



# Community Connection

## Licking Memorial Health Systems

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



Volume 10, Issue 3

May/June 2014

Measurably Different ... for Your Health!

## Award Confirms Top Quality Local Health Care



The 100 Top Hospitals® 2014 Award by Truven Health Analytics is an exciting confirmation that Licking Memorial Hospital (LMH) provides top quality care. The award has been conducted annually since 1993, and LMH has received the distinction a total

of 12 times. In 2014, the award was granted nationwide to 15 major teaching hospitals, 25 teaching hospitals, 20 large community hospitals, 20 medium community hospitals (including LMH) and 20 small community hospitals.

The awards are based on a study of publicly reported data in 10 key areas: mortality, inpatient complications, patient safety, average length of patient stay, patient expenses, profitability, patient satisfaction, adherence to clinical standards of care, post-discharge mortality rates and re-admission rates for heart attack, heart failure and pneumonia.

*Award Confirms Top Quality Local Health Care (continued on page 2)*

## New Procedure Allows Minimally Invasive Repair of Aortic Aneurysms



Howard L. Reeves, D.O.

For patients requiring surgical treatment to repair an abdominal aortic aneurysm (AAA), a new, minimally invasive procedure is now being performed at Licking Memorial Hospital (LMH). Howard L. Reeves, D.O., of Surgical Interventions, LLC, recently received specialized training in Percutaneous Endovascular Aortic Aneurysm Repair (PEVAR) and began offering the procedure at LMH in December.

The normal diameter of the aorta in the abdomen is approximately 2 centimeters. If an aneurysm causes the aorta to dilate to 5 centimeters or more, the additional stress

*New Procedure Allows Minimally Invasive Repair of Aortic Aneurysms (continued on page 3)*

Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

See pages 20-24 for Quality Report Cards in this issue.

### COMMUNITY EDUCATION

#### Nutrition and Exercise for Life Workshop

Date: Thursday, June 12, Thursday, June 19 and Thursday, June 26  
Location: LMH First Floor Conference Rooms  
Time: 5:30 – 7:30 p.m.  
Speaker: Aundrea Parker, L.D., R.D. Jody Schirtzinger, P.T.A.

*(continued on page 2)*

#### Skin Cancer Awareness

Date: Thursday, May 22  
Location: LMH First Floor Conference Rooms  
Time: 6:00 – 7:00 p.m.  
Speaker: Bethany Wyles, D.O.

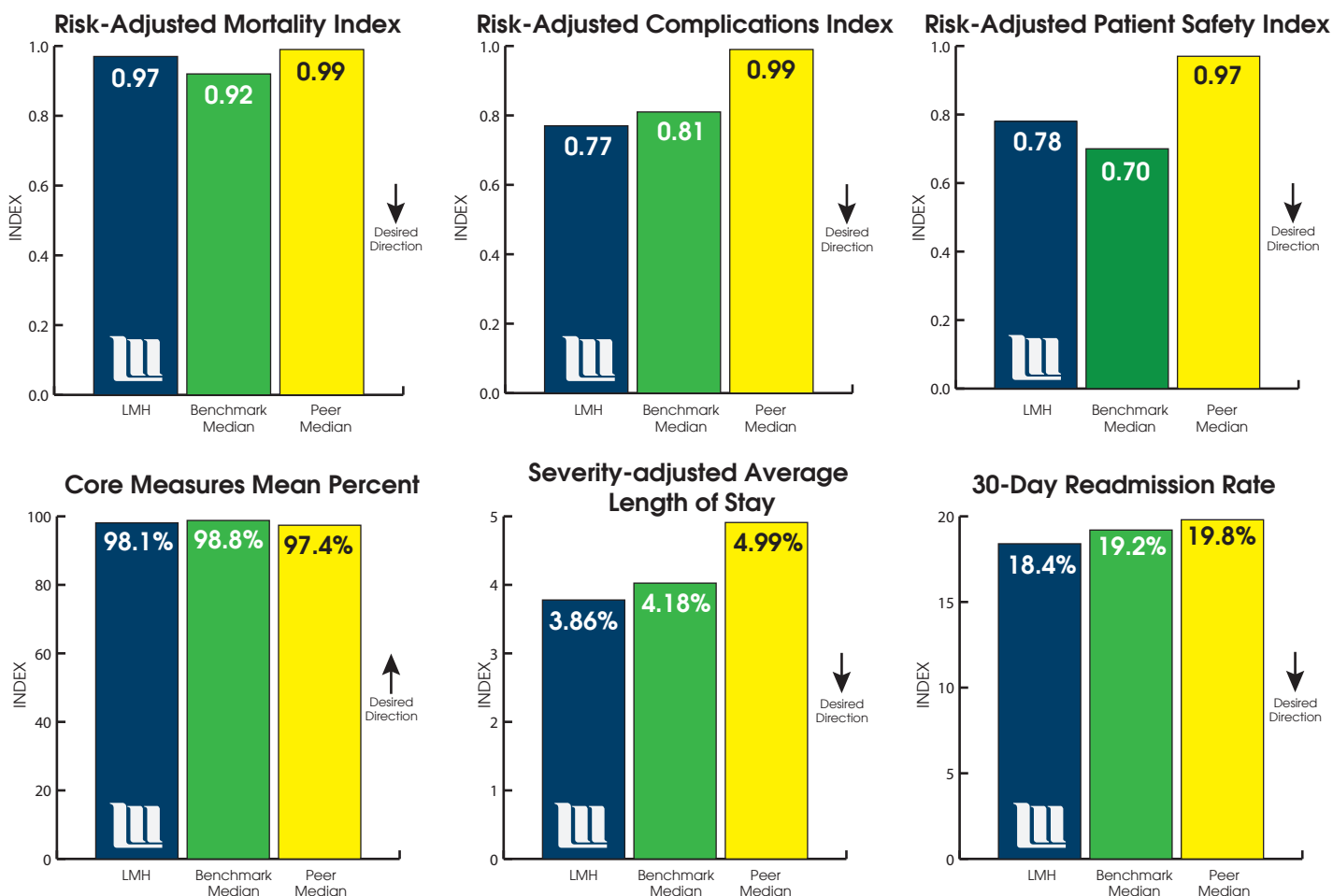
*(continued on page 27)*

Jean Chenoweth, Truven Health Analytics Senior Vice President, commented, “Our study results indicate that LMH is well managed and performance is balanced across inpatient quality, post-discharge outcomes, clinical and operational efficiency, financial stability and patient perception of care. That means that quality is high, and we expect that the Hospital will remain a stable employer, producing high value for the whole community for many years.”

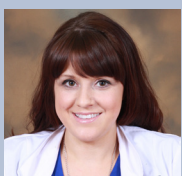
Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS), said the many 100 Top Hospitals Awards over the past two decades is a credit to the employees, Medical Staff, LMH and LMHS Boards of Directors, and

hundreds of volunteers. “Our team has always worked hard to improve services and provide the best level of care that is available anywhere. They have never assumed that a hospital in a larger city would be able to provide better patient care, and as a result, our medium-sized community Hospital has ranked overall among the best facilities in the nation.”

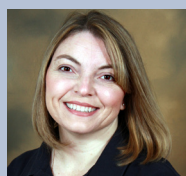
In an analysis released by Truven Health Analytics, LMH’s performance was compared to the 19 other award winners of the medium-sized community hospitals group (benchmark hospitals), as well as the remaining 962 non-winners of the medium-sized community hospitals group (peer hospitals). The analysis is illustrated in the following six graphs.



## Community Education – Nutrition and Exercise for Life Workshop (continued from front page)



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



Jody Schirtzinger, P.T.A.

If you have attended weight loss seminars, but lack a practical plan to reach your weight loss goal, consider attending this three-part workshop on healthy weight loss. This program focuses on practical steps and guidance to develop a personalized weight-loss plan, including recipe modification, smart grocery shopping, cooking demonstrations and beginning exercise.

Join Licking Memorial Dietitian Aundrea Parker, L.D., R.D., and Licking Memorial Physical Therapy Assistant Jody Schirtzinger, P.T.A., for this nutrition and exercise workshop on Thursday, June 12, Thursday, June 19, and Thursday, June 26, 5:30 p.m. to 7:30 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, registration is required. To register, please call (740) 348-2527.

# LMHS Again Recognized as “Healthiest Employer”

Licking Memorial Health Systems (LMHS) was recently named a “Healthiest Employer” by Columbus Business First. In a special March 28 issue, the publication listed LMHS among its honorees for its second consecutive year.

Scoring and assessment for the Healthiest Employer award is a web-based survey consisting of 75 scored questions with different point values. The categories, scoring and analysis were developed by a private panel of medical, academic, business, wellness, finance and statistics professionals.

The questionnaire covered six key areas of workplace wellness: culture and leadership commitment; foundational components; strategic planning; communications and marketing; programming and interventions; and reporting and analysis.

“The Healthiest Employer recognition is an important confirmation that our Employee Wellness program is making a difference,” said LMHS President & CEO Rob Montagnese. “Our staff members truly exemplify our mission, ‘to improve the health of the community.’ Beyond the skills of our highly trained Medical Staff, state-of-the-art technology and the dedication of our employees, the single-most important influence on our community’s health is found in personal lifestyle choices. Licking County has high rates of obesity and tobacco use, which have a negative impact on the community by contributing to serious health problems, such as cancer, heart disease, stroke, diabetes, and chronic obstructive pulmonary disease (COPD). The LMHS Employee Wellness Program encourages our staff to improve their own health and lead the community by example to make important lifestyle improvements.”



Lisa Hayes, LMH Director Medical/Surgical Nursing, accepts the award for Healthiest Employers of Central Ohio.

The Employee Wellness Program offers year-round opportunities that accommodate varying work schedules and interests. Among the more notable components are:

- Balanced Lifestyles, a holistic employee wellness program that encourages and rewards exercise, preventative screenings and weight management
- Lifestyle Improvements program for employees dealing with obesity, which includes free personal training sessions, dietitian consultations, cooking classes, grocery store outings to learn about healthy choices and support groups
- Free onsite annual wellness exams
- Free biometric screenings
- Free 24/7 access to onsite exercise facilities
- Subsidized memberships to local fitness centers based on visitation
- Flu vaccinations
- Free walking program
- Variety of free exercise/fitness classes
- Free diet/activity tracking program
- Subsidized memberships to Weight Watchers at Work
- Free tobacco cessation counseling and products
- Low-cost healthcare plan
- Reduced-cost Café salad bar and “healthy options” menu
- Hand sanitizers in high-touch areas
- Reduced prescription costs at an on-site pharmacy
- Pastoral Care counseling
- Annual Employee Health Fair, including wellness screenings and massage therapy

Columbus Business First is a weekly publication that reports news and trends among Central Ohio’s businesses. The Healthiest Employer recognition was developed as a way to recognize and promote wellness in the workplace throughout Central Ohio.

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## *New Procedure Allows Minimally Invasive Repair of Aortic Aneurysms (continued from front page)*

on the artery increases the risk of rupture. Since the aorta is the main supply of blood from the heart through the chest and abdomen, AAA rupture carries a mortality rate of up to 90 percent, according to figures published by the National Center for Chronic Disease Prevention. Along with traditional surgical and endovascular procedures, PEVAR is a safe and effective treatment that can repair AAA and significantly reduce the risk of rupture.

“The incisions made during the PEVAR procedure involve groin punctures small enough to be closed with a single suture or covered by an adhesive bandage following the procedure. In contrast, standard endovascular repair requires incisions approximately 5 centimeters in length to access

each leg artery,” Dr. Reeves explained. “Performing the repair percutaneously has shown to reduce procedure time, allow for the use of local or regional anesthesia, reduce the risk of wound complications and the need for post-operative analgesia, and potentially reduce blood loss and hospitalization time. All of these benefits contribute to improved patient satisfaction.”

Patients who have been diagnosed with AAA should first consult their primary care physician (PCP) to determine the best treatment course. A PCP can provide more information about endovascular and AAA repair options, including the PEVAR procedure.



The American Red Cross prevents and relieves suffering in the most vulnerable places by mobilizing the power of volunteerism and the spirit of giving.



Pictured during the Healthcare Heroes Award presentation are (left to right): LMHS President & CEO Rob Montagnese, Rashelle McVey, Jennifer Lake, Christy Williams, Karen Thompson-Snipes, Miranda Neighbarger, Amanda Baker, Maeley Hiner, Amy Hiner, Brittney Fickes, Chris Hiner, Dr. Obiaghanwa Ugbana, and Licking County Red Cross Executive Director Rod Cook

## Special Care Nursery Staff Named Healthcare Heroes

The American Red Cross of Licking County recently honored the entire staff of the Special Care Nursery in the Licking Memorial Hospital (LMH) Maternity Services Department. The Healthcare Hero Award was based on a nomination by Amy and Chris Hiner of Newark.

Amy was seven and one-half months into her pregnancy on April 10, 2013, when her water broke unexpectedly at home. Amy and her husband, Chris, arrived at LMH just 45 minutes later, and after another hour, they were holding their newborn daughter, Maeley.

Maeley was immediately taken to the LMH Special Care Nursery to receive care for her under-developed lungs. The Hiners, who were first-time parents, appreciated the compassionate and professional care that the staff gave to them and Maeley throughout the following 18 days.

In a letter to the American Red Cross of Licking County, Amy and Chris said they had witnessed the doctors and nurses acting as heroes – including educating them on how to care for their daughter when they were able to take her home. The Hiners added that they were appreciative of the personalized care they received even though the Special Care Nursery staff

**Members of the LMH Special Care Nursery staff:**

Kelly Arruda, R.N.	Rashelle McVey, R.N.
Amanda Baker, R.N.	Miranda Neighbarger, R.N.
Karen Bowden, R.N.C.	Jennifer Nethers, R.N.
Dawn Braden, R.N.	Morgan Newhouse, R.N.
Callie Brown, R.N.	Lisa Norman, R.N.
Brittney Fickes, R.N.	Valerie Postle, R.N.C.
Marcia A. Fisher, B.S.N., R.N.C., IBCLC, T.T.S.	Jessica Sauder, R.N.
Doree Good, R.N.C.	Kim Schaller, R.N.
Mary Holley, R.N.	Andrea Sherfy, R.N.
Christina Kasper, R.N.	Sherry Smith, R.N.C.
Jennifer Lake, R.N.	Sheryl Stickrad, R.N.C.
	Christy Williams, R.N.

cares for dozens of premature babies each year. Rod Cook, Executive Director of the American Red Cross of East Central Ohio, presented the 2014 Healthcare Heroes Award to Special Care Nursery staff representatives during the annual Licking County Heroes Breakfast.

# Mumps Immunizations Still Necessary

The recent outbreak of mumps in Central Ohio startled many parents who thought the “childhood” disease was no longer a threat. However, the confirmed cases prove that mumps is still present, and that it can affect adults as well as children. The first cases in the recent outbreak were reported among students at The Ohio State University (OSU) campus in Columbus, and soon spread to the greater Columbus area, including Licking County. In addition to students, cases have been reported among faculty members, other individuals with OSU connections, and their family members.

Although mumps is a very contagious disease, it usually is not serious. The Centers for Disease Control and Prevention (CDC) speculates that up to one-half of those who contract mumps have such mild symptoms that they do not realize they were infected. The mumps virus is contained in droplets of saliva and mucous, and can be spread by infected individuals through sneezing, coughing or touching shared items with unwashed hands. After an individual is infected with mumps, it may take 12 to 25 days for symptoms to develop.

Symptoms include:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen and tender salivary glands under the ears or jaw

There is no specific treatment for mumps, but most individuals



recover fully with at-home care for relief of fever and discomfort. Mumps symptoms tend to be more severe for teens and adults than for children. If someone with mumps becomes seriously ill, medical attention is needed.

In rare cases, serious complications can develop from mumps, especially in teens and adults. Possible complications include:

- Inflammation of the testicles and possible sterility in men
- Inflammation of the ovaries in women
- Inflammation of the brain or spinal cord
- Temporary or permanent deafness

The CDC reports that the best prevention against mumps is childhood immunization through the measles-mumps-rubella-varicella (MMRV) vaccine. Children should receive one dose of the MMRV vaccine soon after their first birthday, and a second dose before starting kindergarten.

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## Health Insurance Marketplace Plans May Not Cover LMHS Physicians, Services and Facilities

Licking County residents who have lost coverage or were previously unable to secure insurance coverage have been able to take advantage of provisions within the Affordable Care Act, also known as “Obamacare,” to provide health insurance for themselves and their families. However, not all of the plans available on the Health Insurance Marketplace website ([www.healthcare.gov](http://www.healthcare.gov)) offer the lowest out-of-pocket costs when obtaining services from physicians and/or facilities within Licking Memorial Health Systems (LMHS). In fact, only six plans currently available to Licking County residents classify LMHS as an in-network provider.

Based on negotiated agreements between the insurance plan and healthcare providers, physicians and facilities are designated either as in-network or out-of-network. Patients receive the best rates and typically are responsible only for a co-payment and a deductible when receiving care in-network. Some plans may offer slightly higher rates for services by providers in a second tier of coverage. Out-of-network expenses generally include a separate, higher deductible and the highest out-of-pocket expense to the consumer. Depending on the plan, out-of-network services might not

be covered at all, providing no insurance reimbursement for healthcare services received.

Before obtaining healthcare services through coverage purchased from the Marketplace, it is important for patients to ensure that their provider is in-network. It is also necessary to confirm Licking Memorial Hospital (LMH) is a covered facility prior to obtaining services. Otherwise, procedures performed at LMH may be entirely at the patient’s expense – except in the case of emergency care. Plans available on the Marketplace often have more limited in-network options than other plans offered by the same insurer. Therefore, a plan purchased from a company which provided previous coverage does not guarantee access to the same provider network.

A patient should contact their plan representative directly with any questions regarding the eligibility of preferred providers and services performed within the Health Systems. Documenting the conversation – including the name of the person spoken to and specific information they provided in response to questions – is also recommended should a dispute arise in the future over a claim.

# Community Leaders Join LMH and LMHS Boards

Licking Memorial Hospital (LMH) is pleased to announce the addition of three community leaders to the LMH Board of Directors: David E. Doney, David L. Hile, and Laurel B. Kennedy, Ph.D. Current Board member Judge Craig Baldwin was elected to serve as Chairman. In addition, the Licking Memorial Health Systems (LMHS) Board of Directors elected two new members: Eschol Curl, Jr. and Patrick D. Guanciale. Current Board member Judith Pierce was elected to serve as Chairman.



David E. Doney

David E. Doney is a Radio Broadcaster and News Director at WNKO/WTHH Radio Station in Licking County. Before joining WNKO/WTHH in 2007, David was a radio sports reporter and news anchor in Akron, Ohio. David is involved with various community organizations including Big Brothers Big Sisters of Licking County, Our Futures in Licking County coalition and Licking County Crime Stoppers. He also is a member

of the Newark Kiwanis Club and Licking County's Local Emergency Planning Committee. David currently resides in Pataskala with his wife, Jodi, and two sons, David and Justin. He enjoys spending time with his family, playing golf and reading American history, political science and sports biographies.



David L. Hile

David L. Hile is Superintendent of Licking Valley Local Schools. A lifelong resident of Licking County, David received his bachelor's degree from The Ohio State University, a Master of Arts from the University of Wyoming, Master of Educational Administration from Ashland University and his superintendent licensure from Ohio University. David served as a social studies teacher at Newark High School, as well as an

assistant principal and principal at Licking Valley High School prior to his current role. He is a member of the Newark Rotary Club, the New Home Masonic Lodge and the Licking Valley Heritage Society. David also is the Executive Director of the Children's Reading Foundation of Licking County. He is a member of the Ohio School Boards Association, the Buckeye Association of School Administrators, the Association for Supervision and Curriculum Development and National Association of School Superintendents. David and his wife, Angie, reside in Hanover with their sons, Ethan and Hayden. In his spare time, David enjoys spending time with his family, athletics, coaching, deer and turkey hunting, snorkeling and exercising.

Laurel B. Kennedy, Ph.D., is the College Administrator for Denison University. Laurel graduated from the University of



Laurel B. Kennedy, Ph.D.

Wisconsin – Madison with a bachelor's degree in communication and received her Master of Arts in Telecommunications from Ohio University School of Mass Communications. She is an active member of the Newark Rotary Club and is the Chair of the Ohio Campus Compact Advisory Board. Laurel also is a professional member of the American College Personnel Association, the National Association of Student Affairs Administrators in Higher Education, and the American Council on Education's Ohio Women's Network. Laurel and her husband, Darrick Courson, reside in Granville, and have two adult children, Joseph and Mary.



Eschol Curl, Jr.

Eschol Curl, Jr. was born in Dublin, Georgia, and grew up in Savannah, Georgia, before later moving to Atlanta. He earned a bachelor's degree from Berry College in Rome, Georgia, with a major in business and a minor in sociology. In the mid-1980s, Eschol and his wife, Dorothy, moved to Licking County with their three young daughters, Shelley, Leigh Ann and Ashley. In 2011, he retired after 39 years at State Farm. Eschol has been involved

in a myriad of community organizations including: Newark Regional Campus Board of Trustees (Board Chair for 2010-2011 academic year), Griffith Insurance Education Foundation Board of Trustees (Board Chair in 2011, Interim Executive Director of the Foundation in 2012), Licking County Family YMCA Board of Directors (Board Chair for two years), Licking County Family YMCA Foundation Board (current Board Chair), Hospice of Central Ohio Board of Trustees (current Board Chair), Licking County Foundation Governing Board, The Works Board of Directors (also served as Chair of the Major Gifts Division of the 2004 Endowment/Capital Campaign), Our Futures in Licking County Leadership Board, LMH Development Council and the Newark Rotary Club.



Patrick D. Guanciale

Patrick D. Guanciale is a Realtor with Coldwell Banker King Thompson in Newark, and is certified as a Residential Broker by the National Association of Realtors. He is a past President of the Licking County Board of Realtors (LCBR) and twice has been named the organization's Realtor of the Year. Patrick also received the \$75 Million Dollar Club Award from LCBR in 2008. He is a graduate of Newark Catholic High School and attended Ohio University in Athens, Ohio. He is a current member of the Newark Rotary Club, and the Board of Directors for the Newark Catholic High

School Foundation and Grow Licking County. Additionally, Patrick is a former member and Chairman of the Licking County Chamber of Commerce Board of Directors. He also provides ground support for the Newark Fire Department and is a recipient of the William Howard Public Service Award from the Ohio State Fire Marshall Commission.

LMH is a subsidiary of LMHS. The LMH Board of Directors is made up of 15 dedicated individuals who volunteer their time to guide the daily operations and policies of the Hospital. Each member is elected to a three-year term.

The LMHS Board oversees all aspects of LMHS' three corporations that include LMH, Licking Memorial Professional Corporation and Licking Memorial Health Foundation. The LMHS Board of Directors is comprised of 10 individuals, including a physician advisor, who set policy and guide the Health Systems through its day-to-day operations. As volunteer community leaders, the LMHS Board Members serve to ensure that the Health Systems provides the best care and services available.

## Members of the 2014 LMH Board of Directors

Craig R. Baldwin, Chairman  
Nancy G. Neely, Vice Chairman  
Michael J. Massaro, Secretary  
Joyce L. Malainy, Ed.D., Treasurer  
C. Eugene Branstool  
David E. Doney  
David L. Hile  
Cheri Hottinger

Laurel B. Kennedy, Ph.D.  
Deborah A. Kohman  
Brian Mortellaro  
Rev. Michael A. Noble  
Bart M. Weiler  
Robert A. Montagnese, Ex Officio  
Eric Pacht, M.D., Ex Officio, LMH Chief of Staff

## Members of the 2014 LMHS Board of Directors

Judith B. Pierce, Chairman  
Patrick M. Jeffries, Vice Chairman  
Gary A. Ryan, Secretary/Treasurer  
Michael D. Cantlin  
Eschol Curl, Jr.

Linda K. Dalgarn  
Kim D. Fleming  
Patrick D. Guanciale  
Gerald R. Ehram, M.D., Physician Advisor  
Robert A. Montagnese, Ex Officio

# Camp Feelin' Fine



**Date:** Friday, June 6

**Time:** 9:00 a.m. – 3:00 p.m.

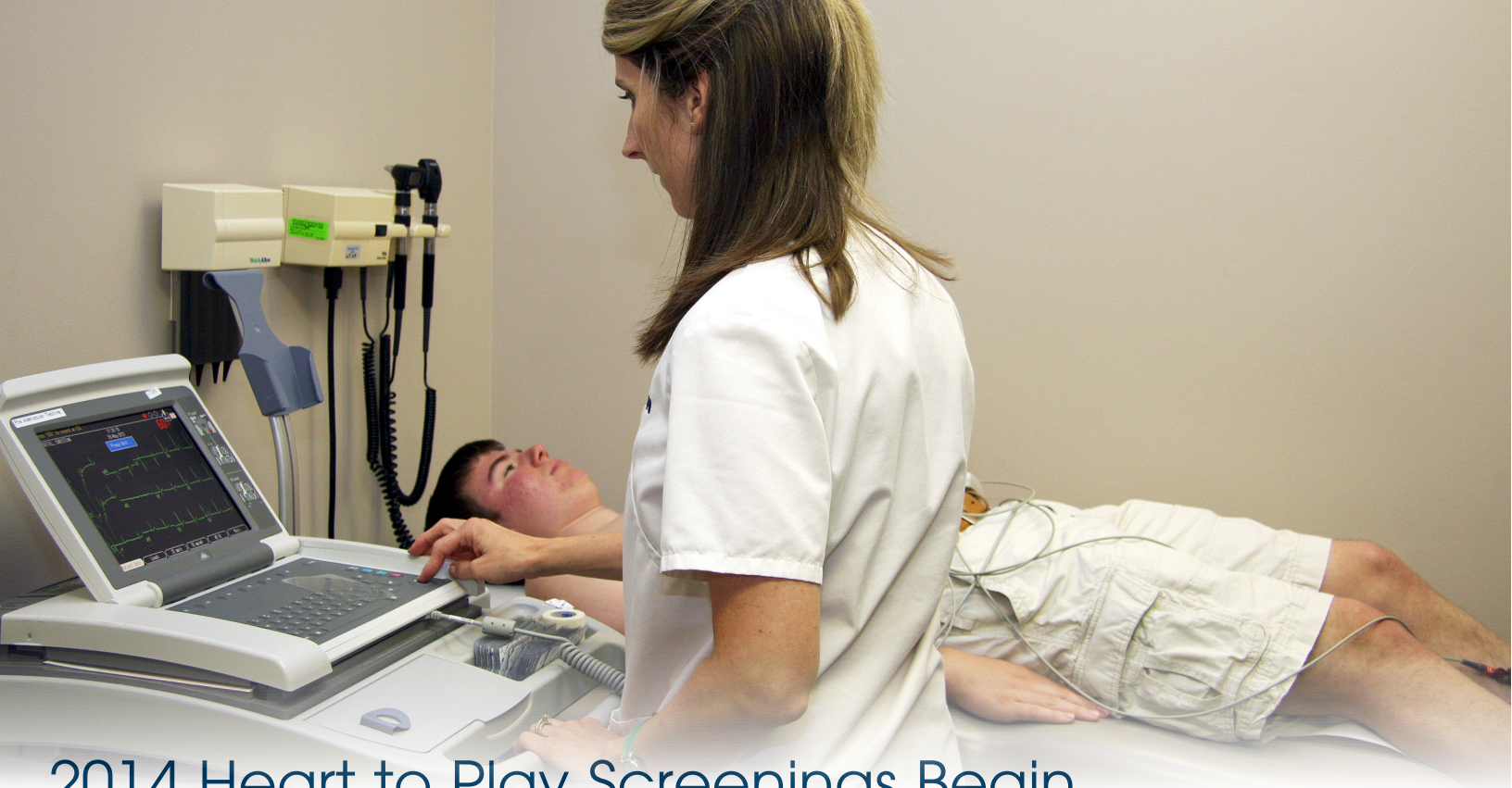
**Location:** Infirmary Mound Park on State Route 37, west of Newark

Camp Feelin' Fine is a FREE one-day camp that gives children with asthma, ages 7-12, the opportunity to take part in an outstanding educational and recreational program. The asthma healthcare team consists of physicians, respiratory therapists, nurses, and many other healthcare providers and volunteers. This team provides a fun and exciting day packed full of asthma education.

Please call the Licking Memorial Hospital Respiratory Therapy Department at (740) 348-4191 by Friday, May 30, to register for the camp. Space is limited and is on a first-come, first-served basis. Registration confirmation calls will be made approximately one week prior to camp.



Licking Memorial Hospital



## 2014 Heart to Play Screenings Begin

For the ninth consecutive year, Licking Memorial Health Systems (LMHS) is offering free pre-participation sports screenings to Licking County's youth in grades 7 through 12. Student-athletes, band members, and students in C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible to participate. The program, which takes place in May and June, provides electrocardiogram (EKG) testing and baseline concussion screenings in addition to pre-participation physical evaluations.

"The Heart to Play program is an important part of the Health Systems' youth wellness initiative, and we are proud of how successful the pre-participation sports screenings have been since they were implemented nine years ago," LMHS President & CEO Rob Montagnese said. "Several young lives may have been saved thanks to the inclusion of EKG screenings, and adding baseline concussion testing in recent years furthers our commitment to protect student-athletes in the Licking County community. We want to encourage our youth to participate in sports and other physically challenging activities, and offering the Heart to Play program ensures they do so safely."

Licking Memorial Pediatrician Diane M. LeMay, M.D., coordinates the EKG portion of the screenings, which has been successful in detecting previously undiagnosed heart problems. Since the EKG testing began in 2008, nine Licking County students have been discovered to have a potentially fatal heart condition known as Wolff-Parkinson-White Syndrome and were referred to a cardiologist for treatment. Several other serious cardiac abnormalities also have been detected and treated in students who were previously unaware of their conditions.

In 2013, EKG screenings were administered to 973 middle and high school students, and approximately 8 percent were referred to their primary care physicians for follow-up with possible cardiac abnormalities. After further examination by cardiac specialists, three students were diagnosed with Wolff-Parkinson-White Syndrome and two others were diagnosed with potentially dangerous heart defects last year.

In 2014, EKG tests will be offered free of charge to students in grades 7 through 12 who did not receive one in 2013. Additionally, any student-athlete who is identified as having high-risk symptoms, a family history of certain heart conditions, or suspicious examination findings may receive a free EKG in 2014, even if one was administered in 2013. The painless EKG displays the heart's electrical impulses and can identify heart conditions that place the athlete at risk for sudden cardiac death even when there are no symptoms. The EKGs will be performed by LMHS clinical staff on the night of the pre-participation sports screenings and will be read at no cost by local cardiologists.

A satisfactory EKG result for each student is required every two years for LMHS to give clearance for the student to participate in activities. The student's clearance is dependent on three factors: the student's medical history, the examination and the EKG results. A student who does not clear any part of the process will be referred to a primary care physician for further evaluation prior to clearance to participate in strenuous activities.

"I am proud that LMHS devotes the resources to protect our students as much as possible, and I am confident we have

*2014 Heart to Play Screenings Begin (continued on page 9)*



successfully prevented potential tragedies each year,” Dr. LeMay said. “Student-athletes usually appear to be in great health and they do not expect to have a hidden heart problem at such a young age. The Heart to Play program is designed to be a more involved screening evaluation than that required by the OHSAA. However, a preventive annual visit to the student’s primary care physician is still the best place to provide comprehensive care to the athlete.”

LMHS’ baseline concussion screening, known as ImpACT (Immediate Post-concussion Assessment and Cognitive Testing) was added to the program in 2011. ImpACT is a computerized evaluation system that assesses the brain’s cognitive functions, such as memory, attention span and reaction times. Each student completes a computer test to establish a cognitive baseline. If a concussion is suspected following an acute head injury, an athlete should be examined by a primary care or emergency room physician. The ImpACT test is re-administered within 24 to 72 hours after the injury, and the new, post-injury results are compared to the baseline computer test. The difference in the two scores, along with serial examinations, will help physicians determine the amount of time that the athlete will need in order to make a safe, full recovery. The ImpACT baseline tests are administered every other year to athletes in grades 7 through 12 who attend a school that does not perform testing.

LMHS also offers free physical screenings to student-athletes. The Ohio High School Athletic Association (OHSAA) requires all student-athletes to complete a screening history

and examination annually. A parent or guardian must complete a comprehensive questionnaire containing more than 50 questions, including a medical and family history. The physical screening portion of the exam will be completed by LMHS medical personnel. Students who have had a checkup with a primary care physician within the past year may submit the OHSAA form to the primary care physician’s office to have it signed. In that case, a student may participate in the Heart to Play program for EKG and/or ImPACT testing, but does not need the pre-participation physical exam.

Parents should contact their school’s athletic director if they are interested in participating in the free screenings offered by LMHS. Athletic directors can provide school-specific screening details and permission forms, which are required to be completed prior to the screenings. Middle and high school students who attend a Licking County school that is not participating in the program also are eligible for the free screenings.

It is important to note that the LMHS sports screenings are not complete physical exams, which are best performed annually at a primary care physician’s office and can take the place of a pre-participation screening. Since individual physician practices are not directly involved with the program, please refrain from contacting their offices for information regarding the sports screenings. Please e-mail [sportsphysicals@LMHealth.org](mailto:sportsphysicals@LMHealth.org) for more information or with any questions you may have about the pre-participation screenings or the Heart to Play program.



Licking Memorial Hospital

# SAVE THE DATE



## “FOR YOUR HEALTH” 5K RUN AND FUN WALK

**Saturday, August 2, 2014**  
**Registration - 7:30 a.m.**  
**Race - 8:30 a.m.**

**The Dawes Arboretum**  
**7770 Jacksontown Road, Newark, Ohio 43055**

Runner registration for the “For Your Health” 5K Run and Fun Walk is \$15 in advance, if received by 5:00 p.m. on July 25, or \$20 on the day of the event. Runners may register online at [www.premierraces.com](http://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](http://www.LMHealth.org), or at the LMH Development Office.

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

Sponsored by:





## LMH – Tamarack Adds Sleep Lab, Café

Since its inception in 2013, Licking Memorial Hospital – Tamarack (LMH – Tamarack) has added several departments and specialties at its location at 2000 Tamarack Road, in Newark. Recently, LMH Sleep Lab relocated to the facility, as well as a new, healthy café open to the public.

Formerly on the sixth floor of LMH, the LMH Sleep Lab is now located on the second floor of LMH – Tamarack. To assist with quality of sleep and daytime alertness, the comprehensive Sleep Lab offers overnight sleep studies on an outpatient basis that can reveal the cause of chronic fatigue or sleeplessness. The services at LMH – Tamarack are contracted through Sleep Care, Inc., and overseen by Eric R. Pacht, M.D., of Licking Memorial Pulmonology and Sleep Medicine. “There are many different types of sleep disorders, and the most common one diagnosed in the LMH Sleep Lab is obstructive sleep apnea,” Dr. Pacht said. “The sleep study measures those episodes of non-breathing that the patient may not realize are happening.” Following the assessment, patients will meet with Dr. Pacht during a follow-up appointment for a complete explanation of the study results and treatment options.

The LMH Sleep Lab is nationally accredited by the American Academy of Sleep Medicine. Sleep studies are painless and are performed Monday through Thursday evenings. For a consultation, please call Licking Memorial Pulmonology and Sleep Medicine at (740) 348-1805.

Patients and community members alike are welcome to visit the new café at LMH – Tamarack. The menu changes each season with a focus on delicious, scratch-made café classics including soups, sandwiches, and salads. “We try to highlight local producers and organic ingredients whenever possible,” said LMHS Director of Food Service Brian Merritt. “We serve Starbucks coffee, fresh-squeezed juices, and a variety of all-natural bottled beverages. In addition to our menu, we also offer continental breakfast items as well as hot breakfast sandwiches in the mornings.” The Café is located on the first floor, near the elevators and is open Monday and Friday, from 7:30 a.m. to 2:30 p.m., and Tuesday through Thursday, 6:30 a.m. to 2:30 p.m.



Now available for the Spring and Summer at the LMH – Tamarack Café:

### Cold sandwiches

- Chicken salad with celery, apples, walnuts and grapes with lettuce and tomato in a whole wheat wrap
- Ham and herb butter with Bibb lettuce and shaved shallots on a baguette
- Roast beef with sharp Cheddar, lettuce, tomato and horseradish on a whole wheat sub bun

### Hot sandwiches

- BBQ chicken sandwich with bread and butter pickles and Monterey Jack cheese on a brioche bun
- Bison burger with Gouda cheese and special sauce
- Turkey with Brie, apricot jam, arugula and pecan vinaigrette on ciabatta

### Soups

- Celery and walnut puree
- Smoky turkey chili
- Chicken and corn chowder
- Chilled mango and Chai Lassi

### Salads

- Napa cabbage
- Kale Caesar with egg, Parmesan and torn croutons
- Heirloom tomato salad
- Whole grain salad with cucumbers, feta, tomatoes and parsley tossed with olive oil and Champagne vinegar

### Extras

- Locally made chips and salsa

# LMH Acute Inpatient Rehabilitation Extends Patient Care

The Licking Memorial Hospital (LMH) Acute Inpatient Rehabilitation Unit (AIRU) opened in 2013 to provide acute rehabilitation services to patients with disabilities caused by illnesses, surgeries or injuries. The goal of the Acute Inpatient Rehabilitation Program is to help patients develop the skills necessary to live as independently as possible after leaving the Hospital. The interdisciplinary team approach toward rehabilitation is used to focus on the patient's specific areas of disability. Potential candidates for Rehabilitation services are patients who have difficulty with balance or coordination, swallowing, mobility, daily activities, memory or judgment, speech/language, or moving arms, legs, or torso. The AIRU is a particularly convenient option for patients who have had surgery at LMH, and can utilize the specialized care without leaving the Hospital.

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

Semi-retired Pataskala resident Larry Barch underwent total knee replacement surgery at LMH, performed by David M. Jackson, M.D., in January of this year. "There comes a point when you are just tired of pain with every step," said Larry. "I had to have something done about it." Standing at 6'7", Larry played high school and college sports. The pain he experienced was due to osteoarthritis – a gradual deterioration of the protective cartilage in the knee, causing the bones in his knee to rub together.

Larry scheduled his surgery for a Thursday, and rather than going home or elsewhere for physical therapy, he was taken only a few floors above to the AIRU. He stayed through the weekend and began rehabilitation on Monday, focusing on physical and occupational therapy until Thursday. "I was in the Hospital for a week," said Larry. "At first, I wasn't crazy about the idea of staying, but I am really thankful that I did that."

Due to Larry's stature, a custom rehabilitation bed, crutches and cane had to be ordered for him to ensure the best care

was provided. "They did not have a bed long enough for me, so they had to special order a bed from a medical supply company to accommodate me. However, the staff had it ready for me after the surgery. I appreciated the staff's attention to detail," said Larry. The Unit is also equipped with a home atmosphere, including a kitchenette area, washer and dryer, and shower to help patients, such as Larry, readjust to performing daily activities.

Aside from the rehabilitation, Larry enjoyed the prompt patient care following his surgery. "The staff was so helpful and attentive to my needs," said Larry. "They were very generous and efficient when I had requests."

"I was up and walking around four weeks after my surgery without a cane or crutch," said Larry. Three months following surgery, Larry experiences very little pain but understands that full rehabilitation can take up to a year, depending on the patient. "I know not to overdo it, and take things slowly. But walking to the mailbox and back, I feel no pain at all," said Larry.

Due to his successful experience in the Unit, he now recommends the AIRU to anyone who needs post-surgery rehabilitation. "The Rehabilitation Unit staff worked with me daily to increase my mobility without pain in a home-like atmosphere," said Larry. "I strongly urge those who have surgery to stay for rehabilitation – it's the best thing you can do."



Larry and his wife, Kathy, take their dog, Mara, on a walk following recovery.

## New Appointments



**Amy L. Mestemaker, M.D.**,  
of Hospice of Central Ohio,  
joined the LMH Active Medical Staff.



**Kathy A. Williams, CRNA**,  
joined Licking Memorial  
Anesthesiology.

# A Tribute to Mothers



**March 2013**

Taysen, born on March 19, stands tall next to mom, Nicole Haynes.



**April 2013**

Lucas recently celebrated his first birthday with mom, Megan Mizer, on April 9.



**May 2013**

Katie Schwartzenberger sits with smiling baby boy, Owen, born May 15.



**September 2013**

Kayla Kidd welcomed smiling daughter, Sutton, into her life on September 14.



**October 2013**

Lesli Carpenter holds her bundles of joy, Jacob and Kennedy, born on October 8.



**November 2013**

Jackson, born on November 1, poses with mom, Sharon Holmes.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public.

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the babies born at Licking Memorial Hospital this past year.



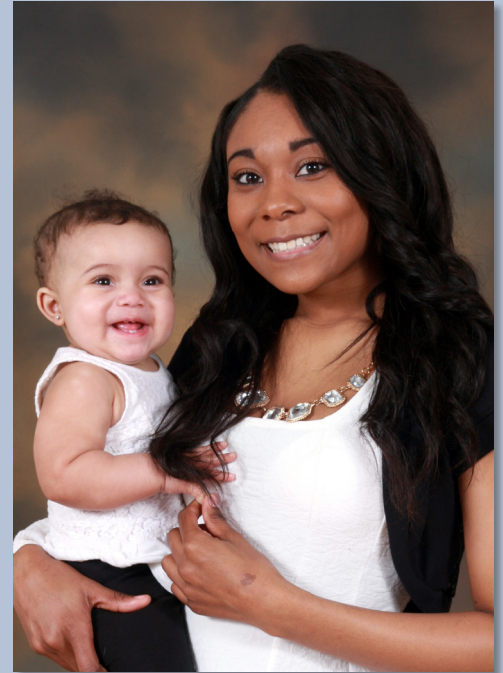
**June 2013**

Adalyn and Ethan, born June 21, are all smiles for mom, Cynthia Stuck.



**July 2013**

Born on July 5, Oliver helped mom, Rebecca Osborn, celebrate Independence Day.



**August 2013**

Taleah Royster welcomed daughter, Zaylah, into the world on August 23.



**December 2013**

Born on December 30, Alex's favorite place is in the arms of his mother, Tracy Hurlow.



**January 2014**

Kelly Tenney celebrated the New Year with the birth of daughter Kaitlynn on January 3.



**February 2014**

Benjawan Irwin holds tight to daughter, Evelyn, who joined the family on February 6.

There were 1,029 babies born at Licking Memorial Hospital in 2013.



## LMH Golf Gala Set for June 23

The Licking Memorial Hospital (LMH) Development Council will sponsor the 2014 Golf Gala on Monday, June 23, at the Granville Golf Course, located at 555 Newark-Granville Road in Granville.

This year's Honorary Chairs are Angie and Walt Greenfield of Granville. Angie is a consultant to the LMH Development Department, concentrating on grants and private donations. She was formerly President of the Liberty Savings Bank's South Carolina Region and is currently owner of Greenfield Consultants. Angie previously served as LMH Vice President of Development and Public Relations, and Executive Director of the Licking County Foundation and the Newark Campus Development Fund. She earned a Bachelor of Science degree from Century University in Albuquerque, New Mexico.

Walt is President and CEO of Greenfield/Lewis Investment Counsel, an investment advisory firm located in Granville and Hilton Head Island, South Carolina. He earned a Bachelor of Science degree and a Master of Business Administration from Miami University. He is a certified public accountant in Ohio and South Carolina. He is a member of the American Institute of Certified Public Accountants and formerly served as the Licking County United Way Chairman, member of the Licking County Chamber of Commerce and Past President of Moundbuilders Country Club.

Angie and Walt are members of The William Schaffner Society, which is comprised of individuals who pledge generous donations of at least \$10,000 over the course of 10 years. The Greenfields split their time between their homes in Granville and Hilton Head. Together, they have four grown children and six grandchildren.



Walt and Angie Greenfield

The LMH Development Council is proud to acknowledge and thank the five Ace Sponsors of the 2014 Golf Gala: John Hinderer Honda, Matesich Distributing Company, MedBen, Park National Bank and Stedman Floors Co., Inc., as well as the 12 Eagle Sponsors: CS Construction Group Ltd., The Energy Cooperative, Guttridge Plumbing, Inc., Interim Healthcare, The Jerry McClain Companies, Limbach Company, LLC, Newark Advocate Media, SmartBill LTD, Summit Custom Cabinets, Surgical Interventions, LLC, US Foods, Inc., and WCLT Radio, Inc.

Additional sponsorships are available. Minimum donation amounts for sponsors are as follows:

- Birdie - \$1,000
- Hole - \$500
- Cart - \$250

Proceeds from the 2014 Golf Gala will be applied toward new technology at LMH. For more information about golfer registration

or event sponsorships, please call the Development Office at (740) 348-4102.

# Physician Spotlight – Sean K. Choice, M.D.



Sean K. Choice,  
M.D.

Sean K. Choice, M.D., joined the Licking Memorial Hospital Radiology Department in 2010. He received his medical degree from the Medical College of Ohio in Toledo, Ohio. He completed a residency in diagnostic radiology and a fellowship in body imaging and interventional radiology at University Hospital in Cincinnati. Dr. Choice is board certified in radiology.

## Ask a Doc – Osteoporosis with Sean K. Choice, M.D.

**Question:** I am a 66-year-old woman in excellent health, and my doctor is advising me to have bone mineral testing to check my bone density. Is that important?

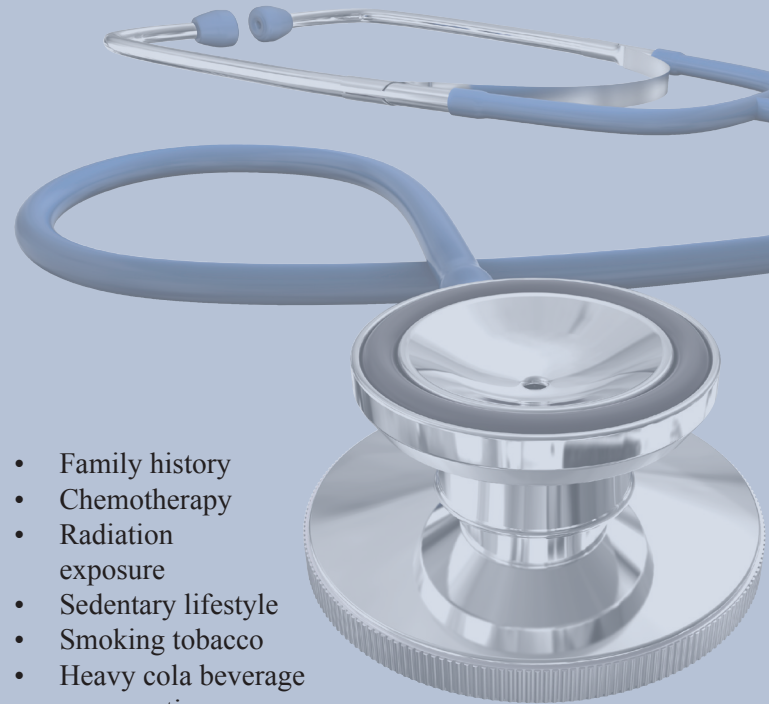
**Answer:** Adults can begin losing bone mineral density after the age of 30. It is more commonly seen in perimenopausal and menopausal women. This occurs because the body is no longer producing bone cells as quickly as they are being reabsorbed. Osteopenia is the loss of a small amount of bone tissue, while osteoporosis is more progressed and indicates more advanced bone mineral loss.

Bone mineral density can be tested with dual-energy X-ray absorptiometry (DXA, also formerly called DEXA), which aims two X-ray beams at a specific bone – usually the hip or spine. The X-ray beams are measured as they pass through bones. Healthy, dense bones allow less of the X-rays to pass through them.

DXA scans are performed to help identify patients who are at increased risk of bone fractures. A radiologist analyzes the DXA results and calculates a “T score” for the amount of bone mineral loss. T scores between -1.0 and -2.5 indicate the presence of osteopenia, and a score that is less than -2.5 means the bone mineral loss has progressed into osteoporosis. The International Society for Clinical Densitometry recommends routine DXA screenings for low-risk women at age 65 and low-risk men at age 70.

Men and women are both at risk for developing osteopenia and osteoporosis, although women account for 80 percent of the cases. Risk factors for developing the conditions include:

- Advanced age
- Menopause (for women)



- Family history
- Chemotherapy
- Radiation exposure
- Sedentary lifestyle
- Smoking tobacco
- Heavy cola beverage consumption
- Excessive alcohol consumption
- Low testosterone levels (for men)
- Eating disorders that affect nutrient absorption
- Steroid treatment, including asthma medications
- Race – Caucasian or Asian

Not so long ago, there were no treatments that could reverse the effects of osteoporosis. However, we now have medications that can significantly slow the progression of bone loss and even increase bone mineral density fairly rapidly. Other treatment options include drinking milk, calcium and vitamin D supplements, and weight-bearing exercise. Without treatment, osteoporosis can lead to bone fractures, spinal compression, forward head posture, and a “dowager’s hump.” By recommending that you have a DXA screening now before you have any symptoms of bone mineral loss, your physician is taking an important step to prevent osteoporosis from afflicting your senior years.

At Licking Memorial Health Systems, DXA scanning tests for men and women are performed in the Women’s Imaging Center on the first floor of Licking Memorial Hospital, or at Licking Memorial Women’s Health, located at 15 Messimer Drive in Newark. The non-invasive test is painless and involves a very low level of radiation. Medicare Part B usually covers the cost of a DXA scan once every 24 months with a physician’s referral.



## Physicians Honored on National Doctors' Day

In honor of National Doctors' Day, Licking Memorial Health Systems (LMHS) organized several events to show appreciation to the Licking Memorial Hospital (LMH) Medical Staff. National Doctors' Day was established by former President George H.W. Bush in 1990 to honor physicians annually throughout the U.S. During the month of March, the Health Systems, as well as patients from the community, showed appreciation for the dedicated service of the Medical Staff. LMHS publicly thanked the Medical Staff through a publicity campaign, while many community members made a donation to Licking Memorial Health Foundation (LMHF) in honor of their physicians. All contributions benefitted technological advances at LMH.

The formal celebrations took place at the Hospital a day after National Doctors' Day, on Monday, March 31, with a breakfast in honor of LMH Medical Staff physicians and complimentary

messages. The day continued with a gourmet lunch catered by the LMH Food Service Department for all Medical Staff members.

“National Doctors' Day is a special opportunity to celebrate the dedication and expertise of our Medical Staff,” said LMHS President & CEO Rob Montagnese. “They provide exemplary service and commitment to our community every day. This day each year allows us to express our sincere gratitude for our hardworking physicians and the excellent medical care they provide to Licking County residents.”

The LMH Medical Staff includes approximately 160 physicians and 35 consulting physicians who care for the community. Throughout the year, those who wish to make a donation to LMHF in honor of their physician may contact the LMH Development Office at (740) 348-4102.

## Easter Bunny makes early appearance at LMH

Just before Easter, the Easter Bunny made surprise visits to children at the Licking Memorial Pediatrics offices throughout Licking County. The visit was part of an outreach program by the Licking County Sheriff's Office, called Some Bunny Loves You. The program is designed to familiarize children with law enforcement officers under positive circumstances. Pediatric patients posed with the Easter Bunny, as well as LMHS President & CEO Rob Montagnese (left) and Licking County Deputy Rob Barr (right).





# 2014 Hospital and Healthcare Week

Licking Memorial Health Systems (LMHS) will observe national Hospital and Healthcare Week from Monday, May 12, through Friday, May 16, with a variety of celebrations. Throughout the week, LMHS employees will be treated to special events including a cookout, an awards ceremony, the annual Employee Health Fair, and the annual Employee Recognition Dinner to honor employees who are observing a 5-year incremental anniversary.

“Hospital and Healthcare Week gives us the opportunity to demonstrate appreciation for our employees,” LMHS President & CEO Rob Montagnese said. “Our accomplishments, such as our recently received 12th

designation as a 100 Top Hospital by Truven Health Analytics, are a credit to our outstanding employees and their devotion to provide the highest quality care and service to patients and visitors on a daily basis. I am proud to have this special week each year to recognize and thank our staff for their exemplary efforts, which truly help improve the health of the community.”

LMHS is Licking County’s largest employer with more than 1,700 employees. Columbus Business First named LMHS as one of its Healthiest Employers each of the past two years, and has recognized the Health Systems as a Best Place to Work three times.



## Cancer Survivors' Picnic



**Date:** Sunday, June 8

**Time:** 1:00 – 3:00 p.m.

**Location:** LMH Front Lawn

Licking Memorial Hospital will host a Cancer Survivors’ Picnic in recognition of the 27th Annual National Cancer Survivors’ Day. The picnic is a celebration and acknowledgement of all survivors and their families. We hope you will join us.

The program will begin at 1:30 p.m., and an aerial photo of all survivors will be taken at 2:15 p.m. Please call (740) 348-4102 by **Monday, June 2**, to register for this free event.



Licking Memorial Hospital



## LMHS Infant Safety Campaign

Following a national study on infant mortality rates, the Ohio Hospital Association (OHA) published a white paper detailing an improvement strategy for addressing Ohio's alarming rate – currently ranked 47th in the U.S. Infant mortality is defined as the death of a baby before the first birthday. The infant mortality rate is the number of babies who died in the first year of life, per 1,000 live births, and is considered an important indicator for the overall health of a society. The OHA implemented several areas of focus for 2014-2016 to help address the state's overall infant mortality rate and engage patients and the community with effective clinical and professional resources. These seven areas of focus include safe sleep, eliminating elective deliveries before 39 weeks, offering progesterone for high risk mothers, eliminating health disparity, safe spacing, access to prenatal care, and the use of breast milk for infants. The goal is to improve Ohio's infant mortality rate by 5 percent each year. Licking Memorial Health Systems (LMHS) has implemented and continued several initiatives aimed at infant safety in collaboration with the OHA's focus areas.

### Safe Sleep

Beginning in April, the Ohio Department of Health and the OHA instituted an infant safety campaign to ensure that each baby in the state of Ohio sleeps in a safe environment. New parents at Licking Memorial Hospital (LMH) also are educated concerning safe sleep practices following the birth of their baby. Safe sleep for infants includes no co-bedding with parents, and ensuring that infants sleep on their backs at all times. In addition, the bed should be a firm surface, with no blankets, pillows or stuffed animals left in the crib.

### Eliminating Elective Deliveries Before 39 Weeks

According to the American College of Obstetricians and Gynecologists, babies grow throughout the entire 40 weeks of

pregnancy, and the lungs, brain and liver are among the last organs to fully develop. Babies who are born before 39 weeks may not be as developed as full-term babies, and may have an increased risk of short-term and long-term health problems. Complications include problems with breathing, temperature, feeding, jaundice, hearing and vision, and learning and behavior difficulties. Licking Memorial Women's Health physicians/providers do not perform deliveries until after 41 weeks, unless there is a valid health reason or labor begins naturally.

### Offering Progesterone for High-risk Mothers

To help manage complications with pregnancy, progesterone supplements can be used to manage pre-term labor. According to the OHA, the provision of progesterone to high-risk mothers is estimated to decrease the pre-term birth rate by 2 percent. Licking Memorial Women's Health physicians/providers offer these supplements and provide counseling as needed.

### Eliminating Health Disparity

The Ohio Department of Health has determined a substantial difference in how infant mortality impacts different races, and the disparity among Caucasians and African Americans has remained consistent. To help eliminate the variation in the rates of infant mortality, hospitals are targeting potential areas for families in need. LMH staff educates all families prior to Hospital discharge with their infant on all aspects of care, including body temperature protection, car seat safety, being a safe caregiver, shaken baby syndrome, and encouraging the use of breast milk to feed infants.

### Safe Spacing

Safe spacing is allowing at least 18 months between children. This has been shown to significantly improve infant mortality rates and improve mother and infant health.

*LMH Infant Safety Campaign (continued on page 19)*

More opportunities are available to many families, including education and access to long-acting reversible contraception. Licking Memorial Women's Health physicians/providers also educate patients on the risks associated without safe spacing.

### Access to Prenatal Care

Improved access to early prenatal care provides an opportunity to educate and improve maternal health, confront and eliminate risk factors for prematurity and birth defects with smoking, alcohol and drug abstinence, reduce maternal obesity, and identify fetuses with prematurity risk and birth defects. In 2011, 29.4 percent of women did not receive first trimester prenatal care, and could be predicted to have a two-fold increase in infant mortality rate. Licking Memorial Women's Health physicians offer prenatal care to all mothers, regardless of financial situation. In addition, LMHS offers a free tobacco cessation program, "Quit for You, Quit for Your Baby," which offers personalized counseling that will help women become tobacco-free. The Maternal Child unit also assists in early education to every mother prior to and during the delivery stay. Mothers also are given information each visit regarding a baby's development during each trimester, and how smoking can harm the infant's development. Additionally, a Tobacco Treatment Specialist is available within the Women's Health offices to provide easy access to counseling for patients with a desire to quit.

### Breast Milk for Infants

Many medical authorities, including the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, strongly recommend breastfeeding, as it has been found to reduce the risk of sudden infant death syndrome (SIDS). Women's Health physicians and staff at LMH also encourage the use of breast milk to feed infants. Breast milk promotes sensory and cognitive development, and protects the infant against infectious and chronic diseases. Exclusive breast milk reduces infant mortality due to common childhood illnesses such as diarrhea or pneumonia, and assists with a

quicker recovery during illness. The LMH Breastfeeding Promotion and Support Program began in 2009, aimed at improving prenatal breastfeeding preparation for mothers. More than 1,600 women who successfully completed the requirements of the program received a Medela Pump in Style advanced electric breast pump at no cost.

### Proactive Initiatives

Additionally, LMH screens all newborns with pulse oximetry to identify infants with congenital heart defects. Critical congenital heart diseases (CCHDs) represent about a quarter of all congenital heart defects. Without the screening, the symptoms of CCHDs may not be present before an infant is discharged from the hospital following birth. Infants with CCHDs are at risk for significant morbidity or mortality early in life because the ductus arteriosus (blood vessel which allows most of the blood from the heart to bypass the fetus's lungs) fails to close after birth. Pulse oximetry newborn screening is a non-invasive test that measures how much oxygen is in the blood. If detected early, infants often can be treated and lead longer, healthier lives.

To further protect infants, LMH staff educates parents upon admission concerning all safeguards in place at the Hospital. These include mother and child, family and staff identification, unit security, and infant care procedures.

LMH also offers a Hepatitis B Prevention Program for infant vaccination at birth to protect them as early as possible from any hepatitis B virus exposure. Immunizations and follow-up for infants is part of discharge teaching, as well. A phenylketonuria (PKU) test is administered to the infant to check whether a newborn has the enzyme needed to use phenylalanine in their body. Phenylalanine is an amino acid that is essential for normal growth and development. Without the needed enzyme, the phenylalanine level builds in the blood and can cause brain damage, seizures and intellectual disability.

## Quilts Donated for National Quilting Day at LMH

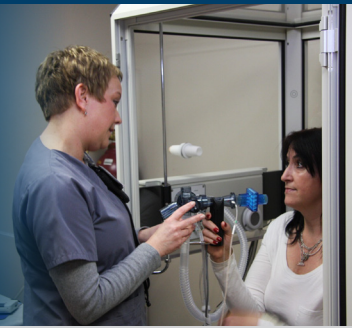


The Heart of Ohio Quilters Guild celebrates the third Saturday of every March as National Quilting Day. This year, the Guild members donated handmade commemorative quilts to the first baby girl and boy born on or after March 15 at Licking Memorial Hospital (LMH). Baby Liberty, (shown at left) daughter of Hannah Heimerl of Newark, was the first quilt recipient, born on March 15. Heart of Ohio Quilters Guild President Jonda Clemings presented the Heimerl family with a patchwork quilt that was created by fellow members. The baby boy recipient, Daniel, was born on March 17 to Cynthia and Bryan Hoops of Newark. Daniel was presented with an animal themed patchwork quilt for his nursery. The quilts are created yearly as a service project for National Quilting Day.



## Quality Reporting to the Community

### Patient Story and Benchmarks for Respiratory Care



## Patient Story – Joseph Carbaugh

A 45-year smoking habit is not an easy thing to overcome, but Joe Carbaugh has done it and regrets only that he did not do it sooner. Joe found the support he needed to finally give up smoking through the free Quit for Your Health tobacco cessation program at Licking Memorial Health Systems (LMHS).

Joe smoked his first cigarette at the age of 12. Looking back, he now realizes that he was influenced by his friends, as well as his father. “My dad smoked unfiltered cigarettes, and I wanted to grow up to be like him,” Joe said. As a 12-year-old, Joe did not have much spending money, so he sneaked cigarettes out of other people’s ashtrays. In his early teens, he purchased cigarettes at a corner store. “Back then, they did not really care about the age limit. Besides, I was tall, so they usually did not question my age. Cigarettes were easy to buy,” he recalled.

Joe married his wife, Cindy, in 1974. They established a home in Newark and raised two children. Cindy did not smoke, and Joe always was vaguely aware that cigarettes could affect his health, as well as his family’s. “I smoked about one pack a day, and I think that I just repressed any health concerns and got on with my life,” he explained. “When we started having grandkids, I became more aware of how bad smoking and secondhand smoke are. At that point, I went outside to smoke.”

With a family history of heart disease, along with the growing concern about having a negative influence on his family, Joe resolved to quit smoking at the age of 50. “It never happened,” Joe admitted. “I never stopped smoking, even with the knowledge that my father had a heart attack at the same age.”

“My father passed away in 2012 from bladder and kidney cancer – conditions that are both often linked to smoking,” Joe acknowledged. However, his personal “wake-up call” did not take place for yet another year. He said, “I remember the day that I really decided to quit smoking. I was lying in bed and just could not breathe! I prayed to the Lord to give me the strength to quit.”

Cindy found a copy of LMHS’ Community Connection newsletter that contained information about the Quit for Your Health tobacco cessation program, and Joe called to request



Joe Carbaugh (right) quit smoking with the help of tobacco cessation counselor, Melissa Phillips, R.N. (left).

an appointment. On August 17, 2013, he met with Melissa Phillips, R.N., a tobacco cessation counselor. “She made me feel very relaxed and comfortable. I asked her if I should throw away my cigarettes immediately, but she said that it could wait until the next day,” Joe said. Then, on August 18, Joe threw away his cigarettes for good.

Over the next 10 weeks, Joe visited Melissa every other week for counseling and to monitor his progress. “Melissa is so easy-going,” Joe said. “She supplied me with free nicotine patches and gum, and we discussed the inevitable cigarette cravings and how I would work through them. For me, the answer to cravings was butterscotch-flavored hard candy. I think I went through four pounds of butterscotch candy in the first two weeks!”

“I tell people that the patches and gum help a lot, but ultimately, giving up smoking is really a personal decision,” Joe advised. “You have to want to do it, or you will not be successful. I still have cravings that arise from time to time. When I used to smoke, I always had a cigarette as soon as I woke up in the morning. Occasionally, I will still have that craving when I wake up, but I have to work through it.”

Joe is appreciative of the support supplied by his own personal cheering squad. In addition to the encouragement he received from Melissa, his family has made their feelings very clear.

*Patient Story – Joseph Carbaugh (continued on page 24)*

# Respiratory 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](http://www.LMHealth.org).

**1** Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease, and diabetes. An estimated 25 percent of Licking County adults smoke.<sup>(1)</sup> Many of these individuals want to discontinue using tobacco products, but are unable to overcome their addiction. LMHS offers free Quit For Your Health services, which include education, counseling, and tobacco cessation products, all in an effort to help improve the health of the community.

	LMH 2011	LMH 2012	LMH 2013	LMH Goal
Number of patients referred to tobacco cessation services	1,679	892	849	NA
	LMH 2011	LMH 2012	LMH 2013	National <sup>(3)</sup>
Six-month success rate for patients who completed Quit for Your Health <sup>(2)</sup>	56%	49%	63%	25%

**2** Smokers who receive advice from their physicians to quit smoking are more likely to give up smoking than those who do not, according to the National Committee for Quality Assurance. Licking Memorial Pulmonology assesses the smoking status of all Pulmonology patients during office visits and counsels those who are actively smoking to quit. The patients are offered referral to Quit for Your Health.

	LMHP Pulmonology 2011	LMHP Pulmonology 2012	LMHP Pulmonology 2013	National <sup>(4)</sup>
Smoking cessation advised for Licking Memorial Pulmonology patients who smoke	100%	99%	100%	77%

**3** Asthma is a condition in which swelling or inflammation can cause narrowing of the breathing tubes, making it difficult to breathe and sometimes resulting in a medical emergency. By using the correct medications, such as inhaled corticosteroids, asthma can be controlled. Use of these medications can reduce asthma-related emergency room visits, hospital admissions, and missed work/school days. Licking Memorial Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2011	LMHP Pulmonology 2012	LMHP Pulmonology 2013	National <sup>(5)</sup>
Asthma patients assessed for appropriate inhaled corticosteroid	100%	100%	100%	87%

**4** Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the number of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2011	LMH 2012	LMH 2013	National <sup>(6)</sup>
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	1.5	0.0	0.0	1.2

**5** A ventilator is a breathing machine that may be used in hospitals for very sick patients who may not be able to breathe on their own. The use of a ventilator can be life-saving, but also can have serious side effects, such as infections, stomach ulcers, blood clots, and dependency on the ventilator itself. To help reduce the potential for these side effects, LMH uses a “ventilator bundle” when caring for patients using a ventilator. This bundle includes several treatments used together, such as providing special medications, providing good mouth care, making sure the patient’s body is positioned correctly, and aggressively “weaning” the patient off the ventilator.

	LMH 2011	LMH 2012	LMH 2013	Goal
Complete ventilator bundle used for patients on ventilators	99%	98%	98%	greater than 90%

**Data footnotes:** (1) Licking County Health Department, Behavioral Risk Factor Surveillance System, 2011. (2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program. (3) Hospitalcompare.hhs.gov national benchmarks. (4) National Committee for Quality Assurance, “The State of Health Care Quality 2012.” (5) National Committee for Quality Assurance, “The State of Health Care Quality 2013.” (6) National Healthcare Safety Network Report, Data Summary for 2010, Devices-associated Module (Medical-Surgical ICU<15 beds).



## Patient Story – Phil L.

In his retirement years, Phil L. of Pataskala is dedicated to the cause of sobriety – for himself and other recovering alcoholics whom he sponsors. Phil has been sober for nearly 11 years, and credits Shepherd Hill, the behavioral health department of Licking Memorial Hospital, and Alcoholics Anonymous (AA) for helping him regain control of his life. However, his recovery has had many setbacks, and he is still working at staying sober every day.

Phil first began drinking during his freshman year at college. “When I started drinking, I could handle only one beer at a time,” he remembered. “I did not like knowing that my friends could drink more, so I practiced and became very good at it. By the time I graduated, I could drink an entire six pack.”

In graduate school, Phil's drinking increased even more. He said, “After classes, the graduate students would meet with professors to solve the world's problems over a few drinks. At that point, I was drinking every day. I did not think that it was interfering with my studies or my social life. In fact, I felt like alcohol made me more outgoing and uninhibited. With alcohol, I could adapt to any group of people.”

In 1967, Phil accepted a job with the federal government in Washington, D.C. He lived alone, relaxing with a few drinks every evening, and drinking much more on the weekends. He began to experience “blackouts” occasionally, but did not consider them to be serious. “Things were still good as far as I was concerned,” Phil said.

Phil got married in 1973, and for a while, he cut back on drinking quite a bit. However, his alcohol consumption then began increasing again to the point that in 1982, his wife told him that his drinking was causing problems, and she joined Al Anon to help her cope. “I was so happy that she joined Al Anon,” Phil said, “because it got her out of the house a few nights every week, and I could drink all I wanted while she was gone.”

In 1983, Phil began to realize that alcohol was taking over his life, and decided to seek help. First, he visited a private

counselor, but that treatment proved ineffective for him. “I lied to her,” Phil admitted. “I kept telling her that things were getting better. Alcoholics are good at conniving, manipulating and hiding their actions.” Then, he checked into a residential addiction treatment center in Minnesota with a 28-day program. After completing the program, he joined an AA group in Washington, D.C. The camaraderie between members of the 12-step program gave him the support he needed to stay sober.



After more than a decade of sobriety, Phil and his wife moved to Pataskala. He became unhappy with his new work, and had not made connections with a local AA chapter. Lacking the familiar support system, he turned to drinking again. In 2000, he checked into the same Minnesota facility to complete a second 28-day residential treatment program there.

Shortly after his dismissal, Phil received a request from President-Elect George W. Bush to return to Washington, D.C., to assist with the Presidential transition. “It was supposed to be a one-year commitment, but then the tragic 9/11 event happened, and it turned into two years,” Phil explained. “Our team worked grueling 15- to 18-hour days. I was living out of a hotel and immediately started drinking again.”

One day in late 2002, Phil set out for the 400-mile drive home to Pataskala. “I had been drinking and was stopped for drunk driving. I had driven the last 60 miles in a blackout.” Phil received a DUI conviction and checked into the 70-day treatment program at Shepherd Hill. After completing the program, he stayed sober for 13 months, until he made another car trip to Nebraska to visit his mother. He stopped for the night at a motel, and decided to buy fuel at a nearby gas station. Inside the gas station, he noticed a row of alcoholic beverages on the shelf, and thought to himself, “No one will know.” Phil drank non-stop for the next four days, even taking a vodka-filled water bottle with him to visit his mother in an assisted-living facility.

# Behavioral Health Care – How do we compare?

At Licking Memorial Hospital (LMH), 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](http://www.LMHealth.org).

**1** Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. LMH provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2011	LMH 2012	LMH 2013	Goal
Psychiatric readmissions within 31 days	5.1%	0.9%	3.0%	less than 5.6%

**2** Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data show how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2011	LMH 2012	LMH 2013	Goal
Patients remaining abstinent	88%	89%	87%	greater than 85%
Improvement in quality of relationships	92%	93%	92%	greater than 85%
Improvement in overall physical and mental health	95%	94%	95%	greater than 85%
Improvement in overall quality of life	90%	91%	93%	greater than 85%

**3** Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by the appropriate medications for each patient’s situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2011	LMH 2012	LMH 2013	Goal
Average length of stay – alcohol treatment	2.7 days	2.5 days	2.4 days	less than 3 days
Average length of stay – opiate treatment	2.6 days	2.5 days	2.5 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	2.7 days	2.4 days	2.3 days	less than 5 days

**4** Education is considered an essential component of providing complete behavioral health care. A thorough understanding of the diagnosis, the purpose of medications, side effects to medications and the expected response to treatment leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2011	LMH 2012	LMH 2013	Goal
Diagnosis/disease education provided for patients and/or family	99%	99%	99%	greater than 97%
Medication education provided for patients and/or family	100%	99%	98%	greater than 97%

**5** Family participation is an important component in patients’ recovery. For continuity of care, a licensed professional clinical counselor or social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

	LMH 2011	LMH 2012	LMH 2013	Goal
Social work/family meeting during patient stay	88%	84%	91%	greater than 95%

**6** Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients’ blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

	LMHP 2011	LMHP 2012	LMHP 2013	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	94%	94%	95%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	94%	95%	95%	greater than 90%

“The grandkids are very proud of me,” Joe said. “In fact, all my family is very proud of me. My family doctor, Thomas K. Petryk, M.D., even congratulated me and shook my hand. If it were not for all of them, I would not have been able to quit. I am very blessed – very fortunate.”

Joe added, “For me, it was a big motivator that I soon began to breathe easier. I started to realize that with this program, I was going to be able to remain on this Earth a little longer and stay with my family. After just one week, I found that my sense of smell had improved, and food was tasting good – really good!”

Melissa called Joe in mid-March 2014 to see how he was doing, and he proudly reported that he was still smoke-free. “We call our Quit for Your Health graduates six months after they complete the program to make sure they are still abstaining from smoking,” Melissa said, “and I always stress to my clients that I am here anytime if they feel tempted to light up again. The first year of quitting can be difficult with cravings popping up out of the blue, and it is important that they remember they can always call me for support. Just because they are not seeing me on a weekly basis does not mean that I am off their quit team. We develop relationships that last much longer than the 8 to 12 weeks they are enrolled in the program. Nicotine addiction is tricky, and one puff of a

cigarette can rekindle 80 percent of the nicotinic receptors that the client has worked so hard to shut down.”

“The community has needed this for a long time – for someone to step up and provide a tobacco cessation program like Quit for Your Health,” Joe said. “Nicotine patches and gum are expensive. In reality, I had the money to buy cigarettes, but I was reluctant to spend money to quit. Besides, the program’s counseling and education were a large part of my success. Even now, I know that if the cravings get too strong, I can call Melissa, and she will help me work through it. I am so impressed with the tobacco cessation program that I urged some family members and a friend to sign up. I am pleased to say that they are currently going through the program, as well.”

Joe now makes infrequent stops at the corner store for some iced tea. Reflecting on the sum of money that he formerly spent there on cigarettes, he shakes his head. “I could have used that money to restore my 1970 Mustang convertible,” he said. Joe reports that although he does not miss smoking, the occasional nicotine cravings take effort to overcome. However, instead of reaching for a cigarette, he calmly unwraps a butterscotch candy and pops it in his mouth.

Phil checked into Shepherd Hill again in November 2003, and has been sober ever since. He said, “J.R. (J.R. Abrahamsen) and Ellen (Ellen Laubis, M.Ed., LICDC) are the best counselors I have ever had. They are compassionate, yet tough. The most important thing that I learned at Shepherd Hill is that I have a disease,” Phil explained. “My body’s chemistry has changed, and the only way that I can live a happy and free life again is to remain abstinent from all mood altering substances.”

In spite of the ups and downs in Phil’s recovery from alcohol addiction, he has learned to forgive himself for past relapses and celebrate his current sobriety. “I love the life that I am living now,” he said. “For me, the key is to stay in touch with AA. Shepherd Hill got me cleaned up and sober and back out into society, but unless I stay active in AA, I know that I am not going to make it. The sad truth is that alcoholism is a fatal disease.”

Currently, Phil attends a minimum of five AA meetings every week. He is currently sponsoring four AA members and gives them support by listening carefully and sharing his own history of alcoholism. He also stays in touch with the Shepherd Hill staff and returns occasionally to give inspirational presentations about his ongoing experiences.

## Active•Fit

### YOUTH WELLNESS PROGRAM

#### Upcoming Summer Events

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

##### Active•Fit Triathlon Saturday, June 14

Registration: 8:00 a.m.  
Event begins: 9:00 a.m.  
Municipal Park, near  
Creek Road  
in Pataskala

##### Active•Fit Field Day Tuesday, July 22

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

##### Active•Fit Bowling Wednesday, July 16

3:00 to 5:00 p.m.  
Park Lanes Bowling Center,  
located at  
701 Hopewell Drive  
in Heath

##### Active•Fit 1K Saturday, August 2

Registration: 7:30 a.m.  
Event begins: 8:00 a.m.  
The Dawes Arboretum  
7770 Jacksontown Road  
in Newark

For more information or to register for an event,  
please call LMHS Public Relations at (740) 348-1572.



# Successful Youth Events through Local Partnerships

Licking County youth participated in Licking Memorial Health Systems' Active•Fit Junior Chef program and the Health & Fitness Fest in March, learning about healthy activities and meals. Combined, the two events gathered more than 200 children, participating in activities such as crafting yogurt parfaits to perfecting yoga poses.

Fifty-five Junior Chefs gathered to watch demonstrations from culinary students at the Career and Technical Education Centers (C-TEC) and gained hands-on experience by making the recipes, themselves. The children prepared five different dishes throughout the morning and combined each into a healthy lunch, which they enjoyed at the conclusion of the event.

Members of the Family, Career and Community Leaders of America (FCCLA), an organization comprised of juniors and seniors in the culinary arts and early childhood education programs at C-TEC, were responsible for creating the menu of Stromboli, oven-baked zucchini fries, yogurt parfaits, brown rice crispy treats and watermelon-strawberry lemonade. The group's goal was to feature fresh, wholesome ingredients in kid-friendly recipes that the Junior Chefs could make on their own or with little assistance. FCCLA also compiled 12 additional healthy recipes in a commemorative cookbook for the participants to take home. Each Junior Chef was accompanied by an adult, and together they rotated through the five different cooking stations.

Stephanie Priestnal, who is C-TEC's Director of the Secondary Center, oversees the Culinary and Early Childhood C-TEC programs and has attended the event for the past two years. "I thought that the parents were more involved this year, and it was exciting to see quite a few hands go up when asked if this was their second time attending the cooking event," Stephanie said. "From C-TEC's perspective, we felt our students did a really nice job teaching the young chefs and leading the hands-on activities."

More than 160 youth assembled on Saturday, March 29, to attend the Health & Fitness Fest sponsored by the Licking County Family YMCA, Denison University and Licking Memorial Health Systems. Children of all ages were able to participate in classes such as yoga and Zumba, and enjoy activities including basketball free throws, gymnastics, inflatable obstacle courses, face painting and more.

Nearly 100 Denison students volunteered at the event, leading the children through the various activities located throughout the YMCA. "I think our students and the participants both had a wonderful time," said Susie Kalinoski, Associate Director of Denison University's Alford Center for Service Learning. "The event was a great collaboration with LMHS, the YMCA and Denison."

Each participant was given a Health & Fitness Fit•Tix activity form to take with them to the stations they visited, and collect achievement star decals upon completion of each health-related activity. At the end of the event, completed Fit•Tix were collected in a drawing for prizes including sport jump ropes, Frisbees and a Razor scooter with helmet, among others.

Both event partnerships allow for an increased variety in the events available to Licking County, contributing to a healthy community. "We appreciate the opportunity to partner with community organizations and businesses," Rob Montagnese, LMHS President & CEO said. "The combined efforts, talents and resources not only lead to successful initiatives, but a stronger community alliance."

LMHS plans to collaborate with the City of Pataskala, Park Lanes and the Newark Area Soccer Association (NASA) for a mini-triathlon, a bowling event and a field day, respectively. Please see previous page for additional event details. All Active•Fit events are open to youth ages 6 to 12. To register for an event, please call LMHS Public Relations at (740) 348-1572.



# Donors

Undesignated contributions to Licking Memorial Health Foundation in 2014 benefit new technology at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in January and February 2014.

## Community Cornerstone Club

Thomas and Margaret Caw  
Siobhan and Charles Clovis  
Seth and Summer Conley  
Jim and Julie Cooper  
Jeff and Jane Cox  
Barbara Cunningham  
Ann and Dick Fryman  
Mr. and Mrs. John Grayson  
Dan Guanciale  
Jay and Cheri Hottinger  
Ms. Shirley James  
Don and Sandy Mandich  
William and Barbara Mann  
Dean W. Markle  
Roger and Kathy McClain  
Mike and Donita McFarland  
Martha J. Morrison  
John Row  
Mr. and Mrs. Edward Schilling  
Noble B. Snow  
Joseph Stenson  
Daniel R. Stricker, D.D.S.  
Charles and Jane Walker

## Doctors' Day

In honor of Richard Baltisberger, M.D.  
By: Aaron Link  
In honor of Garth Bennington, M.D.  
By: Tim and Deb Young  
In honor of Craig Cairns, M.D.  
By: Anne Peterson  
In honor of Khanh V. Dang, M.D.  
By: Linda Dalgarn  
In honor of Elliot Davidoff, M.D.  
By: Linda Dalgarn  
In honor of Janae Davis, M.D.  
By: Sandy Hanlon  
Veronica Link

In honor of Gerald Ehrsam, M.D.  
By: Pat Jeffries  
In honor of Jaime Goodman, M.D.  
By: Linda Dalgarn  
In honor of Ann V. Govier, M.D.  
By: Linda Dalgarn  
Cindy Webster  
In honor of Talya Greathouse, M.D.  
By: Cindy Webster  
In honor of Debra Heldman, M.D.  
By: Linda Dalgarn  
In honor of Daria Hopkins, M.D.  
By: Ann Mullady  
In honor of Jacqueline Jones, M.D.  
By: Linda Dalgarn  
Richard Reed  
Cindy Webster  
In honor of Shakil Karim, D.O.  
By: Cindy Webster  
In honor of David Koontz, D.O.  
By: Linda Dalgarn  
In honor of Bassam Kret, M.D.  
By: Cindy Webster  
In honor of Mark Mitchell, M.D.  
By: Drew Link  
Veronica Link  
Anne Peterson  
Cindy Webster  
In honor of Eric Pacht, M.D.  
By: Cindy Webster  
In honor of Kenneth Parker, M.D.  
By: Nancy Volk  
In honor of Andrew Seipel, M.D.  
By: Cindy Webster  
In honor of Hassan Rajjoub, M.D.  
By: Tom and Ann Mullady  
In honor of Vincent Walsh, D.O.  
By: Tom Mullady  
In honor of Pattye Whisman, M.D.  
By: Richard Reed

## General

Licking County Parkinson Support Group

## Grants

Gannett Foundation

## Memorial

In memory of: David L. Craig  
By: Laura Atherton  
Buck and Mary Crawmer  
Jane Fisher  
Newark Masonic Lodge #97  
Silverline Manufacturing  
In memory of: Andrew Poulson  
By: Carmenceta R. Perkins  
In memory of: Joseph Snively  
By: Robert and Patricia McLaughy  
In memory of: Edward J. Starinchak, M.D.  
By: James H. Bradenburger, M.D.  
Rick and Kathleen Gummer  
Jack V. Rozwadowski, M.D.

## Paving Our Future

Marge Price

## Platinum Circle

Capital Wholesale Drug Company

## Shepherd Hill Caduceus Fund

Timothy P. Quinn, M.D.

## LICKING MEMORIAL HEALTH SYSTEMS

# INVITES YOU FOR TWO GREAT EVENTS

Bring the entire family to a FREE fun youth wellness event, and stay for Family Movie Night. The Health Systems will present the Disney/PIXAR animated film, *Finding Nemo*, in an outdoor screening.

**Date:** Saturday, May 31

**Time:** Active•Fit Youth Wellness Event: 6:00 - 8:00 p.m.  
The movie will follow, beginning at dusk.

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

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

*Note: This event is weather permitting – rain date for both events is Saturday, June 7.*



For more information, call (740) 348-1572.

# Document Shredding Event Will Benefit Technological Advances at LMH

Park National Bank (PNB) and Shred-it are hosting the eighth annual Community Shred Day in Newark on Saturday, May 17, from 8:30 a.m. to 12:00 Noon. The shredding services are free to the community, but donations will be accepted to benefit technological advances at Licking Memorial Hospital.

The community is invited to bring paper items to PNB's downtown Newark office, located at the corner of Church and Third streets, for on-site shredding. Special drive-thru lanes for the Community Shred Day will be designated off Church Street. Truck-mounted equipment from Shred-it will crosscut the documents and materials into pieces no larger than 5/8 inch in size and transport the confetti-like shreds for recycling. Materials that can be accepted for shredding include paper items, such as receipts, tax forms and medical records. Staples and paper clips do not need to be removed; however, papers must be removed from notebooks and binders. CDs, floppy disks and VHS cassettes will also be accepted for shredding offsite. No more than three standard-size boxes will be accepted per household, and items from businesses or organizations will not be accepted.

PNB associates will be available at the drive-thru lanes to unload vehicles and place the items directly into the Shred-it trucks. Paper bags and cardboard boxes used for transporting

the recyclables will also be accepted. Participants are welcome to park to the side and watch their documents being shredded.

Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations Veronica Link said, "We appreciate PNB and Shred-It for providing this event to the community. At LMHS, ensuring the privacy of our patients' medical information is a priority. This event is an excellent opportunity for community members to ensure the confidentiality of their own personal documents."



Shred-it is a security-based company based in Canada, with 140 branches around the world. The local Shred-it operation is headquartered in Gahanna, and is an independent, locally-owned franchise of the Shred-it Corporation. Shred-it associates are FBI background-checked and fingerprinted.

PNB is the leading financial institution in Licking County and a top community bank in Central Ohio. Founded in 1908, it provides deposit, loan, and trust and investment services for families and businesses. PNB consistently earns high marks and awards for its service, community leadership, and financial performance. PNB operates 18 full-service offices in Licking and Franklin counties. The Park National Bank is a part of Park National Corporation (NYSE Amex: PRK), also headquartered in Newark. For more information about Community Shred Day, call (740) 349-3724.

## Community Education – Skin Cancer Awareness *(continued from front page)*



Bethany A. Wyles,  
D.O.

According to the National Cancer Institute, 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Experts say that the cumulative effects of the sun can begin during childhood years; therefore, development of early sun safety practices against ultraviolet (UV) radiation is critical. Because this type of cancer is so prevalent, Licking Memorial Hospital (LMH) is offering a free educational session to inform community members about the sun's damaging effects and how to prevent dangerous exposure.

Bethany A. Wyles, D.O., of Licking Memorial Dermatology, will discuss the value of skin protection to prevent skin cancer on Thursday, May 22, at 6:00 p.m., in LMH First Floor Conference Rooms. Free skin cancer screenings will be offered following the program to the first 40 registrants by Dr. Wyles and Kathleen M. Rogers, M.D., also of Licking Memorial Dermatology. This education program is free; however, registration is required. To register, please call (740) 348-2527.

# Appreciation Dinner Held for Local Pastors

Saving lives through organ donation was the topic of discussion at the 2014 Pastoral Care Dinner, hosted by Licking Memorial Hospital (LMH). The dinner event, which includes an educational program, is held yearly to honor Licking County pastors, who are essential to the spiritual well-being of patients at LMH.

During the event, Ann V. Govier, M.D., Vice Chief of the LMH Department of Anesthesiology and Pain Management, provided a presentation concerning organ donation. The program included an overview of the donation process, myths and facts about donation and how one can register to become a designated donor. Along with Dr. Govier, representatives from Lifeline of Ohio, Lauren Fitting and Kacy Walker, were available for a time of discussion.

Dr. Govier spoke to the audience of pastors concerning their potential impact in the organ donation process. "I've heard countless times that people are afraid to donate their heart because they believe it is needed to get into heaven," Dr. Govier said. "Once people understand that the organ itself is not a prerequisite to enter heaven, they often change their donation requests to allow for heart donation. It is important to ensure that community members are accurately informed about organ donation, especially since most organ transplants take place in the same

geographical location from where they are donated." The presentation also included national and local facts about donors and the need for donations. A few of the highlighted facts include:

- 121,933 individuals currently are on the national waiting list as of March 28 (3,370 of which are Ohioans).
- Each day, 18 people die waiting for an organ transplant.

"One person has the chance to save eight lives, and enhance the lives of 50 more," Dr. Govier said. "What we hope for at the end of every day is more lives saved."



Ann V. Govier, M.D., Vice Chief of the Department of Anesthesiology and Pain Management at LMH and Lifeline of Ohio representatives Kacy Walker and Lauren Fitting spoke to local pastors about the life-saving importance of organ donation.

In addition to the program, Jeff Smith, LMH Director of Pastoral Care, introduced the newest member of the Pastoral Care team. Chaplain Carey Hovland joined the Department in 2014, and helps to provide round-the-clock coverage for Pastoral Care requests.

The Pastoral Care Department at LMH was developed to meet the spiritual needs of

patients, families and Licking Memorial Health Systems staff members. Pastoral Care staff members are available to provide spiritual and emotional support relating to medical decision-making, patient rights and medical ethics. Upon request, the Pastoral Care staff will notify a patient's minister, priest, rabbi, or other clergy of the patient's hospitalization.

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## Development Spotlight – Seth Conley



Seth Conley

Seth Conley recently joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee. As a Wealth Management Advisor for Merrill Lynch, Seth manages money for a select number of families and businesses in the Central and Eastern Ohio area.

"Being a part of the Development Council is a great opportunity to get involved and use some of my experiences to help this organization that is so important to our community," Seth said. "As an added bonus, working on the Development Council is enjoyable because there are so many people who are also passionate about making LMH an even better organization. Because the Hospital is among the top in the services they

provide, I truly believe LMH is not just the closest choice, but the best choice in health care."

A Licking Valley High School alumnus, Seth received his bachelor's degree from Ohio University in Athens, Ohio, and his Master of Business Administration degree from Ohio Dominican University in Columbus. He serves as a Deacon at the Licking Valley Church of Christ, teaches marketing and leadership part-time at Mount Vernon Nazarene University for the adult learning B.B.A. program, and is a member of the Certified Retirement Counselor Association.

Seth and his wife, Summer, reside in Nashport, Ohio, with their three children. In his spare time, Seth enjoys coaching youth baseball and flag football in the Licking Valley Local School District.

# Donors Recognized for Contributions to Licking Memorial Health Foundation

New donors were recently recognized for their generous contributions to 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 (right) and Vice President Development and Public Relations Veronica Link (left) recognized Ann and Tom Mullady for their membership in The William Schaffner Society.

## The William Schaffner Society Ann and Tom Mullady

Ann and Tom Mullady were recognized for their 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.

Ann serves as a Legal Secretary and Office Manager at the Law Office of Alan P. Gustafson in Utica. Originally from Northwestern Ohio, she was born in Toledo and graduated from Genoa Area High School. Ann is a member of St. Paul's Lutheran Church, and her hobbies include reading, watching movies and playing cards.

A native of Flushing, New York, Tom has called Licking County home for nearly 30 years. Since retiring from the Owens Corning Newark plant, he has remained active in the community as a member of the LMH Board of Directors, LMH Development Council Community Relations Committee, United Way of Licking County, Newark Rotary, Licking County Board of Health, Newark Township Zoning Committee and the Newark City School District Strategic Planning Committee. Tom graduated from Manhattan College with a Bachelor of Science degree in chemical engineering. He also is a veteran of the U.S. Marine Corps. In his free time, Tom enjoys bike riding and golf.

Ann and Tom reside in Newark with their two Bernese Mountain Dogs. Tom has two grown children, Sean and Megan, and Ann has a grown daughter, Erika.



LMHS President & CEO Rob Montagnese (left) and LMHS Board of Directors Chairman Judith Pierce (right) presented a glass recognition piece to Assistant Vice President Inpatient Services Heather Burkhart, R.N., and her husband, Keith, in honor of their commitment to The William Schaffner Society

## Heather and Keith Burkhart

Heather and Keith Burkhart also were recognized for their commitment to The William Schaffner Society. Heather is the Assistant Vice President Inpatient Services at LMH, and is responsible for Acute Inpatient Rehabilitation, Cardiology, Critical Care Services, Dialysis, Maternity Services, Medical Surgical Nursing, Oncology Services, Respiratory Therapy, and oversight of the Patient Care Coordinators. She first began serving at LMH in 2000 as a staff nurse in the 4-North and 4-South areas before serving as the Director of Medical Surgical Nursing for four years.

Heather was born in Coshocton, Ohio, and graduated in 1994 from Loudonville High School in Loudonville, Ohio. She graduated from the Mansfield General Hospital School of Nursing in 1997, and is pursuing her bachelor's degree in nursing at Ohio University. In 2012, Heather received the Licking Memorial Health Systems Manager of the Year Award. She is a member of the Ohio Organization of Nurse Executives and the Academy of Medical-Surgical Nurses.

Keith serves as the financial controller for Brickman Facilities Solutions in New Albany, Ohio, where he supervises the financial reporting, accounts payable and receivable, and tax and billing departments. Originally from Zanesville, Ohio, he received a bachelor's degree in finance from Bowling Green State University in 1997 and a master's degree in business administration from the University of Findlay in 2004. Heather and Keith reside in Frazesburg, Ohio, with their 10-year-old son, Drew, and 8-year-old daughter, Kate.

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

# Volunteer Spotlight – Connie Helms



Connie Helms

Following a 25-year career as a Critical Care nurse, Connie Helms returned to Licking Memorial Hospital (LMH) as a member of the Volunteer Services Department. Several years after Connie retired in 2006, Director of Volunteers, TWIGS and Events Carol Barnes asked her to consider serving at the information desk in the Betsy Eaton O'Neill Resource Center. Connie

accepted the assignment in 2010, and has since accumulated more than 750 hours of service. She continues to volunteer in the Resource Center one day per week, but also has served Community Case Management, the LMH Pain Clinic and at Hospital events, as well.

“I really missed the people,” Connie said of her decision to volunteer at LMH. “I had a wonderful career at the Hospital thanks to a great group of co-workers. We were like a family because we were so involved in each other’s lives, and there was a tremendous camaraderie among us. One reason that I really enjoy volunteering at the Hospital is that it allows me to regularly see many of the people I met during my career.”

Another aspect of her volunteer service that Connie appreciates is the opportunity to help people, which also was what she enjoyed most about being a nurse. As the oldest of nine children, she was responsible for assisting with the care of her siblings from a young age, and the experience blossomed into a desire to pursue a career in nursing.

“Connie was a tremendously skilled nurse and her background in health care is a great benefit for the Volunteer Department,” Carol said. “She is an extremely caring volunteer and is always willing to learn a new responsibility, or to work beyond her regularly-scheduled shift. We are truly grateful for Connie and the time she gives to our Volunteer team.”

Originally from Shelby County in Northcentral Ohio, Connie lives in Newark with her husband of 46 years, Jim. They raised four sons together and now enjoy the blessing of 11 grandchildren. Connie and Jim vacation in Florida each winter and soon hope to take a road trip through the western United States. In her retirement, Connie enjoys reading, supporting her grandchildren in their various activities, volunteering at St. Francis DeSales Church, and monthly lunch gatherings with former LMH co-workers.

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# Retiree Spotlight – Jan Campbell



Jan Campbell

Throughout her 40 years of service to Licking Memorial Hospital (LMH), Jan Campbell contributed as a nurse in many different areas. She began in the Medical/Surgical Department on 5-South, then the LMH Alcohol Unit (before Shepherd Hill), Utilization Review (now Case Management), and finally in the Pre-Admission Testing and Outpatient Surgery Department.

Jan gained most of her medical knowledge while working on the nursing floors, but her most memorable times were the 19 years that she spent prior to her 2012 retirement in Pre-Admission Testing and Outpatient Surgery. She enjoyed being able to comfort patients and assisting them throughout their surgery process. Patients told her that they felt relieved when they saw a familiar face to help guide them prior to and following their surgery.

One of Jan’s favorite aspects about working at LMH was her coworkers. “It was like we were the Four Musketeers,” she said, reminiscing of her colleagues in Pre-Admissions Testing: Rose Kelly, Elaine Washburn and Doug Predmore. She is still friends with most of her past coworkers and enjoys their company on a regular basis.

Many changes and improvements occurred while Jan was employed at LMH. She witnessed a new Maternal Child floor constructed in 1973, the current Emergency Department being built, and upgrades to Cardiology and Admissions. Jan said, “When I first started on 5-South in 1972, I remember that the doctors were older than I was. As years went by, I noticed that we were the same age. Then, nearing my retirement, I was older than the doctors!”

Jan enjoys attending the Annual Retiree Dinner each July and receiving Christmas cards from LMH. “I am really proud of LMH and am pleased to be a part of the legacy. I really appreciate how well they treat their employees and especially their retirees,” she said.

Even though Jan is retired, she still rises at 6:00 a.m. – instead of going to work, she puts two of her grandchildren on the school bus. She also has time to spend with her sister, Katrinka Treness, volunteer at the Licking County Food Pantry at Christ United Methodist Church and exercise at the LMH Wellness Center. Jan is a member of Community Wesleyan Church in Newark and enjoys teaching Sunday school. She looks forward to a summer in North Carolina at the family cabin with her husband, Larry, and remodeling their Newark home.



Licking Memorial Hospital

# “Building A Healthier Community Award” Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County that has undertaken a non-profit project with a specific initiative that has improved the health of the community. The award will be presented at the 2014 Lifetime Achievement Reception. Please note, multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations at (740) 348-4101.

## Nomination Form

Nominee’s Name (individual or group): \_\_\_\_\_

Address: \_\_\_\_\_

Present employer or vocational status of individual or description of group/organization: \_\_\_\_\_

Description of project/initiative: (Please feel free to use additional paper and/or attach relevant documents.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explanation of how project/initiative helps improve the health of the community:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee’s activities. Thank you.

Your Name      Address      Phone Number

All nominations must be received in the Development Office,  
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055  
by June 27, 2014, at 5:00 p.m.



## 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](http://www.LMHealth.org).**

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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# Community Events

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

### Community Shred Day

Saturday, May 17, 8:30 a.m. to 12:00 Noon  
Park National Bank, corner of Church and Third streets, Newark

The community is invited to bring documents with sensitive information for on-site shredding. The drive-thru service is free, but donations will be accepted to benefit technological advances at Licking Memorial Hospital. See page 27 for details.

### LMHS Family Movie Night Event

Saturday, May 31, begins at approximately 8:00 p.m.  
One Healthy Place in Pataskala

The community is invited to a free outdoor showing of Disney/PIXAR's animated film, "Finding Nemo." Please see page 26 for details.

### Cancer Survivors' Picnic

Sunday, June 8, 1:00 to 3:00 p.m.  
LMH front lawn, 1320 West Main Street, Newark

Cancer survivors and cancer patients currently receiving treatment are invited, along with their families, to attend a picnic in recognition of National Cancer Survivors' Day. The picnic is free, but pre-registration is required. Please call (740) 348-4102 by Monday, June 2, to register. Please see page 17 for details.

### Summer Active•Fit Youth Wellness Events

Please see page 24 for details about these free events.

- Active•Fit Triathlon – Saturday, June 14, 9:00 a.m.
- Active•Fit Bowling – Wednesday, July 16, 3:00 to 5:00 p.m.
- Active•Fit Field Day – Tuesday, July 22, 3:00 to 5:00 p.m.
- Active•Fit 1K – Saturday, August 2, 8:00 a.m.

### Community Blood Pressure and Diabetes Management Screenings

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

### First Impressions – Maternal Child Classes

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

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