

Community Connection

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LMHS Celebrates National Hospital & Healthcare Week

In an annual observance of National Hospital & Healthcare Week, Licking Memorial Health Systems (LMHS) paid tribute in May to the 2,000-plus employees who contribute to award-winning care. The five-day celebration at LMHS included an employee health fair, ice cream deliveries to outbuildings, award reception, and cookout including basketball, corn hole, caricature drawings and a sundae bar. Additionally, LMHS held its annual Employee Recognition Event during the celebration week.

“Our success depends greatly upon the performance and passion of our staff,” LMHS President & CEO Rob Montagnese said. “We value the significant contributions our employees have made to Licking Memorial Health Systems and our community. Our excellent reputation within the healthcare industry is a reflection of the high standards that our employees uphold daily. We are grateful for their talents and abilities to help us improve the health of the community.”



49th Annual LMHS Employee Service Recognition Event

LMHS employees who are observing anniversaries in five-year increments in 2018 were invited to the John Gilbert Reese Center at The Ohio State University – Newark for the annual LMHS Employee Recognition Event, which featured a game show theme and offered honorees the opportunity to win various prizes. The 262 honored employees represented 3,075 combined years of service.



LMHS Board Chair Linda Dalgarn (left), Licking Memorial Hospital (LMH) Board Chair Joyce Malainy, Ed.D. (second from left) and LMHS President & CEO Rob Montagnese (right) honored (left to right) Karen Thissen of Radiology, Ivy Smith of Case Management, Lorie Phillips of Cardiology, Don Hughes of Plant Operations, and Leanne Fox of the Outpatient Clinic (not pictured) for providing 40 years of service.



Joyce, Linda and Rob also honored Keith Ford of Culinary Services and Lynne Smith of Laboratory for providing 45 years of service. All employees recognized for 40 years of service or more received a framed proclamation and a gift to mark their special employment anniversaries.

Manager of the Year

Rob also presented the Manager of the Year Award during the Employee Recognition Event. Established in 1987, the award recognizes an LMHS leader who has demonstrated fair and consistent leadership in his or her area of responsibility. The nominee should demonstrate an ability to inspire his or her employees beyond the ordinary requirements of their jobs. The 2018 honoree was Kim Heddleson, Director of LMH Cardiac Services and Physician Center Manager of the Licking Memorial Heart Center.

Kim has been employed with LMHS for 11 years, beginning her career as the Clinical Coordinator for Critical Care. In her current role, Kim oversees the Cardiology Department and physician practices, cardiac testing and procedures,

cardiac rehabilitation, Heart Failure Clinic, and Interventional Cardiology and Radiology. Kim excels as an educator and fosters leadership within the Cardiology area and the Nurse Practice Council.

She has led her team to receive and maintain numerous accreditations: Mission Lifeline STEMI Gold recognition, Mission Lifeline NSTEMI Silver Recognition, NCDR Platinum Award for ACTION Registry, AACVPR Cardiac Rehab Certification, and IAC Echo Accreditation. Kim’s team also received the prestigious President’s Award in 2015 for their outstanding work in patient care.



Pictured left to right: LMHS Board Chair Linda Dalgarn, LMH Board Chair Joyce Malainy, Ed.D.; Kim Heddleson; and LMHS President & CEO Rob Montagnese.

Clarissa Ann Howard Nursing Award for Clinical Excellence

The Clarissa Ann Howard Nursing Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for their expertise, professionalism and clinical excellence while providing patient care. The 2018 award recipients are Lindsey Bird, R.N., and Staci Pierce, R.N.

Lindsey received her Bachelor of Science in Nursing from Capital University in 2006. She began working at LMH on 4-North where she served as a charge nurse and preceptor until transferring to the Oncology Department in 2016.

Lindsey demonstrates dedication, a positive attitude, commitment to ongoing education and clinical expertise. She is certified in both oncology and medical surgical nursing. Lindsey is a highly skilled nurse and mentor to others. Her coworkers describe her as being a joy to work with, having great work ethic and always willing to help those around her. Lindsey’s gentle, calm and professional manner is recognized by both her patients and peers, and she has



Pictured left to right: Vice President Allied Health Services, and Community Health & Wellness Debbie Young; Lindsey Bird, R.N.; Clarissa Ann Howard; Stacie Pierce, R.N.; Vice President Physician Practices Greg Wallis; and LMHS President & CEO Rob Montagnese.

earned the respect of others through her attributes and leadership skills.

Staci began working in the LMH Maternal Child Department after receiving her associate degree in nursing from Central Ohio Technical College in 1998. In 2001, she transferred to Licking Memorial Pediatrics and currently serves with Shelly Gittens, M.D. In addition, she has worked as an employee at Shepherd Hill, the Behavioral Health

Department of LMH. Staci has been known for being an excellent nurse and wonderful co-worker at LMH. Her great work ethic has led her to be a positive mentor and educator to new employees. She exemplifies top-tier leadership qualities and often is one of the first staff members to volunteer for special events. Staci constantly exhibits a positive attitude and approachable demeanor with those she encounters.

MVP Awards

As part of Hospital & Healthcare Week, LMHS recognized 33 MVP Award recipients who were selected for their consistent demonstration of LMHS’ values: compassion, accountability, respect and excellence. The 2018 MVPs are featured on **pages 32 through 35**.

Community Leaders Learn Facts and Solutions Regarding the Opioid Crisis

Addictionologist W. Andrew Highberger, M.D., FASAM, DABAM, of Licking Memorial Behavioral Health, addressed community leaders at two recent events: the May Corporate Breakfast, sponsored by the Licking Memorial Hospital (LMH) Development Council, and the Pataskala Area Chamber of Commerce Luncheon in June. The Corporate Breakfast, held in the LMH Café, hosted nearly 80 attendees. Pataskala Grace Church hosted nearly 70 area leaders for the Chamber Luncheon. Licking Memorial Health Systems (LMHS) Culinary Services catered both events.

Dr. Highberger discussed facts and solutions relating to the current opioid crisis. At the center of this crisis is a disease referred to as substance use disorder (SUD), which he defined as a primary, chronic, neurobiological disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. He noted that most people who use substances experience negative effects, and subsequently, only a small number become addicted. However, he stressed the importance of the public recognizing SUD as a disease and noted that often stigma and ignorance are the major barriers to obtaining effective treatment, resulting in more risk to the individual and the community. Subsequently, 90 percent of individuals suffering from this condition do not seek treatment.

Individuals with SUD exhibit compulsive use, driven by cravings, or a preoccupation with the substance. Behavior such as loss of control, with an inability to consistently limit use often leads to cognitive changes, including a narrowed scope of interests and denial. While these individuals will suffer consequences of their use, they tend to continue usage despite negative experiences.

Medication-assisted treatment, incorporating buprenorphine, is a recent and sometimes controversial



treatment method for opioid use disorder. Buprenorphine treats one of the most influential symptoms of opioid addiction – cravings – which is the most common reason for relapse. This medication doubles the likelihood of sobriety at 12 months and reduces mortality from opioid addiction by 50 percent. Buprenorphine has a more favorable safety profile and longer duration of action when compared to other opioid medications. A newer option and more accessible over a wide geographic area due to its availability in office-based primary care, buprenorphine may be more appropriate as an early intervention strategy for patients with this disease.

Dr. Highberger explained that sobriety is best achieved when medication is combined with effective formal treatment and 12-step recovery support. “Treatment teaches patients to live sober, focusing on managing withdrawal and cravings. Eliminating cravings helps patients feel normal,” said Dr. Highberger. “After addiction, it takes two years for the brain to heal, so treatment typically lasts 18 to 24 months,” he continued. However, Dr. Highberger remarked that treatment should continue

as long as the medication is providing the desired results without undesirable side effects. Long-term treatment is safe, and discontinuing treatment is a clinical decision made by the patient and physician together. Although relapse and remission can recur episodically in individuals with SUD, treatment is effective and permanent remission is possible.

Dr. Highberger shared several statistics offering perspective on substance-use disorders. Alcohol use disorder affects 20 million people each year, while 100,000 people are affected annually by alcohol-related deaths. Twenty percent of the population over the age of 18 suffer from tobacco-use disorder and tobacco-related deaths total 450,000 per year.

To learn more about the current opioid crisis as well as other issues surrounding substance use disorder, Dr. Highberger encouraged the community to attend “Ask the Doc,” free educational sessions at Shepherd Hill. Classes are held the second and fourth Saturday of each month in the Shepherd Hill Auditorium at 9:00 a.m.

LMH Honors Retiring Physicians

Colleagues, family and patients attended receptions at Licking Memorial Hospital (LMH) in June to honor Oncologist Jacqueline J. Jones, M.D., and Cardiologist Bryce I. Morrice, M.D., who recently retired after longtime service to Licking County residents. Dr. Jones joined the consulting section of the LMH Medical Staff in 1991, and became a member of the Active Medical Staff in 1993. Dr. Morrice provided care to the community for 35 years in the Licking Memorial Heart Center.

Dr. Jones earned her Medical Degree from the University of Florida in Gainesville, Florida. She completed her residency in internal medicine at St. Louis University Hospitals in St. Louis, Missouri, and a fellowship in hematology/oncology at the University of Florida. She also holds a Bachelor of Science degree in food administration from Tuskegee Institute in Tuskegee, Alabama. Dr. Jones is board certified in internal medicine and medical oncology. In 2002, Dr. Jones was selected by her peers as LMH Physician of the Year. She served as Chief of Staff from 2008 to 2009, and was Chief of the Department of Medicine from 2006 to 2007. In addition to her dedicated service, she demonstrates her strong support of quality health care at Licking Memorial Health Systems through her membership in the John Alford Fellowship, which is comprised of individuals who have

committed at least \$25,000 to Licking Memorial Health Foundation.

Dr. Jones and her husband, Gene, reside in Gahanna. Gene earned his Ph.D. in Agricultural Economics from the University of Florida. He worked at The Ohio State University, where he was a tenured associate professor in Agricultural Economics from 1984 through his retirement in May 2016. They have three grown daughters, Lauren, who resides in Chicago; Kristen, who resides in New York City; and Nicole, who resides in Memphis.

Dr. Morrice earned his Medical Degree from the University of Cincinnati College of Medicine after receiving a Bachelor of Science degree in Chemistry from Antioch College in Yellow Springs, Ohio. He completed his internal medicine internship and residency with Cedars-Sinai Medical Center and a cardiology fellowship with Wadsworth VA Medical Center, all in Los Angeles, California. He is board certified in cardiovascular disease.

In 1994, the Licking County chapter of the American Heart Association established the Bryce Morrice Award to be presented in future years for outstanding service to the

community for cardiovascular care. In 2001, Dr. Morrice was selected by his peers as a co-recipient of the LMH Physician of the Year award and also was named Hospice of Central Ohio Physician of the Year. He also served LMH as Chief of the Department of Medicine, Division Chief of Cardiology, and Co-chairman of the Cardiac and Critical Care Committee.



Dr. Morrice has served on the boards of the Central Ohio and Licking County chapters of the American Heart Association, Moundbuilders Professional Association, and Hospice. He has served as Medical Director of the Newark EMS Board, is past President of the American Heart Association Ohio-West Virginia Affiliate, a fellow of the American College of Cardiology, and a member of the Newark Rotary Club.

At their retirement receptions, each physician received a plaque from Licking Memorial Health Systems President & CEO Rob Montagnese recognizing their many years of service to LMH.



Special Care Nursery Reunion Reconnects Families and Staff

Licking Memorial Health Systems (LMHS) hosted an annual reunion event for the families of former Special Care Nursery patients at Licking Memorial Hospital (LMH) in May. Twenty-two families were represented, including mothers, children and guests. The Reunion offered an opportunity for families to reconnect with Hospital staff and meet fellow community members with shared experiences.



This year, guests enjoyed activities in the LMH Auditorium including mini golf and corn hole. The families also had the opportunity to speak with the staff about breastfeeding, safety and nutrition. A massage therapist offered guests a relaxing hand massage, while Culinary Services staff served healthy snacks. The event also featured dinner

in the LMH Café and several speakers, including LMHS President & CEO Rob Montagnese, Licking Memorial Pediatric Hospitalist Mindy M. Labac, M.D., and Brooke Farnsworth, a former employee of LMHS and mother of two LMH Special Care Nursery patients.

Dr. Labac praised LMHS' dedication to ensuring patients receive the most up-to-date information and best possible care. She spoke about the collaboration that allows LMHS physicians and staff to consult with specialists from Nationwide Children's Hospital (NCH). Additionally, infants in need of more specialized care can be transferred to NCH to receive care and return to LMHS once their condition is stable. Dr. Labac also shared her own story of giving birth at LMH. She was working her shift when the maternity nurses realized she was in active labor before she recognized the symptoms. She said the staff took excellent care of her and her child.

Brooke Farnsworth thought she was experiencing Braxton Hicks contractions, or false labor, 31 weeks into her second pregnancy. She had experienced no medical issues with her daughter, Bristol, and did not expect to go into labor early. However, she went to LMH when the contractions became more intense. Brady was in a breech position and had to be delivered by cesarean section. After birth, he had difficulty eating, breathing and sucking, necessitating his transfer to NCH. Brooke requested Brady be transferred back to LMH when

he was stable so that she could stay with him, but still be close enough to home to spend time with her daughter. Her third child, Bryce, also was delivered early and experienced similar complications. He, too, was a patient in the Special Care Nursery. "I thank the staff for their support and comfort. Those were the scariest moments of my life, and I will be forever grateful for the compassionate care for my sons, and myself." Bryce recently celebrated his first birthday, and Brady is now 4 years old.



LMH's Special Care Nursery is accredited as a Level II facility to provide care for moderately ill newborns. More intensive care for critically ill newborns is provided in collaboration with Nationwide Children's Hospital neonatal intensive care unit (NICU). These infants may be transferred back to LMH as their conditions improve, which saves families the inconvenience and expense of a long commute.

LMH Honors Cancer Survivors

Improvement in treatment and earlier diagnosis for some cancers have resulted in better survival rates for all cancers combined across the nation. In celebration of survivorship, the first Sunday of June is designated National Cancer Survivors Day, on which Licking Memorial Hospital (LMH) acknowledged and honored cancer survivors for serving as an inspiration to the community by facing each day with courage and dignity. Despite a heavy rain, approximately 200 Licking County residents, including cancer survivors and their families, caregivers and friends, enjoyed the eighth annual LMH Cancer Survivors Picnic in the LMH Café.

At the event, Rob Montagnese, President & CEO of Licking Memorial Health Systems, welcomed the guests and shared news about the battle against cancer. According to the American Cancer Society, the five-year relative survival rate increased 20 percent over the past three decades, and about 67 percent of cancer survivors were diagnosed five or more years ago. He defined survivors as those who outlive,



persist through, beat the odds, and have great courage and strength. "Whether it has been a day or a decade, we offer you our congratulations and wish you many more years of hope," Rob said.

Cindi Land, Manager of the LMH Hematology/Oncology Department, shared that the Department provided care for 376 patients with newly

diagnosed malignancies, averaging approximately 31 new patients every month in 2017. Approximately 16 percent of the new patients were enrolled in clinical trials, which provides access to the newest and most advanced treatments available. She also congratulated the survivors and offered more information about genetic testing and the Oncology Navigation team. Dietitian Brittany Ward, who provides services for

the Oncology Department, offered advice on small changes in eating habits such as including more vegetables, fruits and whole grains to help maintain a healthy lifestyle. Following Brittany's presentation, Ben Broyles, Director of Rehabilitation, Home Care and Community Case Management, encouraged the attendees to include exercise in their daily routine explaining that just 20 to 30 minutes of movement

five days a week can improve overall health.

Wrapping up the formal program, guests were treated to the delightful talents of Mary Miller, comedian, singer, author and inspirational humorous speaker. A cancer survivor herself, she shared her firsthand knowledge of the health benefits of laughter and music. "Laughter massages your insides. It is like exercising, but considerably more enjoyable," she commented. "Always be on the lookout for funny." Mary shared some jokes and led a sing-a-long including "Zip-A-Dee-Doo-Dah," and "Put a Little Love in Your Heart."

National Cancer Survivors Day is an annual celebration of life that is held in hundreds of communities throughout the United States, Canada and other countries. Participants unite to show the world that life after a cancer diagnosis can be meaningful and productive.



Supporter Spotlight – The Jerry McClain Family

Licking Memorial Health Systems (LMHS) now provides healthcare services for eastern Licking County with an Urgent Care and Family Practice Office in Downtown Newark. Local developer Gerald “Jerry” McClain had been working on a redevelopment plan for the area around the Fourth Street exit, and his company, The Jerry McClain Companies, donated land at the corner of Fourth and Locust Streets for the new facility. The generous gift is just one example of how Jerry and his family continue to support LMHS.

Jerry was born in a modest log cabin in Madison Township and raised his own children in the same area. Today, he is President of The Jerry McClain Companies, one of Central Ohio’s leading construction/development companies. Jerry first worked in the lumber and construction industries, then formed his own construction business in 1966. In 1987, his daughter, Bev, a registered nurse, urged Jerry to design and build better facilities for seniors in need of assisted-living

housing. Jerry and Bev are now credited for revolutionizing the senior assisted-living model in Ohio with 27 facilities that feature innovative, home-like environments. Several years ago, Jerry began working to change the view of the city, buying properties and clearing away unsightly buildings. He developed an appreciation for the architecture in Downtown Newark, and wanted visitors to see more than the backs of buildings as they entered the city from State Route 16. “You may not always get a second chance to make a first impression, but it is good to remember that sometimes you do,” he said of the revitalization project.

Completed in 2017, The Gerald K. McClain Building, an LMHS healthcare facility, is now one of the focal points in the downtown revitalization project. The \$8 million building has an all brick exterior, all-slate roof, a cupola and exterior metal work made of pure copper. “Jerry’s inspirational leadership and vision are transforming the Downtown area. The renewed gateway to the city has become a reality and we are privileged to be one of the welcoming buildings,” said LMHS President & CEO Rob Montagnese. “His tireless work efforts and selfless generosity make him deserving of so much gratitude. We are appreciative to Jerry for helping us achieve our mission to improve the health of the community.”

The first floor of the building includes the Urgent Care and Family Practice offices. The second floor has a conference room and available space for expansion.

In addition to the building, Jerry and his wife, Debbie, are among the Founder Level contributors to the Licking Memorial Health Foundation – the non-profit corporation that supports Licking Memorial Hospital (LMH) through fundraising activities. Both individuals and businesses whose generosity meets or exceeds the \$100,000 level of giving are considered Founder Level contributors. The couple did not designate a project for the funds, so LMHF was able to use the donation for the greatest need of the Hospital. Jerry’s family members, including his daughter, Bev, also support LMH. Bev and Doug Donaldson are members of the John Alford Fellowship – a group that supports John W. Alford’s efforts to ensure local, quality healthcare by contributing \$25,000 to \$49,999 over a period of 10 years.

Jerry also is well-known in Licking County for his leadership in important civic endeavors including the Licking County Chamber of Commerce, Newark Development Partners, Newark Downtown Association, Newark Rotary Club, Heath Church of Christ, Midland Theatre, The Salvation Army and Licking Memorial Hospital’s Development Council. In addition to many other awards, he has been the recipient of the Licking County Chamber of Commerce’s John Alford Community Service Award and Licking Memorial Health Systems’ Lifetime Achievement Award.



Interns Graduate from Project SEARCH Program

Licking Memorial Health Systems (LMHS) hosted a graduation ceremony in May for nine students who participated in the 2017-2018 Project SEARCH program. LMHS staff members who worked with the interns, as well as the students’ families, attended the event where each intern was given a certificate and had an opportunity to share what they learned.

Project SEARCH, which began in Licking County during the 2016-2017 school year, is a business-led collaboration that enables young adults with disabilities to gain and maintain employment through training and career exploration. Aiming to achieve competitive employment, these students participated in a one-year internship program where they spent their school day learning skills on site from LMHS staff members.

Project SEARCH totally immersed the students in the LMHS environment. Participating departments at LMHS included: the 5th Floor Nursing Unit, Acute Inpatient Rehabilitation, Cardiology, Culinary Services, Emergency Department, Engineering, Environmental Services, Labor and Delivery, Pharmacy, Purchasing, Surgery/Sterile Processing, and Volunteer/Concierge Services.

LMHS managers collaborated with Project SEARCH staff and job coaches to support the interns.

“This is such a special day for the interns, their families and LMHS staff who worked with the students to see them graduate from the program,” said Assistant Vice President Human Resources Holly Slaughter, who welcomed the attendees to the event. “I am so impressed with their talents and I cannot wait to see what they do as they take their next steps toward long and fulfilling careers.”

During the ceremony, LMHS President & CEO Rob Montagnese congratulated the graduates on their achievement and announced four of them chose to pursue employment with LMHS and were hired into various departments. “While I know our employees provided a lot of valuable training and experience to these graduates, Licking Memorial Health Systems benefited tremendously from having such dedicated interns working with us. Their work ethics and positive attitudes truly were invaluable to our organization as they completed their internships,” Rob said. “Whether they are working for LMHS or some other organization in our

community, thinking about the future impact they will have on us, our families and our community is very inspiring.”

The graduates each took the podium during the event to explain the departments with which they worked, what they learned, their favorite aspects of the program, and their future goals. “My employment goal is to find a job in materials management in the community,” said Jace Williams of Newark High School. “Project SEARCH taught me how to take initiative and be confident,” said Elise Barth of Granville High School, who was hired by LMHS to work in the Culinary Services Department. “My favorite topic was participating in class auctions to work on money skills,” said Tanner Riley of Granville High School.

The goal of the program, upon completion, is competitive employment utilizing the skills learned during the internships and throughout the program. The local organizations that partnered with LMHS to make Project SEARCH possible include: Licking County Board of Developmental Disabilities, Opportunities for Ohioans with Disabilities, Licking County Educational Service Center and Greenleaf Job Training Services, Inc.



Project SEARCH graduates (left to right) with LMHS President & CEO Rob Montagnese (far right): Kamaya Palumbo of Utica High School, Amanda McQueen of Newark High School, Jace Williams of Newark High School, Kendall Wolfe of Northridge High School, Sharon King of Newark High School, Chris Armstrong of Granville High School, Elise Barth of Granville High School, Tanner Riley of Granville High School and Faith Burgess of Watkins Memorial High School.

Behind the Scenes – Culinary Services

Licking Memorial Hospital (LMH) Culinary Services staff members are among the most visible employees to patients, their family members and guests. Culinary Services thrives on offering personalized service to inpatients, as well as in the LMH Café, 2000 Tamarack Café, and Main Street Coffee Shop. While much of the food is openly prepared for guests of the Cafés, there are dozens of other Culinary Services team members working behind the scenes to support the Hospital's mission of improving the health of the community.

The foodservice industry can be extremely demanding on an employee's time. However, Licking Memorial Hospital offers a variety of shifts and opportunities, making flexibility and work/life balance more easily attainable. The Department consists of approximately 60 people with a mix of backgrounds and specialties. The staff possesses a wealth of different foodservice experience, including restaurants, culinary schools, campus dining facilities, country clubs, or the retail industry. Excellent hospitality is the number one goal of Culinary Services, and each team member possesses the desire for patient and guest satisfaction through food and service.

Since 2015, Culinary Services has utilized a powerful system for serving the patients of LMH, which provides a "room service" style experience for inpatients and their guests. Using software applications from CBORD, the industry-leading company, LMH patients can order from a restaurant-style menu, and have it delivered when they prefer. Room service is available from 7:00 a.m. through the late evening. Dietary restrictions, allergies and preferences, if applicable, are entered into the system and the menu is filtered with options to fit those needs.

"When someone has to stay in the Hospital, they may feel like they have no control over what is happening to them. We offer them as many options as possible so they can have control of what they eat, which can be a familiar and comforting experience,"

said Chef Brian Merritt, Director of Culinary Services.

Instead of bulk preparation of a few daily food options, room service enables the Culinary Services staff to prepare a wide variety of items – many of those from scratch. This personalized service provides a comforting and empowering experience for the patients, which can improve their physical and emotional well-being.

In addition to caring for LMH patients, the Culinary Services Department staffs and provides food for three retail areas – the LMH Café, 2000 Tamarack Café, and Main Street Coffee Shop inside the Betsy Eaton O'Neill Resource Center on the 1st floor of the Hospital. "Food is comforting and nourishing, and these spaces are meant to offer patients, employees and community members a place to find rest," Brian said. The staff has been working to offer a wider variety of choices and encourage healthier eating with more vegetable and fruit selections available. The 2000 Tamarack Café now includes a daily salad bar in addition to grab and go items.

While the patient and retail operations within LMH require much attention and dedication, there is another group of Culinary Services staff members who are dedicated to serving the community through special events. The team provides meals, snacks, or other food items for a variety of annual fundraising events in Licking County, as well as

events hosted by Licking Memorial Health Systems.

Providing choices and offering a wide spectrum of delicious food allows the Culinary Services staff the opportunity to connect with people and the community. Department leaders continue looking for new ways to impact the health of those they serve. Recently, the team worked with physicians, including Nina Hourmouzis, M.D., and Francis Horenstein, M.D., to create unique and healthy recipes. Brian hopes to continue these collaborations throughout the coming year. The Culinary Services Department also shares recipes at the Canal Market District made from produce and items available from vendors at the market. The Canal Market District is open from 4:00 to 7:00 p.m., every Friday through October, and also from 4:00 to 7:00 p.m., on Tuesdays through September.

Providing food for patients and employees requires a large amount of supplies. The Culinary Services Department works to provide fresh vegetables from local suppliers, including produce grown in-house by LMHS. The Department includes a full-time gardener who manages the nearly 1-acre plot on Dickerson Street that is used to grow cherry tomatoes, zucchini, cucumbers, melons, cabbage, cauliflower, broccoli and more. Last year, over 1,600 pounds

of produce was harvested from the location, and the use of raised beds this year will hopefully generate greater yields. New this year, Career and Technology Education Centers of Licking County (CTEC) partnered with LMHS to provide access to their glass greenhouse that allowed an early start on the produce-growing process.

In the Culinary Services Department, the staff members understand that food is a benefit to the community. "We appreciate the senior leadership at LMHS for seeing the potential our services have to impact the health of the community, and allowing us to find better ways to connect to people," Brian said. With a team-oriented approach, they work to create a hospitable, comfortable environment for all whom they serve. Staff members find great satisfaction when hearing community members say they dine at the Café because of the quality of food, value, and the service experience that is available to them.



LMHS Receives Modern Healthcare Recognition

Licking Memorial Health Systems (LMHS) was recently named to *Modern Healthcare's* Best Places to Work in Healthcare, a listing of the nation's top healthcare-related employers. The recognition from *Modern Healthcare* honors workplaces throughout the healthcare industry that empower employees to provide patients and customers with the best possible care, products and services. LMHS, which includes Licking Memorial Hospital, Licking Memorial Health Professionals and Licking Memorial Health Foundation, has been included in the list for the past five years.

"Inclusion on *Modern Healthcare's* Best Places to Work in Healthcare list is a great honor for our organization," said Rob Montagnese, LMHS President & CEO. "This award recognizes our dedication to improving the health of the community by continually increasing our standards and quality of care."

We take great pride in providing excellent benefits and a positive work environment for our employees."

The list was compiled after healthcare employers and employees responded to survey questions regarding key measures that are based on the following eight core areas:

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

LMHS is Licking County's primary healthcare provider. The *Modern Healthcare* recognition was preceded by additional recent recognition – the Fortune Great Places to Work Best Workplaces in Health Care award and *Becker's Hospital Review* 150 Top Places to Work in Healthcare awards were both announced in early spring.



Modern Healthcare
BEST PLACES TO WORK™ 2018

Pataskala Hosts **Active•Fit** Events



Active•Fit participants and their families recently enjoyed two annual events, both held in western Licking County. In May, families joined Licking Memorial Health Systems (LMHS) at the Pataskala Health Campus for an evening of active play on a variety of inflatable fun areas, as well as healthy snacks, prizes and health screenings. Afterward, attendees enjoyed an outdoor showing of the Disney/PIXAR animated film, *The Incredibles*. Over 750 community members joined LMHS for the event.

LMHS and the City of Pataskala sponsored the Active•Fit Mini-triathlon event for youth, ages 6 to 12, in June. The event offered an opportunity to complete a 2.5K bike ride, 1K run and 1-lap swim at the Pataskala Municipal Park. More than 65 participants received a special certificate to recognize their accomplishment.

Additionally, LMHS recognized the Active•Fit prize winners from Period 2 at the Family Movie Night in May. Participants in the Youth Wellness Program who completed their fitness goals between January 1 and April 30 were entered into a special drawing. Winners and their families received their prizes from LMHS as special recognition for their achievements.



Period 2 Winners Honored

1. **Nintendo Switch & fitness software** – Adelyn Dutton, Pataskala Elementary
2. **Nintendo Switch & fitness software** – A.J. Coss, Stevenson Elementary
3. **Nintendo Switch & fitness software** – Isaac Richey, Northridge Primary
4. **Bicycle** – Cierra Carpenter, Stevenson Elementary
5. **Bicycle** – Garrett Hughes, Etna Elementary
6. **Bicycle** – Malachi Overmyer, Etna Elementary
7. **Nike Shoes** – Nathan Young, Etna Elementary
8. **Nike Shoes** – Gabriella Burford, Ohio Virtual Academy
9. **iPod Touch with iTunes Gift Card** – Laine McKenna, Licking Valley Elementary
10. **iPod Touch with iTunes Gift Card** – Gabriella Smith, Pataskala Elementary
11. **iPod Touch with iTunes Gift Card** – Cade Orcutt, Etna Elementary
12. **iPod Touch with iTunes Gift Card** – Raegan Schmidt, Etna Elementary
13. **\$100 Dick's Sporting Goods Gift Card** – Bailey Moyer, Etna Elementary
14. **\$100 Dick's Sporting Goods Gift Card** – Max Moore, Stevenson Elementary
15. **\$100 Dick's Sporting Goods Gift Card** – Alaynah Roberts, Hillview Elementary
16. **\$100 Dick's Sporting Goods Gift Card** – Trevor Yerian, Etna Elementary
17. **\$100 Dick's Sporting Goods Gift Card** – James Reitz, Etna Elementary
18. **\$100 Dick's Sporting Goods Gift Card** – Dylan Gray, Etna Elementary
19. **\$100 Dick's Sporting Goods Gift Card** – Kyenna Clifford, Etna Elementary
20. **\$100 Dick's Sporting Goods Gift Card** – John Apel, Etna Elementary
21. **\$100 Dick's Sporting Goods Gift Card** – Kenzie Watson, Utica Elementary
22. **\$100 Dick's Sporting Goods Gift Card** – Carson Middlendorf, Etna Elementary
23. **\$50 Dick's Sporting Goods Gift Card** – Wyatt Lohr, Licking Valley Intermediate
24. **\$50 Dick's Sporting Goods Gift Card** – Brody Moyer, Etna Elementary
25. **\$50 Dick's Sporting Goods Gift Card** – Lacey Carlow, Etna Elementary
26. **\$50 Dick's Sporting Goods Gift Card** – Landon Russell, Etna Elementary
27. **\$50 Dick's Sporting Goods Gift Card** – Sara Raaker, Etna Elementary
28. **\$50 Dick's Sporting Goods Gift Card** – J.J. Holloway, Stevenson Elementary
29. **\$50 Dick's Sporting Goods Gift Card** – Zackary Roach, Etna Elementary
30. **\$50 Dick's Sporting Goods Gift Card** – Sarah Kleeh, Etna Elementary
31. **\$50 Dick's Sporting Goods Gift Card** – Nichole Breech, Etna Elementary
32. **\$50 Dick's Sporting Goods Gift Card** – Sydney Cottrell, Stevenson Elementary



Camp Feelin' Fine Provides Asthma Education and Summer Fun



To help local children care for their asthma, Licking Memorial Hospital (LMH) sponsors Camp Feelin' Fine, an annual day camp comprised of educational games and activities. Twenty-four children attended this year's event on June 1 at Infirmary Mound Park south of Granville. Attendees acted as CSIs, or Cough Source Investigators, and participated in investigative-themed activities and presentations designed to help youth learn more about asthma, manage their symptoms and interact with others who also have the condition.

such as pollen, strenuous exercise, dust and pet dander. The Respiratory Therapy Department at LMH is staffed with state-licensed respiratory care professionals who work under the direction of a physician and assist with the diagnosis, treatment and management of patients with pulmonary disorders.



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



Licking Memorial Pediatrician Richard A. Baltisberger, M.D., members of the Licking Memorial Respiratory Therapy Department, and other Licking Memorial Health Systems (LMHS) staff taught participants ways to avoid common "triggers" of an asthma attack,

LMHS Youth Summer Camps



Camp A1c, July 20, 9:00 a.m. – 3:00 p.m., Bryn Du Mansion Carriage House and Lawn

Youth, ages 7 to 12, who have diabetes are invited to join this one-day camp for camaraderie, fun activities and educational presentations. This event also is an excellent opportunity for parents to network and discuss diabetes issues. Camp A1c is free; however, space is limited and registration is required. To register, please call (220) 564-4915.



Camp Courage, August 3, 9:00 a.m. – 3:00 p.m., Infirmary Mound Park

Youth, ages 7 to 12, who have had an encounter with cancer, whether personally or through a family member, are welcome to attend this camp, designed to reduce stress and anxiety due to the uncertainties of the disease. The event schedule will include activities, crafts, presentations and more! Camp Courage is free; however, space is limited and registration is required. To register, please call (220) 564-1890.

Active•Senior Celebration Rewards Healthy Lifestyles

Over 100 seniors, ages 60 years and up, joined Licking Memorial Health Systems (LMHS) for the Active•Senior Celebration at the conclusion of the second year of the program. The event was held at the Bryn Du Mansion Field House in June, where a healthy meal was provided, along with fun activities and rewards for participants in the program. LMHS President & CEO Rob Montagnese served as emcee for the evening.

During the auction, participants had the opportunity to use points earned throughout the year through the Active•Senior program to bid on exciting prizes. Active•Seniors who are enrolled in the program track and complete health goals to earn points throughout the year in four categories: Physical, Nutritional, Mental and Social. To be eligible for the auction, seniors needed to achieve at least eight goals in each of the categories. Auction prizes included a Columbus Zoo Membership, Canal Market District tokens, dinner at the Granville Inn, an iPad, valuable gift cards and more.

The Celebration featured various games for attendees, including plinko, corn hole toss, fortune wheel and mini golf, with prizes for winners. Attendees were able to visit information tables and receive health screenings during the event.

The Active•Senior program is a goal-oriented health program to benefit seniors in Licking County. The goals of the program are to:

- 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.

The Active•Senior program was designed with activities which have been reviewed and approved by medical staff, physical therapists and dietitians to ensure a well-balanced program. However, individuals should discuss their personal exercise and nutrition goals with their physician.

The 2018-2019 goal program began on May 1 and continues through April 30, 2019. The next event is the Active•Senior Brunch Walk, which is scheduled on Tuesday, August 21, at the Rotary Park Playground in Newark. For more information or to register for the Active•Senior program, please visit www.LMHSActiveSenior.org, or call LMHS Public Relations at (220) 564-1560.



Active•Senior

Brunch Walk

Licking Memorial Health Systems (LMHS) invites seniors ages 60 years and up to the **Active•Senior Brunch Walk** on **Tuesday, August 21, at 9:00 a.m.** Participants will enjoy a walk beginning at the Rotary Park Pavilion and Playground, located on Sharon Valley Road in Newark, as LMHS Director of Pastoral Care Jeff Smith discusses Advance Care Planning. A healthy brunch will follow the walk.

The event is free; however, registration is required. To register for the walk, please call LMHS Public Relations at **(220) 564-1560**.



Active•Fit



UPCOMING EVENTS

Active•Fit Bowling

Wednesday, July 25
3:00 to 5:00 p.m.
Park Lanes Bowling Center,
701 Hopewell Drive in Heath

Active•Fit Field Day

Tuesday, August 9
3:00 to 5:00 p.m.
Alford-Reese Park (NASA Fields),
600 Baker Boulevard in Newark

All events are free to the community, and pre-registration is required. Unless otherwise noted, Active•Fit activities are reserved for youth, ages 6 to 12 years. Outdoor activities are subject to the weather.

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



New Appointments



André M. de Leon, M.D.,
joined Licking Memorial Family
Practice – Granville.



Christopher M. Forbush, D.O.,
joined Licking Memorial Family
Practice – Doctors Park 5.



Debra A. Heldman, M.D.,
joined Licking Memorial
Heart Center.



Donald J. Lewis, M.D.,
joined Licking Memorial Urology.



Patricia S. Merrick, APRN-CNP,
joined Licking Memorial
Heart Center.



Adam D. Schmidt, PA-C,
of Orthopedic Specialists and
Sports Medicine, Inc., joined the
LMH Medical Staff.



James E. Smith, APRN-CNRA,
joined Licking Memorial
Anesthesiology & Pain
Management.

Physician Spotlight

Terrill Burnworth, D.O., joined Licking Memorial Hospital in January 2001 and currently serves as the Medical Director of the Emergency Department (ED), managing all aspects of the care provided by the practitioners in the ED and Urgent Care locations. Born in Steubenville, Ohio, Dr. Burnworth is a graduate of Weirton Madonna High School, West Virginia University School of Pharmacy, and West Virginia School of Osteopathic Medicine. He is a member of the American College of Osteopathic Emergency Physicians and the American Osteopathic Association, and his special areas of interest are trauma and ultrasound. Dr. Burnworth received the LMHS MVP award in 2006. He and his wife, Brittney, have two sons, Andrew and Maddox.



Ask a Doc – Food Poisoning with Terrill Burnworth, D.O.

Question: How do I know if I have food poisoning?

Answer: During the warmer months, many people enjoy picnics, parties and camping outdoors, increasing the incidents of foodborne illnesses – otherwise known as food poisoning. Many popular picnic and party foods can become contaminated with bacteria, viruses and parasites during processing or production, or from improper handling or cooking. Most often, food poisoning is mild and resolves without treatment. Symptoms vary with the source of contamination, but will likely start within hours of eating contaminated food.

Produce and raw meats can become contaminated at any point of production including growth, harvesting or processing, but an infected food handler, or improper storage or cooking also can spread contaminants. Common contaminants that cause foodborne illnesses include listeria, salmonella, E. coli and Rotavirus. The bacteria or virus can spread because foods are either undercooked, not cleaned properly, or left out too long. Bacteria grows and spreads quickly in warm conditions. Whether someone becomes ill after eating contaminated food depends on the organism, the amount of exposure,

age and current health. High-risk groups include:

- Older adults – the immune system may not respond as quickly and as effectively to infectious organisms.
- Pregnant women – changes in metabolism and circulation may increase the risk of food poisoning.
- Infants and young children – the immune system of the young has not fully developed.
- People with chronic diseases – having a chronic condition, such as diabetes, liver disease or AIDS, or receiving chemotherapy or radiation therapy for cancer reduces the immune response.

Food poisoning symptoms vary with the source of contamination, but most types of food poisoning generally cause nausea, vomiting, watery diarrhea, and abdominal pain and cramps. Signs and symptoms may start within hours after eating the contaminated food, or may begin days or even weeks later. Sickness caused by food poisoning generally lasts from a few hours to several days. The most common serious complication of food poisoning is dehydration – a severe loss of water and essential salts and minerals. Drinking plenty of fluids should help

avoid dehydration. A mild case of food poisoning usually passes on its own with rest and lots of fluids. Call or visit a physician if there are any signs of the following:

- Blood in stool or vomit
- Green or yellow colored vomit
- Severe dehydration
- Fever above 101 degrees
- Severe and/or constant pain in the abdomen
- Passing out
- Trouble swallowing or breathing

The best defense against food poisoning is prevention. When preparing food for picnics or parties, keep hands and surfaces clean, and wash produce thoroughly. Avoid cross-contamination by keeping raw meats away from other foods. Also avoid using the same kitchen tools and surfaces to prepare raw meats and other foods. Keep foods at the proper temperatures by cooking raw meats and poultry to the recommended safe internal temperatures, and refrigerating perishable foods. Food left out of refrigeration for more than two hours may not be safe to eat. When in doubt – throw it out.



Quality Reporting to the Community

Patient Story and Benchmarks for Stroke Care

Patient Story – Kathy Mehler

affected her speech and mobility. “Ben Broyles was significant in coordinating my transfer and admittance to the LMH Acute Inpatient Rehabilitation Unit. The entire rehab team at Licking Memorial is outstanding! They worked with me every day and I came out walking,” Kathy said. David Koontz, D.O., supervised Kathy’s care during her stay in the Unit. “Dr. Koontz was remarkable. He was courteous and focused on me as a patient, very devoted to my recovery,” she explained. Rehabilitation staff helped Kathy relearn the basic movements used to perform many daily activities, such as laundry, baking, cooking and getting in and out of a vehicle. “They knew I enjoyed bowling and even got me bowling pins so I could practice during my therapy. I attribute my recovery to the phenomenal individuals in the Unit.” She spent two weeks at LMH and then continued both physical and speech therapy for an additional three weeks through the LMH Home Care program. “The medical staff who assisted me was so caring and helpful. I cannot say enough about the excellent care I received. I am very grateful.”

Kathy did have not any risk factors or experience any preliminary signs of a stroke. In an effort to determine underlying conditions, Dr. Chandos ordered an MRI and electroencephalogram (EEG) after her recovery. An EEG is a test that detects abnormalities in brain waves, or in the electrical activity of the brain. During the procedure, electrodes consisting of small metal discs with thin wires are attached to the scalp. The electrodes detect tiny electrical charges that result from the activity of the brain cells. Both tests produced normal results. “Dr. Chandos did not order unnecessary tests or prescribe expensive unnecessary medication. I appreciate that he is respectful of my time and money,” noted Kathy. “I take a small aspirin daily and

regularly follow up with Dr. Chandos, who has even contacted me himself to follow up on my progress. He has been marvelous and the best physician I have encountered – very kind, sensitive and attentive to my needs.”

As a breast cancer survivor, Kathy is no stranger to adversity. After receiving her diagnosis in 2001, Jacqueline Jones, M.D., of Licking Memorial Hematology/Oncology, helped Kathy battle the disease, which has now been in remission for 16 years.

Determined and positive, she quickly recovered from her stroke in just a few months. Kathy is very thankful for all the support she received throughout her recovery from friends and church family. She received so many letters while at LMH, some days the nurses would say, “The entire carton is for you!” Kristin Santiago, Pastor at Christ Lutheran in Heath, was at the Hospital on the night that Kathy suffered her stroke. “Her presence was strengthening,” she added.

Kathy is an avid bowler and participates annually on a team, which placed second in the league this year. She also enjoys golfing and quilting and makes every effort to keep herself busy on a daily basis. Kathy admits that she is known for her delectable cream puffs and delivered some to the Rehabilitation Unit to show appreciation for their tremendous care. Born in Perry County, Kathy has lived in Licking County since 1968 and has an adult daughter, Heidi.

Brandon Chandos, M.D., joined Licking Memorial Neurology in 2017 and provides comprehensive stroke care throughout every stage of the process. He has participated in clinical trials and research for multiple sclerosis, dementia, stroke, epilepsy and carotid stents. Dr. Chandos is board certified in neurology and sleep medicine.

On December 14, 2017, Kathy Mehler suffered a stroke while driving home from a Lions Club meeting. Two friends who were riding with her realized what was happening and repeatedly told her to pull over. “I could hear what they were saying to me, but just could not respond. I felt helpless,” Kathy explained. After several painfully long minutes, she was able to miraculously stop her vehicle without incident. Fortunately, a police cruiser had been traveling behind her and stopped to assist. “I was so lucky they were right there to help. They saved my life,” she said. The police officers called the emergency squad to transport Kathy to the Licking Memorial Hospital (LMH) Emergency Department where she was attended to immediately. Magnetic resonance imaging (MRI) and computed tomography (CT) scans revealed two clots in her brain. Brandon Chandos, M.D., of Licking Memorial Neurology, was on call and examined Kathy. After evaluating her scans, he determined she was undergoing an acute ischemic stroke.

During an ischemic stroke, a blood vessel that delivers blood to the brain becomes clogged. This occurs when fatty deposits in arteries break apart and travel to the brain or when poor blood flow from an irregular heartbeat forms a blood clot. Tissue plasminogen activator (tPA), the only FDA-approved treatment for ischemic strokes, was administered to Kathy. tPA is given through intravenous therapy (IV) in the arm and dissolves clots and improves blood flow to the affected part of the brain. Dr. Chandos recommended Kathy be transferred to a Columbus hospital for thrombus extraction – removal of the clots. The next morning, Kathy suffered another stroke. Approximately three weeks later, she was able to transfer back to LMH for rehabilitation care. The stroke had

Stroke Care – How do we compare?

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

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

| | LMH 2015 | LMH 2016 | LMH 2017 | LMH Goal |
|---|----------|----------|----------|----------|
| Eligible stroke patients who received timely thrombolytic drugs in the ED | 86% | 83% | 78% | 85% |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | LMH Goal |
|---|------------|------------|------------|------------|
| Median time from arrival to administration of tPA | 84 Minutes | 80 Minutes | 60 Minutes | 60 Minutes |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | National ⁽¹⁾ |
|---|----------|----------|----------|-------------------------|
| Stroke patients in the ED with brain scan results within 45 minutes | 46% | 74% | 88% | 72% |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | National ⁽³⁾ |
|--|----------|----------|----------|-------------------------|
| Ischemic stroke – inpatient mortality rate | 1.23% | 0.85% | 1.03% | 2.41% |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | National ⁽³⁾ |
|---------------------------|----------|----------|----------|-------------------------|
| Incidence/prevalence rate | 26.99% | 20.73% | 16.42% | 18.52% |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | National ⁽³⁾ |
|--|----------|----------|----------|-------------------------|
| Ischemic stroke – percentage with AFib | 20.37% | 25.64% | 14.43% | 25.11% |

Stroke Care – How do we compare? (continued on page 20)



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

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

| | LMH 2015 | LMH 2016 | LMH 2017 | National ⁽³⁾ |
|---|----------|----------|----------|-------------------------|
| Ischemic stroke – percent discharged home | 45.06% | 41.03% | 47.42% | 50.00% |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | National ⁽²⁾ | LMH Goal |
|--|----------|----------|----------|-------------------------|----------|
| % LMHP coronary artery disease patients seen receiving blood-thinning medication | 92% | 93% | 94% | >80% | >85% |

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

Sleep Disorders Increase Risk for Stroke

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, which deprives brain tissue of oxygen and nutrients, causing brain cells to die. Healthy lifestyle choices, including practicing good sleep habits, can change or lower risk factors that can lead to a stroke. Despite medical warnings, many choose to curtail sleep in favor of social, leisure, or work-related activities resulting in an increased risk to the health of the brain. In addition, sleep disorders, such as obstructed sleep apnea (OSA), can deprive the brain of adequate oxygen and are now listed among the risk factors of stroke. Getting enough sleep and seeking treatment for sleep apnea can help prevent a deadly brain attack.

Sleep apnea occurs when a person's breathing is interrupted repeatedly for 10 or more seconds during sleep. On average, these episodes occur at least five times per hour and possibly hundreds of times every night. The most common form of sleep apnea is obstructive sleep apnea, a result of an issue in the upper airway. Enlarged or swollen tissues collapse or relax during sleep and block the passage of air leading to gasping or loud snoring. When breathing stops, the body asserts strong efforts to open the airway and resume the airflow. The condition causes low oxygen levels that leave the brain vulnerable to stroke. As the body struggles to breathe, the nervous system releases surges of stress hormones

which elevate blood pressure levels and lead to fluctuations of the heart rate. Over time, these ongoing and untreated conditions during sleep will lead to systemic problems with uncontrolled high blood pressure (hypertension) and a heart arrhythmia condition known as atrial fibrillation (AFib). Hypertension and AFib also are two well-known risk factors for stroke.

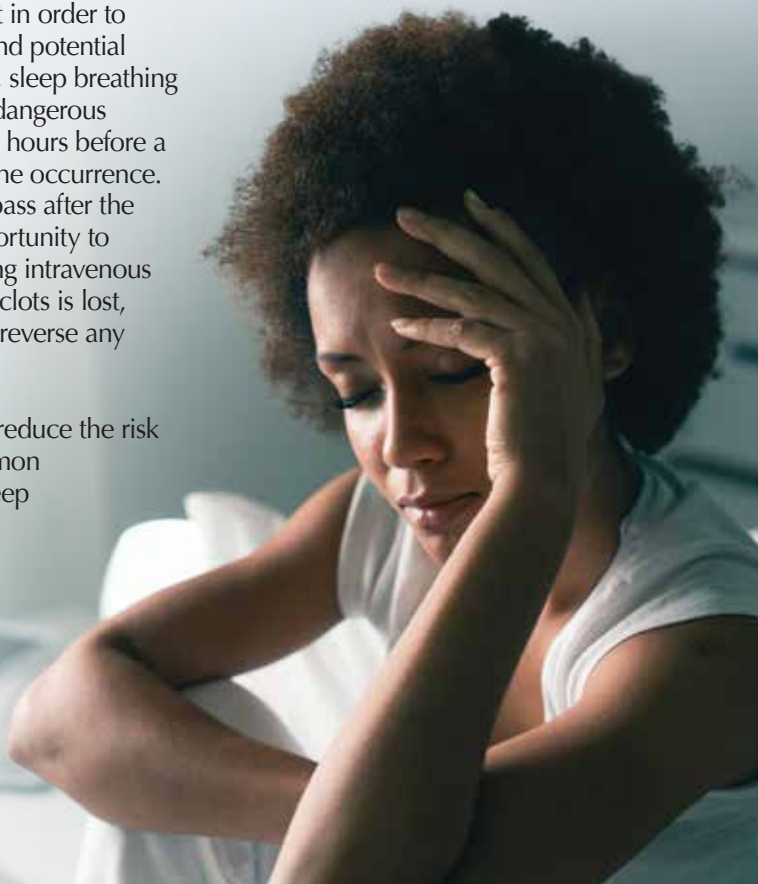
A stroke is a medical emergency that requires prompt treatment in order to minimize brain damage and potential complications. Therefore, sleep breathing problems are even more dangerous because it may be several hours before a stroke victim is aware of the occurrence. If more than three hours pass after the onset of a stroke, the opportunity to start critical treatment using intravenous therapy to dissolve blood clots is lost, eliminating the chance to reverse any severe damage.

Treating sleep apnea can reduce the risk of stroke. The most common signs and symptoms of sleep apnea include:

- Loud snoring
- Episodes of breathing cessation
- Abrupt awakenings accompanied by shortness of breath
- Awakening with a dry mouth

- Difficulty staying asleep
- Poor concentration or sleepiness during the day

Talk to a primary care physician about a sleep study for a proper diagnosis of a sleep disorder.



In the early morning of February 25, 4-year-old Bentley Phillips was suffering from an asthmatic flare-up and not responding to breathing treatments at home. His parents, Scott and Melissa, took him to the Licking Memorial Hospital (LMH) Emergency Department. Upon their arrival around 3:00 a.m., Bentley quickly was triaged and placed in a room. A nurse came to the room soon after they were settled and Richard J. Limperos, M.D., arrived before she could finish gathering information regarding Bentley's current symptoms and history. "The efficiency was very impressive and appreciated, especially when we were so tired and hoping for a short visit before returning home after an already long evening," Melissa commented. "Dr. Limperos quickly diagnosed Bentley and identified the care he needed. He was very knowledgeable of his condition and medication dosages and took the time to ensure all of our questions were addressed," she continued.

Chest X-rays were ordered and respiratory therapist Jon Lawton came to consult with Melissa and Scott. "He was one of the best clinicians I have met in Bentley's four years of asthma treatments," said Melissa. "He too was very knowledgeable, professional and spent time with my husband and me answering questions we had about our son's condition."

The respiratory therapist reviewed the correct usage and care of a nebulizer – a delivery device that administers medication in the form of a mist inhaled into the lungs. Nebulizers are commonly used for the treatment of various respiratory diseases or disorders. "No one had ever explained to me that I needed to change the device filter every three months. Bentley's had not been changed in three years," she said. New filters changed on an appropriate schedule

Quality Reporting to the Community

Patient Story and Benchmarks for Emergency Care

Patient Story – Bentley Phillips

would not only decrease treatment times for Bentley, but ensure that he was receiving all the medication in each dose. He explained how and where to order new filters, along with the estimated cost.

"As a parent, you worry about giving so much medication to your young child," Melissa commented. "He assured me that it was important to give Bentley medication when he needs it to keep his asthma under control and maintain his treatment regimen. He was very supportive and explained the signs of overmedication to look for and the maximum doses to safely administer. We appreciated the extra time he spent with us."

The Phillips' visit to the ED lasted about two hours that morning. "We were so impressed with how quickly everything happened. The physicians are very familiar with the condition and we did not have to advocate to them regarding Bentley's treatments, for which we were very grateful," Melissa shared.

Bentley was diagnosed with chronic asthma at two weeks of age, shortly after being adopted by Melissa and Scott. He is under the care of a pulmonologist, takes four daily medications and uses a nebulizer regularly. However, Bentley still suffers from occasional flare-ups, typically in the spring and fall seasons, that can be very serious. During a flare-up, Bentley experiences an intense dry hacking cough, mostly at night, which is accompanied by diminished breath sounds and sometimes a runny nose. Colds and strenuous exercise tend to trigger his asthmatic flares.

Bentley has visited the LMH ED several other times as a result of his asthma. Each time, Bentley has been diagnosed and treated promptly. The family was treated well and received helpful consultations. Bentley contracted Influenza A this past spring which triggered a flare and, subsequently, a trip to the ED. After being infected with influenza, the lungs of an asthma patient continue to be impacted

for weeks longer than the usual patient. The physician on call consulted Bentley's pulmonologist and they agreed on appropriate treatment – further use of a steroid to control symptoms. When Bentley was still struggling with symptoms a few weeks later, a third trip to the ED was necessary. "The physician consulted the pediatrician on call, listened to our concerns and was very open to our suggestions," Melissa noted. Bentley was diagnosed with a sinus infection and prescribed an antibiotic which cleared up his symptoms in a few days.

Bentley is currently preparing for sinus surgery. Physicians are hopeful that the removal of his adenoids will open his airway, providing easier breathing. He also will undergo a bronchoscopy, a procedure used to visualize a patient's lungs and airways for diagnostic purposes. "We are very grateful to have such an excellent healthcare facility close to home. We have been impressed and satisfied with the outcome at each of our visits and will certainly recommend LMH for anyone needing emergency care," concluded Melissa.

The LMH Emergency Department managed 55,398 patient visits in 2017. The Emergency Department is open 24 hours a day, seven days a week, for patients who have serious or life-threatening injuries and illnesses. LMH also operates three Urgent Care facilities, conveniently located throughout the county, in Pataskala, at One Healthy Place off Broad Street, in Granville, at 14 Westgate Drive off of Route 16 and the newest location, 20 West Locust Street in Downtown Newark. Wait times in the ED can be lengthy for patients with minor symptoms, since those with the most acute conditions must be seen first. Patients with minor symptoms may find shorter wait times, as well as lower costs, at one of the Urgent Care facilities. Please visit the home page of LMH's website, www.LMHealth.org, to check the approximate number of patients waiting at each facility.

Emergency Care – How do we compare?

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

1. During 2017, there were 55,398 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

| | LMH 2015 | LMH 2016 | LMH 2017 | National |
|--|----------|----------|----------|--------------------------------|
| Median length of stay in the ED for all patients* | 185 min. | 175 min. | 171 min. | 286 min. ⁽¹⁾ |
| Median length of stay in the ED for patients discharged home* | 170 min. | 161 min. | 158 min. | 161 min. ⁽²⁾ |
| Median length of stay in the ED for patients admitted to the Hospital* | 245 min. | 230 min. | 248 min. | 300 min. ⁽²⁾ |
| Median length of time from arrival until seen by a physician* | 27 min. | 23 min. | 22 min. | 24 min. ⁽²⁾ |
| Median length of time from the ED physician's decision to admit a patient until the patient arrives in their Hospital room | 83 min. | 69 min. | 86 min. | 107 min. ⁽¹⁾ |
| Percentage of patients who are in the ED for more than 6 hours | 5.7% | 4.2% | 4.4% | 7.1% ⁽¹⁾ |

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

2. In 2017, LMH operated three Urgent Care facilities: Licking Memorial Urgent Care – Pataskala, Licking Memorial Urgent Care – Granville and Licking Memorial Urgent Care – Downtown Newark. Patients are encouraged to visit Urgent Care rather than the ED when they have illnesses and injuries that are not life-threatening, but need immediate attention, such as ear infections, minor fractures and minor animal bites. Urgent Care visits usually require less time and lower costs than visits to the ED. During 2017, there were 18,136 visits to Licking Memorial Urgent Care – Granville, 7,889 visits to Licking Memorial Urgent Care – Pataskala and 12,740 visits to Licking Memorial Urgent Care – Downtown Newark.

| | LMH 2015 | LMH 2016 | LMH 2017 | Goal |
|--|----------|----------|----------|---------------------------|
| Urgent Care - Downtown Newark time to see physician | N/A | N/A | 24 min. | Less than 30 min. |
| Urgent Care - Granville time to see physician | 19 min. | 21 min. | 16 min. | Less than 30 min. |
| Urgent Care - Pataskala time to see physician | 17 min. | 19 min. | 18 min. | Less than 30 min. |
| Urgent Care - Downtown Newark average length of stay | N/A | N/A | 54 min. | Less than 120 min. |
| Urgent Care - Granville average length of stay | 49 min. | 50 min. | 43 min. | Less than 120 min. |
| Urgent Care - Pataskala average length of stay | 47 min. | 47 min. | 45 min. | Less than 120 min. |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | Goal |
|---|----------|----------|----------|-------------------------|
| Average time to opened artery | 60 min. | 53 min. | 54 min. | 61 min. |
| Percentage of patients with arteries opened within 90 minutes | 100% | 100% | 97% | 96% |
| | LMH 2015 | LMH 2016 | LMH 2017 | National ⁽²⁾ |
| Median time from arrival to completion of EKG | 4 min. | 2 min. | 3 min. | 7 min. |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | Goal |
|---|----------|----------|----------|---------------------|
| ED patients who return to the ED within 24 hours of discharge | 1.3% | 1.4% | 1.2% | Less than 2% |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | Goal |
|---|----------|----------|----------|---------------------|
| Patients admitted to the Hospital within 72 hours of ED visit | 0.7% | 0.7% | 0.6% | Less than 1% |

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

| | LMH 2015 | LMH 2016 | LMH 2017 | Goal |
|--|----------|----------|----------|---------------------|
| ED patients who leave before treatment is complete | 6.3% | 4.4% | 4.7% | Less than 3% |

7. Understanding a patient's pain level is important to LMH, and patients who arrive in the ED will be asked to describe their level of pain when first seen by a doctor or nurse. This helps to ensure quick identification of patients experiencing pain which allows for faster pain control.

| | LMH 2015 | LMH 2016 | LMH 2017 | Goal |
|------------------------------|----------|----------|----------|-------------------------|
| Assessment of pain completed | 96.4% | 96.3% | 96.8% | Greater than 95% |

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

Pain Medication Guidelines for Emergency Departments

After drug overdoses became the leading cause of injury-related deaths in Ohio, state lawmakers began working to establish an approach to prevent overdose deaths and promote responsible use of opioids. The Governor's Cabinet Opiate Action Team (GCOAT) was established in 2011, and the organization quickly implemented guidelines for emergency departments and medical providers to address prescription opioid misuse. The Licking Memorial Hospital (LMH) Emergency Department (ED) carefully adheres to these guidelines to facilitate a reduction in the supply of opioids and focus on drug abuse prevention. Physicians and providers consider non-opioid pain treatment alternatives, and are discouraged from prescribing pain medication for chronic conditions.

According to Ohio Guidelines for Emergency and Acute Care Facility Opioid and Other Controlled Substances (OOCs) Prescribing, prescriptions for chronic pain typically will not be provided if a patient has previously presented with the same problem or

received an opioid or other controlled substance from another provider within the last month. Emergency medical clinicians will not routinely provide:

1. Replacement prescriptions for OOCs that were lost, destroyed or stolen.
2. Replacement doses of Suboxone, Subutex or Methadone for patients in a treatment program.
3. Long-acting or controlled-release opioids (such as OxyContin®, fentanyl patches and Methadone).

LMH's Emergency Medicine physicians and nurse practitioners are encouraged to provide the most appropriate care to meet the unique needs of each patient. When a patient enters the ED due to pain, the first concern is to determine the cause of that pain and directly address the issue, such as a broken bone. The ED is not intended to treat chronic pain. The service is meant for patients who have life-threatening illnesses or injuries and need intensive care. While LMH staff members care about all patients, it is difficult to address chronic pain. Managing sub-acute and chronic pain

requires close monitoring of prescription medications and detailed planning, which are best provided by a primary care physician.

The guidelines for prescribing pain medication also include requirements for monitoring such medications. The Ohio Automated Rx Reporting System (OARRS) database was established to allow physicians quick access to prescription information. Anyone receiving a prescription for opioids or other controlled substances is entered into the database allowing staff members at LMH to determine if a patient has been taking a controlled substance. The state guidelines are meant to establish safety checkpoints on prescription opioids for long-term pain and help ensure that treatment is improving patients' quality of life without increasing the risk of opioid misuse and addiction. For patients experiencing pain, the ED is always available to provide appropriate treatment. The physicians are prepared to address serious injuries or illnesses that might be causing the pain.

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



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.

John and Joy Coleman

LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) presented John (not pictured) and Joy Coleman with a glass recognition piece in honor of their commitment to the William Schaffner Society. John and Joy live in Heath and have four adult children – Jessica, Michael, Matthew and Joseph.

Joy, a lifelong resident of Licking County, joined LMHS in 1994 and currently serves as the Physician Center Manager for the Licking Memorial Family Practice offices in Downtown Newark, East Newark and Licking Valley. She was recognized as an MVP in 2009 and received the Clarissa Ann Howard Award for Clinical Excellence in 2010. Joy graduated from Heath High School and received her associate degree in nursing from Central Ohio Technical College before receiving her Bachelor of Science in Nursing from Ohio University.

John is the pastor of East Fultonham United Methodist Church where Joy sings in the choir, leads children's ministries, and works in the food pantry. Since 2004, they have participated in medical mission trips to Haiti.



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.

Richard Kennedy, M.D.

Richard Kennedy, M.D., accepted a glass recognition piece from LMHS President & CEO Rob Montagnese (right) and Vice President Development & Public Relations Veronica Patton (left) in appreciation of his commitment to the Caduceus Society. He joined Licking Memorial Family Practice – Hebron in April 2017.

Dr. Kennedy received his Medical Degree from Wright State University Boonshoft School of Medicine in Dayton, Ohio. He completed a family practice residency at Mount Carmel Family Medicine in Columbus. In addition, Dr. Kennedy completed a fellowship in geriatric medicine at Indiana University School of Medicine in Indianapolis, Indiana. He is board certified in Family and Geriatric Medicine.

Dr. Kennedy is a member of a number of professional organizations including The American Academy of Family Physicians, Ohio Academy of Family Physicians, the American Medical Association, and the American Geriatrics Society. He has earned awards for his research and presentation of an article he authored titled, "Elder Abuse and Neglect: The Experience, Knowledge and Attitudes of Primary Care Physicians."

Before attending medical school, Dr. Kennedy received a Bachelor of Arts with honors in liberal arts and a Master of Arts in American history from The Ohio State University College of Arts and Sciences. He then earned his Juris Doctor at The Ohio State University College of Law and served as the Special Counsel to the Attorney General of Ohio. He also was the Prosecuting Attorney in Lawrence County and a history instructor at Ohio University in Athens.



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.

Benefactor

Shari Hively

Capital Improvement

TWIGS 6

Caduceus Society

The Hagele Family

Community Cornerstone Club

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In honor of Piper Louise Black
 By: Licking Memorial Hospital
 In honor of Drake Giovanni Fincato
 By: Licking Memorial Hospital
 In honor of Levi Daniel Kumler
 By: Licking Memorial Hospital
 In honor of Logan Walts
 By: Licking Memorial Hospital

General

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 Anonymous
 AmazonSmile
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Memorial

In memory of Lawrence Adams
 By: Susan and Stephen Schlicher
 In memory of Michael P. Ratterman, M.D.
 By: Deborah McPeek
 Joan Ratterman
 Wes and Donna Sargent

Paving Our Future

Clarissa Ann Howard
 Willard Kuhwein
 Robert McCaughy
 Mary Alice Swank

LMH Volunteers Honored at Annual Recognition Dinner

Licking Memorial Hospital (LMH) recently hosted the annual Volunteer Recognition Dinner to show gratitude to the nearly 200 individuals who regularly devote their time to serve in 41 different departments in the Hospital and at off-campus locations. LMH volunteers assist at special events, distribute mail, greet patients and provide many additional services throughout the Hospital and Licking Memorial Health Systems (LMHS). In 2017, LMH volunteers processed more than 161,000 items through special projects, made approximately 9,400 appointment confirmation phone calls, delivered more than 43,000 newspapers, and assisted nearly 12,000 patients and visitors by escorting them to their

destination or providing other assistance at the main Hospital and at the clinics located at LMH-Tamarack.

"We acknowledge your efforts and commend you for your spirit of volunteerism. Your value to our patients, employees and visitors is priceless," LMHS President & CEO Rob Montagnese (left) told the attendees. "Your dedication and service truly assist us in our mission to improve the health of the community. Your shared time and talents play a significant role in helping us achieve our goals and I would like to thank each of you," he continued.

The dinner included the presentation of service awards in five-year increments and the 2018 Donald Day Volunteer of the Year award. Nominees for Volunteer of the Year, who are selected annually for their excellent work ethic and volunteer contributions, included Donna Daniels,

Kay Eclebery, Gary Hamilton, Karen Hedrick, Joan Omler, Ralph Ottensmeier and Carol Yost. Gary Hamilton (center), who has volunteered more than 4,000 hours since 2011, and Karen Hedrick (right), who has served more than 1,515 hours in two years as an LMH volunteer, were honored as co-recipients of this year's Volunteer of the Year Award.

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

Past recipients of the Volunteer of the Year award include:

- 2017 – Phil Cassone and Pat Farley
- 2016 – Sue Weiland
- 2015 – Joan Omler
- 2014 – Eddie and Carolyn Cline
- 2013 – Harry Harper
- 2012 – Richard Stewart
- 2011 – Vickie Fogarty and Arlene Newman
- 2010 – Rene Halblaub
- 2009 – Elizabeth Ann Wood
- 2008 – Janet Anderson and Beverly Crockford
- 2007 – Betty Meyer
- 2006 – Noble Snow
- 2005 – Marye Crispin
- 2004 – Donald Day
- 2003 – Robert Norman



TWIGS Recognition Dinner

Licking Memorial Hospital (LMH) hosted a special recognition dinner in May to celebrate the 68th Anniversary of TWIGS, which stands for Togetherness, Willingness, Imagination, Giving and Sharing. There are four TWIGS committees at LMH comprised of community and staff members who raise funds for LMH through special events and sales, and operation of the TWIGS 8 Gift Shop at LMH and the TWIGS 6 Granville Thrift Shop on Tamarack Road.

TWIGS contributed \$101,174 to the Hospital in 2017, and the organization has raised more than \$5.3 million toward equipment needs and capital purchases at LMH throughout its 68-year history. Licking Memorial Health Systems President & CEO Rob Montagnese spoke to the group and expressed his appreciation for their dedication and support. "The high level of care we are able to provide our patients would not be possible without your hard work," Rob said. "The funds you raise help us invest in equipment and services to provide

excellent care to the community." The LMH Board of Directors Vice Chair Dave Doney also addressed the attendees, thanking them for their service to the Hospital.

This year, TWIGS Executive Board Chair Steve Schlicher honored 16 TWIGS members who had earned service awards in five-year increments, including Doris Spriggs who has dedicated 40 years to TWIGS. Doris was given a special glass clock to commemorate her service.

The TWIGS Executive Board Members are: Steve Schlicher, Chair and Corresponding Secretary; Nancy Barber, Vice Chair and Recording Secretary; Darlene Baker, Treasurer; and Kate Hannum, Assistant Treasurer. For information about becoming a TWIGS member, please call (220) 564-4079.



Zonta Supports LMHS with Award and Donation

The Newark Area Club of Zonta International 704 recently showed its appreciation to Licking Memorial Health Systems (LMHS) and the healthcare services it provides to local residents. In May, LMHS President & CEO Rob Montagnese attended the Champagne Luncheon, Silent Auction and Style Show as the recipient of the 2017-2018 Zonta Award (top photo) recognizing LMHS' many charitable efforts to improve the health of the community. The award honors an individual, business or club who partners with the Zonta Club through service, donations, advocacy, advertising or other means of support to benefit the community.

After raising funds through the Champagne Luncheon, the Newark Area Club of Zonta made a generous \$4,000 donation to benefit women's healthcare services at LMHS. Janae Davis, M.D. (bottom photo, second from right), of Licking Memorial Women's Health, accepted the contribution from (left to right) Rachel Campbell, Joan Garrett, Jean McKee and Judy DeBevoise at the Club's annual Summer Picnic in June. The Newark Area Club of Zonta is a Benefactor level donor and has contributed a portion of the funds raised from its Champagne Luncheon to LMHS since 1998.



Volunteer Spotlight – Sue Wiseman

Sue Wiseman has been making a difference at Licking Memorial Hospital (LMH) through her volunteer service since 2013. She has accumulated over 765 hours of service while volunteering every Monday and Thursday in Outpatient Surgery. Her role is to guide patients' families to designated rooms before and after surgeries. "Everything I do as a volunteer is a joy to my life," Sue says. "I love coming to the Hospital and doing my job."

Sue was born in Aster, West Virginia, and later moved to Newark where she attended Newark High School. After high school, she worked as a receptionist at a veterinary office in Licking County until her retirement, at which time she decided to volunteer at LMH.

The patients and volunteers with whom she works have positively impacted her volunteer experience. "The other volunteers and the patients are very pleasant to be around. Patients and their families are sometimes scared coming into Outpatient Surgery, and I like to make sure I greet them in a kind manner."

Sue spends much of her spare time reading books. She also enjoys feeding the birds and squirrels around her house, planting flowers, and spending time with her pug, Sophie.



Retiree Spotlight – Bonnie Tomsu

Bonnie Tomsu discovered a wealth of memories that had accumulated from living nearly three decades in the same house within Licking County. Since retiring from the Licking Memorial Hospital (LMH) Laboratory, she has spent time reviewing those memories, working on projects around the house and reminding herself to relax and enjoy her days. Bonnie spent 27 years in the Lab, and remembers those years with pride.

Bonnie moved to Ohio from Chicago to be closer to family for support for herself and her son. She started working at LMH in 1990 as a Chemistry Supervisor. She already had spent 17 years as a Medical Technologist and looked forward to continuing her career. Shortly after Bonnie began to work at LMH, the Lab was moved to a new location for expansion and additional state-of-the-art equipment.

After 12 years as a supervisor, Bonnie accepted the role of Point of Care

Coordinator. Her duties included maintaining instruments and monitoring quality control to produce excellent patient lab results. “The work brought me both laughter and tears,” Bonnie said. “I worked with a talented group of technologists, technicians, phlebotomists, nurses, patient technicians, Information Systems staff, physicians, and office personnel.” Before her retirement, she worked part-time completing special projects, which provided her an opportunity to get to know her coworkers on a more personal level. A number of retirees from the Lab gather for lunch regularly, and Bonnie plans to join them as often as she is able.

In February, Bonnie’s first grandchild, Charlie, was born. Three weeks after his arrival, she was able to travel to New York to meet him and spend time with her son, Travis, and daughter-in-law, Carolyn. The couple brought Charlie to Ohio to visit with Bonnie in June. She looks forward to many more visits both at her house and in

New York. Retirement also offers her the opportunity to spend time with her family in Licking County and Canal Winchester. Bonnie often attends her nephew’s and grand-nephew’s baseball games. She plans to continue her house projects and enjoy the opportunities for relaxation.



Development Spotlight – Jim Ward

Jim Ward recently joined the Licking Memorial Hospital (LMH) Development Council Community Relations Committee. As a member of the Development Council and having previously served on other various committees around Licking County, Jim knows that Licking Memorial Health Systems (LMHS) plays an important role in the community. He feels that the Development Council is an opportunity for community leaders from various backgrounds to provide valuable feedback and join LMHS in its mission to improve the health of the community. “It’s great to see so many leaders unite together with LMHS to try and make our community a better and healthier place,” Jim commented. “It is clear that LMHS aims to make a difference through their services, and it is amazing to watch these efforts come together through the different Development Council Committees.”

Jim sees the positive impact within the community through various LMHS initiatives, including numerous events advocating a healthy lifestyle and the importance of keeping optimal health at a personal and community level. “LMHS is deeply invested in the health of the community,” Jim stated. “Health and fitness are crucial to everyday life, and LMHS provides opportunities for the community to pursue proactive healthy lifestyles.”

A current resident of Licking County, Jim manages the operations at the Boeing Guidance Repair Center in Heath. He graduated from Lakewood High School and received a Bachelor of Science degree in information technology from the University of Phoenix. Jim coaches youth baseball and softball teams, and also enjoys hiking, working out, martial arts and spending time with his wife, Trinda,

and their five children, Hayli, Brandt, Ryan, Madison and Jessica.



Shred Day Donation Benefits LMH

Park National Bank (PNB) and Shred-it invited the community to drop-off shredding and recycling at the Downtown Newark PNB location during Community Shred Day in May. Community members were offered an opportunity to bring their sensitive documents and records to be shredded at no cost.

“As a healthcare organization, we understand the importance of protecting personal information,” said Licking Memorial Health Systems President & CEO Rob Montagnese (pictured, third from right). “Community Shred Day gives area residents the opportunity to securely dispose of private information, and we

are thankful that Park National Bank and Shred-it provide this valuable service to Licking County each year.”

Although there was no fee for the shredding services, donations were accepted on behalf of Licking Memorial Hospital (LMH). After collecting \$1,935.64 in donations, PNB employees (left to right) David Rice, Executive Vice President Matt Miller, Gabe Mauller, David Linn, Rob Howell, Michael Brandom and Dan Priest recently presented Rob with a check in that amount to benefit new technology at LMH.



Local residents were able to enjoy the spring weather and participate in an informative discussion on health-related issues at a recent Walk with a Doc event. The monthly program gives participants the opportunity to ask general questions concerning a featured topic during a casual 40-minute walk at scenic locations throughout Licking County.

In May, Kurt Palazzo, M.D. (top), of Licking Memorial Family Practice – Downtown Newark, provided information about Metabolic Syndrome, while leading attendees on the walking path at The Ohio State University at Newark campus. Thomas Hagele, M.D. (bottom), of Licking Memorial Dermatology, discussed skin cancer and Mohs surgery during a walk on the Dawes Arboretum Lake Trail Connector path in June.

The Walk with a Doc series will continue throughout the upcoming months with a variety of guest physician speakers, topics and walk locations. More details regarding the Walk with a Doc events are available on the back page of [Community Connection](#).



LMHS Honored as Top Contributor in Operation Feed Campaign

The 2018 Licking Memorial Health Systems (LMHS) Operation Feed campaign raised \$20,814 to benefit the Food Pantry Network of Licking County. The Food Pantry Network presented one of seven Grand Gourmet Awards to LMHS in May. The award recognized LMHS as the top overall campaign contributor in Licking County. LMHS has received this honor for the past nine years. LMHS employees, Jennifer Rice and Kalani Friend, accepted the award on behalf of LMHS from Charles Moore, Executive Director of the Food Pantry Network and the 2018 Operation Feed Campaign Chair Karen Rice from Park National Bank. The Food Pantry's Operation Feed campaign provides LMHS and other area employers, churches and schools with the opportunity to help community members in the Licking County area. LMHS employees have been participating in the campaign for more than 20 years.

To raise funds for the cause, LMHS hosted the 12th annual FEEDbay, an online employee auction of gently used items donated by Licking Memorial Hospital. The \$4,425 in proceeds were added to LMHS' total campaign donation. In addition to FEEDbay, employees contributed money to the campaign directly or through a one-time payroll deduction.



Community Education – Healthier for Life Workshop



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



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



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

Date: Thursday, August 9, 16, 23, and 30
Location: LMH First Floor Conference Rooms
Time: 6:00 – 8:00 p.m.
Speaker: Aundrea Parker, R.D., L.D.
 Donya Hageman, P.T.A., C-PT, CFNS
 Debra Y. Larabee, R.N., B.S.N.

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

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

Healthier for Life is a four-part program and will be held on four consecutive Thursday evenings, August 9, 16, 23 and 30, from 6:00 to 8:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Participants should plan to attend all four sessions. A boxed meal will be provided for all participants. The program is free; however, space is limited and registration is required. To register, please call (220) 564-2527.

“For Your Health” 5K Run/Walk & 1-mile Fun Walk Set for July 28



The 11th annual “For Your Health” 5K Run/Walk and 1-mile Fun Walk will take place on Saturday, July 28, at The Dawes Arboretum, 7770 Jacksontown Road SE in Newark. The Licking Memorial Hospital (LMH) Development Council is presenting the community event in collaboration with The Dawes Arboretum, the Licking County Family YMCA, and Park National Bank. Sally and Lee Heckman, and their children – Will, Everett and Mae – will serve as the Honorary Chairs for the event.

Sally is the Vice President of Human Resources at First Federal Savings & Loan and serves on the LMH Development Council Executive Committee as Chair of the Community Relations Committee. Lee is a partner at Reese Pyle Meyer PLL where he specializes in estate planning, real estate and probate law. The family is very active and enjoys spending time together at the swimming pool. Individually, Sally and Lee have exercised at Always Forward CrossFit in Granville since 2012, Will and Everett participate in baseball and swimming, and Mae has fun keeping up with her older brothers.

In past years, the “For Your Health” 5K Run/Walk and 1-mile Fun Walk has benefitted from the support of other community leaders who served as Honorary Chairs. They include:

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

Participants in the event may choose to run or walk the 5K course, or complete the

1-mile Fun Walk course, which wanders through the scenic grounds of The Dawes Arboretum. RacePenguin will provide race management services. Awards will be presented to the top three male and female finishers overall, and the top three males and females in each age division. All participants who cross the finish line will receive a participation medal. Chip timing service will be used to determine the finishing times.

Registration for runners and walkers with timing chips is \$15 in advance, if received by 5:00 p.m. on July 20, or \$20 thereafter. There is no fee for walkers without timing chips, but registration is required. Advance registration for all events is available online at foryourhealth.itsyourrace.com/register.

Each registrant will receive a shirt and goody bag. Participants who register by July 20 at 5:00 p.m. may pick up their packets in the LMH First Floor Conference Rooms on Friday, July 27, between 3:00 and 6:00 p.m. Packets also may be picked up at The Dawes Arboretum on the day of the race.

Registration begins at 7:30 a.m. on event day. The 5K Run/Walk begins at 8:30 a.m., and the 1-mile Fun Walk starts shortly thereafter. This year, the 5K course will run in the traditional direction, and the race will feature self-seeded starting corrals based on estimated finish times.



Honorary Chairs Heckman Family
 Lee, Sally, Mae, Will, and Everett

Licking Memorial Health Systems' 2018 MVPs

Licking Memorial Health Systems' (LMHS) 2018 MVPs were chosen for their consistent demonstration of the LMHS CARE values: compassion, accountability, respect and excellence.



Beth Andrews, B.S.N., R.N.
Registered Nurse

Beth was born in Twentynine Palms, California, but has lived in Licking County for the past 26 years. After graduating from Newark High School, she earned her associate degree in nursing from Central Ohio Technical College (COTC) in 2008, and her bachelor's degree in nursing from Hondros College of Nursing in 2015. Beth was hired in 2016 and works in the Surgery Department assisting with procedures. She lives in Newark with her husband, Jeremy, and enjoys fishing, hunting, gardening, camping and reading.



Tiffany Barker
Patient Account Representative

Tiffany joined LMHS in 2009, and currently works in Patient Accounting. A lifelong resident of Licking County, she was born at Licking Memorial Hospital (LMH) and earned her associate degree in accounting from COTC. Tiffany lives in Hanover with her husband, Danny, and sons, Hayden and Colton. She enjoys watching her boys play baseball and spending time with them at the beach.



Michael D. Barth, M.D.
Family Practice Physician

Dr. Barth joined LMHS in 1995 and helped establish Licking Memorial Family Practice – Granville. Dr. Barth earned his Medical Degree from the Medical College of Ohio in Toledo and completed his family medicine residency at Mercy Hospital in Toledo. He has a special interest in mental health issues and received the Mental Health Physicians Award from Licking County in 2001. He is a member of the American Medical Association. In his spare time, Dr. Barth enjoys playing the keyboards with the Ultrasounds Jazz Band and volunteering at the Hullabaloo Theater at the Indian Mound Mall. He lives in Granville with his wife, Christina, and twin sons, Sebastian and Solomon.



Tessa Beck
Physician Center Clerk

Tessa was hired in 2008 and currently works at Licking Memorial Family Practice – McMillen assisting patients of Megan Miller, D.O. She lives in Newark, where she was born and raised, with her daughter, Harlie. Tessa enjoys spending time with her family and her fiancé, Brad, and his daughter, Lily. She also enjoys singing at the Family of Faith Community Church, and taking vacations to the beach.



Kristi Boley
Registered Medical Assistant – Outpatient Psych

Born at LMH and raised in Licking County, Kristi began her career with LMHS in 2003 and now works as a Registered Medical Assistant in the Outpatient Psychiatric Department. She processes all new patients and co-facilitates a ward discharge group with Elizabeth Yoder, D.O. Kristi enjoys motorcycle riding and spending time with her husband, Rick, her children, Jessica and Ricky, and four grandchildren, Dominick, Tyana, Avery and Brayden.



Traci Bonifant, R.N.
Registered Nurse

Hired in 2014, Traci has been working as a nurse for Kevin Ouweleen, M.D., at Licking Memorial Orthopedic Surgery for the past two years. A lifelong resident of Licking County, she was born at LMH, and earned her associate degree in nursing from COTC. Traci enjoys spending time with her sons, Branden and Nick, daughter, Taylor, and grandchildren, Flynt and Blakeley. She also enjoys travelling, crafting, party planning, and spending time outdoors with her Siberian Husky, Thor.



Kristin Casebolt, R.Ph., PharmD, BCCCP
Critical Care Pharmacist

Kristin began working in the LMH Pharmacy Department in 2007 shortly after receiving her Pharmacy Degree from Ohio Northern University. She received Antibiotic Stewardship certification from Stanford University School of Medicine in 2016 and became a Board Certified Critical Care Pharmacist in 2017. Kristin is the lead pharmacist for the LMHS Antimicrobial Stewardship Program. She lives in Granville with her husband, Paul, twin sons, Lucas and Nicholas, and daughter, Audrey. Kristin enjoys ballet, cooking and baking with her children.



Brenda Copeland
Environmental Service Assistant

Hired in 2013, Brenda is employed as an Environmental Services Assistant. She is a lifelong resident of Newark and was born at LMH. In memory of her mother, Jean Mellars, Brenda volunteers for the annual Breath of Hope Newark: Walk and Rally for lung cancer awareness. She spends as much time as she can with her father, six sisters, two sons, Tim and Robert, and two granddaughters. Brenda enjoys biking, walking, and casino trips with her father and siblings.



Brock Finelli
Radiologic Technologist – 2nd Shift Supervisor

Brock earned his associates degree in radiologic technology from COTC and began work at LMHS in 2012. He is a member of the American Society of Radiologic Technologists and is the Radiology Department's second shift supervisor. He lives in Pataskala with his partner, Jacob Schuarer, and their dog, Lola. Brock enjoys running, traveling, hiking, camping, and spending time with friends.



Marcia Flowers, R.N.
Registered Nurse

Marcia recently was honored for 10 years of service at LMHS. She works in the Intensive Care Unit as a charge nurse. Marcia earned her associate degree in nursing from COTC and currently is working to obtain her bachelor's degree from Chamberlain University. She enjoys bike riding and fishing with her husband, Luke, and two children, Braydon and Logan.



Kalani Friend
Health and Wellness Specialist

Kalani began her LMHS career in 2014 and oversees the Employee Health and Wellness program. She earned her bachelor's degree in sports management and physical education recreation from Heidelberg University, and her Masters of Business Administration degree from Mount Vernon Nazarene University. Kalani is the Active Living Chair for the Licking County Wellness Coalition, and coaches a team of 15 year-olds for USA Volleyball in the Ohio Valley Region. She previously was awarded the Licking County American Red Cross Hometown Hero Award.



Sara Fulton, R.N.
Patient Care Manager

Sara recently was promoted to Patient Care Manager for Maternity Services after previously serving as the department's Project Coordinator. A four-year employee of LMH, she graduated from Granville High School and earned a Bachelor of Science in Nursing from Mount Vernon Nazarene University, where she was a member of Sigma Theta Tau International Honor Society of Nursing. Sara is working toward her certification in inpatient obstetrics and has served on the Perinatal Quality Committee for two years. A lifetime resident of Licking County, she and her husband, Kyle, have three dogs. Sara's hobbies include spending time with family, hiking, kayaking, and traveling.



Aruna C. Gowda, M.D.
Hematologist/Oncologist

Dr. Gowda joined Licking Memorial Hematology/Oncology in 2012. She received her Doctor of Medicine degree at Kempe Gowda Institute of Medical Sciences in Bangalore, India. She completed an internship and residency in internal medicine at the State University of New York at Buffalo, and then completed a hematology/oncology fellowship at The Ohio State University. She is board certified in internal medicine, hematology and oncology. Dr. Gowda enjoys swimming, gardening and jogging.



Diane Hall
Clinical Systems Analyst, III

Diane performs system analysis, design, implementation and training of software systems. A 41-year employee and lifelong resident of Licking County, Diane graduated from Lakewood High School and attended COTC's first nursing class. She and her husband, John, have a son, Michael, a daughter, Cathy, and four grandchildren. Diane is a member of the Medical Users Software Exchange (MUSE) and received the LMH Cares Award in 1992. She is an avid Cleveland Indians fan, and also enjoys biking, walking, reading, sewing and traveling in her free time. Diane plans to retire in August.



Jessica Hartshorn, L.P.N.
Licensed Practical Nurse

Jessica joined LMHS in 2011 and has worked as a nurse in the family practice and dermatology offices. Since 2016, she has worked for the Licking Memorial Dermatologist Thomas Hagele, M.D., where she assists with Mohs surgeries, patient education for injectable medications, and reporting biopsy results. Jessica was born at LMH and is a graduate of Licking Valley High School and the Mid-East Adult LPN Program. She resides in Hanover and enjoys spending time with her husband, Bret, two sons, Briar and Chase, and daughter, Darci.



Renae Holt, R.N.
Registered Nurse

Since 2012, Renae has assisted stroke and orthopedic patients in the LMH Acute Inpatient Rehabilitation Unit. She previously worked on 5-South for four years as a charge nurse. A native of Mount Vernon, Renae graduated from Mount Vernon High School and earned an associate degree in nursing from Hondros College, where she is currently enrolled in the Bachelor of Science in Nursing program. Renae resides in Heath with her fiancé, Justin, and her children, Griffin, Brady and Norah. She enjoys spending time with her family, watching her children play sports, and traveling.



Shannon Huntsman, R.N., B.S.N.
Clinical Nurse Supervisor

Shannon earned an associate degree from COTC and a bachelor's degree from Ohio University, both in nursing. She is a certified registered nurse and has been working for LMHS since 2008. Shannon is currently a Clinical Nurse Supervisor for Cardiac Services. She lives in New Albany with her husband, Adam, daughter, Jayden, and German Shepherd, Tyson. A faithful supporter of Ohio team sports, she frequently attends Ohio State football, Cleveland Indians and Cavaliers games. Shannon's hobbies include traveling and shopping.



Elma Kintz
PBX Operator

Elma joined LMHS in 1994 and currently serves as a PBX Operator. A lifelong resident of Licking County, she was born in Newark and is a graduate of Utica High School and the Reynoldsburg Police Academy. Elma serves as Treasurer of the Ohio Valley Muzzleloading Gun Club and is a member of the National Muzzleloader Rifle Association and the Centerburg Conservation Club. Elma's hobbies include muzzleloader competitions, quilting, basket weaving and gardening.



Bassam Kret, M.D.
Hospitalist

Dr. Kret joined LMH in 2002 and currently serves as the Chief of Medicine. Dr. Kret received his Bachelor of Medicine degree from Damascus University, Syria, where he also completed an Obstetrics and Gynecology residency. He then completed an Internal Medicine residency at St. Joseph Mercy - Oakland in Pontiac, Michigan. He is a member of both the American Board of Internal Medicine and the Society of Hospital Medicine. Dr. Kret was recognized as the 2012 LMH Physician of the Year. He and his wife, Najwa, have two daughters, Rita and Zaina. In his free time, Dr. Kret enjoys playing tennis.



Teresa Lewis
Health Information Specialist

Teresa joined LMHS in 2012. A native of Zanesville, Teresa graduated from Zanesville High School and earned an associate degree in health information management from Zane State College. Teresa and her husband of 33 years, Joe, have three daughters, four granddaughters and a grandson. She is a Girl Scout troop leader and a member of the Girl Scout Service Team. In her free time, Teresa enjoys spending time with family and friends, geocaching, and reading.



Kateri Marie, R.N.
Registered Nurse

Kateri graduated from Tri-Valley High School and earned her associate degree with honors from COTC. She currently is working toward her bachelor's degree at Chamberlain University. Kateri served in the Army Reserves as a combat medic specialist. She has worked for LMHS since 2015 as a preceptor, emergency and charge nurse. In her spare time, Kateri enjoys horseback riding, camping and cooking. She lives in Frazeytsburg with her husband, Sean Elliott, her son, Azriel, and daughters, Sagen and Rowan Wollard.



Mary Kay Murray
Administrative Assistant, Rehabilitation Services

A lifelong resident of Frazeytsburg, Mary Kay joined LMH in 1999. She is a graduate of Tri-Valley High School and has a grown son, Adam. Mary Kay and her husband, Rick, share a passion for classic cars, and have restored several vehicles. She is an avid Ohio University football and basketball fan, and also enjoys gardening and reading.



Ben Orr
Transporter

Ben began his career at LMHS in 2013 and now serves as a Transporter for the LMH Radiology Department. He received his bachelor's degree in pastoral ministries at Pensacola Christian College to become an ordained minister. Ben's interests include spending time with his wife, Amanda, and his children, Matthew, Elena and Micah, and watching Ohio State University football.



Colt Patterson
Histology and Cytology Supervisor

Colt began working at LMH in 2009 and currently works in the Laboratory as the Histology and Cytology Supervisor. He enjoys spending time with his wife, Lyndsey, and daughter, Kennedy. His other interests include boating, hunting and golfing.



Rachel Richard
Culinary Specialist

Rachel began working at LMH in 2012 and has served as a Culinary Specialist throughout her tenure. She enjoys walking and running outdoors in Licking County, where she has resided for 10 years. Rachel's other interests include cooking, being creative, and spending time with family, friends and her dog, Luke.



Lenore Rieder
Chemotherapy Certified Pharmacy Technician

An LMH employee since 1992, Lenore works in the LMH Pharmacy Department as a Chemotherapy Certified Pharmacy Technician. She has received the 2001 President's Award as part of the Chemotherapy team. Lenore is a lifelong resident of Licking County, and enjoys camping and fishing.



Dustin Rouan
Document Specialist

Dustin began working at LMHS in 2016 as a Document Specialist. He attended Muskingum Area Technical College and Zane State College, located in Zanesville. Dustin enjoys reading, playing music, attending music concerts, and spending time outdoors with his wife, two daughters and his dog, Saint.



Laurie Schaeffer, D.O.
Dermatologist

Dr. Schaeffer joined Licking Memorial Dermatology - Pataskala in 2004. She earned her Doctor of Osteopathic Medicine degree from the College of Osteopathic Medicine at Ohio University in Athens, where she also received a bachelor's degree in biological sciences. She completed her dermatology residency with Pontiac Osteopathic Medical Center in Pontiac, Michigan, along with an internal medicine residency and an internship with Doctors Hospital in Columbus. Dr. Schaeffer is a member of the American Osteopathic College of Dermatology, the American Osteopathic Association and the Ohio Osteopathic Association.



Kristen Stare
Public Relations Specialist

Kristen began her service as a Public Relations Specialist at LMHS in 2016. She graduated Summa Cum Laude from Muskingum College (now Muskingum University) with a Bachelor of Arts degree in journalism. She and her husband of 21 years, Jeff, enjoy attending activities for their children, Gabriella, Gwendolyn and Ethan, and volunteering in the community. In her free time, she also enjoys family gatherings, photography and reading.



Tamarrah Summerfield
POCT

Tamarrah began her career at LMH in 2015 as a Point of Care Technician for 5-South. She graduated from C-TEC in 2011 and is interested in attending nursing school this fall. Tamarrah enjoys working, painting, gardening, taking cruises, and spending time outdoors with her family and her dog, Pepper.



Jimmy Untied
Senior Maintenance Mechanic

Jimmy began working at LMH in 1997 and now serves as the Senior Maintenance Mechanic for several LMHS buildings. He is a lifelong resident of Licking County and enjoys fishing, gardening, target shooting, walking and camping.



Chelsea Vest
Registration Specialist

Chelsea began her career at LMHS in 2014 as a Registration Specialist. She received her Bachelor of Science degree in athletic training at Urbana University in 2012. She enjoys reading, writing, playing sports, and spending time with her husband, Timothy, and children, Roman and Tyson.



Rusty Williams
Transporter

Rusty joined LMHS in 2014, working as a courier for two years before taking his current position as transporter. He earned his Bachelor of Science degree in business administration from Franklin University in 1981. Rusty enjoys working in his backyard plant nursery and renovating houses. He currently lives in Newark with his wife of 40 years, Cherie.



Licking Memorial Health Systems

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Community Events

LMHS Health Summer Camps

Please see page 14 for details about these free events.

Camp A1c – Friday, July 20, 9:00 a.m. to 3:00 p.m.

Camp Courage – Friday, August 3, 9:00 a.m. to 3:00 p.m.

Summer Active•Fit Youth Wellness Events

Please see page 16 for details about these free events.

Active•Fit Bowling – Wednesday, July 25, 3:00 to 5:00 p.m.

Active•Fit Field Day – Thursday, August 9, 3:00 to 5:00 p.m.

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

Saturday, July 28

Registration opens 7:30 a.m.

5K Run/Walk begins 8:30 a.m., 1-mile Fun Walk begins shortly thereafter. Registration fee required for runners and walkers with timing chips. Please see page 31 for more details.

Active•Senior Brunch Walk

Tuesday, August 21, 9:00 a.m.

Rotary Park, Sharon Valley Road, Newark

Participants will enjoy a walk beginning at Rotary Park Pavillion as LMHS Director of Pastoral Care Jeff Smith discusses Advance Care Planning. A healthy brunch will follow the walk. To register, please call LMHS Public Relations at (220) 564-1560. Please see page 15 for more details.

First Impressions – Maternal Child Classes

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

For more information or to register, call (220) 564-2527 or visit 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.

No charge. Open to the public.

Shepherd Hill, 200 Messimer Drive in Newark

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.

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

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

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