



Community Connection

Licking Memorial Health Systems

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

Volume 10, Issue 3

May/June 2013



Measurably Different ... for Your Health!

Diabetes Education at LMH Proven to Lower A1c Levels

Proper diabetes management includes a daily routine of maintaining a healthy diet plan, regular exercise, monitoring blood glucose levels and managing medications – all essential to avoid long-term complications and excessive healthcare costs. However, without proper guidance to create a unique self-management plan, individuals with diabetes are likely to overlook at least one of these key components, which could prevent them from improving their health and quality of life.

An estimated 15,000 adults in Licking County live with diabetes, and Licking Memorial Hospital (LMH) has resources available to help them effectively control the disease.

Diabetes Education at LMH Proven to Lower A1c Levels (continued on page 2)



Diabetes education classes at Licking Memorial Hospital help patients gain better control of their blood sugar levels.

LMHP Physicians Are at Nation's Forefront in Use of Electronic Medical Records



Licking Memorial Health Professionals physicians began using electronic medical records in 2001 and are now among the nation's leaders to use the technology.

performed, medications and treatments provided. This information can be used to improve the health of the patient, eliminate the need for repeat testing, and

LMHP Physicians Are at Nation's Forefront in Use of EMR (continued on page 3)

The American Recovery and Reinvestment Act (ARRA) of 2009 calls for healthcare providers to utilize electronic record-keeping technology by 2016, with the primary goal of improving patient care. Known as electronic medical records (EMR), the computerized information system enables providers to electronically document information about the care they are providing to a patient, such as the patient's medical conditions, tests

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

See pages 20-26
for Quality Report
Cards in this issue.

COMMUNITY EDUCATION

Psoriasis and Eczema

Date: Thursday, May 16
Time: 6:00 p.m.

(continued on page 2)

Quick and Easy Meals for Diabetes

Date: Tuesday, May 21
Time: 6:00 p.m.

(continued on page 10)

Atrial Fibrillation

Date: Thursday, May 23
Time: 6:00 p.m.

(continued on page 10)

Getting a Good Night's Sleep

Date: Thursday, May 30
Time: 6:00 p.m.

(continued on page 13)

High Blood Pressure

Date: Thursday, June 13
Time: 6:00 p.m.

(continued on page 14)

Skin Cancer Awareness

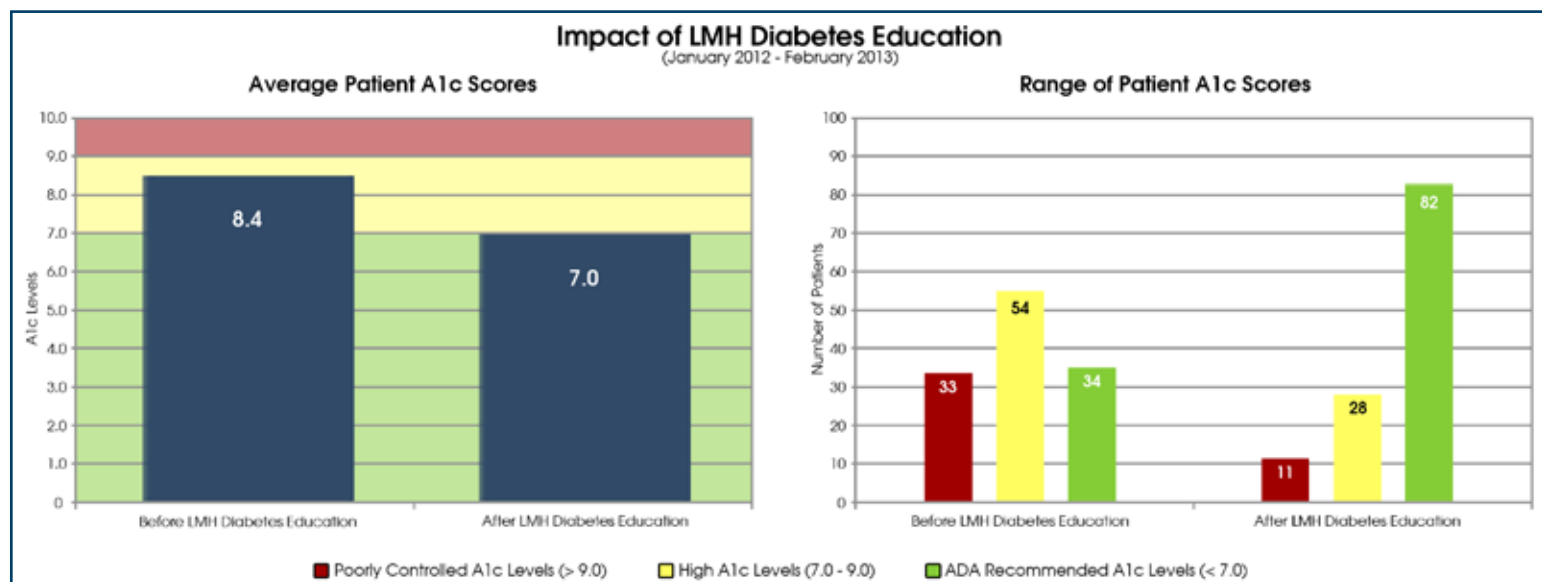
Date: Thursday, June 20
Time: 6:00 p.m.

(continued on page 15)

Bed Bugs

Date: Thursday, June 27
Time: 6:00 p.m.

(continued on page 28)



LMH has offered diabetes education classes since 2004, and recent statistics prove participants lower their hemoglobin A1c number after completing the program. Data compiled between January 2012 and February 2013 shows the average A1c scores of participants at the LMH Diabetes Learning Center fell to 7.0 percent after the classes from 8.4 percent in pre-education testing. Of the 121 course participants during that 14-month period, 102 (84 percent) experienced a decrease in their A1c levels.

Self-testing of blood glucose is important for day-to-day control, but measuring A1c is the best indicator of whether a diabetes treatment plan is working long term. The A1c test gauges the percentage of glucose that attaches to hemoglobin protein – a process known as glycation – in red blood cells. Since the cells carry the glycated hemoglobin (A1c) throughout their three-month lifespan, the amount of A1c in the blood reflects blood sugar control over a 90-day period. The American Diabetes Association recommends an A1c level of 7.0 percent or less to prevent complications such as heart disease and stroke, high blood pressure, eye problems, nerve damage and severe kidney problems.

The improved A1c results of participants in classes at the LMH Diabetes Learning Center underscore the importance of education to successful diabetes management. The course, which is offered as a four-class series, is a time for those

with diabetes to interact in the learning process and be part of a conversation about the disease in a relaxed environment. Because diabetes is a progressive disease, an individual who makes immediate changes to lower A1c numbers will lessen the risk of chronic health complications.

“Whole lifestyle changes, not just dietary restrictions, are required to control blood sugar levels, and a specialized outpatient education program provides patients with diabetes the knowledge they need to effectively manage the disease,” said Debbie Young, LMH Vice President of Patient Care Services. “Diabetes education at LMH not only teaches participants how to control the disease, but also describes the purpose of each part of a successful treatment plan. Promoting the lifelong benefits of diabetes management ultimately empowers individuals to control their diabetes well, as evidenced by the improved A1c scores of the LMH program participants.”

The LMH Diabetes Learning Center offers classes Tuesday morning (9:00 to 11:00 a.m.), Wednesday afternoon (1:00 to 3:00 p.m.) and Wednesday evening (7:00 to 9:00 p.m.) during a four-class course. A physician’s referral to LMH Central Scheduling at (740) 348-4722 is required to join the program. Patients should contact their insurance company prior to the first class, as Medicare and most insurance policies will cover outpatient diabetes education.

Community Education – Psoriasis and Eczema *(continued from front page)*



Bethany Wyles,
D.O.

Date: Thursday, May 16
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Bethany Wyles, D.O.

Psoriasis and eczema are relatively common skin disorders affecting millions of people in the United States. Both diseases can be disfiguring and stressful, particularly when lesions are widespread. False miracle cures abound on the Internet, adding frustration for individuals searching for legitimate treatment options. However, effective treatments are available.

Join Licking Memorial Dermatologist Bethany Wyles, D.O., for a discussion on how to effectively manage psoriasis and eczema on Thursday, May 16, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. This program is free; however, registration is required. To register for the program, or for more information, please call (740) 348-2527.

be easily shared with those involved in caring for the patients, regardless of the setting of care. This information is securely stored and safeguarded to protect each patient's privacy. The technology also allows for information to be tracked, trended, and compared to improve the quality of patient care for patients with specific conditions such as heart disease or diabetes.

Recognizing the benefits of EMR, Licking Memorial Health Systems (LMHS) began the transition to electronic recordkeeping in 2001, and as a result, Licking Memorial Health Professionals (LMHP) physicians are well ahead of their peers nationally in making the switch. Within LMHP, 100 percent of outpatient office-based physicians have adopted EMR, compared to 32 percent of physicians who incorporated the technology in Ohio, and 39 percent who have made the transition in the U.S.

The ARRA also created a Meaningful Use program for EMR. Meaningful Use sets goals that address the quality of health care rather than information technology. The overall goals are:

- To improve quality, safety and efficiency of patient care
- To engage patients and families
- To improve the coordination of care
- To ensure adequate privacy and security for personal health information
- To improve population and public health

The Meaningful Use goals are divided into Stage 1, Stage 2, and Stage 3 categories. Healthcare providers who successfully meet the Stage 1 goals by 2016, including the adoption of EMR, are eligible for financial incentives. Those who do not meet Stage 1 goals by the deadline will face financial penalties through reduced Medicare reimbursements.

"The creation of the Meaningful Use program has been responsible for drastically increasing the rates of EMR adoption in the nation," stated Sallie Arnett, LMHS Vice President Information Systems. "LMH adopted EMR well before the inception of the incentive program because we felt that this was the right thing to do for our patients and for our providers. We were able to refine our use of EMR technology to meet the Meaningful Use requirements, and the vast majority of LMHP providers attested for Stage 1 as scheduled in 2012."

Christine McGee, Vice President Physician Practices, said, "EMR has been a welcomed advancement for the LMHP physicians. It enables the providers to easily share information and instantly retrieve test results from Licking Memorial Hospital's Laboratory or Radiology Departments." She added, "It has also been a valuable recruiting point for new physicians. We have attracted highly skilled physicians who could have worked anywhere they wanted in the nation, but they chose to join LMHP because of our progressive technology."

EMR has the potential to dramatically enhance the quality of patient care and safety. For example, LMHS' system generates warnings about adverse drug interactions and even identifies which prescriptions are covered by the patient's insurance plan. In 2005, LMHS upgraded EMR's capabilities with computerized physician order entry software, and in 2011, technology was added to enable LMHP physicians to e-prescribe most medications directly to pharmacies.



Licking Memorial Hospital

SAVE THE DATE



5K RUN AND FUN WALK

Saturday, August 3, 2013

Registration - 7:30 a.m.

Race - 8:30 a.m.

The Dawes Arboretum

7770 Jacksontown Road, Newark, Ohio 43055

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

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

Sponsored by:



Community Leaders Join LMH and LMHS Boards

Licking Memorial Hospital (LMH) is pleased to announce the addition of four community leaders to the LMH Board of Directors: Cheri Hottinger, Michael Massaro, Brian Mortellaro and the Rev. Dr. Michael A. Noble. Patrick Guanciale was elected to his first term as Chairman.



Cheri Hottinger

Cheri Hottinger graduated from Northridge High School and attended Columbus State Community College. She is President of the Licking County Chamber of Commerce and formerly worked as Treasurer for Jay Company, Inc. She also served on Newark City Council from 2000 to 2003. Cheri was previously a Board Member for Licking County Chamber of Commerce, and Chamber of Commerce Executives

of Ohio. She currently serves as a member of The Works Board of Directors, Vice-chair for Grow Licking County CIC, Secretary for Newark Development Partners CIC, and Treasurer for Workonomics. She is also a member of LMH's Development Council, Newark Rotary, and Heath Church of Christ. Cheri and her husband, Jay, live in Newark with their three daughters, Savannah, Heather and Jayme.



Michael J. Massaro

Michael Massaro, President of Tectum Inc., graduated from Newark Catholic High School and received a Bachelor of Science degree in business administration from Xavier University. He served in the 2291st U.S. Army Hospital Unit of the U.S. Army Reserves from 1970 to 1976. Mike was a past President and continues to serve as a member of the Licking County Family YMCA Board of Directors. He also serves

as Vice-chair of the Licking County Chamber of Commerce Board of Directors. He is a past President and current member of the Newark Rotary Club, and is a member of the Licking County Foundation Grant Review Committee. Mike and his wife, Patricia, live in Newark and have three children, Andrea, Michael and Genna.



Brian Mortellaro

Brian Mortellaro is the Owner/Operator of six McDonald's restaurants in the Newark/Mount Vernon area, and operates seven additional McDonald's restaurants. He graduated from Mount Vernon High School and John Carroll University with a bachelor's degree in accounting and is a certified public accountant. Brian is a member of the McDonald's Ohio Operators Association and is vice president

of the McDonald's of Central Ohio Co-op. He serves on the finance committee for the Licking County Foundation, and the boards of directors for Licking County Family YMCA, Midland Theater and Newark Area Soccer Association. He is a member of the Newark/Heath Rotary and coaches youth girls' basketball in his spare time. Brian lives in Granville with his wife, Janine, and his three daughters, Emma, Abby and Sarah.



Michael A. Noble

The Rev. Dr. Michael A. Noble is the senior pastor at Shiloh Missionary Baptist Church in Newark. A graduate of Newark High School, Dr. Noble received his Bachelor of Arts degree in philosophy from Denison University. He received his Masters of Divinity from Yale Divinity School in New Haven, Connecticut, and his Doctor of Ministry from Hartford Seminary in Hartford, Connecticut. Before returning

to Newark, he served at the St. James Baptist Church in New Britain, Connecticut, as well as Olivet Baptist Church in Chicago, Illinois. Dr. Noble serves as a Board Member for the National Youth Foundation, Harvest Management and the Housing and Economic Development Commission for the National Baptist Convention, USA, Inc. He is Chairman of the Shiloh Holistic Opportunity Program Board of Directors, as well as the Religious Advisory Council of City Colleges of Chicago. Dr. Noble is a member of the National Children's Defense Fund, Morehouse College of Ministers, the Ohio Baptist General State Convention Housing Board, Ohio Prophetic Voices, Par Excellence Academy, Columbus Baptist Pastors' Conference, Baptist Ministerial Alliance of Columbus and Vicinity, Newark Rotary Club, and is President of the Eastern Union Bible College. Dr. Noble and his wife, Louise, reside in Heath and have three daughters, Kristi, Marcia and Maya.

In addition, the Licking Memorial Health Systems (LMHS) Board of Directors elected three new members.

Community Leaders Join LMH and LMHS Boards (continued on page 5)

Members of the 2013 LMH Board of Directors

Patrick D. Guanciale – Chairman
Craig R. Baldwin – Vice Chairman
Nancy G. Neely – Secretary
Joyce L. Malainy, Ed.D. – Treasurer
Gus A. Andrews
C. Gene Branstool
Cheri Hottinger
Deborah A. Kohman
Michael J. Massaro
Brian Mortellaro
Thomas A. Mullady
Rev. Dr. Michael A. Noble
Bart M. Weiler
Robert A. Montagnese – LMHS President & CEO
Peter T. Nock, D.O., LMH Chief of Staff

Michael Cantlin, Linda Dalgarn and Kim Fleming were elected to new seats, while Judith Pierce was re-elected to her second consecutive term.



Michael D.
Cantlin

Michael Cantlin is co-owner of Siesta Ventures, Ltd., a home financing and construction company in Newark. He graduated from Newark Catholic High School and The Ohio State University, with a Bachelor of Science degree in computer and information science. Mike and his wife, Barbara, established the John Alford Fellowship through the LMHF. Mike is a member of the First United

Methodist Church. He is currently a member of the Governing Committee of the Licking County Foundation, a Trustee of The Ohio State University Newark Campus, a Trustee of the Newark Catholic Foundation and a volunteer for the Boy Scouts of America. He served on the LMH Board of Directors for nine years and was previously a Board Member for Weathervane Playhouse. Mike and Barbara have a grown daughter, Stephanie.



Linda K. Dalgarn

Linda Dalgarn is co-owner/operator of Dalgarn's Nursery & Garden Center in Granville, along with her husband, Jay. She graduated from Whitehall Yearling High School and attended Kentucky Christian College. Linda was previously on the Weathervane Playhouse Board of Directors from 1988 to 1995, and served as secretary on the Executive Board from 1989 to 1995. She also served as secretary

of Pataskala Rotary from 1998 to 2001, in addition to being a charter (and current) member of the club. She joined the LMH Board of Directors in 2004 and served as Chairman for the past year. She is a former member of the Licking County Job & Family Services Workforce Investment Act Advisory Board and the COTC Pataskala Advisory Board. She is a current member of the Pataskala Library Board, the Midland Theatre Board, the Chamber of Commerce of Pataskala, and Tri-Village Church of Christ. Linda and Jay are the parents of five children: Jay Jr., Jon, Robert, Jennifer and Julie.



Kim D. Fleming

Kim Fleming, a certified public accountant, is a partner at Wilson, Shannon & Snow, Inc., in Newark. She graduated from The Ohio State University with a Bachelor of Science degree in business administration, and from Capital Law and Graduate Center with a Masters degree in taxation. Kim has been active on the LMH Development Council since 2001, and served on the LMH Board of Directors for six years. She is a

member of the Ohio Society of CPAs and the American Institute of CPAs. She formerly served on the Board of Directors for the Licking County Family YMCA and was a member of the Tri-County Estate Planning Council. Kim and her husband, Steve Schaller, live in Newark. She has two grown daughters, Morgan and Kia, and two grown stepchildren, Kate and Quinn.



Judith B. Pierce

Judith Pierce is retired as a cable television manager. Her education includes study at The Ohio State University, Ohio University and Steubenville Business College. She has served as a member and past president of the Ohio Telecommunications Association. Her civic involvement has included leadership positions in the Newark Area Chamber of Commerce and United Way. She currently serves on the governing board of The

Licking County Foundation and formerly served on the Board of Directors of The Newark Midland Theatre Association. She is a member of Newark Rotary and The Monday Talks. She previously served on the LMH Board of Directors from 1998 to 2007, and was Chairman from 2003 to 2007. Judith and her husband, Robin, are the parents of four grown children: Karen, David, Amy and Emily.

LMH is a subsidiary of LMHS. The LMH Board of Directors is made up of 15 dedicated individuals who devote 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 (LMHF). 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 dedicated community leaders, the LMHS Board Members serve to ensure that the Health Systems provides the best care and services available.

Members of the 2013 LMHS Board of Directors

William N. Mann – Chairman
Judith B. Pierce – Vice Chairman
Gary A. Ryan – Secretary/Treasurer
Michael D. Cantlin
Linda K. Dalgarn
Kim Fleming
Walter C. Gemmell
Patrick M. Jeffries
Gerald R. Ehram, M.D. – Physician Advisor
Robert A. Montagnese – LMHS President & CEO

Donors Recognized for Contributions to the Licking Memorial Health Foundation

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



LMHS President & CEO Rob Montagnese (left) presents Sarah and John Wallace, D.D.S., with a glass recognition piece in honor of their generous commitment to The John Alford Fellowship.

The John Alford Fellowship **Sarah and John Wallace, D.D.S.**

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

Sarah Wallace began working at the First Federal Savings and Loan Association of Newark in 1980 and has been a member of the institution's Board of Directors since 1982. She served as President of First Federal from 1982 to 1999 and remains Chairman of the Board after being appointed to the position in 1999. She currently serves on the Board of Directors at Park National Corporation, the Park National Bank and Freight Service & Midway Truck and Trailer, and on the Board of Trustees at DePauw University, Central Ohio Technical College, the Newark Campus Development Fund, the Thomas J. Evans Foundation and the First Federal Foundation.

Sarah attended DePauw University in Greencastle, Indiana, where she earned a bachelor's degree. She later graduated with her Master of Business Administration from Indiana University in Bloomington, Indiana.

"I really appreciate what the Hospital and Health Systems mean to Licking County. I constantly hear residents talking about the terrific experiences they have had at LMH, which is a direct reflection of the quality of services offered," Sarah said. "LMHS has great leadership that is committed to providing the best healthcare options locally, and we are pleased to support those efforts."

A member of the American Dental Association, the Ohio Dental Association and W.D. Miller Dental Society, Dr. John Wallace opened his Newark-based dental practice in 1980. He is President of the Thomas J. Evans Foundation and Chairman of the Board at Truck One and Fleet Service. Dr. Wallace formerly served as President of the Licking County YMCA Board of Directors and on the Board of Directors at the Look Up Center free dental clinic.

Dr. Wallace also received his bachelor's degree from DePauw University before graduating from the Indiana University School of Dentistry in 1980.

"We recognize the importance of a thriving health system to the community," Dr. Wallace said. "LMHS is not only well-managed and fiscally sound, but is also exceptional in terms of the number of medical subspecialties offered here in Licking County. I think it would be difficult to find many community hospitals that have more services available than LMH. We are extremely fortunate to have such high quality health care available so close to home."

Sarah and Dr. John Wallace are both members of the Newark Rotary Club. They currently reside in Granville and have three grown children, Gilbert, Gerald and Sally.

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



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

Caduceus Society **Jill Nicholson, M.D.**

Jill Nicholson, M.D., was recognized for her recent commitment to The Caduceus Society. Membership is reserved for Licking Memorial Honorary and Active Medical Staff who support the

Donors Recognized for Contributions to the LMHF (continued on page 7)

LMHS mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years.

Dr. Nicholson joined Licking Memorial Urgent Care and Emergency Medicine in December 2012. She received her Doctor of Medicine degree from The Ohio State University College of Medicine in Columbus. She completed a residency in family medicine at Self Memorial Hospital in Greenwood, South Carolina. Dr. Nicholson is board certified in family medicine and is a fellow with the American Academy of Anti-Aging Medicine. In her spare time, she enjoys yoga, meditation, music, reading, spending time outdoors and being with her four children, Emily, 15, Chloe, 12, Jacob, 10, and Sarah-Kate, 8.

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

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.

Donors

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

CADUCEUS SOCIETY

Jill Nicholson, M.D.

CAPITAL IMPROVEMENT FUND

TWIGS 6
TWIGS 8
TWIGS 13

COMMUNITY CORNERSTONE CLUB

Thomas W. and Margaret J. Caw
Mr. and Mrs. Jim Cooper
Jeff and Jane Cox
J. Andrew and Cheryl Crawford
Barbara Cunningham
Mr. and Mrs. David Doney
Mr. and Mrs. Robert Elfreich
Ann and Dick Fryman
Mr. and Mrs. John Grayson
Lee & Sally Heckman
Mr. and Mrs. Jay Hottinger
Marsha & Jerry Hurt
Shirley James
Don & Sandy Mandich
Bill and Barbara Mann
Dean W. Markle
Roger & Kathy McClain
Jan & Lew Mollica
Martha J. Morrison
Mary Jayne Pratt
Richard P. Reed
John Row, Buckeye Linen Service
Anne & Edward Schilling
Mr. and Mrs. Wayne Siarnicki
Noble B. Snow
Mr. Joseph M. Stenson
Daniel R. Stricker, D.D.S.
Ronald Van Atta
Robert and Ashley Wade
Chuck and Jane Walker

DOCTORS' DAY 2013

In honor of Joel Anders, D.O.
by: Craig Cairns, M.D.
In honor of Richard Baltisberger, M.D.
by: Aaron Link
Ashley, Robby & Brady
Montagnese
In honor of David Bartnick, M.D.
by: Jim and Carol Watercutter

In honor of Garth Bennington, M.D.
by: Timothy and Deborah Young

In honor of David Born, M.D.
by: Maria Myers

In honor of Craig Cairns, M.D.
by: Clarissa Ann Howard
LMHS Senior Management

In honor of Catherine Chiodo, D.P.M.
by: Richard Hughes

In honor of Elliot Davidoff, M.D.
by: Craig Cairns, M.D.
Robert and Patricia McGaughy

In honor of Janae Davis, M.D.
by: Veronica Link
Lauren Montagnese
Sheila M. Wayland

In honor of James DeSapri, D.O.
by: Craig Cairns, M.D.

In honor of Michael Duffey, M.D.
by: Craig Cairns, M.D.

In honor of Gerald Ehram, M.D.
by: Anonymous
Cathy J. Boykin &
J. Howard Boykin
Walt Gemmell
Bill and Barb Mann
Rob Montagnese
Judy and Robin Pierce

In honor of Matthew Farrell, M.D.
by: Gretchen Treneff

In honor of Raymond Gagliardi, M.D.
by: Craig Cairns, M.D.

In honor of Jaime Goodman, M.D.
by: Jay & Linda Dalgarn
Don and Rosemary Hill
and family

In honor of Ann Govier, M.D.
by: Craig Cairns, M.D.
Clarissa Ann Howard
Robert and Patricia McGaughy
Sheila M. Wayland

In honor of Talya Greathouse, M.D.
by: John Row
Cindy Webster

In honor of Debra Heldman, M.D.
by: Richard Hughes

In honor of Daria Hopkins, M.D.
by: Sheila M. Wayland

In honor of Scott Jolly, D.O.
by: Craig Cairns, M.D.

In honor of Jacqueline Jones, M.D.
by: Jay & Linda Dalgarn
Don and Rosemary Hill
and family

In honor of Shakil Karim, D.O.
by: Cathy J. Boykin &
J. Howard Boykin
Jay & Linda Dalgarn

In honor of David Koontz, D.O.
by: Julie K. Barrett
Clarissa Ann Howard
Richard Hughes

In honor of Owen Lee, M.D.
by: Clarissa Ann Howard

In honor of Diane LeMay, M.D.
by: Rob Montagnese

In honor of Mark Mitchell, M.D.
by: Anonymous
Cathy J. Boykin &
J. Howard Boykin
Craig Cairns, M.D.
Paul, Veronica and Drew Link
Robert and Patricia McGaughy
John, Anne & Emma Peterson
Donna Shipley
Thaddeus Webster

In honor of Peter Nock, D.O.
by: Craig Cairns, M.D.
Rob Montagnese

In honor of Eric Pacht, M.D.
by: Cathy J. Boykin &
J. Howard Boykin

In honor of Larry Pasley, M.D.
by: Clarissa Ann Howard

In honor of Howard Reeves, D.O.
by: Don and Rosemary Hill
and family
Robert and Patricia McGaughy
Sheila M. Wayland

In honor of May-Lee Robertson, D.O.
by: Craig Cairns, M.D.
Rob Montagnese

In honor of Andrew Seipel, M.D.
by: Dawn Braden
Rob Montagnese
Nathan Paynter
Jack Wilson

In honor of Richard Simon, M.D.
by: Dave and Tickie Shull

In honor of Colleen Smith, M.D.
by: Charles W. and Martha M. West

In honor of Karen Smith-Silone, D.O.
by: Craig Cairns, M.D.

In honor of David Subler, M.D.
by: Joan Brookover
Sheila M. Wayland

In honor of Vincent Walsh, D.O.
by: Thomas Mullady

In honor of Pattye Whisman, M.D.
by: Judy and Robin Pierce

In honor of Maureen Yablonski, M.D.
by: Carol Watercutter

GENERAL

Pam and Dave Froelich
Newark Area Club of Zonta
International 704

GRANTS

Licking County Foundation

HONORARY

In honor of Jerome Kleman
by: Licking Memorial Hospital
In honor of Jeff Smith, Pastoral Care
by: Jack R. Fulton

JOHN ALFORD FELLOWSHIP

Mark and Leslee Arthur

PAVING OUR FUTURE

Clarissa Ann Howard

2013 Heart to Play Screenings Begin

For the eighth 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, Licking County All-Stars football players, Newark Generals hockey players and students in C-TEC's Criminal Justice, Fire and Physical Therapy programs are eligible to participate. The program, taking place May through July, provides electrocardiogram (EKG) testing and baseline concussion screenings in addition to state-required sports screenings.

"The Heart to Play program is an important part of the Health Systems' youth wellness initiative," stated Rob Montagnese, LMHS President & CEO. "We encourage our local youth to become involved in sports and other physically challenging activities. At the same time, we feel a responsibility to help keep them safe, so they can pursue their full potential without fear."

Licking Memorial Pediatrician Diane 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, six Licking County students have been discovered to have a potentially fatal heart condition known as Wolff-Parkinson-White Syndrome and referred to a cardiologist for treatment. Several other serious cardiac abnormalities have also been detected and treated in students who were previously unaware of their conditions. In 2012, EKG screenings were administered to 725 students, and 56 were referred for follow-up with their primary care physicians. After further examination by cardiac specialists, two students were diagnosed with Wolff-Parkinson-White Syndrome, and three others were diagnosed with other serious conditions, including aberrant subclavian artery, bicuspid aortic valve, and pulmonary hypertension.

"Student athletes usually appear to be in great health," Dr. LeMay commented. "At such a young age, they do not suspect that they could have a hidden heart problem, which only adds to the tragedy when we hear in the news that a student has collapsed suddenly during a sports event somewhere in the nation. LMHS devotes the resources to protect our students as much as possible, and each year, we have been successful in diverting potential tragedies."

EKG tests will be offered free of charge to students in grades 7 through 12 who did not receive one in 2012. In addition, 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 2013 even if one was administered in 2012. 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. A satisfactory EKG result for each athlete is required every two years for LMHS to give clearance for the student to participate in activities. The EKGs will be



LMHS' pre-participation screenings will offer free physicals, EKGs and baseline concussion screenings to eligible students in May, June and July.

performed by LMHS clinical staff on the night of the pre-participation sports screenings and will be read at no cost by local cardiologists.

The student's clearance is dependent on three factors: the student's medical history, the examination and the EKG test results. If a student does not clear any part of the process, a referral will be made for the student to visit a primary care physician for further evaluation prior to clearance to participate in strenuous activities.

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 student suffers an acute head injury, and a concussion is suspected, he/she 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.

LMHS also offers free physical examinations to the student athletes. The Ohio High School Athletic Association (OHSAA) requires all student athletes to complete a screening history and screening 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. If the student has had a checkup with a primary care physician within the past year, the student may submit the OHSAA form to the primary care physician's office to have it signed. In that case, the student does not need to attend the pre-participation sports screenings as described. The athlete may need an EKG and/or ImPACT test, but not a screening exam.

Parents should contact their school's athletic director if they are interested in participating in the free examinations offered by LMHS. School athletic directors will have school-specific screening details and permission forms available for students. Completed permission forms are required for the screenings. Middle and high school student athletes who attend a Licking County school that is not participating in the program are also eligible for the free screenings. It is important to note that the LMH sports screenings are not complete physical exams. Those are best performed at your physician's office once a year, and take the place of a pre-participation sports screening. Please do not call individual physician offices for information regarding the sports screenings as the offices are not directly involved with the program. We have an e-mail account for questions that you may have. For more information, please e-mail sportsphysicals@LMHealth.org.



Nutrition a Front-Burner Topic at Active•Fit Junior Chef Event

Licking County youth learned at the Active•Fit Junior Chef program in early March that creating delicious and nutritious meals and snacks can be easy and enjoyable. Forty participants, ages 6 through 12, donned chef hats, watched 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 them 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 turkey wraps, yogurt-and-granola parfaits, vegetables with dip, no-bake cookies and smoothies. 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 20 additional healthy recipes for the participants to take home in a commemorative cookbook.

"Our students put forth a lot of effort to prepare for the Active•Fit Junior Chef program," said Jessica Karr, a culinary instructor and FCCLA advisor at C-TEC. "They researched nutritional information for recipes ranging from quick, healthy snacks to components of a balanced meal. Once the menu was set, the students planned demonstrations and practiced numerous times leading up to the event. It was evident in their presentations that they took a lot of pride in sharing with attendees the important nutritional concepts that are a core part of C-TEC's culinary curriculum."

Each Junior Chef was accompanied by an adult, and together they rotated through the five different cooking stations. Junior Chef Maya Smith of Newark particularly enjoyed

making smoothies, and planned to use her newly-acquired kitchen skills to help her mother, Liz Barringer-Smith, with cooking at home. Jimmy and Lisa Chinn of Newark were so appreciative of the Junior Chef program that they registered their two sons for the Active•Fit Youth Wellness Program at the event. "This was a fantastic opportunity for Gavin and Tyler to get involved in the kitchen, and for us to get some ideas for quick, healthy snacks," Lisa said. "The boys also sampled some food they had not tried before, such as guacamole, and really liked it."

"Hosting the Active•Fit Junior Chef program was a great experience for our students, who were able to show the community what they are learning and make a positive impact outside the school at the same time," said C-TEC secondary school supervisor Stephanie Priestnal. "I received a lot of wonderful feedback after the event, and heard several participants comment that the recipes were not only simple and fun to make, but delicious, too. Proper nutrition is so important to overall wellness, and we are thrilled to have provided local children with knowledge and skills that will help them make healthy lifestyle choices."

The Junior Chef event was part of the Active•Fit Youth Wellness Program, a cooperative effort between Licking Memorial Health Systems and Newark Advocate Media that promotes healthy lifestyles and habits among Licking County youth. Participants in the program choose eight fitness- and nutrition-related goals every four months, and those who complete their goals during the period are entered into a special prize drawing. The Active•Fit program is currently in Period 3, which began May 1 and runs through August 31. For more information or to register for the Active•Fit Youth Wellness Program, please visit www.ActiveFit.org.

LMHS Partners with School Districts to Provide Nursing Care for Students

Two Licking County school districts benefitted from the care of Licking Memorial Health Systems (LMHS) nurses during the 2012-2013 academic year. Licking Valley Locals Schools and Johnstown-Monroe Local Schools each contracted an LMHS nurse to provide healthcare services to students of all ages. Bonnie Ghiloni, R.N., B.S.N., was hired to serve Licking Valley Schools and Dawn Yoder, R.N., accepted the position within Johnstown Schools. Under the agreements, the nurses remained employees and had access to the resources of LMHS, but worked exclusively in the districts on a daily basis. Licking Valley and Johnstown began their partnerships with the Health Systems after long-time nurses in each district retired. Contracting replacements through LMHS allowed the two school systems to reduce costs while maintaining excellent care for their students.



Bonnie Ghiloni,
R.N., B.S.N.



Dawn Yoder, R.N.

first aid and CPR. The nurses also provide regular screenings to identify undiagnosed vision or hearing problems that could hinder a child's learning ability.

"The need for nurses in the Licking Valley and Johnstown school districts presented LMHS with an opportunity to improve the health of those communities," said Rob Montagnese, LMHS President & CEO. "Bonnie and Dawn both are incredibly dedicated and care deeply about the well-being of the students they serve. By working to remove health-related barriers to learning, they have a tremendous impact not only on students' health, but also their education."

At LMHS, Bonnie worked as a Pediatric Case Manager, Physician Center Manager and Certified Tobacco Cessation Counselor, in addition to her clinical experience in Family Practice, Emergency Medicine and Pulmonology. Dawn served as a Physician Center Manager for various Licking Memorial Health Professionals and Licking Memorial Hospital departments, including Cardiology, Gastroenterology and Endoscopy. For Bonnie and Dawn, who are residents of the districts in which they work, serving as a nurse in the schools presented an opportunity to be involved and make a difference in their communities. They will spend the summer working within the Health Systems before returning to the schools for the 2013-2014 academic year.

Community Education – Quick and Easy Meals for Diabetes *(continued from front page)*



Annmarie
Thacker,
R.D., L.D.,
C.D.E.

Date: Tuesday, May 21
Location: C-TEC Cafeteria, 150 Price Road

Time: 6:00 p.m.
Speaker: Annmarie Thacker, R.D., L.D., C.D.E.

Eating healthy with diabetes can be a challenge, particularly when a busy lifestyle limits time and resources. During hectic times, mastering a few quick and easy meals can make a huge impact on your ability to maintain optimal blood glucose control. This program will teach you how to plan quick and easy meals that are healthy for the whole family.

Join Licking Memorial Dietitian Annmarie Thacker, R.D., L.D., C.D.E., to learn how to create quick and easy meals on Tuesday, May 21, at 6:00 p.m. This program will be held in the C-TEC Cafeteria, located at 150 Price Road in Newark. Participants should follow the signs to student parking on Price Road and enter through the Boulevard entrance. The program is free; however, registration is required. To register, please call (740) 348-2527.

Community Education – Atrial Fibrillation *(continued from front page)*



Patty Merrick,
C.N.P.

Date: Thursday, May 23
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Patty Merrick, C.N.P.

Atrial fibrillation is the most common sustained rhythm disorder of the heart. People with atrial fibrillation may have minimal or no symptoms, but are at an increased risk for heart failure and stroke. Understanding atrial fibrillation is the first step in managing this condition and appropriate treatment can significantly reduce the risk of serious health consequences.

Join Patty Merrick, C.N.P., of Licking Memorial Cardiology, to learn more about this potentially dangerous heart disorder on Thursday, May 23, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street. This program is free; however, registration is required. To register for the program, or for more information, please call (740) 348-2527.

Dr. Govier Named Physician of the Year by Lifeline of Ohio



Ann V. Govier, M.D.

Ann V. Govier, M.D., of Licking Memorial Anesthesiology, was recently named Physician of the Year by Lifeline of Ohio during their annual awards ceremony in Columbus. The award recognizes Dr. Govier's commitment to organ, eye and tissue donation.

Heart transplant candidate Zach Little presented the award to Dr. Govier, saying, "When people think of physicians and organ donation, they often think of the transplant surgeon, the recovery surgeon, the cardiologist,

pulmonologist and the many other physicians who help in various ways. Not often is the anesthesiologist included in that list. Anesthesiologists play a vital role at the end of the donation process."

The role of the anesthesiologist during organ procurement is to provide critical hemodynamic monitoring and support, and

maintain ventilation and circulation to the organs for prevention of donor organ damage or loss. Dr. Govier has also counseled and educated other staff members about the importance of organ donation.

"We are certainly proud of Dr. Govier's recognition," stated Rob Montagnese, President & CEO of Licking Memorial Health Systems. "As Division Chief of Anesthesiology at Licking Memorial Hospital (LMH), her skills in the operating room are well known among our staff. This award pays tribute to another aspect of her overall professionalism on the state level."

Dr. Govier first joined the LMH Active Medical Staff in 2004. She earned her Medical Degree from University of Nebraska Medical Center in Omaha, Nebraska. She completed an internship and residency at the University of Washington Medical Center in Seattle, Washington. She then completed a fellowship in cardiac anesthesia at the University of Alabama Medical Center in Birmingham, Alabama. She is board certified in anesthesiology.

Hospital Hosts Annual Appreciation Dinner for Pastors

When a patient or loved one is facing a crisis, the best way for clergy to help is to "be there" to listen and comfort. Licking County pastors who visit patients at Licking Memorial Hospital (LMH) were invited to the Annual Pastoral Care Dinner at the Hospital in April to renew friendships, learn about updates to the Pastoral Care Department, and hear insights on ways to enhance clergy's services to patients.

Jeff Smith, Director of Pastoral Care, discussed scenarios of stressful situations and crises. He suggested that in most cases, the clergy's most important roles for those who are facing a medical emergency, difficult diagnosis or death of a loved one are to provide spiritual guidance and listen with an open mind. "You have all heard the saying that the three most important things in real estate are location, location, location. The three most important things about being a pastor are to listen, listen, listen," he said. "You do not have to fix the problem," Jeff added. "It will help if you just listen."



Jeff Smith, Director of Pastoral Care at Licking Memorial Hospital, greeted Licking County clergy members at the Annual Pastoral Care Dinner in April.

Jeff pointed out that some difficult patient situations can prove to be overly troubling for individual pastors. "We all have areas that affect us more severely than others," he said. "If a parishioner has a problem that is overwhelming to you, just call the Pastoral Care Department, and we will be there to help."

LMH Chaplain Cory Campbell introduced the newest member of the Pastoral Care team. Chaplain Rebecca Taylor joined the Department in 2012, 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 as it relates 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.

LMH Physical Therapist Honored at Hometown Heroes' Breakfast

Dave Alianiello, P.T., CSCS, a physical therapist at Licking Memorial Hospital (LMH), has been named a Hometown Hero in the Health Care Category by the American Red Cross of Licking County. The award was announced at the Red Cross's annual Heroes' Breakfast on March 13 at the Newark Metropolitan Hotel.

Dave joined LMH's Physical Therapy Department in 1989. He was instrumental in transforming the Department's passive treatment approach that focused on massage and hot packs into customized strength and conditioning strategies that are more effective for the patient.

As Licking Memorial Health Systems (LMHS) and Newark Advocate Media prepared to launch the innovative Active Fit program to address Licking County's high rate of childhood obesity in 2012, Dave played a major role in the program's success. He helped create the exercise goals, made school presentations and staffed special events to promote the program to youth, ages 6 to 12.

In his spare time, he continues to champion healthy activity for youth. He provides free strength and conditioning training for a softball team and participates in a summer day camp for



Holly Hollingsworth (left) and Rod Cook (right) presented David Alianiello (center) with the Hometown Hero Award in the Healthcare Category at the American Red Cross of Licking County's Hometown Hero Breakfast.

Photo courtesy The Newark Advocate.

underprivileged children. He also teaches martial arts classes to underprivileged children and their parents through the Martial Arts Ministry in Reynoldsburg, Ohio.

Dave also helps to shape the careers of future healthcare professionals. He is a clinical instructor for several universities, and the Clinical Education Coordinator for LMH's Physical Therapy Department.

"Dave's skill and compassion exemplify the high caliber of care provided at LMHS," remarked Rob Montagnese, LMHS President & CEO. "We are honored that the American Red Cross of Licking

County recognized him as a Hometown Hero. His work has been truly heroic to the many patients whose lives have improved through his therapy, and also to the youth who have been inspired to be more active because of his example."

The American Red Cross is a national humanitarian organization led by volunteers who provide relief to disaster victims and respond to emergencies. The Licking County chapter established the Hometown Hero Awards in 2002 to honor individuals who have had a positive impact on the Licking County Community.

Cancer Survivors' Picnic



Date: Sunday, June 9

Time: 1:00 – 3:00 p.m.

Location: LMH Front Lawn

Licking Memorial Hospital will host a Cancer Survivors' Picnic in recognition of the 26th Annual National Cancer Survivors' Day. The picnic is a celebration and acknowledgement of all survivors and their families.

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 3**, to register for the event.



Licking Memorial Hospital

LMHS Recognized as “Healthiest Employer”



Free access to three on-site wellness facilities helped LMHS become one of Columbus Business First's first-ever recipients of the new Healthiest Employer Award.

Licking Memorial Health Systems (LMHS) was recently named a “Healthiest Employer” by Columbus Business First. In a special March 29 publication, the newspaper listed the Central Ohio honorees, and featured the Health Systems' employee wellness program as a successful model for other businesses.

“The Healthiest Employer recognition is an important confirmation that our Employee Wellness program is making a difference,” stated 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 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.”

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

- Balanced Lifestyle program for employees, including incentives for participating in wellness opportunities
- Lifestyle Improvement program for employees dealing with obesity, which includes a personal trainer, dietitian, and support group meetings
- Free annual wellness exams
- Free biometric screenings
- Free access to LMHS fitness areas
- Discounted memberships to local fitness centers
- Free walking program
- Free exercise/fitness classes
- Free diet/activity tracking program
- Subsidized memberships to Weight Watchers at Work
- Free tobacco cessation counseling and products
- Low-cost health plan
- Incentivized Café salad bar
- Hand sanitizers in high-touch areas
- Reduced prescription costs at an on-site pharmacy
- Pastoral Care counseling
- Employee Health Fair, including wellness screenings and massage therapy
- Free flu immunization

Columbus Business First is a weekly newspaper that reports news and trends among Central Ohio's businesses. 2013 is the inaugural year for the Healthiest Employer recognition, which was developed as a way to recognize and promote wellness in the workplace throughout Central Ohio.

Community Education – Getting a Good Night's Sleep *(continued from front page)*



Eric Pacht,
M.D.

Date: Thursday, May 30

Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.

Speaker: Eric Pacht, M.D.

The Centers for Disease Control and Prevention estimates that 50 to 70 million U.S. adults suffer from some type of sleep or wakefulness disorder. Beyond simply feeling tired, sleep disorders have been shown to have a profound impact on daily life – decreasing the ability to concentrate, impairing memory and interfering with the performance of work duties, hobbies and safe driving. These risks are compounded by the fact that many people are often unaware of their disorder and simply attribute symptoms to other factors. Effective diagnostic tools and treatments are available to help physicians identify specific sleep difficulties and formulate effective management strategies for their patients.

Join Licking Memorial Sleep Medicine Specialist Eric Pacht, M.D., to learn the facts about sleep disorders on Thursday, May 30, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. This program is free; however, registration is required. To register for the program, or for more information, please call (740) 348-2527.



2013 Hospital and Healthcare Week

Licking Memorial Health Systems (LMHS) will celebrate national Hospital and Healthcare Week from Monday, May 6, to Friday, May 10. LMHS employees will be honored throughout the week with various events and recognitions. The celebration will include the annual Employee Recognition Dinner to honor employees who are observing a 5-year incremental anniversary, the annual Employee Health Fair, and an awards ceremony.

LMHS President & CEO Rob Montagnese said, “We have had a lot to celebrate over the past year, including the acquisition of the new Licking Memorial Hospital – Tamarack location, the opening of Licking Memorial Urgent Care – Granville, the successful launch of the Active•Fit Youth Wellness Program,

and most notably, our eleventh designation as a 100 Top Hospital by Truven Health Analytics. We have had so many exciting accomplishments that are all a credit to our outstanding employees who also excelled in their most important role – that of providing the highest quality of patient care on a daily basis. Hospital and Healthcare Week gives us the opportunity to demonstrate well-deserved appreciation for the entire staff’s hard work.”

Licking Memorial Health Systems is Licking County’s largest employer with more than 1,700 employees. Columbus Business First Magazine awarded LMHS a Healthiest Employer Award in 2013, and has recognized the Health Systems as a Best Place to Work three times.

Community Education – High Blood Pressure *(continued from front page)*



Patty Merrick,
C.N.P.

Date: Thursday, June 13
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Patty Merrick, C.N.P.

High blood pressure is often referred to as the “silent killer,” because the condition often has no signs or symptoms. Many people have high blood pressure for years before it is detected, increasing the risk of damage to the heart, kidneys and other parts of the body. Prevention strategies, early detection and treatment are key in preventing serious health consequences.

Learn about high blood pressure prevention and treatments by joining Patty Merrick, C.N.P., of Licking Memorial Cardiology for a community discussion on Thursday, June 13, at 6:00 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.



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

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

Wednesday, May 29

Over-the-Counter Supplements and Prescription Medicine Interaction – Herbal and non-herbal supplements are often considered “natural” choices. However, taking supplements can be risky when combined with certain prescription medicines, as they may interact adversely and produce unwanted and dangerous effects. Understanding the potential for adverse effects is an important step in making informed choices to protect your health. Join Licking Memorial Pharmacist Jane Melin, R.Ph., for an informal discussion on common supplements and their potential dangers.

Thursday, June 6

Diabetes and Exercise Safety – Activity has many benefits for an individual with diabetes. Regular activity can help control blood glucose levels, stimulate weight loss and decrease the risk for other chronic disease states. However, activity

also carries certain risks for those with diabetes. Advanced planning and preparation is required to ensure safety and maximize the benefits of activity. Join Licking Memorial Diabetes Educator Sandra Geinger, R.N., C.D.E., for an informal discussion on activity and diabetes.

Wednesday, June 12

Staying Active with Arthritis – Exercise is an important part of staying healthy when diagnosed with arthritis. Physical activity supports joint function, decreases pain and stiffness, improves mobility and lessens fatigue. Many people with arthritis are reluctant to exercise due to pain and the fear of injury; however, exercise can help keep muscles strong and prevent further joint damage. Join Kerri Marks, LMHS Physical Therapist, to learn how to safely and effectively exercise with arthritis.

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

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



Bethany Wyles,
D.O.

Date: Thursday, June 20
Location: LMH First Floor Conference Rooms

Time: 6:00 – 7:00 p.m.
Speaker: Bethany 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 Wyles, D.O., of Licking Memorial Dermatology, will discuss the value of skin protection to prevent skin cancer on Thursday, June 20, 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. This education program is free; however, registration is required. To register, please call (740) 348-2527.

A Tribute to Mothers . . .

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



March 2012

Born on March 11, Landen breaks into a smile with mom, Jillian Salina.



April 2012

Isaac, born on April 2, recently celebrated his first birthday with mom, Alicia Crabbin.



May 2012

Cassie Gibson holds tight to son, Alex, who joined the family on May 28.



September 2012

Brooke Farnsworth welcomed always-smiling daughter, Bristol, into the world on September 4.



October 2012

Ashley Deitemyer cuddles up to daughter, Olivia, who was born on October 29.



November 2012

Luke has kept mom, Jill Guanciale, laughing since his arrival on November 16.

The mother-and-baby groups above were selected from the list of mothers who consented to release information about the births to the public. There were 974 babies born at Licking Memorial Hospital this past year.



June 2012

Jackson, born on June 26, stands tall next to mom, Tabitha Gartner.



July 2012

Austin, born on July 24, poses with mom, Mandy Erlenwein.



August 2012

Courtney Hawbecker sits with her smiling baby girl, Mikayla, born on August 12.



December 2012

Born on December 7, Hudson joined mom, Kaitlyn Bachman, in time for the holidays.



January 2013

Brittney Heine welcomed son, Jackson, into the world on January 18, the same day the Hospital celebrated its 115th birthday.



February 2013

Kamdyn, born February 5, is pretty in pink with mom, Ashley Lake.

Local Quilters Honor Baby Born at LMH

To celebrate National Quilting Day, the Heart of Ohio Quilters Guild recently donated a homemade commemorative quilt to a baby girl born at Licking Memorial Hospital (LMH). The third Saturday of March is designated as National Quilting Day.

The quilt recipient, baby Vivian, was born on March 17, to Lisa and Scotty Devoll of Newark. Heart of Ohio Quilters Guild member Kathie Hayden presented the Devolls with a crib-sized patchwork quilt that was created by fellow members, Clarita Dennis and Lynda Moore. The quilts are created yearly as a service project for National Quilting Day.

Guild member Kathie Hayden stands next to the quilt donated to Lisa and Scott Devoll and baby Vivian for National Quilting Day.



2013 Golf Gala Will Take Place on June 24

The Licking Memorial Hospital (LMH) Development Council will sponsor the 2013 Golf Gala on Monday, June 24, at the Granville Golf Course, located at 555 Newark-Granville Road in Granville. Check-in and lunch are at 12:00 Noon, followed by a shot-gun start at 1:00 p.m.

This year's Honorary Chairman is John Hinderer of Granville. John served on the LMH Board of Directors from 1999 to 2003, as well as the Licking Memorial Health Systems (LMHS) Board of Directors from 2003 to 2012.

In 1991, John purchased a struggling Honda dealership in Heath, and developed it into a thriving campus that includes the John Hinderer Honda dealership and the Honda Power store. John is the President of the Columbus Auto Dealers Association and a Director of Newark Rotary. He is a member of the Central Ohio Honda Dealer Association, Ohio Auto Dealer Association, National Auto Dealer Association, Columbus YMCA, Columbus Touchdown Club, and the Athletic Club of Columbus. Together, John and his wife, Mary, have seven grown children.

The LMH Development Council is proud to acknowledge and thank the five ACE Sponsors for the 2013 Golf Gala: MedBen, Newark Advocate Media, Park National Bank, Stedman Floor Co., Inc., and Turner Construction Company, as well as the seven Eagle Sponsors for the event, including: CS Construction, Ltd.,



John Hinderer is Honorary Chairman of the 2013 Golf Gala to benefit Licking Memorial Hospital.

Gutridge Plumbing, Inc., The Jerry McClain Companies, Limbach Company, LLC, Summit Custom Cabinets, Surgical Interventions, LLC and US Foods, Inc.

Additional sponsorships are available. Minimum donations for sponsors are as follows:

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

Participation is limited to the first 128 players who register. Please contact the Development Office at (740) 348-4102 by Friday, June 7, to register. The cost is \$125 per person or \$500 for the team. A prize package will be awarded to the winning team. Other prize categories include: Hole in One, Longest Drive and the Closest to the Pin.

Senior golfers who are 65 years and older and all female golfers are permitted to play from the white tees. However, all players who are competing for the "Hole in One" prize must play from the blue tee. Participants are invited to a buffet dinner and awards ceremony following the event.

Proceeds from the 2013 Golf Gala will be used to offset the cost of the 2013 Radiology Initiative at LMH. For more information about the 2013 Golf Gala, or to register for the event, please contact the Development Office at (740) 348-4102.

Physician Spotlight – Garth A. Bennington, M.D.



Garth A. Bennington,
M.D.

Garth A. Bennington, M.D., joined Licking Memorial Family Practice in 2005. He earned his Doctor of Medicine degree from The Ohio State University College of Medicine and Public Health. He completed a family practice internship and residency at Grant Medical Center in Columbus, and earned a Bachelor of Science degree at Ohio University in Athens, Ohio. He is board certified in family medicine.

Dr. Bennington is accepting new patients at his practice, located at 150 McMillen Drive in Newark. Appointments are available by calling (740) 348-4823.

Ask a Doc – Food Allergies

with Garth A. Bennington, M.D.

Question: I will be hosting a children’s birthday party soon, and I know that a couple of the guests have severe food allergies. Can you offer some suggestions on how I can safely serve them refreshments?

Answer: Food allergies occur when the body’s immune system over-responds to a specific food as though it were a threat. This immune reaction can result in mild to severe symptoms that may include: coughing, sneezing, itchy eyes, runny nose and scratchy throat. In severe cases, it may also result in a rash, hives, difficulty breathing, or even death. However, someone who has had a mild reaction to a food product in the past could have a life-threatening response to the same product after another exposure. Therefore, individuals with food allergies must be careful not to ingest even trace amounts of foods that trigger an allergic response.

Nearly any edible substance is capable of causing an allergic response, but eight food types are the culprit in the vast majority of cases. They include:

- Eggs
- Fish
- Cow’s milk
- Peanuts
- Shellfish (shrimp, crab and lobster)
- Soy
- Tree nuts
- Wheat

You should talk with your guests about their food allergies in advance of the birthday party. Ask them which foods are generally safe for them to eat, and which items need to be avoided. While preparing the refreshments, be careful to scrutinize product labels for any allergenic ingredients. For example, the following ingredients need to be avoided by those who are allergic to eggs: albumin, eggs, globulin, lecithin, livetin, lysozyme, simplese and

vitellin. You may want to retain the food labels in case your guests have any questions.

It is necessary to avoid cross-contamination between “safe” foods and those that may contain allergens. Thoroughly wash, rinse and dry all cooking utensils and containers before use. Place foods in separate serving dishes and supply a separate serving utensil for each one.

The safest option may be to invite your guests with allergies to bring a dish that they can enjoy and share with others. They already know which foods are safe for them, and have experience in special preparation precautions.

Food allergies affect an estimated 5 percent of Americans under the age of 5 years, and 4 percent of those 5 years and older. Fortunately, many children outgrow food allergies before they reach adulthood.

True food allergies should not be confused with intolerances, where certain foods may cause headache, indigestion, vomiting or diarrhea. Symptoms of food intolerance usually develop slowly and may occur only when large amounts of a specific food are consumed. Food intolerance symptoms may be very uncomfortable, but are not life-threatening.

Food and parties go hand-in-hand, and your guests with dietary restrictions will appreciate being included. With a little flexibility and planning, you can provide everyone with a safe and festive celebration.



Quality Reporting to the Community

Patient Story and Benchmarks for Respiratory Care



Patient Story – Jo Ann Dumolt

For nearly 47 years, Jo Ann Dumolt reached for a cigarette to help calm her nerves during stressful times. She began smoking occasionally when she was 12 years old, and by the age of 18, she was addicted to nicotine.

“I tried to quit smoking on my own ‘cold turkey’ several times,” Jo Ann said. “Usually I would quit for three to six months. Once, I even quit for five years. Then, there would be a problem at home, or some other difficulty in life, and I turned back to the cigarettes again.”

Gradually, Jo Ann’s determination was strengthening and, in 2012, she summoned the courage to inquire about the free Quit for Your Health tobacco cessation program at Licking Memorial Hospital (LMH). “I had wanted to quit for years. Smoking was dragging me down, and I was tired of feeling tired all the time. My family doctor referred me to the Quit for Your Health program. Unfortunately, there was a long waiting period at that time, so I did not sign up. However, I remembered my doctor’s recommendation. Then, one of my little granddaughters said that she wished her grandmothers would quit smoking because she loved them and did not want them to get hurt. Two weeks later, I decided to call Quit for Your Health again, and this time the wait was much shorter.”

Jo Ann met with tobacco cessation counselor Patty Wicks, R.N., B.S.N., CTTS, in April 2012, for her first appointment. “We hit it off right away. She had such a good attitude and made me feel good about myself,” Jo Ann recalled. “It was an exciting moment for me when I met her.”

Patty and Jo Ann discussed the tobacco cessation tools that were available through the Quit for Your Health program, which included counseling, education, nicotine gum, patches and lozenges. Patty recommended the nicotine patches for Jo Ann who, based on her two-packs-per-day cigarette usage, began wearing two patches on her upper arms.

Jo Ann said, “From that moment, I did not smoke any more cigarettes, and I did not even want them. Patty suggested that I keep something in my mouth to suppress the ‘hand-to-mouth’ habit, so I always had sugar-free cinnamon balls or lemon drops handy. I also found it helpful to keep my hands



Jo Ann Dumolt helps Pastor Irene Wilson (background) serve free Kids Café lunches on Tuesdays at Old Country Church in Newark.

occupied, and I began to play lots of Christian Internet games.”

The patches worked very well for me,” Jo Ann added. “There were no side effects. I even got to the point where I forgot to put the nicotine patches on sometimes because I no longer needed nicotine.”

Throughout four months of nicotine replacement therapy, Jo Ann visited Patty for monitoring and counseling. Patty provided tips to deal with future tobacco cravings, such as finding new interests and hobbies. Jo Ann took

the advice to heart and began enjoying daily walks with her cockapoo/spaniel mixed breed dog, Abby. She also joined Old Country Church in Newark and began volunteering with their Kids Café free meal program. She explained, “Before I quit smoking, I did not want to do anything. Now, I enjoy taking Abby to The Dawes Arboretum or fishing at T.J. Evans Park. I honestly do not miss smoking. Food tastes better. I can breathe better, and I have more stamina. I feel so much better now.”

Jo Ann is grateful to her granddaughter for giving her a little nudge to call LMH’s Quit for Your Health program. “My granddaughter told me that she is proud of me,” Jo Ann said. “That made me feel really good.” Altogether, Jo Ann has four grown children, 15 grandchildren and one great-granddaughter. She is concerned about family members and friends who are still smoking. “Now that I quit smoking, I really notice the odor on other people, so even if I do not see them with cigarettes, I know. I am going to have to talk to them about that,” she said.

LMH’s Quit for Your Health program is staffed by certified tobacco cessation counselors. Studies have shown that tobacco users who participate in an evidence-based cessation program are more likely to be successful in their attempt to quit. For more information about LMH’s Quit for Your Health program, please call (740) 348-7848.

Respiratory Care – How do we compare?

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

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

- 1 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.⁽¹⁾ 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 our community.

	LMH 2010	LMH 2011	LMH 2012	LMH Goal
Number of patients referred to tobacco cessation services	398	1,159	460	NA
	LMH 2010	LMH 2011	LMH 2012	National ⁽³⁾
Six-month success rate for patients who completed Quit for Your Health ⁽²⁾	NA	56%	49%	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 (NCQA). 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 2010	LMHP Pulmonology 2011	LMHP Pulmonology 2012	National ⁽⁴⁾
Smoking cessation advised for Licking Memorial Pulmonology patients who smoke	99%	100%	99%	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. LMHP Pulmonology assesses all asthma patients during their office visits to ensure that they are being treated with the correct long-acting corticosteroid.

	LMHP Pulmonology 2010	LMHP Pulmonology 2011	LMHP Pulmonology 2012	National ⁽⁴⁾
Asthma patients assessed for appropriate inhaled corticosteroid	100%	100%	100%	90%

- 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 2010	LMH 2011	LMH 2012	National ⁽⁵⁾
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 patient days	1.4	1.5	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 2010	LMH 2011	LMH 2012	Goal
Complete ventilator bundle used for patients on ventilators	96%	99%	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 Healthcare Safety Network Report, Data Summary for 2010, Devices-associated Module (Medical-Surgical ICU <15 beds).



Quality Reporting to the Community

Patient Story and Benchmarks for Behavioral Health Care



Patient Story – "James"

As "James" (not his real name) listens intently to new group members at the Shepherd Hill treatment center talk about their personal struggles with drug and alcohol addiction, he can relate to each experience. Seven years ago, James was in their place, with similar feelings of hopelessness and loss of control, and he also gained gaining comfort by talking with others who had beat addiction, themselves. "There are feelings that you know only if you are an alcoholic or addict," he said. "Addiction is a terrible place to be in your life."



James' life began to turn around after he received treatment for alcohol addiction at Shepherd Hill.

Thirty years of James' life was spent alternately drinking and trying to quit. Now he is newly retired as a local plant manager, and has been sober for seven years – an accomplishment he credits to the staff at Shepherd Hill, which is the Behavioral Health Department of Licking Memorial Hospital (LMH). He demonstrates his gratitude by volunteering to help facilitate group sessions.

James' own narrative of alcohol addiction began while he was a teenager in Cincinnati. He wrestled in high school, and continued to compete at Xavier University. "While I was in training, I did not drink very much," he remembered. "However, in the off season, I drank heavily. Then, after college, it got worse."

Six months after graduating from college, James got married, and he and his wife soon began a family. He landed a job as the public works director of a small town in southern Ohio. "It was a blue collar town where people were hard workers and hard drinkers," he said. "I would often go straight to a bar after work."

Drinking soon became a point of contention between James and his wife. "I knew I had a problem, but I did not think it was a big problem. There had been no bad consequences for me, yet," he explained. However, when a coworker who was an AA member spoke to him about the organization, James decided to attend a few meetings. He was sober for a short time, but gradually resumed drinking. "Everything we did in that town involved alcohol," he said. "Lots of young couples lived there, and there was alcohol at every gathering."

Eight years later, James and his wife had their third child. His wife urged him to quit drinking, so he rejoined AA and

stayed sober for six weeks. Unfortunately, the addiction proved to be stronger than his resolve, and he began drinking again.

James' drinking eventually led to the downfall of his marriage, and his wife told him that she wanted a divorce. "That was a wake-up call for me for a little bit," he said. "But then, I realized that now I could drink through the week whenever I wanted, and see the kids on weekends. I was a pretty selfish person. I thought I was a good father, but my relationship with my kids started falling apart. You could find me in a bar every night after that."

James was able to perform adequately at work, but he felt that his life was in a downward spiral. He checked into a rehabilitation center in Kentucky briefly, but did not stay. He entered another rehabilitation center in Kentucky at a later time, and stayed for 14 days. He remained sober for nearly four months, but then relapsed again. "I went back to work. I was single and messing around with friends who were alcoholics. I moved out into the country where it was more private, and I started drinking even more."

The alcohol took a toll on James' body, and his family physician explained that his kidneys and liver were developing damage. James refused to return to one of the rehabilitation centers, so his physician agreed to prescribe medication to control withdrawal symptoms while James tried to quit drinking on his own.

During the withdrawal period, James began to hallucinate, and thought he saw an intruder in his house. He shot the "intruder" six times and ran to a neighbor's home for help. A search of his house revealed that the "intruder" had not been real, but the six gunshots were, and he was arrested and found guilty of shooting a firearm while intoxicated, a misdemeanor offense. James was then asked to retire from his city position after 30 years of service. "Fortunately, I had a pension, so I went home and tried to stay sober," he said. "But I had lots of time on my hands. Even though I had lost my family and job, and wrecked vehicles, I still went back to drinking."

In 2005, James had another auto accident. He said, "My car and an oncoming car sideswiped each other. The other driver and I were both drunk." The two drivers ended up in a fist fight, and James was arrested a few days later. "I had hit bottom,

Patient Story – James (continued on page 24)

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.

- 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 re-admission.

	LMH 2010	LMH 2011	LMH 2012	Goal
Psychiatric re-admissions within 31 days	4.0%	5.1%	0.9%	less than 5.6%

- 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 2010	LMH 2011	LMH 2012	Goal
Patients remaining abstinent	76%	88%	89%	greater than 85%
Improvement in quality of relationships	93%	92%	93%	greater than 85%
Improvement in overall physical and mental health	90%	95%	94%	greater than 85%
Improvement in overall quality of life	90%	90%	91%	greater than 85%

- 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 2010	LMH 2011	LMH 2012	Goal
Average length of stay – alcohol treatment	2.5 days	2.7 days	2.5 days	less than 3 days
Average length of stay – opiate treatment	2.6 days	2.6 days	2.5 days	less than 4 days
Average length of stay – tranquilizer treatment	3.1 days	2.7 days	2.4 days	less than 5 days

- 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 re-admission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2010	LMH 2011	LMH 2012	Goal
Diagnosis/disease education provided for patients and/or family	100%	99%	99%	greater than 95%
Medication education provided for patients and/or family	99%	100%	99%	greater than 97%

- Family participation is an important component in patients' recovery. For continuity of care, a licensed professional clinical counselor or a 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 2010	LMH 2011	LMH 2012	Goal
Social work/family meeting during patient stay	93%	88%	84%	greater than 95%

- 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 2010	LMHP 2011	LMHP 2012	Goal
Appropriate testing complete for patients taking valproic acid (such as Depakote)	96%	94%	95%	greater than 90%
Appropriate testing complete for patients taking lithium (such as Lithobid)	97%	94%	94%	greater than 90%

I was getting drunk twice a day, and I could not look myself in the mirror. I did not care if I lived or died," he said. Fearing for her son's life, James' mother researched Shepherd Hill and recruited some friends to get him there. "My buddies came to my house and said, 'Get up and get dressed!' I was not going to let them in the house, but they let me know that they were prepared to break the door down," James recalled. "It was a long drive up to Newark, and I had never felt that low in my life."

But as he stepped in the doorway at Shepherd Hill, things began to turn around for James. He said, "You could tell the staff genuinely cared about you. I had a feeling that I was where I needed to be. Through their care and education, I realized that I was powerless against my addiction, and I opened up my mind to learning."

After meeting with counselors who helped him create a treatment plan, James spent a couple of days in a detoxification program with medication to control his withdrawal symptoms. He then spent the remainder of 10 weeks in addiction education, counseling, group sessions and AA meetings.

"It was fantastic! With education, I learned to accept my disease, and learned that it could be treated," James said. "The moment that was the real turning point for me was two weeks into the treatment. I was praying in the chapel, and I

asked God to take the addiction away. A feeling came over me, and I realized soon after that the compulsion to drink was gone. I had never felt anything like that before. It was incredible, and I knew that everything was going to be alright."

Part of James' treatment plan included getting a job after he left Shepherd Hill. A fellow patient introduced him to the owner of a local business who offered him a management position. Three years later, James married another former Shepherd Hill patient, who understands his past struggles.

"My life has come back together. I have a wonderful wife, my kids came back, and I am closer to them now than I have ever been," James said. "It is a shame that I wasted so many years, but the last seven years have been the best of my life!"

James has a challenge that he gives others who may not admit that their drinking has become a problem. "If you do not have a drinking problem, quit for a year. If alcohol is not that important in your life, you should be able to quit for a year."

James has a new perspective on caring for his physical and mental health. The former wrestler has taken up bodybuilding, and still attends three AA meetings each week to continue learning and maintaining his sobriety.

Camp Feelin' Fine



Date: Friday, June 7

Time: 9:00 a.m. – 3:00 p.m.

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



Licking Memorial Hospital

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 Thursday, 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.

Heroin Joins List of Substances Commonly Abused in Licking County

Many local residents believe that Licking County is sheltered from the drug and alcohol abuse problems that face other American cities. However, Addiction Medicine Physician Richard N. Whitney, M.D., witnesses cases every day at the Shepherd Hill treatment center in Newark that prove otherwise.

Dr. Whitney is the Medical Director of Addiction Services at Shepherd Hill, the Behavioral Health Department of Licking Memorial Hospital (LMH). In recent years, he has seen a shift in the types of substances being abused locally. "Law enforcement agencies and pharmaceutical manufacturers have made a dedicated effort to curtail misuse and abuse of prescription pain-killers. The success of their efforts has had an unintended consequence – the re-emergence of heroin use, nationwide. At Shepherd Hill, we are seeing an increase in patients who require treatment for heroin addiction. As prescription pain-killers became less available, many addicts turned to heroin, which is also an opioid, and is inexpensive and easily available. Unfortunately, it is also extremely addictive and dangerous," Dr. Whitney said.

Licking County's resurgence of heroin use is confirmed by LMH Emergency Department (ED) physicians. "We see cases of substance abuse daily," said Randy E. Jones, M.D. "The most commonly abused substances we see in the LMH ED are alcohol, prescription narcotics, marijuana and heroin. The cases may involve patients who come in looking for help in treating an addiction, as the result of an accident they sustained while under the influence, or as the result of an altered mental state that was noticed by others who called the emergency medical squad."

Licking County's rate of drug and alcohol abuse closely aligns with national rates. "It is estimated that 12 to 14 percent of Americans will be diagnosed with a substance abuse disorder at some point in their lives, and that is approximately the same level of abuse we see locally," Dr. Whitney stated. "We cannot identify one particular community or socioeconomic status that is at higher risk than others because drug and alcohol use affect all groups. What we do know is that the onset of abuse often begins at a young age – from the teens to the early 20s – and that there is a large spike in heroin use in the 17- to 20-year-old age range."

"Alcohol is still, by far, the most commonly abused substance in Licking County and the U.S.," Dr. Whitney added. "As a comparison to another medical disease, diabetes affects 10 million Americans, and alcohol use disorders affect nearly 14 million."

Dr. Whitney explained that, unlike abuse of prescription or illegal drugs, alcohol abuse and addiction are more difficult for patients to understand. "Because alcohol is legal and socially accepted as a recreationally and socially used



For information about drug and alcohol treatment at Shepherd Hill, call (800) 223-6410, or visit www.ShepherdHill.net.

beverage, many patients with alcohol use disorders do not understand the difference between social drinking, alcohol abuse and alcoholism. At Shepherd Hill, we educate patients that alcoholism is a chronic brain disease that can be effectively treated. In general, alcohol consumption becomes 'too much' when it causes repeated alcohol-related problems or complicates the management of other health problems. According to the National Institute on Alcohol Abuse and Alcoholism, men who drink five or more drinks in a single occasion, or more than 14 in a single week, are at increased risk for alcohol-related problems. For women, the risk

increases for those who drink four or more drinks in a single occasion, or more than seven in a single week. Drinking at even lower levels may also be problematic, depending on many factors, such as age, co-existing medical or psychological conditions, and use of medications.

Some indications that an individual's alcohol consumption needs to be professionally evaluated can be found through the following questions:

- Do I feel the need to cut down on my drinking?
- Do I feel annoyed by others' criticism of my drinking?
- Have I had guilty feelings about my drinking?
- Have I needed a morning "eye-opener" to start the day?

Anyone who answers "yes" to two or more of these questions may have an alcohol-related disorder and should visit a qualified healthcare practitioner.

Shepherd Hill's treatment for drug and alcohol dependence is based upon knowledge of chemical dependency as a progressive and ultimately life-threatening medical disease. Patients are taught how to manage their disease through an abstinence-based lifestyle and involvement in the program of Alcoholics Anonymous and other Twelve-Step support groups. Family members and friends receive education about the disease and the effects that the disease has had on their lives. The goal is to match the intensity of treatment with the severity of illness to ensure individualized care. Treatment may begin at the inpatient, residential, or intensive outpatient level of care, depending on the patient's need. Patients are continuously assessed to determine when they can be safely transitioned to a less intense level of treatment. For an appointment with a Shepherd Hill assessment nurse, patients may call (740) 348-4877 or toll-free at (800) 223-6410, or they may request a referral from a physician.

Sleep Study at LMH Reveals Sleep Disorders



Ryan Shea, a technician's assistant in LMH's Sleep Lab, prepares Lanette Dennis for an overnight sleep study.

One out of five adults in the U.S. is affected by a sleep disorder, according to an estimate reported by the National Institutes of Health. With more than 50 million Americans trying to function while sleep deprived, the National Heart, Lung, and Blood Institute reports that the nation's health is at risk. Long-term health problems, such as heart disease, stroke, diabetes, obesity and depression, have all been linked to chronic lack of sleep. In addition, driving while drowsy, which is a direct consequence of sleep deprivation, is responsible for an estimated 1,550 fatalities and 40,000 injuries each year in the U.S. To help individuals improve their quality of sleep and daytime alertness, the comprehensive Sleep Lab at Licking Memorial Hospital (LMH) offers overnight sleep studies on an outpatient basis that can reveal the cause of chronic sleeplessness and tiredness.

LMH's Sleep Lab services are contracted through Sleep Care, Inc., and overseen by Eric R. Pacht, M.D., of Licking Memorial Pulmonary and Sleep Medicine. "There are many different types of sleep disorders, and the most common one that we see in the LMH Sleep Lab is obstructive sleep apnea (OSA)," Dr. Pacht said. "With OSA, the soft tissues in the back of the throat collapse, and the patient's breathing stops or becomes extremely shallow, during sleep. The pauses in breathing may last anywhere from a few seconds to more than a minute before the patient resumes normal breathing, often with a loud snort or choking sound. This pattern can be repeated many times, even hundreds of times throughout the night. The patient may not fully awaken during these episodes, and as a result, may not be aware that it happens unless there is someone else around to witness it. Patients with severe OSA often wonder why they are so fatigued throughout the day because they do not realize how much their sleep is being disturbed. The sleep study measures those episodes of non-breathing that the patient does not even know are happening."

Loud snoring is one of the main signs of OSA. Patients who are most at risk are male, overweight and over the age of 40, although it can occur in anyone, including children.

The Sleep Lab at LMH is located on the sixth floor. For a sleep study, the patient arrives at the Hospital at 7:45 p.m., reports directly to the Sleep Lab and is shown to a hotel-like private patient room that is equipped with a shower and cable television. After the patient changes into comfortable, loose-fitting sleeping attire, a technician's assistant uses adhesive tape and water-soluble medical glue to attach approximately 25 electrode sensors to the patient's legs, chest, head and face. In addition, a cloth belt with sensors is placed around the waist. Patients are invited to relax by reading, watching television or other soothing activities to re-create their usual bedtime routine as much as possible. "However, no cell phones or pagers are permitted in the room during the study," Dr. Pacht explained. "We want the patient to sleep as much as possible for the study."

As the patient drifts off to sleep, monitors are gathering and recording information about brain waves, eye movements, heart rate and rhythm, air flow, oxygen levels, body temperature, chest movements, leg movements, abdominal movements and body positioning. A small camera feeds live video to the polysomnograph technician's desk to monitor the patient's sleeping activities and safety, and an intercom is available if the patient needs to speak to the technician at any time.

If the patient has severe sleep apnea during the first half of the night, the technician will start continuous positive airway pressure (CPAP) during the second half of the night to treat the sleep apnea. The CPAP delivers a steady flow of air to keep the airways open and prevent periods of non-breathing. The technician may make several adjustments to the CPAP to attain optimal air pressure while the patient continues to sleep.

The next morning, many patients choose to go straight from the Sleep Lab to their places of work. They meet with Dr. Pacht in a follow-up appointment for a complete explanation of their study results and their treatment options.

Dr. Pacht said, "With very mild cases of OSA, I may recommend that a patient first try losing weight or a different sleeping position. Episodes of sleep apnea are more prevalent in obese patients, especially if there is excessive girth around the neck. In addition, sleep apnea is often worse when the patient is sleeping flat on his back. It may be helpful to sleep on the side or with the head of the bed elevated. For cases of severe sleep apnea, however, the CPAP is the gold standard of treatment and offers the best relief of symptoms." If a CPAP was not tested on the patient during the first sleep study, a second sleep study may be required.

In addition to overnight sleep studies, LMH offers briefcase-sized take-home kits. These kits are well-suited for patients who cannot visit LMH, or whose medical insurance requires an in-home study.

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 an appointment, please call (740) 348-1805.

LMHS Physicians Honored on National Doctors' Day

Licking Memorial Health Systems (LMHS) organized several tributes in March to show appreciation to the Licking Memorial Hospital (LMH) Active Medical Staff. The special recognitions were in observance of National Doctors' Day, which was established by former President George H.W. Bush in 1990 to annually honor physicians throughout the U.S. Throughout the month of March, the Health Systems, as well as patients from the community, showed appreciation for the dedicated service of the Active Medical Staff. LMHS publicly thanked the Medical Staff through a publicity campaign, while many community members made a donation to the Licking Memorial Health Foundation (LMHF) in honor of their physicians. All contributions benefitted the 2013 Radiology Initiative.

The formal celebrations began at the Hospital on March 22 with a gourmet lunch catered by the LMH Food Service Department for all Medical Staff members. On March 29, the physicians were treated to a breakfast in their honor and free massages in advance of National Doctors' Day on Saturday, March 30.

"We take great pride every day in our Medical Staff and their commitment to improving the health of the community, but National Doctors' Day is a special opportunity to celebrate their dedication and expertise," said LMHS President & CEO Rob Montagnese. "Our Doctors' Day tributes express our sincere gratitude for our hardworking physicians and the excellent medical care they provide to Licking County residents year round."

The LMH Medical Staff includes approximately 150 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.



Phillip Savage, M.D., enjoys a massage from LMH Massage Therapist Arianne Hoskinson in the Physicians' Lounge as part of the National Doctors' Day celebrations at the Hospital.

New Appointments



Linda L. Dannemiller, M.D.,
joined Licking Memorial
Family Practice – Granville.



Raju Fatehchand, M.D., FACP,
of Medical and Surgical
Associates, Inc.,
joined the LMH Active
Medical Staff.



William R. Gorga, Ph.D.,
of Psychological Consultants
and Affiliates, Inc.,
joined the LMH Active
Medical Staff.



Anila S. Jajodia, M.D.,
of Hospice of Central Ohio,
joined the LMH Active
Medical Staff.



Katherine S. Jurden, C.N.P.,
joined Licking Memorial
Family Practice –
Doctors Park 1.



Sachida N. Manocha, M.D.,
of Interventional Pain Center,
joined the LMH Active
Medical Staff.



Lisa A. Maurer, D.O.,
of Hospice of Central Ohio,
joined the LMH Active
Medical Staff.



Seung H. Park, M.D.,
joined Licking Memorial
Anesthesiology.



John R. Simmons, D.O.,
of Newark Radiation Oncology,
joined the LMH Active
Medical Staff.

Easter Bunny Visits Pediatrics Patients

Just before Easter, the Easter Bunny made a surprise visit to children in the waiting room of Licking Memorial Pediatrics on Tamarack Road in Newark. 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. Pictured with the Easter Bunny are (left to right): Deputy Rob Barr, Emma and Ellianna Wohlford, Brady Montagnese and Licking Memorial Health Systems President & CEO Rob Montagnese.



Community Education – Bed Bugs *(continued from front page)*



Chad Brown



Jeanne Emmons,
B.S., MT(AMT)
C.I.C.

Date: Thursday, June 27
Location: LMH First Floor Conference Rooms

Time: 6:00 p.m.
Speaker: Chad Brown
Jeanne Emmons,
B.S., MT(AMT), C.I.C.

Bed bugs are a growing problem in Licking County. Like mosquitoes, bed bugs feed on human blood. Although not known to carry disease, bed bugs can accumulate rapidly, as well as cause considerable stress and itchy rashes from bites, which typically occur at night. Bed bugs can be easily transported into your home, but are preventable with awareness and a proactive approach.

To learn more, please join Jeanne Emmons, B.S., MT(AMT), C.I.C., LMH Infection Prevention Director and Chad Brown, Licking County Health Department Director of Environmental Health, for a discussion on bed bug prevention and treatment on Thursday, June 27, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street. This program is free; however, registration is required. To register for the program, or for more information, please call (740) 348-2527.

LICKING MEMORIAL HEALTH SYSTEMS INVITES YOU FOR TWO GREAT EVENTS

Bring the entire family to a FREE fun wellness event, and stay for Family Movie Night. The Health Systems will present the Walt Disney animated film, *Wreck-It Ralph*, in an outdoor screening.

Date: Saturday, June 1

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 not allowed.

Note: This event is weather permitting – rain date for both events is Saturday, June 8.



Development Spotlight – Andrew Guanciale



Andrew Guanciale

Andrew Guanciale recently joined the Licking Memorial Hospital (LMH) Development Council and serves on the Annual Support Committee. Andrew is a realtor with Coldwell Banker King Thompson in Newark, the 2012 chairman of the Ohio Association of Realtors Young Professional Network and a past recipient of the Association's President's Club Award. In 2010, he was named the Licking County Board of Realtors' Realtor of the Year and also received the organization's Community Service Award.

As a member of the Annual Support Committee, Andrew understands the importance of furthering Licking Memorial Health Systems' mission to improve the health of the community. In his work as a realtor, he often promotes LMH as a highlight of living in Licking County. Andrew personally experienced the quality of service available when his son, Luke, was born at the Hospital in November 2012.

"My wife, Jill, and I felt safe and secure at LMH, which was extremely important to us as first-time parents. We received excellent care from the start, whether in the Women's Health physician office, Prenatal Care classes, Labor and Delivery, or Post Partum Unit," Andrew said. "Receiving such a high level of care at our local Hospital, and knowing that our community benefits from the same excellent service every day, only deepens the pride I feel toward LMH."

A lifelong resident of Licking County, Andrew attended Newark Catholic High School and earned his bachelor's degree from Capital University in Bexley, Ohio. He is a Board Member and past President of Big Brothers Big Sisters, a Board Member for Midland Theatre and a former member of the Licking County United Way campaign cabinet. In his spare time, Andrew enjoys spending time with his family and friends, working in his yard and staying involved in community activities and events.

Document Shredding Event Will Benefit 2013 Radiology Initiative

By participating in an upcoming document-shredding event in Newark, community members can protect themselves from identity theft and aid the 2013 Radiology Initiative at Licking Memorial Hospital (LMH) at the same time. Park National Bank (PNB) and Shred-it are hosting the seventh annual Community Shred Day in Newark on Saturday, May 18, from 8:00 a.m. to 12:00 Noon. There is no fee for the shredding services, but donations will be accepted to benefit the 2013 LMH Radiology Initiative.

Participants are invited to bring paper items to PNB's downtown 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.



The community is invited to bring billing statements, receipts and other paper documents to Community Shred Day at Park National Bank's downtown office on Saturday, May 18, from 8:00 a.m. to 12:00 Noon.

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 witness their documents being shredded.

Licking Memorial Health Systems (LMHS) Vice President Development & Public Relations Veronica Link said, "Our patients' medical records and privacy is of the utmost importance. We appreciate that PNB offers this service to the community and hope

that residents of the community take advantage of this great opportunity to safely discard documents with sensitive medical, financial or other personal information."

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

PNB is one of the leading community banks in Ohio. Based in Newark, the organization operates 18 full-service offices in Licking and Franklin counties, with an employee base of more than 600 associates. For more information about Community Shred Day, call (740) 349-3724.

Volunteer Spotlight – Dave Hiatt



Dave Hiatt

Dave Hiatt's goal is to lighten the spirits and workload of those he encounters during his weekly volunteer service at Licking Memorial Hospital (LMH). Whether greeting the public with a welcoming smile or transporting patients, he happily contributes however he is needed most. Dave's desire to serve at LMH formed while participating in Cardiac Rehabilitation in 2011. His friendly and supportive nurses not only

helped him through the program, but also encouraged him to apply to the Volunteer Services Department.

In the two years since, Dave has donated more than 800 hours serving at the Hospital. During this time, he assisted by greeting visitors at the reception desk in the main lobby, serving in the Betsy Eaton O'Neill Health Resource Center and transporting specimens to the Laboratory. Dave now regularly volunteers in the Outpatient Surgery Department, and was elected to the LMH Volunteer Board as a Department Representative in 2012.

"I want to give back to LMH because the atmosphere is so positive and helpful," Dave said. "It is invigorating to be around all of the incredibly caring people at LMH on a regular basis, which keeps me feeling young."

"Dave is a very friendly, caring and outgoing person who strives to be efficient in all his tasks and assist any way he

can," said Carol Barnes, Director of Volunteers, TWIGS & Events. "He represents the Volunteer Services Department very professionally, both inside the Hospital and at events. We are extremely grateful to Dave for the time he shares with our Volunteer team."

Born and raised in Franklin County, Dave attended The Ohio State University (OSU) where he received both a bachelor's degree in industrial arts and a master's degree in industrial technology and school administration. He taught industrial arts in the Worthington City School District for seven years, then supervised production at Owens Corning in Newark from 1979 through 1987. He returned to education in 1989 as an industrial technology instructor in the Whitehall City School District, and retired in 2005. Dave also served 27 years in the military, including two years of active duty with the U.S. Army Signal Corps in Germany, before retiring from the Army Reserves in 1996.

Dave developed a fondness for Licking County and its residents while working at Owens Corning, and moved to Hebron in 2001 with his wife of 38 years, Sandy. The couple has two grown children, Dayna and Mark, and four grandchildren together. Dave also volunteers at The National Museum of the U.S. Air Force in Dayton, Ohio, and was recently elected to the OSU Army Reserve Officers' Training Corps Alumni Society Board.

Retiree Spotlight – Diane Swain



Diane Swain

For 42 years, Diane Swain was an integral part of the Licking Memorial Hospital (LMH) Radiology Department. She joined LMH in 1968 while working toward her certification in radiology at the former LMH School of Radiologic Technology. Throughout her career, Diane served in several key leadership roles at LMH, including Radiology Manager.

A self-described "computer geek," Diane utilized her training in Cisco network applications as the Project Coordinator for the Picture Archival and Communication System (PACS), which shifted the Radiology Department from the use of film to electronic images. The advantages of PACS include the ability to examine images as soon as they are captured the opportunity, for multiple consultants to view the same image simultaneously and the ability to provide patients with a copy of their images on a compact disc. Diane and her co-workers, Leslee Arthur and Jason Black, received the President's Award in 2004 for their efforts on the project.

"Implementing PACS was a 12- to 18-month endeavor that required a lot of hours," Diane recalled. "We received

massive amounts of help from everyone in the Radiology and Information Systems Departments to make the project a success. In the end, it was very rewarding to see all of that hard work result in the sophisticated filmless radiology system that the Hospital still uses today."

During a career that spanned four decades, Diane witnessed changes and growth in the field of radiology. In particular, she remembers technologies such as mammography, computed tomography (CT scan), magnetic resonance imaging and ultrasound, emerging to become staples of medical imaging. However, Diane's fondest memories of her time at LMH are the simple thanks she received from patients for her healthcare services.

Since retiring in 2010, Diane initiated several remodeling and flower gardening projects at her Newark home. To remain in contact with her fellow LMH employee friends, Diane decided to apply to the Volunteer Services Department in 2012 and now serves at the reception desk in the main lobby one day per week. A lifelong resident of Licking County, Diane soon hopes to fulfill her dream of visiting Paris, France.



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 2013 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 28, 2013, 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.

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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TRUVEN HEALTH ANALYTICS

100 TOP HOSPITALS

2013

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Community Events

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

Community Shred Day

Saturday, May 18, 8:00 a.m. to 12:00 Noon
Park National Bank, corner of Church and Third streets, Newark

Residents are invited to bring documents with sensitive information for on-site shredding. Volunteers will help unload documents in drive-thru lanes. The service is free, but donations will be accepted to benefit LMH's Radiology Initiative. Please see page 29 for more details.

Active•Fit / LMHS Movie Night Event

Saturday, June 1
One Healthy Place in Pataksala

An Active•Fit Youth Wellness Event will take place from 6:00 - 8:00 p.m., with an outdoor showing of Disney's *Wreck-It Ralph* to follow. See page 28 for details.

Cancer Survivors' Picnic

Sunday, June 9, 1:00 - 3:00 p.m.
LMH front lawn, 1320 West Main Street

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 3, to register.

First Impressions – Maternal Child Classes

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

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

Ask the Doc

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

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

Community Blood Pressure and Diabetes Management Screenings

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

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