



Measurably Different ... for Your Health!

LMH – Tamarack Receives ODH License as Surgical Facility

Beginning July 9, outpatient surgical services will be available at Licking Memorial Hospital (LMH) – Tamarack, located at 2000 Tamarack Road in Newark. Licking Memorial Health Systems (LMHS) opened LMH – Tamarack in January with available outpatient services including the LMH



Wound Clinic, Outpatient Laboratory and select Pre-Admission Testing. The Ohio Department of Health recently licensed LMH – Tamarack as a surgical facility, which will allow LMHS to provide additional services at the new location. Eye surgeries will be among the first procedures performed at LMH – Tamarack, but plans to expand surgical offerings at the facility will include podiatric, urologic and minor orthopedic procedures.

LMHS Opens New Rheumatology Practice



Hufza Hanif, M.D.

Licking Memorial Health Systems recently added a new specialty physician practice to a growing range of available healthcare services within the community. Rheumatologist Hufza Hanif, M.D., is now available to treat adult patients in Licking County with musculoskeletal conditions and rheumatologic autoimmune disease. Licking Memorial Rheumatology is part of Licking Memorial Health Professionals, a group of more than 100 healthcare physicians in 23 areas of specialty who are dedicated to improving the health of the community.

Dr. Hanif received her Medical Degree from Dow Medical College in Karachi, Pakistan. She completed a residency in internal medicine at Ball Memorial Hospital in Muncie, Indiana, and a fellowship in rheumatology at Indiana University School of Medicine in Indianapolis, Indiana. She is board certified in internal medicine and rheumatology.

LMHS Opens New Rheumatology Practice (continued on page 3)

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

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COMMUNITY EDUCATION

Hepatitis C

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Tinnitus and Hearing Loss: Recent Advancements in Technology

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Stroke Care

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Concussions in Youth

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Rotator Cuff Repairs

Date: Thursday, August 22
Time: 6:00 p.m.

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Active•Fit Youth Wellness Program Celebrates First Anniversary

The Active•Fit Youth Wellness Program is wrapping up an incredibly successful inaugural year of promoting healthy lifestyles and habits for Licking County children. Over the past 12 months, more than 1,100 children, ages 6 to 12, enrolled in the free program to learn about the benefits of exercise, healthy eating and proper rest. A collaborative effort between Licking Memorial Health Systems (LMHS) and Newark Advocate Media, the Active•Fit Program motivates children to choose personal health and fitness goals, and lays the foundation for a lifelong commitment to personal wellness.



The Pataskala Health Campus hosted the first Active•Fit event of the summer with inflatable fun areas and games for Licking County youth.

The Active•Fit Program was created in response to the rise of childhood obesity throughout the United States. Recognizing that awareness and education were not enough, LMHS and Newark Advocate Media developed an idea to combine fun events, great prizes and educational activities into a free, goal-based program that motivates youth to make healthy changes. Each four-month period, Active•Fit participants choose eight fitness- and nutrition-related goals and enter their progress into their personal record at www.ActiveFit.org. Children who attain their goals with the help of a parent, guardian or mentor qualify for an incentive prize drawing.

Parents and teachers have given Active•Fit enthusiastic feedback because of their children's renewed excitement toward active and healthy lifestyles. "The Active•Fit Program makes it easy for children to take control of their health and fitness by choosing the goals they want to achieve each period," said Katey Shane of Utica, mother of Period 2 grand prize winner Mandie Farabee. "By being active and making better choices about what she eats and drinks each day, Mandie has lost 15 pounds since joining Active•Fit. Because of her success, her cousins also joined the program and they are all working together to meet the goals that they set for Period 3. It has been fun for Mandie to record her progress each day, which kept her on track to complete her goals. As her mother, I am thrilled to see how much better Mandie feels about herself through the confidence she has gained as a participant in the Active•Fit Program."

Due to the positive impact that the Active•Fit Program made locally, it earned three prestigious honors. Jackson Healthcare designated the initiative as a Program of Promise through its nationwide Hospital Charitable Services Awards. Active•Fit also was named as a finalist for Columbus Business First's annual Health Care Heroes Community Outreach Award and the Gannett Company's Greater Good Award. Uniquely encompassing

components of adult participation, online tracking, activity, nutrition education and free events, Active•Fit is the first initiative of its kind in the United States, and has captured the attention of outside organizations interested in modeling the program.

"Even in its infancy, the Active•Fit Program produced measurable results toward improving the health of the community," said LMHS President & CEO Rob Montagnese. "Other hospitals and health systems have inquired about adapting the successful Active•Fit template

for their own communities. It is exciting to think that our efforts to reduce childhood obesity in Licking County could become a model to promote healthy lifestyles in children throughout Ohio and, perhaps, the nation."

As part of Active•Fit Period 3, which began May 1 and continues through August 31, LMHS invited community members to the Pataskala Health Campus on Saturday, June 8, for a celebration of summer fun for the entire family. The festivities, which were offered free of charge, began with an Active•Fit event featuring inflatable fun areas and games, and concluded with an outdoor screening of Disney's *Wreck-It Ralph* at the first of three LMHS Family Movie Night events. All attendees enjoyed complimentary healthy snacks and beverages, as well.

In between the two events, LMHS honored the Active•Fit prize winners from Period 2. 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 gathered at the Pataskala Health Campus to receive their prizes and celebrate their achievements. Prizes included Dick's Sporting Goods gift cards, iPod Nanos with fitness software, Nike shoes, bicycles and Xbox 360s with Kinect and fitness games.

Each period of the Active•Fit Program features exciting events and opportunities for children to get active and learn about their health. Upcoming Active•Fit events include a Bowling event at Park Lanes in Heath on July 17, a Field Day at Alford-Reese Park (NASA Fields) in Newark on July 23 and a 1K run as part of the annual LMHS "For Your Health" 5K Run and Fun Walk at The Dawes Arboretum in Newark on August 3. For more information, or to register for the Active•Fit Youth Wellness Program at any time throughout the year, please visit www.ActiveFit.org.



Active•Fit Period 2 Winners

1. **Xbox 360 with Kinect and Fitness Software**
Mandie Farabee, Utica Elementary
2. **Xbox 360 with Kinect and Fitness Software**
Caleb Aeby, Licking Valley Intermediate
3. **Bicycle**
Alex Rush, St. Francis DeSales Elementary
4. **Bicycle**
Eli Kyle, Licking Valley Elementary
5. **Nike Shoes with iPod and Nike/iPod Connect**
Aubrey Barger, Licking Valley Elementary
6. **Nike Shoes with iPod and Nike/iPod Connect**
Amanda Guerin, Granville Intermediate
7. **iPod Nano with Fitness Software**
Megan Mazik, Granville Intermediate
8. **iPod Nano with Fitness Software**
Gwen Bowman, Granville Intermediate
9. **\$100 Dick's Sporting Goods Gift Card**
Benjamin Davis, Granville Intermediate
10. **\$100 Dick's Sporting Goods Gift Card**
Shaylin Baker, McGuffey Elementary
11. **\$100 Dick's Sporting Goods Gift Card**
Desiree Cook, McGuffey Elementary
12. **\$100 Dick's Sporting Goods Gift Card**
Kyleigh Atwood, McGuffey Elementary
13. **\$100 Dick's Sporting Goods Gift Card**
Devin McDonald, McGuffey Elementary
14. **\$100 Dick's Sporting Goods Gift Card**
Brynley Platt, McGuffey Elementary
15. **\$50 Dick's Sporting Goods Gift Card**
Madison Stretton, McGuffey Elementary
16. **\$50 Dick's Sporting Goods Gift Card**
Natalie Rioux, Granville Intermediate
17. **\$50 Dick's Sporting Goods Gift Card**
Kevin Fleming, McGuffey Elementary
18. **\$50 Dick's Sporting Goods Gift Card**
Adeline Hampton, Granville Intermediate
19. **\$50 Dick's Sporting Goods Gift Card**
Ethan Booher, Kirkersville Elementary
20. **\$50 Dick's Sporting Goods Gift Card**
Hailey Smith, Northridge Primary

LMHS Opens New Rheumatology Practice (continued from front page)

Rheumatology is the study and treatment of conditions that affect muscles, bones and joints. Some disorders that are commonly treated by a rheumatologist include:

- Rheumatoid arthritis
- Osteoarthritis
- Lupus
- Sjogren's disease
- Ankylosing spondylitis
- Psoriatic arthritis
- Arthritis related to Crohn's disease and ulcerative colitis
- Vasculitis
- Giant cell arthritis

- Polymyalgia rheumatica
- Inflammatory muscle conditions
- Fibromyalgia
- Osteoporosis
- Paget's disease

Licking Memorial Rheumatology is located in Moundbuilders Doctors' Park, Building 2, at 1272 West Main Street in Newark. The office is open Monday through Thursday, from 8:00 a.m. to 4:30 p.m., and Friday, from 8:00 a.m. to 12:00 Noon. To make an appointment with Dr. Hanif, please call (740) 348-7975.

Active•Fit

YOUTH WELLNESS EVENTS



Join Licking Memorial Health Systems for some great events this summer! All events are free and open to youth, ages 6 to 12. Participation at the events will count toward the Active•Fit Program goals.

Active•Fit Bowling

Date: Wednesday, July 17

Location: Park Lanes Bowling Center
701 Hopewell Drive
Heath, OH 43056

Time: 3:00 – 5:00 p.m.

This event includes free bowling during a two hour period. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided. Registration is limited.

Active•Fit Field Day

Date: Tuesday, July 23

Location: Alford-Reese Park (NASA Fields)
600 Baker Boulevard
Newark, OH 43055

Time: 3:00 – 5:00 p.m.

This event will include activities such as soccer, flag football, kickball and freeze tag. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided. Registration is required.

Active•Fit 1K

Date: Saturday, August 3

Location: The Dawes Arboretum
7770 Jacksontown Road
Newark, OH 43055

Time: 8:00 a.m.

Join Licking Memorial Health Systems for the first annual Active-Fit 1K. The race will take place at The Dawes Arboretum prior to the LMHS “For Your Health” 5K Run and Fun Walk. Participants must arrive no later than 7:45 a.m. to prepare for the 8:00 a.m. race start time. Youth must be accompanied by an adult. All participants will receive an Active•Fit t-shirt and a digital watch. Healthy snacks and beverages will be provided. Registration is required and must be completed by July 23.

LMH Receives Award for Cancer Patient Care



Aruna Gowda, M.D., (left) and Jacqueline J. Jones, M.D., (right) provide award-winning patient care at Licking Memorial Hematology/Oncology.

Licking Memorial Hospital (LMH) recently received the 2012 Outstanding Achievement Award from the American College of Surgeons' Commission on Cancer (CoC). LMH is one of a select group of only 79 healthcare facilities in the U.S. with accredited cancer programs to receive this national honor. The award recognizes cancer programs that achieved excellence ratings for providing quality care to cancer patients based upon on-site surveys that were conducted last year.

Debbie Young, LMH Vice President Patient Care Services, said that the Hospital's emphasis is to provide cancer patients with state-of-the-art treatments, while accommodating their other needs, as well. She stated, "Our Hematology/Oncology staff stays abreast of current treatment protocols and advancements, as well

as any clinical trials that may benefit our patients. For cases that require surgery at another hospital, we can usually coordinate pre- and post-surgical treatment at LMH to save the patient from a long commute. A cancer diagnosis completely disrupts the patients' lives, so we look for ways to make the treatment period a little easier for them."

The CoC created the award to raise awareness about the importance of providing quality cancer care at healthcare institutions throughout the U.S. In addition, it is intended to:

- Motivate other cancer programs to work toward improving their level of care
- Facilitate dialogue between award recipients and healthcare professionals at other cancer facilities for the purpose of sharing best practices
- Encourage honorees to serve as quality care resources to other cancer programs
- Educate cancer patients on available quality-care options

LMH's cancer program was evaluated on 29 program standards within four cancer program activity areas:

- Cancer committee leadership
- Cancer data management
- Clinical services
- Quality improvement

LMH's program was further evaluated on eight commendation standards. To be eligible, all award recipients were required to receive commendation ratings in at least seven of the commendation standards in addition to receiving a compliance rating for each of the 29 program standards.



Licking Memorial Hospital

5K RUN AND FUN WALK



Saturday, August 3, 2013
Registration - 7:30 a.m.
Race - 8:30 a.m.

The Dawes Arboretum
7770 Jacksontown Road, Newark, Ohio 43055

Registration for the 5K is \$15 in advance, if received by 5:00 p.m. on July 26, or \$20 on the day of the race. 5K registration may be completed online at www.premierraces.com. There is no cost for the Fun Walk; however, Walk participants must register by filling out a printed registration form. Forms are available on the Premier Races site, www.LMHealth.org, or at the LMH Development Office.

Please contact the LMH Development Office at (740) 348-4102 for additional information.

Sponsored by:



Nurse Navigator Assists Patients on Journey Through Cancer Treatment



Liz Nye, R.N.

After a patient is diagnosed with cancer, the maze of appointments, treatments, paperwork, fatigue and emotional issues can be staggering. However, Licking Memorial Hospital (LMH) is committed to assisting patients throughout every step of their journey. Liz Nye, R.N., a member of the LMH nursing staff for more than 30 years, serves as the Oncology Nurse Navigator to act as an advocate and

educator in all aspects of cancer care. Nurse Navigator services are available at no cost to LMH cancer patients and their families or caregivers.

The Oncology Nurse Navigator provides patients with information about all available options for their cancer treatment, while helping maintain their quality of life. Liz works closely with physicians, social workers, therapists, dietitians, and financial assistance advisors to ensure cancer patients receive the best care possible.

Navigator services include:

- Diagnosis and treatment education
- Connecting patients with available community resources for additional services
- Helping to organize ongoing treatment
- Assisting in scheduling follow-up care

- Serving as a liaison between patients and their medical team
- Emotional support

The Nurse Navigator also helps coordinate needed services, such as:

- Oncology dietitian services
- Oncology medical social work services
- Pharmacist services
- Transportation assistance
- Specialized physical therapy and rehabilitation
- Clergy services
- Support groups
- Financial counseling
- Home care
- Hospice
- Palliative care
- Mental health care
- Grief support services
- Lodging during treatment at other locations

LMH previously offered the services of a Patient Navigator in partnership with the American Cancer Society, but recently made the Oncology Nurse Navigator a staff position at the Hospital. For more information about Oncology Nurse Navigator services, please contact Liz at (740) 348-1890 or via e-mail at enye@lmhealth.org.

Community Education – Hepatitis C *(continued from front page)*



Ghulam Mujtaba, M.D.

Date: Thursday, July 18

Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.

Speaker: Ghulam Mujtaba, M.D.

Hepatitis C is a contagious viral infection that primarily affects the liver. Although this infection can be a short-term illness, acute infection will lead to chronic infection in most people. Chronic hepatitis C is a serious disease that can lead to long-term health problems and even death. Prevention is the best strategy to avoid the consequences of this infection.

Join Licking Memorial Gastroenterologist Ghulam Mujtaba, M.D., to learn more about Hepatitis C on **Thursday, July 18**, at 6:00 p.m. in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

Community Education – Tinnitus and Hearing Loss: Recent Advancements in Technology *(continued from front page)*



Cheryl Barker, Au.D., CCC-A

Date: Tuesday, July 23

Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.

Speaker: Cheryl Barker, Au.D., CCC-A

Most Americans will experience tinnitus (ringing in the ears) or some form of hearing loss in their lifetime. Tinnitus and hearing loss can profoundly affect the ability to participate in everyday life.

Join Cheryl Barker, Au.D., CCC-A, Doctor of Audiology from Clear Choice Audiology, for an informative discussion on the latest research and treatment advancements for tinnitus and hearing loss on **Tuesday, July 23**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.



Picnic Celebrates Community's Cancer Survivors

In recognition of National Cancer Survivors' Day, Licking Memorial Health Systems (LMHS) hosted a Cancer Survivors' Picnic on June 9. Former and current cancer patients were invited, along with their family and friends, to enjoy a free outdoor picnic and program at Licking Memorial Hospital (LMH) that included live music by the Ultrasounds jazz band, and raffle prizes. The event culminated with an aerial commemorative photo of the cancer survivors and the release of balloons that were tagged, "I am a survivor."

LMHS President & CEO Rob Montagnese greeted guests with encouraging news about cancer care. "Major advances in cancer prevention, early detection, and treatment have resulted in longer survival," he stated. "The five-year relative survival rate for all cancers diagnosed between 2002 and 2008 is 68 percent, up from 49 percent between 1975 and 1977. The National Cancer Institute estimates that last year, approximately 13.7 million Americans were living with a history of cancer. Within the next 10 years, the number of survivors is expected to increase to 18 million. The prognosis continues to improve each year."

Approximately 375 community members attended LMHS' third annual Cancer Survivors' Picnic. Jacqueline Jones, M.D., of Licking Memorial Hematology/Oncology, emphasized the important role that friends and family have in a cancer patient's treatment. "Hearing that word, 'cancer,' devastates you until you can get to the point where you can fight." Dr. Jones said. "There are so many details to be arranged, even though you may not be feeling strong enough to take care of them. Along with the physicians, nurses,

radiologists, and other healthcare providers, family members and friends are part of the important support network that each cancer patient relies on to help through the difficult times. At LMH, we now have an Oncology Nurse Navigator who can also help cancer patients find services and resources that are available to ease their burden."

LMH has nearly completed a \$3.5 million 2013 Radiology Initiative that will benefit many patients, including those with cancer diagnoses. The project includes equipment upgrades and replacements, along with facility remodeling in the Radiation Department. Ultrasound images, in both the Radiology Department and Vascular Lab, will be depicted in a 3-dimensional format, providing a "GPS" component to guide instruments during biopsies. In addition, many women will be able to avoid surgical breast biopsies as LMH's Women's Health Center will add stereotactic biopsy equipment that allows the testing to be completed in an outpatient setting. The Initiative is expected to be completed by the end of 2013.

The Radiology Initiative is taking place just after LMH recently completed the \$1.5 million investment to renovate the Hematology/Oncology Department on the fifth floor. The renovation's improvements included comfortable private chemotherapy infusion rooms, additional exam rooms, an updated chemotherapy mixing room, a centrally located staff office, and an expanded registration and waiting area that features the custom 250 gallon saltwater Rod Callander Memorial Aquarium. Both the 2013 Radiology Initiative and the Hematology/Oncology Improvement Project were made possible by community members' generous financial support.

Molecular Testing May Prevent Unnecessary Thyroid Surgery



During the LMH Development Council's Corporate Breakfast in May, Kenneth Parker, M.D., of Licking Memorial Otolaryngology, discussed the detection and treatment of thyroid disorders.

Many American adults will develop thyroid nodules at some point in their lives. Medical professionals have recently discovered that thyroid nodules are much more common than previously believed, but fortunately, the vast majority of these nodules are not cancerous. Kenneth Parker, M.D., of Licking Memorial Otolaryngology, discussed the detection and treatment of thyroid nodules at a Corporate Breakfast, sponsored by the LMH Development Council on May 7. Dr. Parker explained that LMH's advanced technology provides highly accurate testing that enables many patients to avoid unnecessary thyroid surgery to remove suspicious nodules.

Dr. Parker noted that thyroid nodules are one of the most prevalent conditions that he treats. "Up to 7 percent of adults in the United States have a nodule large enough to palpate, feel, or even see by the naked eye," Dr. Parker explained. "In addition, ultrasound studies have revealed that up to 67 percent of individuals have a thyroid nodule that is too small to be felt. Many nodules are discovered incidentally when patients have an ultrasound, computed tomography (CT) scan or magnetic resonance imaging (MRI) for an unrelated condition, such as a neck injury."

Most patients with thyroid nodules do not have symptoms; however, the most common symptom is a lump in the neck. Although nodules can develop at any age, they are more likely to develop with age. Compared to men, women are four times more likely to have a nodule. Fortunately, 95 percent of all nodules are benign. If a nodule is suspected of containing

cancerous cells, the physician may order a fine needle biopsy to examine samples of the thyroid tissue. A fine needle biopsy uses a very thin needle to remove cells from the nodule and can often be performed in the physician's office, with or without a local anesthetic.

In general, Dr. Parker recommends a fine needle biopsy of the butterfly-shaped thyroid gland if the patient has the following risk factors:

- Large nodule – over 1.5 cm in size, or 1.0 cm in size with additional risk factors
- Nodule hardness and immobility
- History of thyroid cancer among primary relatives
- Radiation exposure to the head and neck (Routine dental X-rays are not a risk factor)
- Exposure to irradiated environments, such as Chernobyl (a concern for some military personnel)
- Hoarseness with vocal cord paralysis
- Enlarged lymph nodes in the neck
- Presence of increased blood flow in the thyroid
- Presence of calcifications in the thyroid
- Nodules that appear to be spreading beyond the thyroid gland

If the fine needle biopsy results indicate that cancer is present in the thyroid, or the results are "indeterminate" (unclear), the patient's tissue can be sent to a molecular laboratory for genetic testing. There, advanced technology examines the cellular structure of the removed tissue for evidence of a malignancy.

"Nearly 20 percent of fine needle biopsies result in indeterminate findings," Dr. Parker said. "At many hospitals, those patients have to make the difficult decision whether to have surgery 'just in case' cancer is present. We are proud that we are able to offer our patients molecular testing which increases the accuracy of biopsy results, enabling many to avoid unnecessary surgery."

In the event that a patient's thyroid gland is surgically removed, the patient will need to take hormone replacement medications for life to regulate the body's metabolism and growth. Those who suspect that they may have a thyroid nodule or any other thyroid abnormality are encouraged to visit their physician to rule out a serious condition.

The LMH Development Council hosts four Corporate Breakfasts each year to share information about the Hospital with community leaders. The LMH Development Council, which is comprised of approximately 75 members, was established in 1987 to increase charitable giving to the Hospital and to promote good community relations.



Camp Feelin' Fine Provides Asthma Education and Summer Fun

For children with asthma, common summertime factors, such as freshly-cut grass, outdoor sports or playing with family pets, can result in the onset of alarming breathing difficulties. The Centers for Disease Control estimates 10 percent of children in the United States have asthma, making it one of the most prevalent chronic conditions among America's youth. Whether a child has been recently diagnosed, or has coped with the illness for some time, understanding the required treatments, physical limitations and lifestyle changes can be overwhelming. To help local children care for their asthma, Licking Memorial Hospital (LMH) sponsors Camp Feelin' Fine, an annual event that provides the knowledge necessary to manage the condition well.

Approximately 40 children attended this year's Camp Feelin' Fine on June 7 at Infirmary Mound Park, south of Granville. The youth participants spent the day learning more about asthma, exploring techniques to manage symptoms and interacting with others who also have the illness. Incorporating asthma education into games and activities keeps children engaged in the lessons because they have fun in the process," said Dr. Baltisberger, who is known as

"Dr. Rick" to the campers. 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.

"It is important to educate children about asthma medications and treatments, and help them identify the triggers of an attack, so they are prepared to successfully manage their symptoms," said Dr. Baltisberger. "Camp Feelin' Fine makes a positive impact on the lives of children with asthma, and I have been pleased to be part of it throughout the years."

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 can 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.

Community Education – Stroke Care *(continued from front page)*



Linquan Sun,
M.D.

Date: Thursday, August 15
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Linquan Sun, M.D.

A stroke occurs when blood flow to the brain stops. Without blood flow, the affected part of the brain is deprived of oxygen and quickly begins to die. Stroke is a medical emergency and survival depends on a quick response. Nearly 700,000 Americans suffer a stroke each year and the vast majority survive. With knowledge and appropriate action, stroke can be prevented and effectively treated when it does occur.

Join Licking Memorial Neurologist Linquan Sun, M.D., to learn how to prevent and treat stroke on **Thursday, August 15**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.



2013 Relay for Life of Licking County Honors Caregivers

At the opening ceremony of the annual Relay for Life of Licking County at Evans Athletic Complex in Newark on June 1, Jacqueline J. Jones, M.D., of Licking Memorial Hematology/Oncology, spoke about the advances that have been made in cancer care. “One hundred years ago, many people regarded a cancer diagnosis to be a death sentence. But today, thanks to dedicated research and discoveries, we can tell you that most adults, approximately 60 percent, who receive treatment for any type of cancer, will survive. The rate is even higher for children. At this Relay for Life, we celebrate those of you who have survived your cancer diagnosis, along with those of you who are currently going through treatment,” she said.

Following the traditional opening Survivors’ Lap, the 2013 Relay for Life featured a special Caregivers’ Lap to honor the healthcare professionals, family members and friends who provide emotional support to cancer patients in addition to daily personal care. The Relay also included 18 hours of continuous walking, fun activities and a memorial Luminaria Ceremony to remember loved ones who have lost their lives to cancer. More than 525 participants raised money and walked in the Relay to donate approximately \$71,000 to the American Cancer Society for services and research.

Community Education – Rotator Cuff Repairs *(continued from front page)*



Edward Westerheide, M.D.

Date: Thursday, August 22
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Edward Westerheide, M.D.

Rotator cuff tears are a very common cause of debilitating shoulder pain. The rotator cuff is a group of muscles and their tendons that support the shoulder and allow the shoulder to move or rotate. The rotator cuff tendons are frequently torn either by traumatic injuries or through attrition due to the aging process. These injuries weaken the shoulder, causing even basic activities, such as combing hair or getting dressed, to become painful and difficult. When injuries fail to heal, surgical repair becomes the best option for eliminating pain and restoring shoulder function. Advanced arthroscopic surgical techniques continue to improve the effectiveness and viability of this type of surgery.

Join Edward Westerheide, M.D., of Orthopaedic Specialists & Sports Medicine Inc., to learn about the latest surgical options for rotator cuff tears during an educational session for the community on **Thursday, August 22**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

“For Your Health” 5K Run and Fun Walk

The sixth annual “For Your Health” 5K Run and Fun Walk will take place on Saturday, August 3, 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. Dr. Garth and Marci Bennington of Granville, will be the Honorary Chairs.

A lifelong resident of Licking County, Dr. Bennington has been a family practice physician at Licking Memorial Family Practice – McMillen since 2005. After graduating from Newark High School, he received his Medical Degree from The Ohio State University College of Medicine and Public Health in Columbus. He completed a family practice internship and residency at Grant Medical Center in Columbus and is board certified in family medicine.

Marci graduated from Granville High School and later attended Bowling Green State University to receive her bachelor’s degree in fashion merchandising. She and Dr. Bennington have two children, Avery and Hunter. Both Marci and Dr. Bennington enjoy spending time outdoors and emphasize health and wellness in their daily lives. Garth enjoys running, golfing and coaching his children’s sports teams. Marci enjoys playing volleyball, softball and assisting in the coaching of her children’s sports teams.

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

The “For Your Health” 5K Run and Fun Walk course wanders through the scenic grounds of The Dawes Arboretum, taking participants through the Deep Woods and past other notable



Dr. Garth and Marci Bennington will be the honorary chairs for the 2013 “For Your Health” 5K Run and Fun Walk.

areas, such as the Azalea Glen, the Cypress Swamp, the Japanese Garden, Buckeye 17 and Outlook Tower. Participants may choose to run or walk the 3.1-mile course, or complete the Fun Walk course, which is 1 mile long. Premier Races will provide race management services.

Awards will be given to the overall top three male and female finishers in the 5K Run. In addition, the top male and female finishers in each age division will receive awards. Chip Timing Service will be used to determine the finishing times.

Both walkers and runners must register to participate. Registration for runners is \$15 in advance, if received by 5:00 p.m. on July 26, or \$20 the day of the race. Runners may

register online at www.premierraces.com, or by mailing a completed entry form and check to the address listed on the form. Registration for walkers is free. Online registration is not available for walkers. Registration may be completed by mailing a completed entry form to the address listed on the form. The registration form is the same for runners and walkers, and is available at www.LMHealth.org, or by contacting the LMH Development Office at (740) 348-4102.

A tech shirt will be provided to each registrant. Participants who register by July 26 may pick up their packets on Friday, August 2, between 3:00 and 7:00 p.m., in the LMH First Floor Conference Rooms. Packets may also be picked up at The Dawes Arboretum on the day of the race.

Registration begins at 7:30 a.m. on race day. The 5K run begins at 8:30 a.m., and the 1-mile Fun Walk starts at 8:40 a.m.

Prior to the start of the 5K, the Active•Fit 1K will begin at 8:00 a.m. for children ages 6-12. The .75 mile run will qualify as one of the goals for the Active•Fit Youth Wellness Program. This free event includes an Active•Fit t-shirt and digital watch for all youth participants. Children must be accompanied by an adult and must register by calling LMHS Public Relations at (740) 348-1572.

Community Education – Concussions in Youth *(continued from front page)*



Shelley Gittens,
M.D.

Date: Tuesday, August 20
Location: C-TEC Auditorium, 150 Price Road

Time: 6:00 p.m.
Speaker: Shelley Gittens, M.D.

Concussions are sometimes an unfortunate consequence of playing a sport, and can cause serious injury to the developing brain. While prevention is best, the correct management of a concussion when it does occur can prevent further injury.

Join Licking Memorial Pediatrician Shelley Gittens, M.D., to learn the critical steps in the treatment of concussions on **Tuesday, August 20**, at 6:00 p.m., in the C-TEC Auditorium, located at 150 Price Road in Newark. The C-TEC Auditorium can be accessed by following the signs to student parking and entering through the Boulevard entrance. This program is free; however, registration is required, and space is limited. To register, please call (740) 348-2527.

LMHS Employees Recognized During Hospital & Healthcare Week

Licking Memorial Health Systems (LMHS) celebrated National Hospital & Healthcare Week during the second week of May by hosting recognitions and events to thank its 1,700-plus employees for their hard work and dedication throughout the year. The Health Systems hosted an outdoor cookout, as well as special employee recognition events throughout the week.

The five-day celebration kicked off with a health fair to provide employees with information from various Licking Memorial Hospital (LMH) departments to enhance and maintain their own health. LMHS employees had an opportunity to speak with clinical professionals and experts at the health fair regarding health conditions, procedures, and resources that are available to them.

LMHS Vice President Human Resources & Support Services Anne Peterson, said, "Our staff does an outstanding job of caring for our patients on a daily basis year round. The activities that we conduct during Hospital & Healthcare Week are designed to show our appreciation for the staff's dedication and to encourage our employees to pay attention to their own health so that they will be able to give their best to the patients they serve."



Three employees were honored at the annual LMHS Employee Recognition Dinner for their 40 years of service. Pictured are (left to right): LMHS President & CEO Rob Montagnese, LMHS Board Chairman William Mann, Lynne Smith, Keith Ford, and LMH Board Chairman Patrick Guanciale. Not pictured is Laura Offenbaker.

LMHS Employee Service Recognition Dinner

LMHS employees who are observing anniversaries in 5-year increments in 2013 were invited to the Annual LMHS Employee Service Recognition Dinner at Longaberger Golf Club on May 8. Three employees were honored for providing 40 years of service: Keith Ford in Food Service, Laura Offenbaker in Community Case Management, and Lynne Smith in Laboratory.

Managers of the Year

Also, during the LMHS Employee Recognition Dinner, Tom Argyle, Director of Public Relations, and Brad Copley, R.N., Patient Care Manager, received Manager of the Year Awards. The awards recognize exemplary managers who demonstrate fair and consistent leadership and an ability to inspire the employees in their departments.

Tom earned a Bachelor of Science degree in visual communications from The Ohio State University and a Master of Science degree in marketing and communications from Franklin University, both in Columbus. He joined LMHS as a Public Relations specialist in 2008, and was promoted to Director of Public Relations in 2009. He oversees the Health Systems' public relations, marketing, advertising, printing services, mailroom, and production of several publications. He was instrumental in developing the award-winning LMHS Active•Fit Youth Wellness Program for the Licking County community.



During the annual Employee Recognition Dinner, Tom Argyle and Brad Copley were named Managers of the Year. Pictured at the presentation are (left to right): LMHS President & CEO Rob Montagnese, LMHS Board Chairman William Mann, Brad Copley, Tom Argyle, and LMH Board Chairman Patrick Guanciale.

Tom serves as a Board Member and Executive Board Secretary for the Granville Area Chamber of Commerce, and Vice-chair for the Boy Scouts of America Simon Kenton Council – Licking District. He has also served on two levy committees with successful campaigns for the Licking County Library and the Licking Park District. He is an active member of the Church of Jesus Christ of Latter Day Saints. Tom and his wife, Leah, reside in Granville and have five children, Camden, Carly, Celsey, Caleb, and Cassidy.

Brad Copley earned an associate's degree in nursing from Central Ohio Technical College in Newark. He joined LMH as an Emergency Department staff nurse in 2005 and was promoted to Manager in 2010. He was instrumental in developing the Licking Memorial Urgent Care – Granville facility that opened in 2012. He currently oversees the daily operations of the Emergency Department, both LMH Urgent Care facilities in Granville and Pataskala, and the LMH Outpatient Clinic.

Brad has been the recipient of two LMHS Dining with the Stars Awards to recognize excellent patient care, and the MVP Award in 2009 to recognize his consistent demonstration of the Health Systems' CARE values of compassion, accountability, respect and excellence. Brad lives in Heath with his wife, Christina, and has four children: Kody, Brooke, Hannah, and Keira.

*LMHS Employees Recognized During Hospital & Healthcare Week
(continued on page 13)*



Bethany Warner and Kathy Swick were named recipients of the 2013 Clarissa Ann Howard Nursing Award for Clinical Excellence. Pictured are (left to right): Vice President Patient Services Debbie Young, Bethany Warner, Clarissa Ann Howard, Kathy Swick, Vice President Physician Practices Christine McGee, and LMHS President & CEO Rob Montagnese.

Clarissa Ann Howard Award for Clinical Excellence

The Clarissa Ann Howard 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 2013 award recipients were Kathy Swick, R.N., in Company Care, and Bethany Warner, R.N., B.S.N., in the Operating Room.

Kathy received her nursing degree from the Ruth Brant School of Nursing/Eastern Ohio Regional Medical Facility in Martins Ferry, Ohio. She joined LMH in 1993 as a part-time staff nurse in the Emergency Department. In 1998, she accepted the position of Occupational Health Nurse Case Manager within Licking Memorial Company Care. She has received the LMHS Dining with the Stars Award to recognize excellent patient care, and an LMHS MVP Award to recognize her consistent

demonstration of LMHS' CARE values of compassion, accountability, respect and excellence.

Kathy is a retired member of Central Ohio Occupational Health Nurses Association and Ohio Occupational Health Nurses Association. She resides in Thornville with her husband, Ralph Swick Jr, and cherishes family time with her stepchildren, Lynn Dittoe and Ralph Swick III, and her four grandchildren, Garrett, Caleb, Rachel and Alyssa. In her spare time, Kathy enjoys reading, gardening and vacationing at Cedar Lake in Chelsea, Michigan.

Bethany earned her Bachelor of Science in nursing degree at Cedarville University in Cedarville, Ohio. She joined LMH as a staff nurse in the Post Anesthesia Care Unit (PACU) and is currently a staff nurse, Level 5, in the PACU and charge nurse in Outpatient Surgery. She has been honored with the LMHS Dining with the Stars Award to recognize excellent patient care, and the LMHS MVP Award for her consistent demonstration of the Health Systems' CARE values of compassion, accountability, respect and excellence.

Bethany is active in her church, and serves as a preschool Sunday school teacher. She lives in Newark with her husband, Dave, and daughters, Abby and Sarah.

MVP Awards

Thirty-three outstanding LMH and Licking Memorial Health Professionals employees received MVP awards at a ceremony during Hospital and Healthcare Week. These MVPs were selected by management representatives for their consistent demonstration of the LMHS values of communication, attitude, respect and excellence. Each received a plaque and a gift, and will have their photos displayed in the Hospital for one year. More information about the 2013 MVPs appears on pages 26 through 31.

LMHS FAMILY MOVIE NIGHT

Licking Memorial Health Systems invites you to enjoy a FREE outdoor screening of the 2006 action adventure film, *Night at the Museum*.

Date: Saturday, July 13

Time: Arrive at 8:00 p.m.

The movie will begin at dusk.

Location: The grounds of the Pataskala Health Campus, located at One Healthy Place, off Broad Street, in Pataskala.

- Free health screenings will be available.
- Free popcorn and beverages will be provided.
- Please bring lawn chairs or blankets.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products and pets are not allowed.

Note: This event is weather permitting – rain date for this event is Saturday, July 20.



Physician Spotlight – Earl G. Haley, M.D.



Earl G. Haley, M.D.

Earl G. Haley, M.D., joined Licking Memorial Family Practice – Pataskala in 2012. He received his Doctor of Medicine degree at Wright State University's Boonshoft School of Medicine in Dayton, Ohio. He completed a residency in Family Practice Medicine at Grant Medical Center in Columbus.

Dr. Haley is a member of the American Academy of Family Physicians, the Ohio Academy of Family Physicians, and the American Medical Association. He played football at The Ohio State University from 1991 to 1993, and has a special interest in sports medicine in addition to family practice.

Dr. Haley is accepting new patients at Licking Memorial Family Practice, located at One Healthy Place in Pataskala. Appointments are available by calling (740) 348-1915 or (740) 964-3415.

Ask a Doc – Adult Immunizations

with Earl G. Haley, M.D.

Question: I am careful to follow our physician's recommendations for my toddlers' immunizations, but I wonder if my own immunizations need to be updated?

Answer: The short answer is yes. Immunization is a lifelong process to ward off preventable disease.

You should have receive some protection from vaccines that you received as a child; however, their effectiveness can fade over time. For this reason, your physician may advise a booster shot for some childhood diseases, especially since you are in close contact with small children.

Your immunization needs change as you age. For instance, senior citizens are at greater risk for different diseases, such as shingles, than when they were young children.

The Centers for Disease Control and Prevention (CDC) has established an immunization schedule that identifies which vaccines are recommended for each adult age group: The basic recommendations are below. Consult your physician for additional details.

Ages 19 to 49 years:

- Seasonal influenza – 1 dose every year
- Pneumonia – 1 to 3 doses if you smoke or if you have a chronic medical condition
- Tetanus/diphtheria/pertussis – 1 dose of “Tdap” vaccine, and a dose for women with each pregnancy
- Tetanus/diphtheria – 1 “Td” booster shot every 10 years after receiving the Tdap
- Hepatitis A – 2 doses, 6 to 18 months apart for those at elevated risk (if previously unvaccinated)
- Hepatitis B – 3 doses over 6 months for those at elevated risk (if previously unvaccinated)
- Human papillomavirus 4 (HPV4) – 3 doses (given over a 6-month period) for women and men up to the age of 26 years
- Measles/mumps/rubella – 1 dose for those born after 1957; a second dose may be recommended
- Chickenpox (varicella) – may be recommended for those who never had chickenpox or received only 1 dose of vaccine

- Meningitis – 2 doses every 5 years for college students who live in a residence hall, and patients with certain medical conditions

Ages 50 to 64 years:

- Seasonal influenza – 1 dose every year
- Pneumonia – (for those who have never been vaccinated as an adult for pneumonia) 1 to 3 doses for smokers, or those with a chronic medical condition
- Tetanus/diphtheria/pertussis – 1 dose of “Tdap” vaccine for those who have never been vaccinated as an adult
- Tetanus/diphtheria – 1 “Td” booster shot every 10 years after receiving the Tdap
- Hepatitis A – 2 doses, 6 to 18 months apart for those at elevated risk (if previously unvaccinated)
- Hepatitis B – 3 doses over 6 months for those at elevated risk (if previously unvaccinated)
- Measles/mumps/rubella – 1 dose for those born after 1957; a second dose may be recommended
- Chickenpox (varicella) – may be recommended for those who never had chickenpox or received only 1 dose of vaccine
- Meningitis – 2 doses every 5 years recommended for those with certain medical conditions
- Shingles (zoster) – 1 dose for those over the age of 60

Ages 65 years and older:

- Seasonal influenza – 1 dose every year (A high-dose vaccine is now available for patients over the age of 65.)
- Pneumonia – 1 dose for those who have never been vaccinated
- Tetanus/diphtheria/pertussis – 1 dose of “Tdap” vaccine for those who have never been vaccinated as an adult
- Tetanus/diphtheria – 1 “Td” booster shot every 10 years after receiving the Tdap
- Hepatitis A – 2 doses, 6 to 18 months apart for those at elevated risk (if previously unvaccinated)
- Hepatitis B – 3 doses over 6 months for those at elevated risk (if previously unvaccinated)
- Chickenpox (varicella) – may be recommended for those who never had chickenpox or received only 1 dose of vaccine

Ask a Doc – Adult Immunizations (continued on page 15)

- Meningitis – 2 doses every 5 years recommended for those with certain medical conditions
- Shingles (zoster) – 1 dose for those over the age of 60

Although it is important for every adult to be properly immunized, it is especially crucial for the following individuals:

- Healthcare workers
- Caregivers (of children or adults)
- Students living in residence halls
- Nursing home residents
- Patients with chronic illnesses (such as diabetes, asthma or heart disease)

- Gardeners, farmers, or anyone who works with soil
- International travelers
- Women who are pregnant or planning a pregnancy

Modern vaccines are produced with inactivated or diluted viruses that cannot cause a patient to contract the disease. In some cases, patients may feel mild side effects that usually can be easily controlled with an over-the-counter pain and fever reliever, such as Tylenol, Motrin, or Advil. For the majority of people, the advantages of immunization greatly outweigh the possibility of mild side effects.



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

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

Wednesday, August 14

Should I Buy Organic? – Sales of organic food continues to rise every year. Safety, better nutrition and environmental concerns are often cited as good reasons to choose organic over conventional product, but what does it mean to buy

organic? How does “organic” differ from “natural” food choices, and what are the benefits and pitfalls of choosing organic food? Join Licking Memorial Dietitian Kacie Vavrek, R.D., L.D., for an informal discussion on making informed choices when considering the purchase of organic food.

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

New Appointments



Charles L. Geiger, D.O.,
joined Cherry Westgate
Family Practice.



Hufza Hanif, M.D.,
joined Licking Memorial
Rheumatology.



Mushtaq A. Khan, M.D.,
joined Licking Memorial
Dermatology.



Patient Story – Danny Brookover

When Danny Brookover awoke in the middle of the night on Halloween 2012, he thought, “Oh, no – not again.” He was trying to walk to the bathroom, but had to lean against the wall for support. He went back to bed for more sleep, but when morning came, he told his wife, Sally, “I think that I have had another stroke. I better go to the hospital.”

Just four months previously, Danny had suffered his first stroke at the age of 59. After spending the Fourth of July with family, he returned to his work as a concrete truck driver with unexplainable symptoms. He had driven his car to work into the wrong entrance, his speech was slurred, and he stumbled while he walked. Danny’s coworkers recognized that he needed medical attention and sent him to a hospital. “I did not have any pain – I just lost my balance and could not walk or talk right,” Danny recalled.

He received a CT scan of his brain, which identified an area of damage on his right side. Mourad Abdelmessih, M.D., of Mid-Ohio Neurology, examined Danny and confirmed that he had suffered an ischemic stroke on the right side of his brain that was caused by a blockage in the carotid artery. Danny began to take Plavix® to prevent a buildup of plaque and reduce his risk of future strokes.

Danny noticed some lingering effects from the stroke in July. His right arm tended to curl up, one side of his face drooped, and his speech was difficult to understand. Throughout the next four months, those side effects began to subside, until he awoke that Halloween night and realized that he was experiencing the same loss of balance he had in July.

Sally took Danny to the Emergency Department at Licking Memorial Hospital (LMH). Another CT scan of his brain revealed that a second stroke had occurred, this time on the left side of his brain, and he was admitted to LMH. Danny was visited by Linquan Sun, M.D., of Licking Memorial Neurology, in his patient room before being discharged to his home several days later.



Danny Brookover (right) and his wife, Sally (left), enjoy their home in southwestern Coshocton County as he recovers from a stroke. The Brookovers have learned the importance of going to the hospital immediately when a stroke occurs so that “clot-buster” medications may be used to limit the stroke’s neurological damage.

Even though Danny was not feeling well, he was impressed by the staff’s attention to detail. “They made sure I was warm, and they came in and checked on me all the time. They took great care of me,” he said.

In December 2012, Danny returned to LMH and Howard L. Reeves, D.O., performed surgery to clear the plaque buildup from his right carotid artery. In January 2013, a similar procedure was performed on his left carotid artery.

The family history is an important indicator of a patient’s risk for stroke, and Danny knows that he is fortunate to have survived. “My grandfather died of a stroke in his 60s, and my dad died of a heart attack at the age of 67,” Danny explained. “I do not want to go through this again, so I know that I need to take my prescriptions, see my doctor regularly and keep an eye on my blood pressure. Most importantly,

if I start feeling symptoms again, I know to go to the hospital immediately so that they may be able to reverse the stroke damage with ‘clot-busting’ drugs that can be used only within four and one-half hours from when the stroke first began.”

As he recovers from the strokes, Danny has some difficulty with walking and uses a cane to steady his balance. Dr. Sun advised him that his mobility is likely to continue improving for up to one year after a stroke, so Danny is hopeful that he will be able to enjoy his favorite outdoor activities again soon.

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

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

- 1** Patients who suffer a stroke may be at risk for repeat strokes in the future. It is important that while patients are hospitalized, they receive education about reducing their risk and responding to another stroke in the future. This indicator shows the percentage of patients who had this education noted in their records as being completed.

	LMH 2010	LMH 2011	LMH 2012	National (1)
Stroke education	90%	95%	96%	94%

- 2** Beginning rehabilitation as soon as it can be done safely can help improve recovery for stroke patients. Rehabilitation may include physical therapy, occupational therapy and/or speech therapy.

	LMH 2010	LMH 2011	LMH 2012	National (1)
Patients evaluated for rehabilitation services	88%	97%	99%	99%

- 3** Ideal management of a patient who has suffered a stroke includes starting the patient on a blood-thinning medication (such as aspirin) while in the hospital. These medications should also be continued after the patient is sent home from the hospital. These medications can help prevent another stroke; however, in some cases, they may pose a higher risk for patients and should not be used. Stroke patients are also at higher risk for developing blood clots, known as venous thromboembolism (VTE). To help prevent this from happening, stroke patients should also receive protective medications, known as “prophylaxis,” to reduce the potential of blood clot formation.

	LMH 2010	LMH 2011	LMH 2012	National (1)
Eligible patients receiving blood-thinning medication	97%	98%	98%	95%
Patients with blood-thinning medication at discharge	100%	99%	100%	100%
Patients with VTE prophylaxis by second day	90%	99%	98%	100%

- 4** Patients with atrial fibrillation are at higher risk for suffering strokes. Due to an inefficient heartbeat, blood clots can form in the heart and then travel to the brain, leading to stroke. These patients should receive long-term blood-thinning medication to help prevent these clots from forming. LMH tracks the percentage of patients with atrial fibrillation who were discharged on a blood-thinner, as appropriate.

Another significant risk factor for stroke is high cholesterol. Stroke patients with high cholesterol should receive cholesterol-lowering medications (called statins) to take after discharge to help lower the risk for more strokes. LMH tracks the percentage of stroke patients with high cholesterol who were receiving statins at discharge.

	LMH 2010	LMH 2011	LMH 2012	National (1)
Atrial fibrillation patients on anticoagulation therapy	100%	100%	100%	100%
Patients with statin medication	91%	97%	100%	95%

- 5** 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. It is also recommended to have an annual LDL cholesterol test.

	LMHP 2010	LMHP 2011	LMHP 2012	National(2)	Goal
LMHP coronary artery disease patients seen, and are receiving blood-thinning medication	92%	93%	93%	greater than 80%	greater than 90%
LMHP coronary artery disease patients seen who have had an annual LDL test	91%	92%	93%	greater than 80%	greater than 90%

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



Patient Story – Eschol Curl



Eschol Curl

When Eschol Curl became ill with a bad cough on December 31, 2012, he was grateful that the new Licking Memorial Urgent Care in Granville had recently opened. It was difficult enough to get a same-day appointment at his busy family physician's office on an ordinary day, but during the holiday season, especially on New Year's Eve, the wait could be a few days. As a member of the Development Council at Licking Memorial Hospital (LMH) for approximately 20 years, Eschol knew that he could visit LMH's Urgent Care facilities in Granville and Pataskala without an appointment, seven days a week, except for holidays.

Eschol checked in at the Urgent Care's front registration desk, talked to a nurse about his symptoms and then was examined by Kevin J. Finley, M.D. "The waiting room was crowded, and I expected a long wait after I was taken back to the patient examining room. But Dr. Finley saw me within a few minutes, reviewed the nurse's notes about my symptoms and asked me some 'spot-on' questions that showed he was truly listening to me and concerned about my well-being," Eschol recalled. "Even though there were many patients to see that day, the staff was so efficient and caring that I did not feel rushed." Just 20 minutes after his arrival at the Urgent Care office, Eschol was on his way home, armed with a prescription from Dr. Finley to treat bronchitis.

Eschol visited LMH Urgent Care in Granville again on a cold Friday afternoon in January, just a couple of weeks after his New Year's Eve visit. "I had been cutting and stacking firewood in my yard, and I discovered a tick embedded on my chest a couple of days later," Eschol recalled. "Ordinarily, I would have removed the tick at home, but I was aware that some ticks that stay active in the winter can carry disease, and I wanted to ensure that it was removed properly." Jill M. Nicholson, M.D., extracted the tick carefully and assured Eschol that it was not a species that is associated with Lyme disease.

"The first time that I visited an urgent care facility was in 2011," Eschol said. "I also had a recurring cough then and needed to see a physician during a time that would fit into my schedule. I was able to see a physician at LMH Urgent Care in Pataskala with a very short waiting time. Two months later,

when I had a similar problem, I could not get an appointment with my family physician, so I returned to the Urgent Care in Pataskala. I like the fact that the Urgent Care physicians took time with me, asked the right questions, and carefully reviewed the information that the nurses gathered from me."

As a retired Vice President of Operations at State Farm Insurance, Eschol innately evaluates other businesses' customer service performance. "I was really impressed by the professionalism at both Urgent Care locations," he stated. "Both visits to the Granville office were during 'flu season,' and the staff members were quite busy. One time, Pat Lyons, a front desk registrar at the Granville office, was the first person to greet me, and even though there were many patients in the waiting room at the time, she attended to everyone's needs and was sensitive to their privacy during the check-in process. Both the Pataskala and Granville office staffs are always very cordial, professional and efficient."

Eschol has found visits to LMH's Urgent Care facilities are a time-saving convenience with high quality service. "I've had very good success with Licking Memorial Urgent Care. I do not go to a doctor very often, but if I need to, and mine is not available, I do not hesitate to visit the Urgent Care offices. I like their availability, hours and efficiency."

Through his membership with the LMH Development Council, Eschol had heard positive remarks from the community regarding the Urgent Care facilities, but did not have any personal experience with them until his first visit in 2011. "I was even more proud of my association with LMH after I had that visit and witnessed what they are doing for the community's residents," he said. "I am pleased and proud of how the Urgent Care facilities contribute to the community's health by making health care accessible and affordable."

Licking Memorial Urgent Care – Granville is located at the intersection of State Route 16 and Cherry Valley Road. Hours of operation are 9:00 a.m. to 8:00 p.m., Monday through Friday, and 9:00 a.m. to 5:00 p.m., Saturday and Sunday, closed on holidays. Licking Memorial Urgent Care – Pataskala is located at One Healthy Place, off State Route 16 in Pataskala. Hours of operation are 12:00 Noon to 8:00 p.m., Monday through Saturday, 12:00 Noon to 6:00 p.m., on Sunday, and closed on holidays.

Emergency Care – How do we compare?

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

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

1 During 2012, there were 58,554 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2010	LMH 2011	LMH 2012	National
Average length of stay in the ED for all patients*	2 hr. 38 min.	2 hr. 41 min.	2 hr. 55 min.	5 hr. 09 min. ⁽¹⁾
Average length of stay in the ED for patients not admitted to the Hospital*	2 hr. 30 min.	2 hr. 33 min.	2 hr. 47 min.	2 hr. 19 min. ⁽²⁾
Average length of stay in the ED for patients admitted to the Hospital*	3 hr. 36 min.	3 hr. 43 min.	3 hr. 58 min.	4 hr. 34 min. ⁽²⁾
Average length of time from arrival until seen by a physician	59 min.	1 hr.	1 hr. 8 min.	29 min. ⁽²⁾
Average length of time from the ED physician's decision to admit a patient until the patient arrives at the Hospital's patient room	NA	1 hr. 16 min.	1 hr. 23 min.	1 hr. 36 min. ⁽²⁾
Percentage of patients who are in the ED for more than 6 hours	2.0%	2.4%	3.7%	7.3%

*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.

2 LMH operates two urgent care facilities: Licking Memorial Urgent Care – Pataskala (which opened in 2009) and Licking Memorial Urgent Care – Granville (which opened in 2012). 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.

	LMH 2010	LMH 2011	LMH 2012	Goal
Urgent Care (Pataskala) time to see physician	25 min.	24 min.	23 min.	less than 30 min.
Urgent Care (Pataskala) average length of stay	1 hr.	1 hr. 1 min.	59 min.	less than 2 hr.

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 2010	LMH 2011	LMH 2012	National
Average time to opened artery	NA	51 min.	56 min.	62 min. ⁽²⁾
Percentage of patients with arteries opened within 90 minutes	NA	100%	96%	95% ⁽¹⁾

4 Patients who are seen in the ED and return home can sometimes develop further problems that warrant a return to the ED. LMH looks closely at these cases to evaluate appropriate patient treatment versus progression of the patient's condition. For this reason, LMH measures the rate of patients who return to the ED within 24 hours to ensure that patients have their conditions managed appropriately. LMH sets aggressively low goals for this measure, as listed below.

	LMH 2010	LMH 2011	LMH 2012	Goal
ED patients who return to the ED within 24 hours of discharge	1.4%	1.4%	1.3%	less than 2%

5 Another measure that LMH monitors to ensure excellent patient care is a patient's return to the ED within 72 hours of the initial visit. Cases are closely evaluated to ensure appropriate patient care and continuing services were provided.

	LMH 2010	LMH 2011	LMH 2012	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.70%	0.70%	0.70%	less than 1%

6 A study published in the New England Journal of Medicine⁽³⁾ reported that patients are safer and less likely to experience serious complications when they are treated in hospitals with more registered nurses on staff. LMH aggressively recruits registered nurses with wide ranges of expertise/experience to ensure that we remain fully staffed and can effectively care for our patients.

	LMH 2010	LMH 2011	LMH 2012	Goal
R.N. vacancy rate in the ED	0%	0%	0%	less than 5%

7 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 risks. 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 2010	LMH 2011	LMH 2012	Goal
ED patients who left before treatment was complete	3.3%	4.1%	5.1%	less than 3%

8 Pain is sometimes called the “fifth vital sign.” Patients who visit the ED will be asked at triage to rate their level of pain. This will be completed by using the “faces” pain scale for children or the traditional range of 0 to 10 for adults. Both scales are excellent tools for communicating an individual’s level of pain.

	LMH 2010	LMH 2011	LMH 2012	Goal
Assessment of pain completed	98%	97%	99%	greater than 95%

Data Footnotes: (1) Comparative data from the Midas Comparative Database. (2) LMH measures reflect all ED cases. Hospitalcompare.gov uses only a sample from each hospital. (3) Comparative data from the Midas Comparative Database. (3) “Nurse-Staffing Levels and the Quality of Care in Hospitals;” *New England Journal of Medicine*, May 2002.

Donors Recognized for Contributions to the Licking Memorial Health Foundation

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



LMHS President & CEO Rob Montagnese present Mark and Leslee Arthur with a glass recognition piece in honor of their generous commitment to The John Alford Fellowship.

The John Alford Fellowship

Leslee Arthur, B.S., R.T.(R.), C.R.A., and Mark Arthur

Leslee Arthur, B.S., R.T.(R.), C.R.A., and Mark Arthur were recognized for their recent commitment to The John Alford Fellowship. Membership is reserved for individuals who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging a minimum of \$25,000 to LMHF over a period of 10 years.

Leslee joined LMH in September 1982 as a mammographer/radiographer. She was promoted to Radiology Supervisor three years later, and assumed her current position of Director of Radiology and Neurovascular Services in 1996. During her tenure with LMH, Leslee has earned a number of honors, including

being named the Licking County Joint Vocational School (now C-TEC) Outstanding Alumnus, the Central Ohio Technical College Technologist of the Year in 1996 and LMHS Manager of the Year in 1999. In December 2004, she – along with two co-workers – received the prestigious LMHS President’s Award.

Leslee is a Certified Radiology Administrator and a Licensed Radiologic Technologist. She is a member of American Healthcare of Radiology Administrators and the Radiologic Technology Advisory Committee for Central Ohio Technical College. Leslee is a lifelong resident of Licking County and a graduate of Licking Valley High School and Licking County Joint Vocational School where she studied medical assisting. She earned an Associate Degree in radiologic technology from Muskingum Area Technical College (now Zane State) and a Bachelor of Science degree in management/human resources from Park College in Parkville, Missouri.

Mark also is a lifelong resident of Licking County. He is a graduate of Licking Valley High School and the Licking County Joint Vocational School where he studied agri-mechanics. He began his career at Sears serving as a heating ventilation and air conditioning service technician and an agri-mechanic before being promoted to District Technical Service Manager. In retirement, Mark spends his time on various woodworking and home improvement projects.

Leslee and Mark currently reside in Newark. They have a daughter, Brooke, and a son, Casey, as well as two grandchildren, Kendall and Drake. They both enjoy camping, traveling and spending time with family.

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

Donors Recognized for Contributions to the LMHF (continued on page 21)

The William Schaffner Society

Jessica Nethers, C.W.C., C.P.T., H.I.A., COMS

Jessica Nethers, C.W.C., C.P.T., H.I.A., COMS, was recognized for her recent commitment to The William Schaffner Society. The Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over a period of 10 years.

Jessica joined LMH in 2012 as the Health and Wellness Coordinator. She is a lifelong resident of Licking County and a graduate of Granville High School. In 2005, she earned an associate degree from the Academy for Healthcare Management. Jessica is a certified personal trainer and wellness coordinator who specializes in exercise prescription and instruction. She also is a member of the Ohio Hospital Association Population Health Taskforce and recently became a certified obesity management specialist through the American College of Wellness.



Jessica Nethers was recognized for her commitment to The Schaffner Society by LMHS President & CEO Rob Montagnese.

Jessica and her husband, Jared, have three children – two-year-old twins, Case and Carter, and one-year-old Cooper. In her spare time, she enjoys exercising and chasing after her three boys.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assuring the availability of quality healthcare services to our community. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMHF will be utilized toward the 2013 Radiology Initiative. The contributions are not used for salaries or general operating expenses.

Donors

Contributions to Licking Memorial Health Foundation in 2013 are used toward the 2013 Radiology Initiative at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in March and April 2013.

BENEFACTOR

Twentieth Century Club

CAPITAL IMPROVEMENT FUND

TWIGS 6

COMMUNITY CORNERSTONE CLUB

Beth and Jim Atkinson
Mr. Randy Ayers
Frank and Susan Bentz
Ed and Berniece Bohren
Thomas A. Brannon, O.D.
Patricia Brannon
John and Dorothy Brown
Elizabeth G. Caldwell
Dr. Michael & Mrs. Ruth Campolo
Eddie and Carolyn Cline
Mr. Edward Cobb Jr.
Mr. Fred Costaschuk
Shirley A. Cotton
Bob and Nancy Crist
Eschol and Dorothy Curl
David and Vivian Dernberger
Don and Tracy Ellington
Matt and Sue Engle
Pam and Dave Froelich
Doug & Diane Gordon
Mr. and Mrs. William Hardy
Michael and Cheryl Harris
Mr. David Hile
Ms. Beth Hill
Don and Rosemary Hill
Bill and Mary Hoekstra

Eileen Johnson
Mr. and Mrs. Charles Johnston
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John and Susan Kozak
Mr. and Mrs. Canon Krebehenne
Mr. and Mrs. George A. Krebs Jr.
Sarah and Jim Lenner
Linnet's Flowers On The Square Ltd.
Todd and Lori Londot
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Thelma McCurdy
Robert H. and Patricia E. McGaughy
Ethan and Jennifer McKee
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Jim and Polly Mitchen
Brian and Jenny Morehead
Jim and Jean Murray
Brian and Sarah (Stickle) Palmer
Alex and Lois Rolletta
Bob and Kathy Moore
Gary and Diane Ryan
Donna and Philip Shipley
Mr. and Mrs. Tom Slater
Al and Jan Smith
The Reverend Charles C. & Diana M. Smith
Kathy and Noble Snow
Doris Ann Spriggs
Jack W. Stickle II
Michael and Sharon Stickle
Tom Swank, WTH/WNKO
Mr. and Mrs. Ray Wilson
Craig Young

FOUNDATIONS

State Farm Companies Foundation

GENERAL

Garfield Elementary School

GOLDEN CORPORATE HONOR ROLL

The Energy Cooperative

GRANTS

Jackson Healthcare, LLC

HONORARY

In honor of Jeff Smith, Pastoral Care
by: Don and Rosemary Hill and Family

JOHN ALFORD FELLOWSHIP

Lorei Frame Reinhard
Jeff and Nancy Smith

MEMORIAL

In Memory of Jackie Underwood, M.D.
by: Sharon Hill-Stickle

In Memory of Howard Ridella
by: Leslie Emery

THE WILLIAM SCHAFFNER SOCIETY

Janine and Brian Mortellaro
Dr. Jack L. and Nancy G. Neely

Donation Benefits LMH Radiology Initiative

Park National Bank and Shred-it recently invited the community to a drop-off shredding and recycling event at its downtown Newark location in May. Community members were offered an opportunity to bring their sensitive documents and records to be shredded at no cost.

Community Shred Day has become an annual event with important benefits. “In health care, we understand the importance of protecting confidential information, and know that it is essential to dispose of private documents properly,” said Rob Montagnese, President & CEO of Licking Memorial Health Systems. “We are grateful to Park National and Shred-it for making it convenient for our community to discard personal documents securely.”

Although there was no fee for the shredding services, donations were accepted on behalf of Licking Memorial Hospital (LMH). A record of nearly 500 cars of people attended the event, and a total of \$2,154 was collected, which will be used toward the LMH Radiology Initiative.

Pictured are (left to right): Park National Bank Chairman Dan DeLawder, Park National Bank President David Trautman, LMHS President & CEO Rob Montagnese, and Shred-it President Steve Elsass.



LMHS the Top Contributor to Licking County's 2013 Operation Feed Campaign



(Left to right) Janelle Osborn, Kate Stickle, Joan Omlor (volunteer), Melissa Stein and Steve Schlicher accept LMHS' award for top contributor to the Operation Feed Campaign.

Licking Memorial Health Systems (LMHS) recently completed another successful Operation Feed campaign to benefit the Food Pantry Network of Licking County. LMHS Communications Manager Steve Schlicher served as the campaign chair. The total contribution of \$30,769.30 secured a spot as the top overall campaign contributor in Licking County for the fourth consecutive year. The Food Pantry's Operation Feed

Campaign provides LMHS and other area employers, churches and schools with the opportunity to help less-fortunate community members in the Licking County area. LMHS employees have been participating in the campaign for more than 20 years.

This year, LMHS once again raised funds through the “Raining Pennies for Operation Feed” campaign. Employees were provided with several ways to contribute, including the option to donate cash or designate an automatic deduction from one paycheck. In addition, LMHS hosted the sixth annual FEEDbay, an online employee auction that was posted on the LMHS Employee Portal for a two-week period. Employees donated more than 700 new and gently used items for the auction. All proceeds from the auction were added to LMHS' total campaign donation.

Additionally, LMHS participated in the Food Pantry's Supermarket Sweep competition at Indian Mound Mall. A portion of the mall was transformed into a mini grocery store mock-up for the day, and various Licking County businesses competed in a 60-second shopping challenge and a tower-building contest. The two-person team of Mike Cochran and Shay Marmie competed on behalf of LMHS.



Walmart Donation to Benefit Pediatric Patients

Licking Memorial Hospital (LMH) received a donation of more than 80 plush toys from Walmart on 21st Street in Newark. The new plush toys will be provided to pediatric patients at the Hospital. Walmart Invoice Clerk Patty Heckmann proposed the donation to her manager after witnessing the positive effect that the gift of a blanket had on her son during his treatment at LMH several years ago. Walmart on 21st Street is managed by Steve DeVold.

Donation from the Newman Needlers

Licking Memorial Hospital (LMH) received a donation of more than 20 shawls, blankets and hats from the Newman Needlers, a group of LMH Volunteers who enjoy crocheting, knitting and weaving. The group was founded in 2011 by Arlene Newman, an LMH Volunteer. Arlene instructs interested volunteers on how to make various items, including baby hats, baby Afghans, chemotherapy caps, lap ropes, heart monitor pouches, baby booties and socks. To date, the group donated more than 1,100 items that were provided to patients in various Hospital areas.

Pictured are (left to right) LMHS President & CEO Rob Montagnese, Lori Kennard, Margi Hensley, Mary Lou Place, Dee Ann Cable, Joan Omlor, Arlene Newman and Director of Volunteers, TWIGS & Events Carol Barnes.



Development Spotlight – Mike McFarland



Mike McFarland

Mike McFarland recently joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee. He retired in 1996 after 30 years in management at AT&T Corporation, then served as Tax Administrator and Village Administrator for the Village of Hebron. Upon retirement, Mike received special recognition for his contributions to the betterment of Hebron and was honored with a ceremonial key

to the Village. He also is a retired member of the International City/County Management Association (ICMA). Mike is eager to utilize the skills and knowledge that he acquired while working in local government to benefit the LMH Development Council.

“The 14 years that I spent as an official for the Village of Hebron helped me learn the true impact of the Health Systems on our communities. Quality healthcare facilities and professionals attract industries and businesses to create the jobs necessary to maintain a high quality of life in Licking County,” Mike said. “Over the years, countless people have committed their time and energy to the success of the Hospital, and the current administration has elevated Licking Memorial Health Systems to a premier position within the healthcare industry. I am truly

honored to be a small part of this great tradition of caring, and intend to dedicate my efforts as a member of the Annual Support Committee to maintain and improve the amazing services available in Licking County.”

A lifelong Licking County resident, Mike graduated from Lakewood High School in Hebron before attending Franklin University. He remains an active member of the community and has served a multitude of organizations throughout the last 44 years. Mike has served as a member of the Lakewood Little League Board, Chairman of several school levy campaigns, President of the Hebron Board of Public Affairs, founding member of the Licking County Economic Development Retention and Expansion Committee, a member of the Chamber of Commerce Economic Development Committee, as well as Sunday School Superintendent, member of the District Steering Committee and Board President of Hebron United Methodist Church.

Mike and his wife, Donita, have been married for 45 years. They have two grown children, Kim and Kevin, and four grandchildren, Dominic, Roman, Kylee and Cullen. In their spare time, they enjoy spending time with their family and volunteering at their grandchildren’s schools. Mike also enjoys digital photography, reading, Ohio travel and exercising at the Licking County Family YMCA.

Volunteer Spotlight – Brenda Tompkins



Brenda Tompkins

Three years ago, Brenda Tompkins was looking for an organization where her youngest daughter could volunteer during the summer months. When a family friend referred her to Licking Memorial Hospital (LMH), Carol Barnes, Director of Volunteers, TWIGS and Events, asked Brenda if she would be interested in volunteering, as well. She agreed and began her service as a messenger for the LMH Laboratory and a patient transporter

for the Gastroenterology office. Since last fall, Brenda has served as a regular volunteer in the Hematology/Oncology Department – an assignment that holds personal significance. Because her mother was a victim of cancer, she is grateful for the opportunity to serve other patients afflicted with the disease.

Brenda, who has provided more than 450 hours of service since July 2010, enjoys crocheting in her free time. She uses the hobby to further benefit the Hospital as a member of Newman's Needlers, a group that handcrafts items for newborn babies and Oncology patients at LMH. Since Brenda has

served within several different areas of the Hospital, she looks forward to the annual Volunteer Appreciation and Christmas dinner events to visit with her fellow volunteer friends. Most of all, she appreciates being part of the friendly and helpful atmosphere at LMH.

“Brenda possesses the true spirit of volunteering,” Carol said. “She is very caring, always has a smile on her face and is eager to learn new tasks. She treats everyone she meets – whether a visitor, patient, fellow volunteer or physician – with kindness and views each as a friend. Brenda is an exemplary member of our Volunteer team, and we are thankful she has chosen to share her time and talents with us.”

Brenda is currently a full-time student at Zane State College majoring in business microcomputer applications. She is a veteran of the U.S. Air Force and served in the Air National Guard for 12 years. Brenda and her husband, Art, moved throughout the country, including California, Kansas and Pennsylvania, before relocating to Newark in 2006. The couple has been married for 37 years and has two daughters, Kellie and Kaitlyn.

TWIGS Recognition Dinner

The Licking Memorial Hospital (LMH) TWIGS organization raised nearly \$124,000 in donations throughout 2012 for the Hospital. LMH Board Chairman Patrick Guanciale announced at the annual TWIGS Recognition Dinner on May 15, that the TWIGS organization has raised more than \$4.7 million throughout its 63-year history in Licking County.

“Your dedication to the Hospital is outstanding. Not only do you support the projects of your individual TWIGS groups, but you all work together to support the ‘All-TWIGS’ projects, as well,” Patrick said. “We recognize that you have spent thousands of tireless hours, giving of your time and talents to benefit the Hospital and our community. On behalf of the LMH Board of Directors, I wish to express our deep appreciation for your hard work and dedication to our mission of improving the health of the community.”

Veronica Link, Vice President Development & Public Relations, said that the TWIGS contributions are used toward the purchase of equipment and improvements at LMH, and set an environment of excellence at the Hospital that is frequently noticed by patients and their families. “We receive many compliments on the newly renovated Hematology/Oncology Department that includes relaxing furnishings in the waiting room and the unique, 450-gallon saltwater Rod Callander Memorial Aquarium. These quality details, which were made possible by the TWIGS’ 2011 and 2012 donations, enhance the patient experience at LMH. This year, the funds raised by TWIGS will be used toward the 2013 Radiology Initiative.”

TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. The five TWIGS chapters at LMH are made up of community members who conduct fundraising activities that include operations of the TWIGS Gift Shop



Patrick Guanciale, Chairman of the Licking Memorial Hospital Board of Directors, reviewed Licking Memorial Health Systems’ 2012 activities and accomplishments during the annual TWIGS Recognition Dinner.

at LMH, the TWIGS 8 Granville Thrift Shop, and special merchandise sales to benefit LMH. In addition to the Hematology/Oncology Renovation Project, other projects that benefit LMH have included a cardiac monitoring system for the Intensive and Critical Care Units, Critical Care Unit equipment, Emergency Department equipment and renovation, Obstetrics renovation, Radiology equipment and the infrastructure for the Picture Archival and Communication System.

The 2013-2014 TWIGS Executive Board Members are: Chairman Sharon Wills, Chairman-Elect Sue Weiland, Treasurer Betty Siarnicki, Recording Secretary Doris Spriggs, Corresponding Secretary Ruth Mann, and Assistant Treasurer Janet Wells. For information about becoming a TWIGS member to support LMH, please call (740) 348-4079.

Retiree Spotlight – Pat Shipp



Pat Shipp

Pat Shipp's 39-year nursing career at Licking Memorial Hospital (LMH) nearly did not happen. As a young student in nursing school, Pat was overwhelmed by the workload and doubted that she could fulfill all of the nursing program requirements. She seriously considered quitting the program, but resolved to continue working toward her degree – one of the best decisions of her life. Pat joined

LMH as a newly-registered nurse and worked briefly on 5-North before moving to the Intensive Care Unit (ICU). Aside from a six-year stint as the head nurse in Recovery, she remained in the ICU for more than 30 years and greatly enjoyed the people with whom she worked on a daily basis.

"I was an old-school, hands-on, bedside nurse. Some of my favorite memories at LMH included the opportunity to save lives and talk to families about the steps that lie ahead in patients' recoveries," Pat said. "I was also fortunate to be part of a great team of nurses. We worked closely together for so many years that we became like a second family. I cannot

compliment them enough for the excellent care they provided as an extremely cohesive unit."

Pat was flattered to become a valuable resource for physicians and her peers over the course of her career. "On our nursing team, respect was not automatically received, it had to be earned," she said. "Reaching the point that physicians and coworkers trusted me enough to routinely seek out my opinion was incredibly humbling and rewarding."

After surviving breast cancer 16 years ago, Pat has simply tried to make the most of each day. Since retiring in 2009, her regular activities include playing golf, walking, reading, quilting and puzzles. In order to remain in contact with friends, coworkers and physicians at LMH, Pat began volunteering at the Hospital shortly after her retirement. She continues to serve one day per week in the Betsy Eaton O'Neill Health Resource Center. Pat enjoys the freedom in retirement to go wherever and do whatever she pleases, especially planning trips to visit her two grown children, Brian and Traci, and five granddaughters. Born and raised in Newark, Pat now lives in Pataskala with her husband of 42 years, Dave.

LMH Volunteers Honored at Annual Recognition Dinner

Licking Memorial Health Systems (LMHS) recently hosted the annual Volunteer Recognition Dinner to pay tribute and show gratitude to more than 150 individuals who regularly devote their time to serve at Licking Memorial Hospital (LMH). LMH volunteers assist at special events, distribute mail, greet patients and provide many additional services throughout the Hospital and Health Systems.



Harry Harper was the recipient of the 2013 Donald Day Volunteer of the Year Award.

"It is my privilege to recognize the service and dedication that our volunteers provide to our patients and staff," said LMHS President & CEO Rob Montagnese. "It is their commitment that allows us to succeed in fulfilling our mission to improve the health of this community."

Nominees for the 2013 Donald Day Volunteer of the Year Award included Phillip Cassone, Joyce Clemings, Eddie Cline, Robert Gabe, Connie Gelfer, Gary Hamilton, Harry Harper, Dave Hiatt, Robert Kaczor, Maxine Keith, Myrtle Kovach, Thomas LeBlanc, Messenger Service, Sharon Miller, Newman Needlers, Joan Omlor, Richard Stewart and Ed Ziegler. Each year, award nominees are selected for their excellent work ethic and volunteer contributions.

Harry Harper was honored as this year's award recipient. Harry has been an LMH Volunteer since 2007 and has provided more than 2,920 hours of service. He serves in various areas of the Hospital, including mail and messenger service, and the LMH Main Lobby Reception Desk. In addition to serving at the Hospital, Harry assists in sorting, tagging and preparing clothing at the TWIGS 6 Granville Thrift Shop.

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4044 or visit www.LMHealth.org.

Past recipients of the Volunteer of the Year award include:

- 2012 – Richard Stewart
- 2011 – Vickie Fogarty and Arlene Newman
- 2010 – Rene Halblaub
- 2009 – Joe Stenson
- 2008 – Janet Anderson and Elizabeth Ann Wood
- 2007 – Beverly Crockford and Betty Meyer
- 2006 – Nobel Snow
- 2005 – Marye Crispin
- 2004 – Donald Day
- 2003 – Robert Norman



Licking Memorial Health Systems' 2013 MVPs

Licking Memorial Health Systems' 2013 MVPs were chosen for their consistent demonstration of the LMHS CARE values: compassion, accountability, respect and excellence.

Lindsey Bird, B.S.N., RN-BC



Position Title: Registered Nurse, 4-North

Personal Background: Lindsey joined LMH in 2006 and serves as a charge nurse and preceptor on 4-North. Originally from Van Wert, Ohio, she graduated from Lincolnview High School, and received her Bachelor of Science in Nursing from Capital

University in Columbus. Lindsey is certified in medical surgical nursing and advanced cardiovascular life support. She and her husband, Lee, are the parents of four daughters, Olivia, Ella, Sophia and Claire. In her free time, Lindsey enjoys being outdoors, working on the family farm and spending time with family and friends.

Kevin Brest



Position Title: Patient Care Coordinator, Nursing Administration

Personal Background: Kevin joined LMH in 1979 and serves Nursing Administration as a Patient Care Coordinator. He is a lifelong resident of Licking County, a 1978 graduate of Newark

High School and now lives in Hanover. Kevin is a member of the Buckeye Lake Moose and AMVETS Post 51. He enjoys amateur astronomy, deer hunting, landscaping, model railroading and wildlife photography.

Jessica Dages, R.N.



Position Title: Compliance Auditor, Corporate Compliance

Personal Background: Jessica has been employed by LMHS since 2006 and has worked in Health Information, Process Improvement and currently serves in Corporate Compliance as a compliance

auditor. A graduate of Newark High School, she received an associate degree in health information technology from Devry University, and an associate degree in nursing from COTC. Jessica and her husband, Aaron, reside in Newark and have three boys, Kaleb, Anthony and Karter. In her spare time, Jessica enjoys spending time with her family, reading and gardening.

Jan Futral



Position Title: Administrative Secretary, Emergency Department & EMS Coordinator

Personal Background: Jan joined LMH in 1983 and works as administrative secretary for the Emergency Department. She also serves as the liaison between the Hospital and Licking County Emergency Medical Services

(EMS) as EMS Coordinator. A lifelong Newark resident, Jan graduated from Newark High School in 1979. She is certified as an Advanced Emergency Medical Technician and is an EMS instructor for C-TEC. Jan is also a member of the Newark Township Volunteer Fire Department. She and her husband, Dirk, live in Newark and have two cats. In her spare time, Jan enjoys shopping and watching her nephew, Jacob, play baseball.

Shelby Gaul, M.S.N., R.N.



Position Title: Project Coordinator,
LMH Cardiology

Personal Background: Shelby joined LMH in 2007 and currently serves as Project Coordinator for the LMH Cardiology Department. She is a lifelong Licking County resident, and now lives in Granville with her husband, Patrick, and daughter, Henleigh. After graduating from Utica High School in 2002, Shelby received her Bachelor of Science degree from Mount Carmel College of Nursing and a Master of Science in nursing from Kaplan University. She is a member of the Nurse Practice Council and was previously nominated for LMH's Clarissa Ann Howard Nursing Award for Clinical Excellence. Shelby supports the Licking County Humane Society, and enjoys gardening, canning and spending quality time with her family.

Dan Glover



Position Title: Stationary Engineer,
Engineering Services

Personal Background: Dan began employment this year with LMHS as a stationary engineer in Engineering Services. A graduate of Newark High School, Dan attended the United Technical Institute for drafting and the American School of Technology for the Heating, Ventilation and Air Conditioning program. He was a member of the United States Marine Corps as an E-4 Corporal in the military police for on-base housing and a special platoon for guarding President Richard Nixon. Dan is a lifetime member of the American Legion Post 82, and is a volunteer baseball coach. He and his wife, Veneva, have two sons, Jacob and Matthew, and six grandchildren. In his spare time, Dan enjoys riding motorcycles, hunting, fishing, working in his yard and spending time with his grandchildren.

Jill Henry-English



Position Title: Administrative Secretary,
Laboratory

Personal Background: Jill joined LMH in 1987 and serves as the administrative secretary to the Laboratory Department. She is a lifelong Licking County resident, graduated from Newark High School and lives in Newark with her husband of 17 years, Craig. Jill is a member of First United Methodist Church, and enjoys reading, gardening and traveling to visit family.

Michelle Johnson, R.N., B.S.N.



Position Title: Nurse, Women's Health

Personal Background: Michelle has been employed by LMHS since 1999 and worked in Labor & Delivery before transferring to Women's Health where she has worked for almost two years. A graduate of Newark High School, Michelle attended the Licking County Joint Vocational School to become a nurse's aide. She became a registered nurse through Clark State Community College and received her Bachelor of Science degree in nursing from Ohio University. Michelle and her husband, William, have five children, Christopher, Tate, Abbagayle, Sarah and Allyson. In her spare time, Michelle enjoys spending time with her family, exercising, watching her children's sporting events, going to the beach and other outdoor activities.

Ken Justice, R.C.P., C.R.T., A.E.-C.



Position Title: Respiratory Educator

Personal Background: Ken joined LMH in 1992 as a Respiratory Therapist and became the Respiratory Therapy Educator in 2013. He is also a member of the Patient Education, Code Blue, and Respiratory Therapy Policy and Procedure committees at the Hospital. Born in Morehead, Kentucky, Ken graduated from Utica High School in 1987 and now lives in Coshocton County with his wife, Dawn, and children, Kristopher and Isabella. He is a certified asthma educator and a member of the American Association for Respiratory Care. In his free time, Ken enjoys reading, writing, cooking, fishing with his daughter and playing basketball and soccer.

Shakil Karim, D.O.



Position Title: Gastroenterologist,
Licking Memorial Gastroenterology

Personal Background: Dr. Karim has been employed by LMHS since 2008 as a gastroenterologist. He received his Doctor of Osteopathic Medicine degree at the Pikeville College School of Osteopathic Medicine in Pikeville, Kentucky. He completed an internal medicine internship, internal medicine residency and a gastroenterology fellowship at Northwestern University's Chicago College of Osteopathic Medicine in Olympia Fields, Illinois. Dr. Karim is board certified in the fields of internal medicine and gastroenterology. He and his wife, Nazish, have four daughters, Nadia, Sadia, Sofiya and Sumaiya. In his spare time, Dr. Karim enjoys vacationing and spending time with his family.

Arley Kimble



Position Title: Point-of-Care Technician, Cardiology

Personal Background: Arley joined LMH in 2009 and serves the Cardiology Department as a Point-of-Care Technician. She is a lifelong resident of Licking County, a 1999 graduate

of Licking Valley High School and is currently pursuing her degree in cardiovascular sonography at Central Ohio Technical College (COTC). Arley resides in Newark with her fiancé, James Allen, and has an Italian Cane Corso named Zeus. She is a past recipient of Hospice of Central Ohio's Compassionate Care Partner Award. Arley enjoys scrapbooking, flower gardening and cleaning.

Ashlee Lake, R.N., B.S.N.



Position Title: Clinical Coordinator, Maternity Services

Personal Background: Ashlee began working for LMH Maternity Services in 2003 and currently serves as Clinical Coordinator. She is a lifelong resident of Newark, and graduated from Newark Catholic High School

in 1998. Ashlee received her Bachelor of Science degree from John Carroll University and graduated from the Frances Payne Bolton School of Nursing at Case Western Reserve University in 2003. She is certified in inpatient obstetrics and electronic fetal monitoring, and is a two-time nominee for LMH's Clarissa Ann Howard Nursing Award for Clinical Excellence. Ashlee and her husband, Michael, live in Newark with their three children, Emma, Lilly and Cooper. In her free time, she volunteers at the Blessed Sacrament School and enjoys Irish dancing, scrapbooking and reading.

Jessica MacDonald



Position Title: Point-of-Care Technician, Acute Inpatient Rehabilitation

Personal Background: Jessica has served LMH as a Point-of-Care Technician for Acute Inpatient Rehabilitation since 2007, and is cross-trained in the Medical/Surgical unit and also as a unit clerk. She is involved

with the Hospital Consumer Assessment of Healthcare Provider and Systems committee and nursing skills days at LMH. Jessica is a lifelong Licking County resident, a 2004 graduate of Utica High School and plans to continue working toward her degree in forensics and nursing this fall at COTC. She lives in Hebron with her husband, Chris, and two sons, Cayden and Keegan. Jessica is active with Lakewood Little League as a Board Member, Fundraising Coordinator and a member of Baseball Moms. In her spare time, she enjoys scrapbooking, reading, gardening and spending time with family and friends.

Dennis McCarthy



Position Title: Environmental Services Assistant, Environmental Services

Personal Background: Dennis has been employed by LMHS since 2010 as an environmental services assistant. A graduate of Newark Catholic High School, he attended the Licking County Joint Vocational School

for building trades and carpentry. Dennis and his wife, Kathy, have two daughters and a son between them; Crystal (Matt) Marks, Eric (Maggie) Leighton, Jackie (Jeremy) Aberegg, as well as one grandson, Bentley. A member of Alive Vineyard Church, Dennis enjoys vacationing with his wife at Lake Erie, astronomy and watching pro football and baseball.

Greg McDaniel



Position Title: Electronics Technician, Engineering Services

Personal Background: Greg has been employed by LMHS since 2002 as a Bio Med technician. A resident of Logan, he attended Devry University and received an associate degree in

electronic engineering from Hocking College. Greg and his wife, Carol, have been married for 27 years and have one son, Tyler.

Wendy McKee



Position Title: Patient Account Representative, Patient Accounting

Personal Background: Wendy has been employed by LMHS since 2011 as a patient account representative, and processes Medicaid billing. A graduate of Licking Valley High School, she resides in Heath

with her four children, Morgan, Olivia, Baylee and Bodie. In her spare time, Wendy enjoys traveling, reading and spending time with her children.

Eli Misel



Position Title: Senior Systems Analyst

Personal Background: Eli joined the LMHS Information Systems Department in 2007, and is responsible for application development, systems administration, and contributes to network security. He is a 1996 graduate of Philo High School in Duncan

Falls, Ohio, and earned an Associate of Business degree in information technology from Muskingum Area Technical College and a Bachelor of Science degree in computer science from DeVry University. Eli lives in Zanesville, with his wife, Andrea, and daughter, Isabella. He enjoys motorcycles, astronomy, astrophotography and spending time with family and friends.

Marsha Moore, R.N.



Position Title: Clinical Nurse Supervisor, Emergency Department

Personal Background: Marsha has served LMH since 2001 and currently works as a Clinical Nurse Supervisor in the Emergency Department. A lifelong Licking County resident, she graduated

from Newark High School in 1998 and earned her associate degree from Central Ohio Technical College in 2002. Marsha is certified in advanced cardiovascular life support, pediatric advanced life support and advanced stroke life support. She and her husband, Austin, live with their son, Ryder, in Heath. Marsha is a member of Spring Hills Baptist Church, and enjoys Bible studies, reading, running, exercise and spending time with family.

Johnda Orndorff



Position Title: Transcriptionist

Personal Background: Johnda joined LMH as a transcriptionist in 2009. Originally from California, Johnda moved to Licking County 22 years ago and lives in Granville with her husband, Bill.

The couple has been married 35 years and has two children, Anna and Christopher, and a grandson, James. She is a member of the Church of St. Edward the Confessor, and volunteers as a transcriptionist for the Licking County Community Health Clinic. She also volunteers at Licking County River Round Up and with TWIGS 14. In her free time, Johnda and her friends make quilts for organizations and individuals fighting serious illnesses. She also enjoys canoeing, bicycling, walking, attending car shows and farmers markets, and watching Ohio State football.

Neil Pancoast



Position Title: Blood Bank Coordinator

Personal Background: Neil began his career in the LMH Laboratory in 2008 and oversees all transfusion-related activities at the Hospital as Blood Bank Coordinator. Originally from Galion, Ohio, Neil graduated from Galion High School in 1995. He earned

his associate degree in medical laboratory technology from Marion Technical College and a Bachelor of Science degree from The Ohio State University. Neil is a registered Medical Laboratory Scientist with the American Society for Clinical Pathology. In his spare time, he enjoys running, mountain biking, fishing and gardening.

Hassan Rajjoub, M.D., FACC



Position Title: Interventional Cardiologist, Licking Memorial Heart Center

Personal Background: Dr. Rajjoub has been employed by LMHS since 2011 as an interventional cardiologist. He received his Doctor of Medicine Degree at Tichreen University, School of Medicine in Lattakia,

Syria. He completed a residency in internal medicine at the University of Chicago/Weiss Hospital and completed a cardiology fellowship and interventional cardiology fellowship at Saint Louis University Hospital in St. Louis, Missouri. He is also fellowship trained in peripheral vascular disease intervention and board certified in cardiovascular disease, interventional cardiology and nuclear cardiology. He and his wife, Yasmin, have three children, Rami, Noora, and Omar. In his spare time, Dr. Rajjoub enjoys playing soccer and tennis.

Holly Santos



Position Title: Registrar, Registration

Personal Background: Holly has been employed by LMHS since 2006 as a registrar. Holly was self-employed as a medical transcriptionist specializing in general and vascular surgery before serving at LMHS. She and her husband, Chip,

have three grown children, Michael, Cory and Bradon. In her spare time, Holly enjoys spending special time with her father, as well as family and friends, exercising, hiking, bicycling, gardening, decorating and quilting. She has won several awards for her quilting talents, including a first-place award at the Kaleidoscope Quilt Show in Toledo, Ohio.

Fran Scono, R.Ph.



Position Title: Pharmacist

Personal Background: Fran began serving the LMH Pharmacy in 1986. She performs inpatient clinic duties in the Medical/Surgical and Critical Care Units, and in the chemotherapy dispensing lab in the Hematology/Oncology Department.

She also works in the outpatient setting in the Medication Therapy Clinic. Originally from the Columbus area, Fran received her Bachelor of Science degree from The Ohio State University College of Pharmacy. She and her husband of 33 years, Tom, have lived in Licking County since 1980. The couple has two daughters, Lauren and Carrie. Fran's hobbies include crocheting, quilting and vacationing.

Ivy Smith



Position Title: Administrative Secretary, Case Management

Personal Background: Ivy joined LMH in 1978 and serves as administrative secretary for the Case Management Department, as well as Licking Memorial Hospitalists. She is a lifelong resident of

Licking County, and a graduate of Watkins Memorial High School. Ivy and her husband, Steven, now make their home in Newark and have two sons, Shawn and Erik, together. She attends Jersey Baptist Church, and enjoys traveling, reading, walking and spending time with family.

Gail Stotts



Position Title: POCT, Licking Memorial Family Practice – Granville

Personal Background: Gail has been employed by LMHS since 2007, and serves as a Point-of-Care Technician for Dr. Graham at the Licking Memorial Family Practice – Granville office. A graduate of Sheridan

High School, Gail received a cosmetology license from Mid-East Ohio Vocational School before attending Bryman Institute for her medical assistant degree. She resides in Newark with her teenage daughter, Madison. In her spare time, Gail enjoys spending time with her daughter and family, traveling, baking and decorating cakes and watching Ohio State football.

Barb Stough, R.N.



Position Title: Quality Manager, Process Improvement

Personal Background: Barb has been employed by LMHS since 1998. She began her career as a staff nurse in the Emergency Department, then in 2005 became the Emergency Department Clinical Nursing

Supervisor. Since 2007, she has served as a Quality Manager for Process Improvement. A graduate of Licking Valley High School, Barb received her associate degree in nursing from COTC and her Bachelor of Science degree in nursing from the Chamberlain College of Nursing. She and her husband, Mark, have three children, Lexie, Rylee and Colby. In her spare time, Barb coaches the 7th grade volleyball team at Licking Valley Middle School, and enjoys spending time with her family, being outdoors and any sports-related activity.

Meghan Swan



Position Title: Point-of-Care Technician, Outpatient Surgery

Personal Background: Meghan began serving as a Point-of-Care Technician in the LMH Outpatient Surgery Department in 2008. She graduated from Newark High School in 2001 and maintains her residence

in Newark. Meghan plans to begin working toward a degree in nursing at COTC this fall. She is a member of Jersey Baptist Church and the Licking County Family YMCA. In her free time, Meghan enjoys the outdoors, cooking, helping others and spending time with family, friends and her dogs.

LuAnn Untied, R.N., B.S.N.



Position Title: Staff Nurse, Critical Care Unit

Personal Background: LuAnn joined LMH in 1986 and serves as a Clinical Nursing Supervisor in the Critical Care Units. Born in Portsmouth, Virginia, she graduated from Tri-Valley High

School in Dresden, Ohio, and earned her associate degree from Ohio University–Zanesville and a Bachelor of Science degree in nursing from Franklin University. LuAnn has been recognized with a Nurse Exemplar Award and by Strathmore's Who's Who. She lives in Frazeytsburg and has three children, Amanda, Christopher and Dakota. In her spare time, Luann enjoys sewing, cooking, traveling and spending time with family and friends.

Janetta Wheeler



Position Title: Hospitality Assistant, Food Service

Personal Background: Janetta has been employed by LMHS since 2004 as a hospitality assistant in Food Service. A lifelong resident of Licking County, she graduated from Newark High School.

Janetta and her husband of 24 years, James, reside in Newark with their son, Ryan.

Barb Wolfe



Position Title: Physician Coding Specialist, LMHP Coding

Personal Background: Barb has been employed by LMHS since 2009 as a Physician Coding Specialist. A graduate of Licking Valley High School, Barb is a certified coding specialist through the

American Health Information Management Association. She and her husband, Ron, reside in Frazeytsburg with their son, Bryant. In her spare time, Barb enjoys camping, fishing, vacationing with her family and relaxing outside.

Whitney Wolfe



Position Title: Radiographer

Personal Background: Whitney joined the LMH Registration Department in 2006 and transferred to Radiography in 2008. She is a lifelong Licking County resident, and a 2005 graduate of Johnstown-Monroe High School. Whitney received her

associate degree in radiology from COTC, earned a Bachelor of Science degree in radiologic science from Oregon Institute of Technology, and is currently working toward her Master of Science degree in higher education and student affairs at Ohio University. She is a member of the American Society of Radiologic Technologists, the Ohio Society of Radiologic Technologists. She also is a part-time radiologic science instructor at COTC. Whitney enjoys playing sand volleyball, attending sporting events and concerts, vacationing at the beach, and spending time with her family and friends.

Theresa Wollenberg



Position Title: Printing Services Assistant

Personal Background: Theresa has served as a printing services assistant since 2003. She manages all LMH mail processes, and works closely with the mailroom volunteers. A graduate of New Lexington High School in New Lexington,

Ohio, Theresa and her husband, Craig, have resided in Newark for 10 years, and have two grown children, Karla and John. She is a member of St. Francis DeSales Catholic Church, and enjoys walking, reading, being outdoors and spending time with family and friends.

Linda Yu, D.O.



Position Title: Obstetrician/Gynecologist, Licking Memorial Women's Health

Personal Background: Dr. Yu has been employed by LMHS since 2011 as an obstetrician/gynecologist for Licking Memorial Women's Health. She received her Doctor of Osteopathic Medicine degree

at the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed an obstetric and gynecology residency at Aultman Hospital in Canton. She is also a member of the American Osteopathic Association and the American Congress of Obstetricians and Gynecologists, and is board certified in obstetrics and gynecology. In her spare time, Dr. Yu enjoys traveling, crafting and spending time with her family and friends.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

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

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

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Community Events

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

Active•Fit Youth Wellness Events

To register for the following events, please call (740) 348-1572.

Bowling at Park Lanes

701 Hopewell Drive, Heath
Wednesday, July 17, 3:00 to 5:00 p.m.

This event includes free bowling during a two-hour period. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided. Registration is limited.

Field Day

Alford-Reese Park (NASA Fields) 600 Baker Boulevard, Newark
Tuesday, July 23, 3:00 to 5:00 p.m.

This event will include activities such as soccer, flag football, kickball and freeze tag. Youth must be accompanied by an adult. Healthy snacks and beverages will be provided. Registration is required.

Active•Fit 1K at The Dawes Arboretum

Saturday, August 3, 8:00 a.m.
7770 Jacksontown Road, Newark

Youth are invited to participate in the first annual Active•Fit 1K, just before the annual LMHS "For Your Health" 5K. Youth must be accompanied by an adult. There is no charge, but registration is required.

Mock STEMI Demonstration

LCAP Building, 745 E. Main St., Newark
Friday, August 16, 10:00 a.m.

Join Licking Memorial Health Systems for a demonstration on heart attack care. Demonstration will include a question/answer session and live flight transport. There is no charge for the event, but registration is required. Please call (740) 348-1572 to register.

LMHS Family Movie Night, presenting the action adventure film "Night at the Museum"

Saturday, July 13
Pataskala Health Campus, at One Healthy Place in Pataskala
Arrive at 7:30 p.m. The movie begins at dusk. The community may bring blankets or lawn chairs to watch a free outdoor movie. Healthy snacks will be provided. Please see page 13 for details.

Community Blood Pressure and Diabetes Management Screenings

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

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