hospital, Licking Memorial Health Professionals private practices and Licking Memorial Health Foundation.

## Former Board Members

Those who graciously served the community as former Board Members include:

Mr. Glenn Abel	Mr. John Hinderer	Rev. Dr. Michael Noble, B.A., M.Div, D.Min.
Mr. Donn Alspach	Mrs. G.A. Hoffman	Mr. Thomas Norpell*
Mr. Royce C. Amos*	Henry L. Hook, M.D.*	Mrs. John J. O'Neill*
George Andrews, D.D.S.*	Ms. Cheri Hottinger	Mr. Robert O'Neill
Mr. Gus Andrews	John Houser, M.D.	Mrs. Ruth Owen
Robert Barnes, Ph.D.	James Johnson, Jr., M.D.	Mr. Stuart Parsons
Mr. Joseph Bernat*	Ms. Shirley A. Johnson*	Ms. Judith Pierce*
Mr. C. Eugene Branstool	Donald G. Jones, M.D.	Mr. C. Homer Price*
Mr. Robert I. Bull*	Mr. John David Jones*	Mr. Robert Pricer*
Mr. John Carlson	Ms. Ann Munro Kennedy*	Mr. Richard Reed
Mr. Ronald Celnar	Mr. Robert Kent	Mr. J. Gilbert Reese
Mrs. John Chilcote*	Mr. John Kutil*	Mr. Calvin Roebuck*
Mrs. Nancy Chiles-Dix	Mr. David Lane	Mr. Roger Roth*
Mr. Jack Crockford	Mr. Howard E. LeFevre*	Mr. Gary Ryan
Mr. Joseph Dager	Mr. J. Richard Lemyre	Mr. Robert Schenk*
Mr. C. Daniel DeLawder	Mr. Charles Lonsinger*	Mr. Ted Schonberg*
Mr. Daniel Dupps	Mrs. Sara (Sally) Lytle*	Ms. Donna Shipley
Gerald R. Ehram, M.D.	Mr. William Mann	Mr. Victor Shirley
Ms. Janet Englefield	Mrs. Bonnie Manning	Mr. P. David Shull
Mr. Tim Evans	Mrs. John Mantonya*	Mrs. Allen Simison
Ms. Kim Fleming	Mr. James Matesich	Charles Sinsabaugh, M.D.*
Joseph Fondriest, M.D.	Mrs. Matthew Matesich*	Mr. Norman Sleight*
Mrs. Karl Foster*	Rev. Carl E. McAllister*	Mr. Gregg Stegar
Rev. Joseph A. Garshaw*	Mr. Richard McClain	Mr. Rod W. Swank*
Mr. John Gates*	Mr. William McConnell	Robert F. Sylvester, M.D.*
Mr. Walter Gemmill	Ms. Mary Jane McDonald*	Mr. Joseph M. Szollosi
Mr. John R. Goodwin	Mr. Robert McGaughy	Ms. Jennifer Utrevis
Julius Greenstein, Ph.D.*	Rev. Thad McGehee	Mr. Richard Vockel*
Mr. Robert Griffith*	Mr. L.A. Messimer*	Mr. Edwin Ware
Mrs. Donald Gunnerson*	T. Thomas Mills, M.D.	Mr. John H. Weaver*
Mr. John E. Gutknecht	Lewis Mollica, Ph.D.	William M. Wells, M.D.*
Mr. Paul F. Hahn*	Mr. Roger Morgan	Mr. Gordon Wilken
Mr. Larry Harrington*	Mr. Thomas Mullady	Mr. Wilber W. Wilson*
Mr. Earl Hawkins	Mr. Eugene Murphy*	Mrs. Nancy Wright*
Mr. Douglas Hiatt	Mr. Frank Murphy	
Mr. Bennie Hill*	Mr. Albert J. Nerny*	

\* Denotes deceased member

# Physician Spotlight

**David Subler, M.D.**, joined Licking Memorial Gastroenterology in 2004. He received his Medical Degree from The Ohio State University College of Medicine, and completed his 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 in Gastroenterology and also is a diplomat with the National Board of Medical Examiners.

Dr. Subler enjoys running. Recently, he participated in an event in London, England, to raise money for research for Crohn's and Colitis.



## Ask a Doc – GERD with David Subler, M.D.

**Question:** I frequently get heart burn and have been told that I may have GERD. What is GERD and how can I prevent it?

**Answer:** GERD stands for gastroesophageal reflux disease and occurs when stomach acid persistently and regularly flows back into the esophagus – the tube that connects the mouth to the stomach. The acid in the esophagus irritates the lining and causes heartburn and other symptoms, as well as possible tissue damage. The American College of Gastroenterology found that at least 15 million Americans, or 20 percent of the American population, experience heartburn every day. However, GERD is mild acid reflux that occurs at least twice a week, or moderate to severe acid reflux that occurs at least once a week.

Occasional acid reflux is quite common, often occurring as a result of overeating, lying down after eating, or eating particular foods. When swallowing, a circular band of muscle around the bottom of your esophagus, known as the lower esophageal sphincter, relaxes to allow food and liquid to flow into your stomach. It then closes again. If the sphincter relaxes abnormally or weakens, stomach acid can flow back up into your esophagus. The irritation from the acid often causes the lining of the esophagus to become inflamed. GERD can be easily treated with lifestyle changes and over-the-counter medications; however, left untreated,

the chronic inflammation can cause narrowing of the esophagus from scar tissue leading to problems swallowing. Other complications include an open sore that can bleed, cause pain and make swallowing more difficult and an increase in the risk of esophageal cancer.

Anyone experiencing frequent acid reflux symptoms – a burning sensation in the chest, chest pain, difficulty swallowing, regurgitation of food, or a sensation of a lump in the throat – should talk to a physician, who may refer the patient to a gastroenterologist for further investigation. GERD occurs in people of all ages, and sometimes for unknown reasons.

Risk factors for GERD include the following:

- Obesity because of increased pressure on the abdomen
- Bulging of the top of the stomach up into the diaphragm (hiatal hernia)
- Delayed stomach emptying
- Pregnancy can increase stomach pressure
- Taking certain medications, including some asthma medications, calcium channel blockers, antihistamines, sedatives, and antidepressants
- Smoking, and being exposed to second-hand smoke

Lifestyle modifications and over-the-counter medications often are sufficient treatments for GERD. Eating moderate amounts of food and avoiding overeating will help reduce pressure on the stomach. It is recommended that GERD sufferers stop eating two to three hours before lying down to sleep. Wearing clothing that is not tight around the abdomen also can help relieve symptoms. Certain foods may trigger GERD symptoms in some people.

These include:

- greasy foods
- spicy foods
- chocolate
- peppermint
- coffee
- foods containing tomato products
- alcoholic drinks

If heartburn still occurs when these types of food are avoided, it is important to visit a physician as there may be other underlying issues causing the symptoms. GERD will often be treated with over-the-counter medications such as antacids or prescription medications to reduce the production of acid before more serious surgical options are considered.

# Families Attend Clinic to Receive Free Flu Vaccines for Infants and Children

In October, Licking Memorial Health Systems (LMHS) offered the free influenza vaccines to Licking County infants and children. More than 275 youth, up to the age of 18, attended a one-day "Be Wise ... Immunize" clinic at Licking Memorial Family Practice – Downtown Newark. Staff members from Licking Memorial Pediatrics administered the vaccines after consulting with the children's parents. The clinic also included refreshments, prizes, drawings and an appearance by Scrubs, the LMHS mascot.

Rob Montagnese, LMHS President & CEO, said the successful turnout at the immunization clinic was very

encouraging. "LMHS offers youth free flu immunizations in an effort to increase our community's level of protection. The annual increase in participation demonstrates that our local families are well-informed about the potential impact of the seasonal flu and want to safeguard their children's health," he said.

The Centers for Disease Control and Prevention (CDC) reports that 20,000 children, on average, are hospitalized in the U.S. each year to treat complications of influenza. The CDC recommends annual flu vaccines for all children, ages 6 months and older. Children with chronic health conditions are especially

vulnerable and should receive a vaccine before the season of increased influenza activity begins in October and runs through May.

Individuals who have yet to receive the vaccine for the 2018 "flu season" are urged to obtain one. Licking Memorial Family Practice and Licking Memorial Pediatrics have vaccine available for Licking County community members.





# Quality Reporting to the Community

## Patient Story and Benchmarks for Rehabilitative Care

### Patient Story – Marilyn Sundin

Marilyn Sundin has a long history of receiving health care at Licking Memorial Hospital (LMH). Her first experience was in 1960 with the birth of her third child. She received physical therapy for severe sciatic pain eight years later, followed by the first of three surgeries performed at LMH. Kevin Ouweleen, M.D., of Licking Memorial Orthopedic Surgery, performed the most recent procedure – a rotator cuff repair – in 2016.

As she neared the end of her 38-year career as the academic administrative assistant for the Denison University Theatre Department, Marilyn noticed that her right leg was getting shorter. The condition caused increased discomfort in her surgically-replaced right knee, especially when navigating the stairway of the Theatre Arts Building at Denison. “When I finally retired in October 2017, I knew it was time to take action toward my healing,” said Marilyn. “The following March, I was back in Dr. Ouweleen’s office for an X-ray that revealed I was indeed a candidate for surgery. Then on April 2, I received a new hip.”

After initially believing that only a short Hospital stay would be required following hip replacement surgery, Marilyn soon realized she was mistaken. She consulted with her son, Lee, and daughter-in-law, Renne’ – who has been her medical advocate for years – and decided she would not be ready to return to the two-family home that they share. “All of us began to entertain doubts about what would be involved in my recuperation and rehabilitation and we realized that outside interim assistance would be needed,” Marilyn explained.

While recovering, Marilyn became acquainted with Inpatient Rehabilitation nurse Judy Thorp, who had been working on the fifth floor temporarily, instead of her regular position on the Acute Inpatient Rehabilitation Unit. “She spoke so highly of the Unit – the more I heard about it, the more hopeful I became that my insurance would approve the treatment and there would be space available,” Marilyn said. Her hopes were confirmed and she was transported to LMH’s sixth floor to begin her rehabilitation three days after surgery.

Partnered with a walker, Marilyn underwent physical and occupational therapy for three hours each day. Casually referring to herself as a “hipster,” Marilyn’s therapy emphasized keeping the new joint moving while it was healing and building leg strength. “The cycling, leg exercises and walking all became more of a challenge than an obstacle,” she shared. “The stair unit became a place to show off my new skills, and getting in and out of the car transfer simulator was a breeze.” Preparing food and folding laundry proved as beneficial for her shoulder as for her new ability to stand for extended periods. “Everyone on the floor is very reassuring and supportive, readily sharing their pride in your progress,” Marilyn commented. “I cannot begin to count the ways in which they all prepared me to go home. I used my walker until my one-month visit to Dr. Ouweleen and then it was retired to the attic. I faithfully continued my leg exercises and everyone’s efforts on my behalf paid off two months after surgery,” she beamed. “I did not even notice that I had a new hip. What I did notice was that both legs were the same

length and that I walked without a limp or pain.”

Before her discharge, staff evaluated her living situation to ensure Marilyn’s safety upon her return home. They met with her family and made them aware of her capabilities, difficulties and possible home hazards. Taking special note of her stairways, she practiced climbing steps and using the correct leading leg, based on the orientation of the railing. “My family was so impressed with the staff on the Unit and my positive and successful rehabilitation experience. Both the physical and occupational therapists really made you feel as though you have done them a favor, instead of the other way around,” she commented.

Marilyn’s graduation certificate from the Unit has an honored place on her refrigerator. “I am so grateful to the kind souls who toil long hours to make life better for the lucky patients who pass through the Unit,” she said. Marilyn describes the staff as professional and efficient, yet very natural, personable and caring. “They believe in you and make sure you can complete a task, even when you do not think you can,” she shared. “Initially, I did not think I could raise my leg off the bed once, let alone ten times, but they prepared me for the next step and when necessary, reacted with a swift response.”

Marilyn treasures the time she spent on the Unit and appreciates the thoughtful send-off, complete with fruit basket and parting hugs. She continued her therapy at the outpatient facility for a few more weeks and says, “I believe I will dance again, if only in my living room, thanks to the staff that cared for me.”

# Rehabilitative Care – Inpatient and Home Care – How do we compare?

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

1. Inpatients’ level of satisfaction with their healthcare experience is affected by many factors, such as achievement of therapy goals, staff communication skills, nurse response times, and facility cleanliness. To monitor the quality of care, the Acute Inpatient Rehabilitation Unit (ARU) at Licking Memorial Hospital (LMH) offers patients an opportunity to offer feedback through a post-discharge survey.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Overall patient satisfaction with ARU experience	97%	97%	94%	98%

2. Patients who are undergoing rehabilitation are at increased risk for falls due to factors such as the expectation of increased independence, weakness and, possibly, pain medication. Falls can result in injuries and potentially delay a patient’s rehabilitation. All ARU patients receive daily assessments for their level of fall risk and are advised of precautionary measures.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Unassisted patient falls in the ARU that resulted in injury	0	1	0	0

3. Painful bedsores (also known as pressure sores) can occur when the skin is damaged by prolonged pressure to one area of the body and can be difficult to heal and even lead to infection. ARU patients receive daily skin assessments and participate in therapy at least three hours each day, which increases mobility and reduces the risk of bedsores.

	LMH 2015	LMH 2016	LMH 2017 <sup>(1)</sup>	National <sup>(1)</sup>
ARU patients who developed new or worsened stage 2, 3 or 4 pressure sores during their stay	0.5%	0.0%	0.7%	0.6%

4. Upon admission to the ARU, patients receive a standardized Functional Independence Measure (FIM) assessment, scoring their ability to perform daily skills. The FIM is composed of 18 measures to capture the improvement in an individual’s function. The FIM skills are reassessed before discharge. A few of the key FIM skills are listed below. Higher percentages are more favorable.

	LMH 2015	LMH 2016	LMH 2017 <sup>(2)</sup>	National <sup>(2)</sup>
Average amount of ARU patients’ functional improvement at discharge				
Overall	26.5%	26.8%	24.1%	29.1%
Locomotion (walking or using wheelchair)	2.87%	2.9%	2.40%	2.70%
Bathing	1.74%	1.7%	1.60%	1.80%
Eating	1.15%	1.01%	0.70%	1.10%

5. The goal of the ARU is to help patients who have experienced an illness or injury improve their functional status and mobility so that they may return home rather than a nursing care center.

	LMH 2015	LMH 2016	LMH 2017	National <sup>(1)</sup>
ARU patients discharged directly to home	81%	78%	85%	87%

Rehabilitative Care – Inpatient and Home Care – How do we compare? (continued on page 20)



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She firmly believes that her therapy made her strong enough to handle the emergency, life-saving surgery she required in late summer, a few short months after returning home from her hip replacement. “The nine days of recuperation from this procedure was different than that of my hip replacement, but upon discharge, I was once again pronounced healing well and in remarkably good condition for

someone my age,” she noted. “On all accounts, I truly have been taken care of beautifully at this Hospital.”

In her retirement, Marilyn is active with community theatre productions and is currently in rehearsal for an upcoming performance at the OSU-Newark Black Box Theatre. She also is a charter member of The Licking County Players. She received a Master of Fine Arts in

Theatre from The Ohio State University in 1979.

The Acute Rehabilitation Unit opened on LMH’s sixth floor in 2012. The department is staffed by a dedicated team composed of a medical director, nurses, physical therapists, occupational therapists, speech therapists, social workers, psychologists and other Hospital personnel.

Rehabilitative Care – Inpatient and Home Care – How do we compare? (continued from page 19)

**6.** LMH Home Care provides skilled professional care to patients at home. Services are based on the individual’s needs and include a wide range of support, such as therapy, nursing care, medication instruction, pain management, home management, financial needs assistance, emotional support, as well as others. LMH surveys Home Care patients regarding their level of satisfaction to evaluate how well their needs are being met.

	LMH 2015	LMH 2016	LMH 2017	National <sup>(3)</sup>
Percent of Home Care patients rating LMH a 9 or 10.	92.9%	94.7%	90.1%	50th percentile

**7.** LMH Home Care patients often have some degree of physical deficit which can interfere with their ability to walk and quality of life. The Home Care staff provides physical therapy and other support to help patients improve their walking function. In 2015, LMH began tracking patients’ improvement to evaluate the effectiveness of the program.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Home Care patients with improved walking function	79%	80%	85%	75%

**8.** Studies have shown that patients are more likely to take their medications properly in the correct dosage and at the correct intervals if they are informed about the importance and purpose of the drugs. LMH Home Care nurses provide medication education to patients and their caregivers. The nurses and therapists also perform medication reconciliation to check for possible adverse interactions or out-of-date drugs.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Home Care patients receiving medication education	100%	98%	100%	100%
Home Care patients receiving medication reconciliation	87%	97%	99%	90%

**9.** Patients who have physical impairments due to illness, surgery or injury may not recognize fall hazards in their homes. Items such as throw rugs, stairs without railings, extension cords across floors and slippery bathtubs are particularly dangerous to recovering patients. The LMH Home Care staff offers a safety evaluation of the patient’s home, as well as an assessment of the patient’s own physical abilities in the home environment.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Fall risk assessment completed for every Home Care patient	100%	99%	100%	100%

**10.** Pain is commonly associated with acute injury and illness. LMH Home Care implements pain interventions to facilitate the patient’s healing and recovery. Pain intervention methods may include medication, exercise, behavioral strategies and other modalities.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Pain interventions implemented	100%	100%	100%	100%

**Data Footnotes:** (1) CASPER Report IRF Facility-Level Quality Measure Report (2) Rehab Metrics Report (3) Press Ganey Associates, “Home Health Care Consumer Assessment of Healthcare Providers and Systems (HHCAHPS) survey results (4) Statistics reflect one patient. (5) Beginning in 2017, total joint replacement patients are not tallied as part of the Acute Inpatient Rehab statistics.

# LMH Acute Inpatient Rehabilitation Focuses on Living Skills

The Acute Inpatient Rehabilitation Unit at Licking Memorial Hospital (LMH), located on the sixth floor, is a specialized care center for patients who require medical care while receiving therapy to recover from an illness, accident or injury. Admission criteria are set by the Centers of Medicare and Medicaid Services and are dependent on many factors, including medical necessity and the likelihood that the patient will be able to return home after being discharged from the Unit. The staff, directed by a physician, includes specially trained nurses, social workers, dietitians, and physical, occupational, and speech therapists, who focus on living skills to prepare the patients to care for themselves.

flexibility to perform everyday tasks. For example, physical therapists work with an individual on targeted areas of the body such as the legs to strengthen the muscles to help them stand. Then, occupational therapists focus on a specific task, such as opening a door or using a tooth or hair brush while standing. In addition, speech and language therapists assist the patient with cognitive understanding of speech, but also will work on the muscles in the neck and throat to ensure proper swallowing and muscle function. The dietitians on the Unit determine what foods are needed to provide the proper nutrition to fuel the activities and encourage healing. The entire team is in constant communication about the progress and works closely together to meet the goals set for each individual patient.

The goal of the unit is to assist patients in regaining their independence after an illness or injury. Currently, nearly 90 percent of the patients sent to the Acute Inpatient Rehabilitation Unit are discharged to their own homes. An individualized treatment plan and program is developed for each patient based on a thorough evaluation by each team member at the time of admission. Family members and care givers are included in the planning process. The patient receives a minimum of three hours of skilled therapy services at least five days per week.

To qualify for Acute Inpatient Rehabilitation services at LMH, patients must be able to tolerate at least three hours of therapy five days per week and have the ability to achieve rehabilitation goals in a reasonable time period. Patients may be referred to Acute Inpatient Rehabilitation by their physicians, social workers, family members, insurance representatives, case managers or themselves.

Each staff member utilizes a specific discipline to assist the patient in obtaining the strength and



## Health Tips – Diet and Physical Therapy

Physical therapists treat patients using a holistic approach that takes into account the impact of exercise on the whole person. The diet can have a significant impact on exercise. It can influence the risk of chronic disorders such as type II diabetes, hypertension and cardiovascular disease. Being aware of the role of dietary factors in patient outcomes enhances recovery.

During recovery from a musculoskeletal injury, nutritional needs are similar to those required during muscle growth. When injured or after surgery, people burn up to 50 percent more calories per day. The metabolism essentially spikes in order to aid the healing process. Therefore, limiting calories will prolong the rehabilitative process and also will decrease protein reserves, which inhibits the body’s ability to repair an injury.

### Incorporating the following nutritional suggestions will aid in the recovery process:

**Protein:** The body breaks down and uses more protein, and the essential amino acids in protein, to maintain and repair muscles. Whey protein, commonly used in workout shakes, contains essential amino acids necessary in preventing muscle tissue breakdown, but lean protein can come from a variety of sources, including meat, beans, nut butters and more.

**Carbohydrates:** After intense exercise, glycerin reserves will need to be replenished. Foods such as rice, potatoes and whole-wheat breads can provide energy.

**Omega-3 fats:** These essential fats are vital for heart and joint health, but also can aid in suppressing inflammation. Omega-3 fats can be found in seeds such as chia, hemp, walnuts and flax, or from fish oil in salmon, sardines, or herring.

**Fluids and electrolytes:** After training or competition, the body typically experiences a fluid deficit. To replenish the body, drink water and eat foods containing sodium or drink sport drinks that contain electrolytes. Coconut water also is high in electrolytes and therefore good for rehydrating after exercise.



# Quality Reporting to the Community

## Patient Story and Benchmarks for Surgery Care

### Patient Story – Merel Pickenpaugh

Hospital (LMH). Two separate treatments over a 7-month period offered relief and delayed Merel's total hip replacement to fit his schedule and retirement plans. In the spring of 2017, Merel finished his second career at Mount Vernon Nazarene University where he served as a professor of Criminal Justice for 15 years. "Initially, we discussed two surgeries, one to remove the pins and one to replace the hip," he said. However, upon further consultation and research, it was determined that the procedure could be completed with one surgery.

On May 2, 2017, just a few days after his retirement, the three, 3-inch stainless steel screws that had been in his left hip for more than 50 years were removed and a left total hip replacement was performed. "While Dr. Terlecky had successfully completed over 200 hip replacements the prior year, my situation was indeed unique. It proved to be difficult, as the bone had grown over the screws, which were in the exact location that the bone had to be cut for the new prosthetic pieces to be properly placed," he noted. "It was like removing old rusty nails from concrete." In fact, dislocation of Merel's femur was necessary to effectively remove the pins. "The surgery, which was estimated to take two hours, lasted nearly four hours, but the entire process was executed remarkably," he said.

Due to the length of the intricate surgery, Merel began physical therapy on his second day of recovery in the Hospital. "I was impressed with the physical therapists. They were very thorough with their care, performing a home assessment before my discharge and providing extremely helpful exercises," he said. Merel was discharged without complications just four days later. He received Home Health Therapy for three

weeks. Dedicated to his rehabilitation, Merel completed the remainder of his therapy individually at home for the following year, progressing from a walker, to a cane, until no assistance was necessary. "I am so pleased with the outcome of my procedure. Being pain-free is a tremendous improvement," he remarked. "My wife, Linda, was so supportive during this entire process. I am very grateful to her."

Merel praised Dr. Terlecky's wonderful bedside manner. "He is an excellent physician. He was so personal, spending time with me and giving all of my questions careful consideration," he shared. Merel also noted how accommodating, caring and professional the nurses were during his stay. "I could not say anything better about the staff. The physician who cared for me in the Hospital also was very conscientious. I have Type 2 diabetes and he checked my levels regularly, making adjustments as necessary."

A resident of Licking County since 1971, Merel worked for 33 years with the court system as an adult probation officer. Linda is a retired Newark City Schools educator. The couple has two daughters and a foster daughter. In his retirement, Merel enjoys spending time with his five grandsons. He is very active with Newark Church of the Nazarene where he served on the Church Board as well as various other volunteer positions for 47 years. Merel currently leads a men's Bible study.

LMH's state-of-the-art surgical facilities are located in the John & Mary Alford Pavilion which opened in 2007. Out of the 7,783 surgeries performed in 2017, more than 5,516 took place on an outpatient basis, saving the patients from extended hospital stays and additional expenses.

At age 15, Merel Pickenpaugh suffered a slipped capital femoral epiphysis (SCFE), a hip condition that occurs in teens and pre-teens who are still growing. A fracture through the growth plate results in the ball at the head of the femur (thighbone) slipping off the neck of the bone in a backwards direction. The procedure most commonly used to treat patients with SCFE is called an in situ fixation, where a small incision is made near the hip, and metal screws are inserted across the growth plate. The screws maintain the position of the bone and prevent any further slippage.

Patients with SCFE typically require a hip replacement by the age of 35. Merel was fortunate to not require additional treatment until recently, more than 30 years beyond the expected timeframe. He began having pain in his left hip and leg, and although he was not a runner, he had developed iliotibial (IT) band syndrome, often referred to as runner's knee. It is a painful condition in which connective tissue rubs against the thighbone. The IT band syndrome was most likely caused by his childhood condition.

Merel's family physician, Andrew Seipel, M.D., of Licking Memorial Family Practice – Licking Valley, suggested physical therapy. Despite therapy, he began to experience disrupted sleep from restless leg syndrome, and the pain also moved to his groin. "Dr. Seipel suspected that my issues could be related to the SCFE and recommended I make an appointment with Andrew Terlecky, D.O., of Licking Memorial Orthopedic Surgery," Merel explained.

In September 2016, conservative treatment began with joint injections under fluoroscopy at Licking Memorial

# Surgery Care – How do we compare?

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

- Moderate sedation allows patients to tolerate procedures while maintaining adequate breathing and the ability to respond to stimulation. Most drugs used in moderate sedation can be reversed fully or partially, if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in moderate sedation.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Use of reversal agent for GI procedures	0.08%	0.00%	0.00%	Less than 0.90%

- The healthcare team at Licking Memorial Hospital (LMH) follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient's current medical record, marking the site by the surgeon, and final verification in the operating room. In 2016, 7,254 surgeries were performed at LMH.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Wrong-site surgeries	0	0	0	0

- Patients who have open-incision surgery are at elevated risk to develop an infection at the surgical site. In extraordinarily rare cases, a localized infection can lead to sepsis, which is a systemic, life-threatening condition. LMH utilizes strict infection-prevention strategies for each surgical patient and ensures that the Hospital's Central Sterile staff members receive certification in proper reprocessing sterilization policies for surgical equipment.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Central Sterile staff with certification within one year of completed training	100%	100%	100%	100%
Surgical site infections	0.10	0.50	0.00	0.10
Sepsis mortality rate, per 1,000 patients	27.1%	8.9%	9.0%	State <sup>(2)</sup> 14.9%

- As a quality care indicator, hospitals track 30-day readmission rates for patients who had total hip or total knee replacement surgeries. LMH tracks the rate of patients who had an unplanned readmission back to LMH for any reason (even if the reason was unrelated to the surgery) within 30 days of their Hospital discharge.

	LMH 2015	LMH 2016	LMH 2017	National <sup>(1)</sup>
30-day readmissions:				
Total hip replacement readmissions	8.00%	4.65%	5.00%	2.27%
Total knee replacement readmissions	3.23%	2.66%	2.24%	1.94%

- Delays in surgical procedures are an inconvenience to patients who may have fasted for hours and often are nervous. The LMH Surgery staff makes every effort to schedule procedures appropriately for the comfort of patients and their families.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Surgeries that started on time	88%	89%	88%	Greater than 90%

- Postoperative patients who lie in bed for long periods are at increased risk of developing a blood clot in their lungs (pulmonary embolism) or legs (deep vein thrombosis). To prevent the formation of these dangerous conditions, LMH uses multiple methods to reduce the risk of blood clots, including the use of blood thinning medications and mechanical compression devices. In some cases, despite using these interventions, these blood clots may still occur.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Postoperative patients who developed a pulmonary embolism or deep vein thrombosis, per 1,000 patients	0.4%	0.4%	0.6%	4.8%

Data Footnotes: (1) MIDAS CPMS comparative database (2) Ohio Hospital Association



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# Joint Replacement

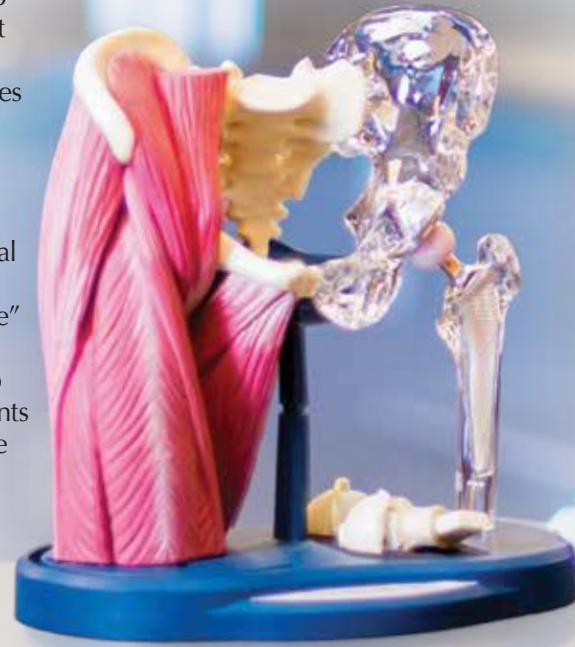
Total joint replacement is a surgical procedure in which parts of an arthritic or damaged joint are removed and replaced with a metal, plastic or ceramic device called a prosthesis. The prosthesis is designed to replicate the movement of a normal, healthy joint. Hip and knee replacements are the most commonly performed joint replacements, but replacement surgery can be performed on other joints as well, including the ankle, wrist, shoulder and elbow. The procedure is meant to eliminate pain and improve movement for those who suffer from damage to the cartilage that lines the ends of bones due to conditions such as arthritis or a fracture.

A joint is where the ends of two or more bones meet, and there are several different types of joints within the body. The knee is considered a “hinge” joint because of its ability to bend and straighten like a hinged door. The hip and shoulder are “ball-and-socket” joints in which the rounded end of one bone fits into a cup-shaped area of another bone.

Total joint replacement surgery takes several hours. The procedure is performed in a hospital. During the surgery, the damaged cartilage and bone is removed from the joint and replaced with prosthetic components. The prosthesis mimics the shape and movement of a natural joint. For example, in an arthritic hip, the damaged ball – the upper end of the femur – is replaced with a metal ball attached to a

metal stem that is fitted into the femur, and a plastic socket is implanted into the pelvis to replace the damaged socket.

In recent years, manufacturers have developed innovative plastics and metals that have made replacement joints more dependable, durable and longer-lasting. The new prosthetics allow younger patients to maintain high activity levels without pain. In the past, the plastic



surface of the prosthetic device used in joint replacements had a limited lifespan because the implant would wear down and begin to dislocate years after surgery. Another cause for limited implant life is due to the body attempting to absorb microscopic particles emitted by the

plastic or metal. The body also may begin to digest bone – a process called osteolysis – which leads to a weakened bone, fractures or other issues with the implant. If this happens, the patient has to undergo a procedure called revision surgery to replace the implant.

Over the last 10 years, manufacturing and processing methods of joint replacement parts have improved, resulting in longer-lasting joint replacements. A new kind of plastic – called highly cross-linked polyethylene – has increased the longevity of the implants. The new plastic also virtually eliminates osteolysis for up to 10 years after the surgery. Laboratory studies using hip simulator models have shown that this material could last for decades. Further improvements include the use of advanced ceramic and oxidized zirconium. Another major advance has been development of highly porous metals for use in revision surgery. Revision surgery is more difficult than first-time joint replacement because the failed prosthesis often causes bone loss, making it challenging to attach the new implant. These new metals enhance the remaining bone’s ability to grow into the implants, forming a secure bond that is more likely to endure.

Joint replacement procedures continue to offer better materials that promise better outcomes for patients. In knee replacement surgery, for example, manufacturers have introduced technology that produces instruments tailored to individual patients.

# LMHS Hosts Family Movie Night at Bryn Du Mansion

On October 18, approximately 150 community members attended the Licking Memorial Health Systems (LMHS) Family Movie Night at the Bryn Du Mansion Fieldhouse in Granville to watch *Star Wars: The Last Jedi* on a 30 foot-high inflatable screen. An Active•Fit Youth Wellness event, featuring inflatable fun areas and games, took place on the Bryn Du Mansion front lawn prior to the movie. Free popcorn and beverages, as well as free health screenings, were offered to attendees.

LMHS began hosting its free Family Movie Nights in 2010 as an initiative to promote healthy, family-oriented activities. *Star Wars: The Last Jedi* was the final feature of LMHS’ Family Movie Night series in 2018.



## Active•Fit Period 3 Winners Honored

Licking Memorial Health Systems (LMHS) recently recognized the Active•Fit prize winners from Period 3. Participants in the Youth Wellness Program who completed their fitness goals between May 1 and August 31 were entered into a special drawing. Winners received their prizes from LMHS as special recognition for their achievements. Each period of the Active•Fit program features exciting events and opportunities for children to get active and learn about their health. Period 1 for 2018-2019 began September 1 and continues through December 31. For more information, or to register for the free Active•Fit Youth Wellness Program at any time throughout the year, please visit [www.ActiveFit.org](http://www.ActiveFit.org).

**Nintendo Switch & fitness software**  
Braylee Epperson, Kirkersville Elementary  
Rylee Lohr, Licking Valley Intermediate  
Cain May, Etna Elementary

**Bicycle**  
Shelby Jeffers, Etna Elementary  
Gracie Young, Millersport Elementary

**Athletic Shoes**  
Gage Larrison, Northridge Primary  
Devon Warner, Etna Elementary

**iPod Touch & fitness software**  
Emily Downing, Etna Elementary  
Eli Norton, Etna Elementary  
Layla O'Brien, Licking Valley Intermediate  
Ridge Tolliver, Etna Elementary

**\$100 Dick's Sporting Goods Gift Card**

Ian Casteel, John Clem Elementary  
Kyleigh Coffel, Etna Elementary  
Destini Davis, Etna Elementary  
Sara McMahan, Hillview Elementary  
Emily Perry, Etna Elementary  
Canyon Reed, Hebron Elementary  
Joseph Tolliver, Etna Elementary  
Amelia Trost, Licking Valley Intermediate  
Dalen Wolcott, Etna Elementary  
Hailey Wycle, Newton Elementary

**\$50 Dick's Sporting Goods Gift Card**

October Buzzard, Etna Elementary  
Cale Hamilton, Homeschool  
Lauren Jones, Etna Elementary  
Ava Killilea, Etna Elementary  
Meagan Korn, Etna Elementary  
Emmalyn Nutter, Newton Elementary  
Makenzie Parlier, Etna Elementary  
Reagan Reed, Etna Elementary  
Campbell Reed, Hebron Elementary  
Lillian Rhoades, Etna Elementary

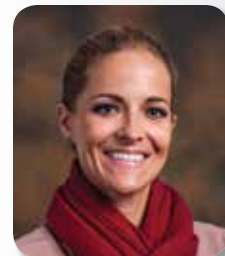
## New Appointments



**Christopher T. Brower,**  
APRN-CRNA,  
joined Licking Memorial  
Anesthesiology.



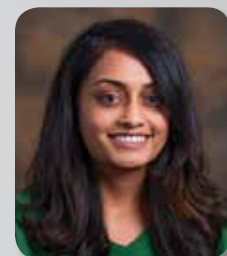
**Alexander J. Campolo, D.O.,**  
of Medical & Surgical  
Associates, Inc., joined the  
LMH Active Medical Staff.



**Krystal L. Heggestad,**  
APRN-CNM,  
joined Licking Memorial  
Women's Health – Newark.



**David W. Koontz, D.O.,**  
joined Licking Memorial  
Internal Medicine.



**Nishi V. Patel, M.D.,**  
joined Licking Memorial  
Internal Medicine.

# Donors Recognized for Contributions to Licking Memorial Health Foundation

New donors recently were recognized for their generous contributions to Licking Memorial Health Foundation (LMHF). The contributions assist Licking Memorial Hospital (LMH) in providing excellent, quality health care for the community with state-of-the-art technology and facilities.

## The William Schaffner Society

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

### Mathew and Sadie Mahon

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) presented Mathew and Sadie (not pictured) Mahon with a glass recognition piece in honor of their commitment to The William Schaffner Society. The couple resides in Philo with their young daughter, Amelia.

Mathew joined the LMH Police Department in July. He is a veteran of the United States Marine Corps and was discharged in 2014 at the rank of Sergeant E5. While on active duty, he served as an infantry rifleman and received the Navy and

Marine Corps Achievement Medal for superior performance of duties as a Marine Security Guard at United States embassies in the Netherlands, Zambia and Germany.

Mathew graduated from Philo High School and received his bachelor's degree in social and criminal justice from Ashford University. He is a member of the Alpha Sigma Lambda National Honors Society, Salute National Honors Society and Golden Key International Honors Society.



## The Caduceus Society

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Licking Memorial Honorary and Active Medical Staff who support LMHS' mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

### Sean and Mae Gallagher

Mae Gallagher, M.D., and Sean Gallagher, M.D., recently joined the LMH Active Medical Staff and became members of the Caduceus Society. The couple resides in Granville.

Dr. Mae Gallagher joined Cherry Westgate Family Practice in August 2018. She received her Medical Degree from The University of Toledo College of Medicine after earning a Bachelor of Science in Psychology from The Ohio State University. She completed a family medicine residency at Riverside Methodist Hospital in

Columbus. Dr. Gallagher is a member of the American Academy of Family Physicians, the Ohio Academy of Family Physicians and the American Medical Association.

Dr. Sean Gallagher joined Licking Memorial Pediatrics – East in August 2018. He received his Medical Degree from The University of Toledo College of Medicine and Life Sciences after earning a Bachelor of Science in Biology at Xavier University in Cincinnati. Dr. Gallagher completed a pediatric residency at Nationwide Children's Hospital in Columbus, and is a member of the American Academy of Pediatrics.

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

# Donors

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

### Capital Improvement

TWIGS 6  
TWIGS 8

### Caduceus Society

Sean and Mae Gallagher

### Community Cornerstone Club

Larry and Dr. Darlene Erickson  
Pam and Dave Froelich  
Douglas and Diane Gordon  
Bill and Carolyn Hayes  
Steven Hazelcorn, D.O.  
Clarissa Ann Howard  
John P. Lazar, M.D.  
Marcia J. Phelps  
James Riley

### Cradle Roll

In honor of Brody Bishop  
By: Licking Memorial Health Systems  
In honor of Luke Boardman  
By: Licking Memorial Health Systems  
In honor of Rylie Mae Lewis  
By: Licking Memorial Health Systems  
In honor of Rylee Elizabeth Mayes  
By: Licking Memorial Health Systems  
In honor of Isaiah James Otten  
By: Licking Memorial Health Systems  
In honor of Lucas Podesta  
By: Licking Memorial Health Systems  
In honor of Elliott Walker  
By: Licking Memorial Health Systems  
In honor of Graham Walker  
By: Licking Memorial Health Systems  
In honor of Charlie Wilson  
By: Licking Memorial Health Systems

### General

Anonymous  
Network for Good

### Grants

State Farm Companies Foundation

### Honorary

In honor of Christine V. Fulton  
By: Diann and Larry Caudill

### Memorial

In memory of Fred Davis  
By: Mike and Pat Massaro  
In memory of James R. Fulton, Sr.  
By: Diann and Larry Caudill  
In memory of Rodney "Gus" Howarth  
By: Leslie Emery  
In memory of Mary Jane McDonald  
By: Veronica and Mark Patton  
Gary and Diane Ryan  
Susan and Stephen Schlicher  
In memory of Ray "Ram" Wheeler  
By: Denny and Carol Wheeler

### William Schaffner Society

Mathew and Sadie Mahon

# Help Benefit LMHS with Kroger Community Rewards

You can help benefit Licking Memorial Health Systems (LMHS) with the Kroger Community Rewards (KCR) program. KCR is designed to contribute funds, donated entirely by Kroger, to local organizations. By taking a few minutes to register, you can help support LMHS and our mission to improve the health of the community! Once registered, each time you shop at Kroger and use your Kroger Plus Card at checkout, Kroger will donate a percentage to LMHS.

Registration is Easy!

- Visit [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)
- Create an account with Kroger using your email. If you already have an account set up with Kroger, simply sign in and click My Account.
- While viewing your account page, scroll down to Community Rewards. Click the button to Enroll Now. (If you previously selected an organization, you are able to cancel it and select a new one by clicking Edit.)
- Once you click the Enroll button, you will see a search box to Find Your Organization. Either type in "Licking Memorial" or use the code: UF755. This is a new account number, but no changes are necessary for current members. From your search results, select Licking Memorial Health Foundation (LMHF) and click Enroll.

Once enrolled, LMHF will display in the Community Rewards section of your account. It takes approximately 10 days for the KCR total to begin displaying on your receipt. Please take advantage of this no-cost opportunity to support LMHS.

Kroger will pay up to \$1,000,000 quarterly to collective participating organizations in the program, based on the percentage of participant spending. The higher the number of participants who select LMHF, the higher the percentage of funds Kroger will donate to the Health Systems.

Eligible participants are Kroger Plus Card holders who are 18 years of age or older and who are legal residents of Ohio.



# LMHS Recognizes Donors at Annual Receptions

Two annual events were held in September to thank those who made generous financial contributions to Licking Memorial Health Foundation (LMHF) during the past year. The Donor Appreciation Reception hosted by Licking Memorial Hospital (LMH) Development Council, offered an opportunity to express appreciation to donors and provide an update regarding Licking Memorial Health Systems (LMHS).

At the Donor Appreciation Reception, LMHS President & CEO Rob Montagnese discussed the project to install a new nurse call light system and reviewed details regarding the expansion of the Licking Memorial Medical Campus at 1717 West Main Street. The addition includes more space for physician practices as well as speech, occupational and physical therapies. Rob also presented details regarding renovations to LMH – Tamarack that will privatize patient rooms.

Rob and Vice President Development & Public Relations Veronica Patton recognized donors who reached new giving milestones at increments of \$500. These donors received pieces from the LMH Main Street Collection, a series of replicas depicting LMHS buildings and amenities located throughout Licking County.

Karen Smith-Silone, D.O., and James Silone, D.O., who are Caduceus Society members, unveiled the

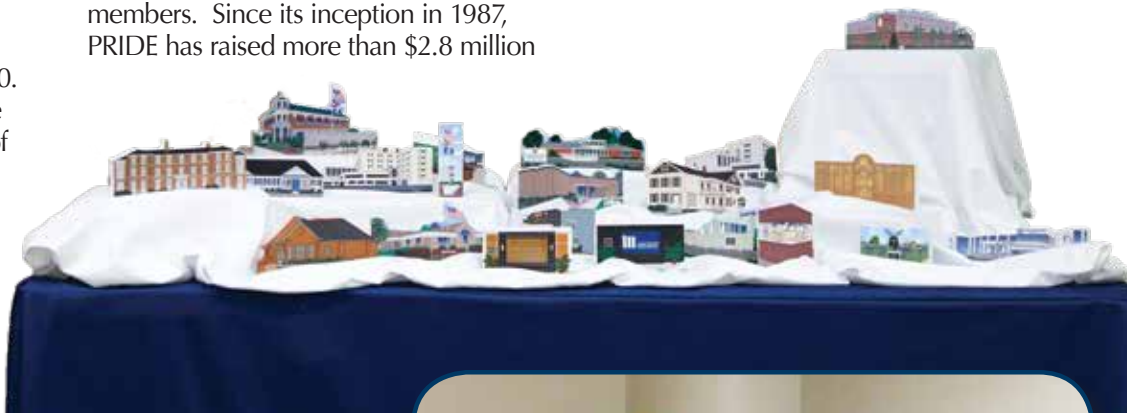
newest piece of the LMHS Main Street Collection – the LMH – Tamarack replica. Purchased in 2012, the building houses services such as Human Resources, Laboratory, Pain Clinic, Sleep Medicine, Wound Clinic, YAG Laser Ophthalmology Clinic and Outpatient Surgery. This year's addition represents the \$10,000 level of giving.

“The best way for us to grow is by the breadth and depth of the services we provide to our community. We take great pride in offering amenities and state-of-the-art equipment at the Hospital and supporting important community programs that promote health and wellness. Donor generosity truly helps LMH fulfill its mission to improve the health of the community,” Rob concluded.

LMHS employees who provide support through PRIDE (Providing Resources in Dedicated Employees) were honored during the PRIDE Appreciation Open House. Currently, there are 762 PRIDE members. Since its inception in 1987, PRIDE has raised more than \$2.8 million

to fund major projects and capital improvements at LMH, including the Emergency Department Lobby, renovation of the LMH Main Lobby, construction of the LMHS information highway and the John & Mary Alford Pavilion fireplace area.

LMHS, a not-for-profit organization, reinvests revenue over expenses back into the Hospital for the ultimate benefit of the community. Gifts may be designated for a specific department, service, facility or piece of equipment. However, unrestricted gifts allow the funds to be directed to the greatest need. All donations are used for capital expansion, renovations and equipment. Contributions received in 2018 benefit a state-of-the-art nurse call light system. Contributions are never used to pay for operating expenses or salaries. These resources are essential to maintain an up-to-date facility and enable LMH to continually meet the needs of the community with high quality standards.



# 5,000+ Hour Volunteers Honored at Luncheon

On October 17, the 5,000+ Hours Club Luncheon was held for seven Licking Memorial Hospital volunteers who have accumulated 5,000 hours or more during their career. The luncheon, which was held in the Licking Memorial Hospital Moundview Room, recognized (left to right): Audrey Snow (5,167 hours), Harry Harper (5,386 hours), Rene Halblaub (5,797 hours), Joan Omlor (6,137 hours) and Carolyn Cline (7,251 hours), as well as Janet Anderson (5,862 hours) and Maxine Keith (6,550 hours), who were unable to attend.



# Supporter Spotlight – PRIDE

Licking Memorial Hospital (LMH) is honored to receive support from numerous businesses, community leaders and local residents. These contributions allow LMH to continue offering advanced technology and facilities for patient care. Licking Memorial Health Systems (LMHS) employees also invest in projects that support the mission of improving the health of the community by becoming members of PRIDE (Providing Resources through Dedicated Employees).

Since its inception by the Development Council in 1987, PRIDE members have donated more than \$2.8 million to projects at LMH. Funds donated by members of PRIDE have assisted with the renovations of the Emergency Department and LMH Main Lobby, provided a new Maternal Child Department, acquired a color imager for Cardiology, assisted with the funding to construct the LMHS' Information Highway, and the café fireplace area of the John & Mary Alford Pavilion.

In 2018, gifts received through Licking Memorial Health Foundation, including those received through PRIDE, benefit a new state-of-the-art nurse call light system at LMH that ensures a rapid alert process notifying physicians and staff of a patient's condition and needs. A touch screen station in all patient rooms connected to LMH's electronic medical record will allow the staff to quickly access important information about a patient's care. Physicians and nurses can use the system to send alerts to other staff members when help is needed. The nurse call light also will be used in conjunction with a colored lighting system mounted above each patient room door in the hallway to designate patients who might need extra assistance for safety reasons, such as a fall risk or concern about infection.

When Hospital services are needed, the community expects only the best facilities, equipment and professionals. This expectation cannot be met without charitable giving. The contributions received through PRIDE and from generous donors in the community make it possible to provide for these needs. All funds donated benefit capital expansion and technological advances at LMHS. “The contributions through PRIDE are an excellent example of the dedication of our employees,” said President & CEO Rob Montagnese. “The donations show that the employees believe in and support LMH and the Licking County Community.”



# In Memoriam – Employees and Retirees

## Employees

**Vance Nethers**, of Environmental Services, passed away on December 27, 2017, after 16 years of service  
**Patricia Banks-Chester**, of Licking Memorial Health Professionals Administration, passed away on June 2, 2018, after 14 years of service

## Retirees

**Maria Allen** retired from Culinary Services in 2000 after 21 years of service  
**Sara Lou Anco** retired from Culinary Services in 2002 after 37 years  
**Lanna Binckley** retired from Environmental Services in 2009 after 8 years of service  
**Joyce Bowers** retired from 5-South in 1991 after 11 years of service  
**Donald Gardner** retired from Engineering Services in 2013 after 41 years of service  
**Susan Huddy** retired from Intensive Care in 2015 after 40 years of service  
**Rita Iacobellis** retired from Patient Accounts in 1999 after 20 years of service  
**Robert Marshall** retired from Fiscal Services in 1991 after 24 years of service  
**Michael Ratterman, M.D.**, retired from Granville Family Practice in 2004 after 32 years of service to LMHS and the Licking County community  
**Albert Seigel** retired from Engineering Services in 1992 after 17 years of service  
**Sherill Stout** retired from Internal Medicine in 2003 after 14 years of service to LMHS and the Licking County community  
**Connie Wood** retired from Surgery in 2013 after 42 years of service

LMHS is greatly appreciative of the time and talent that each of these individuals dedicated to the organization's mission. Please join LMHS in offering continued condolences to their family and friends.

# Corporate Breakfast Features Orthopedic Surgeons

More than 100 community leaders gathered in late August to learn about total joint replacement at the Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast in the LMH Café. Licking Memorial Orthopedic Surgery physicians Andrew Terlecky, D.O., Robert Mueller, M.D., and Kevin Ouweleen, M.D., discussed total hip replacement, total shoulder arthroplasty, and knee replacements.

Total joint replacement is a surgical procedure in which certain parts of an arthritic or damaged joint are removed and replaced with a plastic or metal device, or an artificial joint. The artificial joint is designed to move in the same manner as a healthy joint. Joint replacement is a treatment option when pain is severe and interferes with daily activities and/or work.

The Centers for Disease Control and Prevention (CDC) estimates that more than 43 million people have some form of arthritis. It is predicted that the number of people affected by arthritis will increase to 60 million by 2020. Arthritis, defined as inflammation of the joint, can make simple tasks difficult to accomplish and symptoms may develop suddenly or very slowly. Arthritis can cause pain and stiffness and some types of arthritis may cause swelling. Pain from arthritis and joint degeneration can be constant or sporadic, occurring with movement or after a period of inactivity. Arthritis can be concentrated in one area or multiple parts of the body and often is

worse during certain times of the day or activities. The most common types of arthritis include osteoarthritis, rheumatoid arthritis, and post-traumatic arthritis.

Osteoarthritis is a degenerative joint disease that develops over time due to overuse, injury or repetitive movement. It is commonly referred to as a wear-and-tear condition. Osteoarthritis also can be caused by developmental disorders. In an affected joint, cartilage wears away, becoming frayed and rough, and the protective space between the bones decreases. Currently, over 95 percent of total knee replacements in the United States are performed for osteoarthritis. Rheumatoid arthritis is typically diagnosed at a younger age than osteoarthritis. It is an autoimmune disorder in which the body attacks itself, and can affect multiple joints at one time, damaging normal tissue, such as cartilage and ligaments, and softening the bone. The cartilage damage results in painful, swollen joints.

Post-traumatic arthritis is caused by the deterioration of a joint that has suffered any kind of physical injury. The injury could be from sports, a vehicle accident, a fall, or any other physical trauma. Intra-articular fractures, meniscal tears, and anterior cruciate ligament (ACL) tears can all lead to arthritis years after the injury.

The total knee replacement is the most common joint replacement in orthopedics. The procedure replaces all cartilage in the knee. Per capita number of primary total knee procedures doubled from 1991 to 2010, from 31 to 62 per 10,000 Medicare enrollees annually. Additionally, between 1990

and 2000, total knee replacement incidence increased 54 percent in the 50 to 59 age group and 95 percent in the 40 to 49 age group. By 2030, orthopedic physicians expect 3.48 million total knee replacements annually in the U.S., a 673 percent increase.

Other surgical treatments for the knee include arthroscopy and a partial knee replacement. Arthroscopy is beneficial for isolated areas of articular cartilage (tissue that covers the ends of bones) damage, but is not useful with widespread arthritis. A partial knee replacement is utilized for isolated arthritis in one compartment of the knee. Partial knee replacement spares the ACL, which allows post-operative running and side-to-side movement. Arthritis may develop later in other compartments, necessitating conversion to a total replacement in the future. A partial knee replacement usually is not the final procedure.

Shoulder procedures include a standard total shoulder replacement and a reverse total shoulder replacement, used when a rotator cuff is torn and not repairable. This procedure reverses the natural anatomy of the shoulder to compensate for the missing muscles.

When visiting Licking Memorial Orthopedic Surgery for an initial consultation, patients should expect an orthopedic evaluation, a thorough medical history, a physical examination, and X-rays. Additional tests needed may include blood tests, urinalysis, analysis of joint fluid, Magnetic Resonance Imaging (MRI), or a bone scan. Patients also should be ready to discuss medications currently being taken, information on prior surgeries and/or treatments, prior diagnoses, and their family history. Recommended treatment options for arthritis and joint issues are pain control and anti-inflammatory medications,

bracing, cortisone and synthetic gel injections, physical therapy, and total joint replacement.

Preparing for a joint replacement procedure begins weeks before the actual day of surgery. Good practices include regular exercise and quitting smoking. Post-operatively, every individual heals differently and treatment plans vary. The estimated recovery schedule typically consists of 2 to 5 days of in-hospital recovery, 6 weeks to 3 months of significant functional improvement, and 6 to 12 months of maximal improvement. Physical therapy will help patients regain muscle strength and increase range of motion. Athletic activities that place excessive stress on the joint replacement will need to be avoided. Such activities include skiing (snow or water), basketball, baseball, contact sports, running and frequent jumping. Many factors determine the successful outcome of a joint replacement including age, weight, activity level and bone strength.

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



Local residents joined together to participate in informative discussions on health-related issues at recent Walk with a Doc events. In September, Lori Elwood, M.D., of Licking Memorial Pathology, provided information about hereditary cancer screening, while leading attendees on a picturesque walk through historic Blackhand Gorge. Kevin Ouweleen, M.D., discussed current concepts in orthopedics during a stroll on the Lake Connector Trail at the Dawes Arboretum in October. The November event at the Licking County Family YMCA in Newark featured information about general urological issues from Donald Lewis, M.D., of Licking Memorial Urology.

The monthly program gives participants the opportunity to ask a physician general questions concerning a featured topic during a casual 40-minute walk at scenic locations throughout Licking County. Details regarding upcoming Walk with a Doc programs are available on the back page of [Community Connection](#).





# LMHS Presents First **Active•Senior** Gourmet Gardener Event

Nearly 40 local residents, ages 60 and older, gathered at Career and Technology Education Centers of Licking County (C-TEC) on October 23 for the first Active•Senior Gourmet Gardener event, sponsored by Licking Memorial Health Systems (LMHS) and the C-TEC High School Culinary Program. The free event featured activities that taught the basics of gardening and cooking healthy meals. Participants received aprons and cookbooks with event recipes, and also created their own meal.

Rob Montagnese, LMHS President & CEO, welcomed the guests and thanked them for taking part in the inaugural event. "The Active•Senior program is an important part of our mission to improve the health of the community," Rob explained. "We are excited to see you here today, and we appreciate your support in helping to make this program a success."

Participants began the afternoon in the greenhouse with a demonstration on how to harvest and trim basil. A variety of herbs and vegetables, including cauliflower, squash and tomatoes, grow in the greenhouse, which is a new partnership between LMHS and C-TEC. The two organizations currently are collaborating on future growing plans for the location. Chef Brian Merritt, LMHS Director of Culinary Services, answered questions and offered

information about the LMH garden. Last year, the garden, located on Dickerson Street adjacent to Licking Memorial Hospital (LMH), yielded 1,700 pounds of produce, while 2,000 pounds are expected this season.

Next, attendees moved to the C-TEC auditorium where Mary Washington, LMHS Culinary Services Gardener, gave a presentation on indoor gardening. She discussed the basics of feeding, watering and caring for plants indoors, so as to continue a garden throughout the year.

During the final portion of the event, C-TEC Chef Michael Carnahan led a demonstration in the C-TEC kitchen on preparing fresh garden vegetables. The participants created a salad with a basic vinaigrette dressing. They also made pizza using the basil they had harvested in a pesto pizza sauce, and topped it with an assortment of fresh vegetables. C-TEC students baked the pizzas, and attendees enjoyed their meal in The Bistro, a public restaurant on the C-TEC campus. The Bistro is fully run by students in the C-TEC Culinary Arts program.

LMHS will continue to host Active•Senior events throughout each year. Active•Senior Bingo will be held on February 21, 2019, in the LMH Café, followed by the Active•Senior Dance in April at the

Bryn Du Fieldhouse and the Active•Senior Game Show next May.

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

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

Participants in the Active•Senior program are encouraged to earn points by completing a variety of goals in each of four categories: Physical, Nutritional, Mental and Social. The Active•Senior program was designed, reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician. The 2018/2019 goal program began on May 1, and will continue through April 30, 2019. To date, more than 470 individuals have registered for the growing program. For more information or to register for the Active•Senior program, please visit [www.LMHSActiveSenior.org](http://www.LMHSActiveSenior.org), or call LMHS Public Relations at (220) 564-1560.



# Development Council Spotlight – Dale Lewellen

**Dale Lewellen** joined the Licking Memorial Hospital (LMH) Development Council Education and Membership Committee in early 2018. As a member of the Licking County community since 2017, Dale has quickly become involved in numerous organizations including the Licking County Children and Family First Council (CFFC) and the Newark Rotary Club, which connected him to members of the LMH Development Council. Once he joined the Newark Rotary Club, Dale heard about the active role that Licking Memorial Health Systems (LMHS) has in the community and led him to join the Council.

Dale has expressed that, as a community hospital, LMH exceeds expectations in community outreach. As a member of the Development Council, he notices the effort that LMH and the Council commit to the community as advocates for good health. "It's great to see the various events and activities that the Hospital provides for the community," Dale stated. "Not only do local residents become empowered regarding personal

health, but LMH offers community leaders, including the Development Council, opportunities to learn and spread the message about health-related issues or new LMHS information."

Dale takes great interest in the many educational opportunities that LMHS provides. He also noted LMHS' emphasis of community leadership relations in Licking County. "I have observed that LMHS sees the importance of staying connected with community leaders, and it's been wonderful to connect and learn with other leaders around Licking County," Dale commented.

Dale attended River View High School in Coshocton County and Kent State University in Northeastern Ohio, where he received a bachelor's degree in music education. He received a master's degree in education administration from Ohio University. Dale served as the Music Director at Coshocton High School before relocating to Oak Hill High School in Southern Ohio. He also worked at Bath Local and Pandora-

Gilboa school districts as the District Superintendent. However, in order to be closer to his family, he moved to Newark and now has a role as the Superintendent of the Licking County Educational Service Center. In his spare time, Dale enjoys weightlifting, running and home improvement projects.



# Volunteer Spotlight – Robin Stukey



**Robin Stukey** has been making a difference at Licking Memorial Hospital (LMH) through her volunteer service since 2016. Recently, she has been volunteering at Granville Thrift Shop but also has experience in Concierge Services, which offers convenient resources to employees at a low cost. "Although I work full-time," said Robin, "I still enjoy volunteering with LMH because of the camaraderie with fellow volunteers, whether it is in the Thrift Shop or Concierge Services."

Like many of her fellow volunteers, she appreciates the close relationships in the Volunteer Department, as well as the friendly

and courteous staff. She utilizes each volunteer opportunity to have fun and give time to a beneficial cause for the community and LMH.

Robin currently works in the Walmart Pharmacy in Newark; however, she enjoys volunteering when she has free time. "Through my volunteer experience at LMH and the Thrift Shop, I have met many new people. I always enjoy the opportunity to socialize with volunteers, customers and TWIGS members in the shop," Robin stated.

Robin was born in Columbus and moved to Licking County, where she now resides. When not working or volunteering, she enjoys sewing, reading and spending time with her husband, two children and four grandchildren.

## Retiree Spotlight – Doug Predmore

When **Doug Predmore** first started working in the Licking Memorial Hospital (LMH) Emergency Department, he wanted to quit every day for the first two weeks. Working with seriously ill people and those who had suffered a trauma was more difficult than he had anticipated, but he quickly adapted and began to enjoy helping others. Reflecting on his 36-year career at LMH, Doug believes accepting his job was one of the best decisions he ever made because the experience molded him into the person he is today.

Eager to embrace any opportunities that would enable him to learn and grow, Doug also worked as a phlebotomist with the Laboratory. He participated in a new process for Registration – administering



an electrocardiogram (EKG) while registering patients for pre-administration testing. He then attended the Fort Hayes Career Center to become a Surgery Technician and began working in the Operating Room, then moved to the Endoscopy and Gastroenterology Lab where he spent the rest of his career.

“I got to know so many people. The Hospital is like a small community where everyone knows each other and truly cares about your health and wellbeing,” Doug said. Over the course of his career, his greatest accomplishment was moving into a teaching role. After spending so much time assisting with procedures, he was able to share his knowledge with the nursing staff and other technicians. Doug also felt a great deal of pride for LMH. During his years with the organization, he was impressed and inspired by the growth in the facilities, the technology and the innovative procedures. “LMH is believed to be a small community hospital, but it continues to expand. The leadership does an amazing job keeping the staff educated on the latest medical advances,” he said. Doug witnessed tremendous growth throughout the organization including the opening of the John & Mary Alford Pavilion, the Pataskala Health Campus, the addition of three Urgent Care facilities, and multiple other medical practices throughout the community.

When not working, Doug enjoyed singing with the Ultrasounds, a jazz band comprised of LMHS employees. He performed at several events and was able to be part of a recording for a Christmas CD. Every year, Doug would ask LMHS President & CEO, Rob Montagnese, when he was going to be on a billboard to which Rob would always laugh. “For my 35-year recognition, Rob brought out a huge poster of me singing the National Anthem at a Babe Ruth game. It was so thoughtful,” Doug said. Since his retirement, Doug says he misses the people the most. The relationships he had with patients, co-workers and leadership team members were meaningful and are greatly missed.

Doug continues to sing as a member of the Christian Apostolic Church choir and enjoys the fellowship and time spent practicing. He also is keeping busy restoring his 135-year-old house. He has been spending time with his new companion, a rescued German shepherd named Harrison. The two are often noticed in Downtown Newark as Harrison hangs his head out of the window of Doug’s small car. Besides spending time with Harrison, Doug also enjoys family outings to the Canal Market District every Friday with his parents, Don and Naomi, and visiting with his brother, John, and sister, Lori. He hopes to travel to Texas more often and visit with family there as well.

# Happy Holidays!

## CELEBRATE THE HOLIDAYS WITH HEALTHY RECIPES

### Shrimp Louie

Serves 4

**Part 1:** 8 oz. cooked jumbo cocktail shrimp (thawed)

**Part 2:** Dressing

**Ingredients:**

- 1/2 cup mayonnaise
- 1/4 cup chili sauce
- 1/4 cup ketchup
- 2 Tbsp relish
- 1 Tbsp Worcestershire sauce
- 2 tsp hot sauce

**Directions:**

In a bowl, whisk together all of the ingredients. Lightly toss the shrimp in the dressing, coating evenly.

**Nutritional Information:**

Per serving: 320 Calories, 21g Total Fat, 255 mg Cholesterol, 710mg Sodium, 13g Total Carbohydrates, 22g Protein, 35% Vitamin A, 25% Vitamin C, 0% Vitamin E, 0% Vitamin B6, 8% Calcium, 10% Iron

**Part 3:** Garnish

**Ingredients:**

- 12 leaves of butter lettuce
- 8 asparagus spears, steamed for 1 minute and chilled/drained
- 3 hard-boiled eggs (cut in half)
- 2 vine-ripe tomatoes (cut in wedges)
- 1 lemon (cut into wedges)

**To Finish:**

Arrange a bed of a few leaves of lettuce on the bottom of a plate or decorative serving glass. Add a few asparagus spears. Top with the dressed shrimp. Garnish further with tomatoes, egg, and wedges of lemon.

### Pumpkin Dip with Rosemary and Maple

Serves 8

**Ingredients:**

- 1 clove minced garlic
- 3 Tbsp olive oil
- 1 8oz block cream cheese
- 2/3 cup pumpkin puree (unsweetened)
- 2 Tbsp white miso
- 2 Tbsp warm water
- 1 Tbsp maple syrup
- 1/2 tsp finely minced fresh rosemary (more to taste)
- salt to taste

**Directions:**

Place the warm water and miso together in a bowl, and mix with a fork to break up the miso into a smooth paste. Reserve.

Puree all of the ingredients, except for the rosemary, together in a food processor. If the mixture is too thick, add a splash more water. Season with salt to taste, and fold in the fresh chopped rosemary at the end. Serve with raw vegetable sticks, or crackers, pita, or naan bread.

**Nutritional Information:**

Per Serving: 160 Calories, 15g Total Fat, 30mg Cholesterol, 270mg Sodium, 6g Total Carbohydrates, 3g Protein, 65% Vitamin A, 2% Vitamin C, 0% Vitamin E, 0% Vitamin B6, 4% Calcium, 4% Iron

It can be difficult to maintain a healthy diet during the holiday season with large meals, festive cookies and desserts, and candies. Chef Brian Merritt, Director of Food Services at Licking Memorial Health Systems, has created these healthy recipes for a family meal that complement the holiday season. We hope that you and your family enjoy these recipes in good health!



## LMHS Donates Beef to Salvation Army

In August, Licking Memorial Health Systems (LMHS) purchased the 1,322-pound Hartford Fair Grand Champion Market Steer, which was owned by Chelsea Graham, a member of the Valley Traditions 4-H Club. LMHS President & CEO Rob Montagnese (right) recently presented processed meat from the steer to Lieutenant Diane Martin (left) of the Salvation Army of Licking County. The beef will be used in the Salvation Army soup kitchens and food pantries to benefit community members in need.





## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

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# Community Events

### Walk with a Doc

Saturday, December 15, 9:00 a.m.  
Denison University Mitchell Center track  
Kevin Graham, M.D., of Licking Memorial Family Practice – Granville, will discuss vaccines.

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

### First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-2527 or visit [www.LMHealth.org](http://www.LMHealth.org).

### Community Blood Pressure Screenings

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

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

### Diabetes Self-Management (a four-class series)

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

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

### Ask the Doc

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

A physician will answer questions about chemical dependency and treatment options. Call (220) 564-4877 for more information.

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

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

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

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2018 Licking Memorial Health Systems. All rights reserved.