Bradi Rex of Blue Rock is an active 8-year-old. Saturday she has a softball game, Wednesday she takes horseback riding lessons, and Thursday she attends Shaping Futures, a Genesis exercise and nutrition program.

“The reason we joined the program was because I heard on the news that 20 percent of children ages 5 to 11 are obese,” said Bradi’s mother, Cherie. “Bradi always came out a little high on the growth charts, and we wanted to come up with some ideas to help.”

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Bradi is reminded about portions by using a kid-friendly plate that pictures vegetables the size of a tennis ball. “Instead of filling the whole plate with fettuccini Alfredo, she learned to put a portion the size of a CD on her plate,” Cherie said.

Before starting the sessions, Bradi had a physical and met with a dietitian to identify risk factors and set reasonable health and behavior goals. The lifestyle/behavior change program is designed for children ages 5 to 11 who struggle with weight, and it concentrates on improving eating habits and exercise.

“We don’t focus on losing weight, but instead concentrate on improving lifestyles and setting goals,” said Shelley Zimmerman, M.S., manager of risk intervention and disease management at Genesis.

Bradi’s goals also include waiting 20 minutes before getting a second helping and increasing her exercise time. She enjoyed learning new exercises. “I learned you can work out while having fun,” she said. “I run to the music on that little digital thing.” The “little digital thing” is Rhythmatics, a smartphone application that tracks a child’s exercise programs and length. The exercise sessions, held at the Genesis Lifestyle & Fitness Center, include physical activities along with support from Genesis health professionals and other families in the program.

Bradi now pays more attention to the distance she walks the family’s Border collie to her grandmother’s house. Grandmother Judy, who lives a half-mile down the road, also attended Shaping Futures with Bradi. Judy is experienced making healthy choices because her husband, Jim, has been a diabetic since childhood. “Even though I have done it all these years, I still learned from the program,” Judy said. “The plate made Bradi more aware of portion size. Instead of us telling her what to eat, she knows the foods and portions to put on the plate.”

A Family Affair

Attending the sessions was a family affair. Grandpa Jim also went with Bradi as well as dad, Jason. “We got ideas of things we could do to help Bradi — anything we can do to stay ahead of it,” said Jason, a Morgan High School teacher.

With a family history of diabetes, they were looking for answers from their pediatrician. “We had discussed our concern about the growth chart with Dr. Tuck, (Richard Tuck, M.D., PrimeCare of Southeastern Ohio Pediatrics). We had been wondering what to do and he helped us find the answer,” Cherie said.

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Shaping Futures
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Bradi Rex shows how much fun exercising can be – something she learned in Shaping Futures, a nutrition and fitness training program for families.
Ashley Caw was 8 months pregnant and looking forward to four more weeks preparing for the birth of her child. That is, until she visited her obstetrician with her feet and legs swelling, and her blood pressure high. She was admitted immediately to Genesis-Bethesda, where she and her unborn infant were watched closely.

The next day, it was apparent the baby was in some distress as his heart rate dropped, so Ashley’s doctor decided to do an emergency C-section. Within a half hour, Ashley was whisked away to bring her baby into the world — a whole month early.

Avery Lee Devoll arrived at 10:03 a.m. on Friday, June 17, weighing 4 pounds and 10 ounces ... and perfectly healthy. He only needed to spend a couple of hours in the intermediate care nursery before being moved to the well-baby nursery.

It was a happy ending to a scary start for Ashley, husband Jeremy Devoll, and baby Avery. But Ashley and Jeremy, who are both employees at Genesis, knew they were in good hands with the physicians and staff, especially since Genesis was named as one of the nation’s best health care organizations with its recognition as a Thomson Reuters 100 Top Hospital®.

“Everyone was wonderful,” said Ashley. “They were so kind and always asked what they could do for me. I was worried in the beginning, but the doctors and nurses knew what they were doing. The quality of care has been excellent, and I would recommend Genesis to anyone.”

As a winner of the Thomson Reuters 100 Top Hospitals® award, Genesis meets the highest national quality-care standards and has one of the highest patient perceptions of care. Genesis and other 100 Top Hospital award winners are recognized for providing top-notch medical care and are seen as a guide for health care leaders across the country.

“This honor was made possible by the excellence of our physicians and dedication of our employees,” said Matt Perry, Genesis president and CEO. “The award demonstrates our commitment to providing compassionate, quality health care and recognizes the value Genesis provides to both patients and the community. It’s a reason to be proud.”

Even though fearful of having their baby a month early, Ashley Caw and husband Jeremy knew they were in good hands at Genesis. The 100 Top Hospitals award proves it.
Lori Cody demonstrated the importance of wearing a helmet to 300 Nashport Elementary students in May by dropping a fresh egg on the floor. “This is what could happen to your brain if you wreck your bike and are not wearing a helmet,” Cody told the wide-eyed students. “If you break your arm or leg, we can fix that. But we can’t always fix your brain.”

Cody wrapped the egg in a helmet (Styrofoam cup), dropped it from the same height and held up the unscathed egg – reinforcing the importance of wearing a helmet while riding a horse, bike, four-wheeler or skateboard.

Eight-year-old Laine Welker of Nashport got the message. “If you don’t wear a helmet you could get hurt, and your brothers will have to take care of you and stuff,” she said wrinkling her nose.

For more information on the Genesis ThinkFirst programs and education that helps meet the state’s requirements for health and science, call Genesis Trauma Services at (740) 454-5638.

Matt Amicone of Nashport was driving home one night on SR 146, traveling about 55 m.p.h. when he reached for his iPod. “I looked down and started digging around, and when I looked up there was a truck in front of me,” Matt said.

To avoid hitting the truck, he veered his car off the road and struck a tree. The 17-year-old, who was not wearing a seat belt, sustained a moderate concussion.

Matt was fortunate that he avoided more serious head and spinal cord injuries. Other teens aren’t so lucky. Motor vehicle crashes are the leading cause of traumatic brain injury in young people ages 15 to 24, according to the Centers for Disease Control.

To lessen the numbers, Genesis recently became a chapter of the ThinkFirst National Injury Prevention program. Genesis is only one of five hospitals in Ohio designated as a chapter, and the main goal is to provide free education to schools and the community. The program was developed 25 years ago by two neurosurgeons to reduce head and spinal cord injuries. ThinkFirst urges drivers to think first before changing songs on an iPod, talking on their cell phone or sending a text.

Making a Difference

Lori Cody, B.S.N., R.N., is the Genesis ThinkFirst chapter director, a mother of teen drivers and a trauma nurse who treats victims of distracted driving. “Texting while driving is dangerous because the cognitive, visual and manual skills needed for driving are impaired. It’s similar to driving after drinking,” she said. “This is a great opportunity to stress the importance of safe driving for teens and adults. I see the program making a difference in people’s lives.”

Matt shares his story to help other teens stay safe. “Think before you do it,” he said about reaching for the iPod. “It’s not worth it to jeopardize what you have planned for the rest of your life.”

The Tri-Valley High School senior plans to play football in college. “If I would have had a serious head injury, all my plans for kicking and college would be trashed. Now I put the iPod on shuffle and let it play.”

“IT PAY S TO THINK FIRST Program Teaches Injury Prevention”

Reading, Writing & Helmet Safety

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Welcome to New Physician

Scott Watamura, M.D., M.S.
Anesthesiology

Scott Watamura, M.D., M.S., is an anesthesiologist who recently joined the Genesis medical staff and Zanesville Anesthesia Physicians. Dr. Watamura earned his Doctor of Medicine degree at The Ohio State University College of Medicine in Columbus. He completed his anesthesia residency at Mayo Clinic College of Medicine in Jacksonville, Fla. Dr. Watamura’s office is located at 945 Bethesda Dr., Suite 200, Zanesville, and his phone number is (740) 455-4932.

Has the Economy Impacted Your Charitable Giving?

If you feel like you have less to give this year, or are waiting until the economy recovers, we want to let you know about some creative gift options that won’t cost you a dime this year.

• Designate Genesis as the beneficiary of all or a percentage of your IRA.
• Make Genesis a beneficiary of a percentage of your estate or a specific asset.
• Leave what’s left of your estate to Genesis after your loved ones are cared for.

Making a bequest commitment is the easiest way to make a charitable gift this year without impacting your savings or investments. To learn more about the benefits of making a charitable bequest, please call or click today.

(740) 454-5052 • www.giftforgenesis.org

Programs

Back to School With Spirit – Keep Your Children Safe
Wednesday, Aug. 3 • 5 to 7:30 p.m.
Genesis-Bethesda Shelterhouse (behind Bethesda Hospital)

We’re helping parents and children get ready to head back to school. We’ll have tips to help you deal with stress, provide nutritional snacks, and keep your children safe from abductors. See ad on back cover for more details.

To register, call the Genesis NurseLine at (740) 455-4949 or 1-800-948-4949, or go to www.genesiscare.org; click on “Events & Classes.”

P.A.D. Screenings
Thursday, Sept. 8 or Tuesday, Sept. 27
3 to 7 p.m.
Genesis HealthPlex

Peripheral Arterial Disease (P.A.D.) is a common yet serious disease that occurs when extra cholesterol and fat collects in the walls of the arteries that supply blood to your arms and legs. The following may be signs of P.A.D.:
• Tiredness or pain in the legs, or pain in thighs or buttocks when walking that goes away with rest
• Foot or toe pain that disturbs sleep
• Slow-to-heal wounds on feet
• Changes in color or temperature of legs

If you have any of these signs, call the Genesis NurseLine at (740) 455-4949 or 800-948-4949 to register for a free screening (open to women and men). Physician consults will be available.

Wheelchair Wash & More
Saturday, Aug. 13 • 10 a.m. to 3 p.m.
Northside Oxygen & Medical Equipment
702 Wabash Ave., Zanesville

Bring your wheelchair to be washed, and while you’re waiting, you can learn more about manual and power wheelchairs from Ed Guy, RRTS, and other experts. At 1 p.m., Ed will present a program “Will Medicare Buy Me a Power Wheelchair or Scooter?” Call Northside Pharmacy Wellness Services for more information at (740) 455-2417.

Coal Miners Appreciation Day
Friday, Sept. 16 • 10 a.m. to 3:30 p.m.
Muskingum County Fairgrounds
Veterans Building
1300 Pershing Rd., Zanesville

This free event is designed for past and present coal miners, their families and friends. Doors open at 9:30 a.m. There will be a health fair with free screenings and a social time from 10 a.m. to noon. The speakers and lunch will begin at noon. Registration is required by Sept. 8 by calling (740) 454-4337, (740) 454-4328 or (740) 454-4718.

Flu Shots
Tuesday, Oct. 4; Wednesday, Oct. 6; Tuesday, Oct. 7
9 a.m. to 5 p.m.
All Northside Pharmacy locations
Cost: $25 (Bring your insurance card)

A Northside pharmacist will be on hand to give you a flu shot. Appointments are not necessary – stop by between 9 a.m. and 5 p.m.

Walk to Remember
Sunday, Oct. 9 • 1 p.m.
Genesis-Bethesda Gazebo

H.A.L.L. (Healing After Infant Loss) is a program dedicated to the memory of infants lost to miscarriage, ectopic pregnancy, stillborn and newborn death. The walk is open to the public, and there is no fee.

Annual Perry County Breast Cancer Vigil: Light a Candle to Honor & Remember
Thursday, Oct. 20 • 6:30 to 7:30 p.m.
Perry County Courthouse Main Entrance
Registration is not required.
Call Michele Hankinson at (740) 454-5973 for more information.

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(740) 454-5052 • www.giftforgenesis.org

For Your Life ... For Your Health

Spirit of Women

Spirit of Women Girls’ Night Out – Your Best Health Is in the Bag
Friday, Oct. 28 • 6 to 9:45 p.m.
Ohio University-Zanesville/ Zane State College Campus Center

Cost: Spirit of Women members – Free
Non-members – $10 (receive Spirit of Women membership)

Girls’ Night Out will feature free screenings; a nationally recognized motivational speaker; short, fun presentations on women’s health; pampering; shopping with our business partners; and much more. Register by calling the Genesis NurseLine at (740) 455-4949 or 800-948-4949, or go to www.genesiscare.org; click on “Events & Classes.”

For an up-to-date calendar of screening dates, times and locations, go to www.genesishealthcarefoundation.org or call (740) 455-2417.

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### Cancer Support Groups & Classes

#### HOPE – Healthy Options for Promoting Exercise

**Second Thursday of every month**

- **5:30 to 6:30 p.m.**
- **Genesis Center for Outpatient**
- **Occupational Rehabilitation (COOR)**
- **Genesis Hematology & Cancer Support Groups & Classes**

#### Support Buddies – Breast Cancer

- **Call Michele Hankinson at (740) 454-5073 for more information.
- **Wednesday, Sept. 7 • 6 p.m.**
- **Genesis-Bethesda Meeting Room 3**

#### Breast Reconstruction: What Are Your Options?

- **Presenter: Firas Eladoumikdachi, MD, Surgeon**
- **Wednesday, Oct. 5 • 6 p.m.**

#### Diabetes Exercise Program

- **Call Kay Eicher at (740) 454-4568 or 866-351-6688 for more information.**

#### Diabetes & Vision

- **Speaker: Ross Bloomberg, M.D., Ophthalmologist**
- **Call the Genesis NurseLine at (740) 455-4949 or 800-948-4949.**

#### Breast Cancer Risk Assessment: What Are the Risks for Your Loved Ones?

- **Presenter: Michele Hankinson, R.N., B.S.N., cancer risk/genetics nurse**

### Young Women Living With Cancer Network

This group is open to women with cancer who are age 49 or younger.

- **Call Michele Hankinson at (740) 454-5973 for more information.**
- **Tuesday, Aug. 23 • 7 to 8:30 p.m.**
- **Genesis-Bethesda Shelterhouse Zamba!**

#### Managing Treatment Side Effects: What Are Your Options?

- **Speaker: Elizabeth S. Lear, PharmD, BCPS, clinical pharmacist oncology**
- **Tuesday, Oct. 25 • 7 to 8:30 p.m.**
- **GenesisHealthPlex Conference Room F**

#### Sensuality, Sexuality, Survival

- **Man to Man – Prostate Cancer**
- **Call Shannon White at (740) 454-5014 for more information.**
- **Mondays, Sept. 12 & Oct. 3 • 6 to 7 p.m.**
- **Bethesda Meeting Room 4**

### Type 1 and 2 Diabetes Support Group

**Thursday, Sept. 15 • 5 to 6:30 p.m.**

- **Genesis-Bethesda**
- **Meeting Rooms 1, 2 & 3**

#### Diabetes Exercise Program

**Call Kay Eicher at (740) 454-4568 or 866-351-6688 for more information.**

#### Diabetes & Vision

**Speaker: Ross Bloomberg, M.D., Ophthalmologist**

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**Presenter: Firas Eladoumikdachi, MD, Surgeon**

**Wednesday, Oct. 5 • 6 p.m.**

### Better Breathing Club

This group is open to women with cancer who are age 49 or younger.

- **Call Michele Hankinson at (740) 454-5973 for more information.**
- **Tuesday, Aug. 23 • 7 to 8:30 p.m.**
- **Genesis-Bethesda Shelterhouse Zamba!**

#### Making Treatment-side Effects: What Are Your Options?

**Speaker: Elizabeth S. Lear, PharmD, BCPS, clinical pharmacist oncology**

**Tuesday, Oct. 25 • 7 to 8:30 p.m.**

### Genesis Hospice & Palliative Programs

**Most of these groups meet at Morrison House and are for adults. For more information, call Genesis Hospice & Palliative Care at (740) 454-5353 or (800) 953-7673.**

#### Especially for Men

**HEGS (Helping Eds Grieve Successfully)**

**Rainbow Group**

**Survivors of Suicide**

**Morgan County Support Group**

**Perry County Support Group**

**Social Gatherings**

**Living Through Loss**

**Individual Counseling**

### Childbirth & Parenting Programs

For more information on locations or to register, call the Genesis NurseLine at (740) 455-4949 or 800-948-4949 or online at www.genesisohs.org. click on “Events & Classes."

#### H.A.I.L. (Healing After Infant Loss)

**Support Group**

**Tuesday, Aug. 2 • 7 to 8 p.m.**

**Genesis-Bethesda Meeting Rooms 4 & 5**

**Breastfeeding Support for Success Every Monday • 10 a.m. to noon**

**Childbirth Preparation**

**Weekly Evening Classes • 7 to 9 p.m.**

**Sessions start for 5-week evening classes on:**

- **Thursdays, Aug. 4, Sept. 15 & Oct. 27**
- **Tuesdays, Aug. 16 & Sept. 27**
- **Mondays, Aug. 22 & Oct. 10**
- **Saturdays • 8:30 a.m. to 12:30 p.m.**

#### Childbirth Preparation – Perry County

**Genesis Health Center – Perry County**

**7 to 9 p.m.**

**5-week evening classes start on Aug. 22 & Oct. 10**

**Childbirth Preparation – Perry County**

**Monday, Aug. 15**

**Genesis-Good Samaritan Meeting Rooms 1 & 2**

**Topic: Shaken Baby Syndrome**

**Brain Injury • 6 p.m.**

**Monday, Aug. 15**

**Genesis-Good Samaritan Meeting Rooms 1 & 2**

**Topic: Shaken Baby Syndrome**

**Monday, Sept. 19**

**Genesis-Bethesda Shelterhouse**

**Topic: Celebrate Rehabilitation**

**Wee Walk the Walk for Fitness**

**Monday, Oct. 17**

**Genesis-Bethesda Rehab 3 South PT Gym**

**Topic: Movie Night**

### Childbirth & Parenting Programs

**For more information on locations or to register, call the Genesis NurseLine at (740) 455-4949 or 800-948-4949 or online at www.genesisohs.org. click on “Events & Classes."

#### CVA Stroke • 6 p.m.

**Monday, Aug. 1**

**Genesis Lifestyle & Fitness Center**

**Topic: Exercise**

**Monday, Sept. 5 • Labor Day No Meeting**

**Monday, Oct. 3**

**Genesis-Bethesda Rehab 3 South PT Gym**

**Topic: Movie Night**

### CPR Classes

Cardiopulmonary Resuscitation (CPR) classes are held at the Genesis HealthPlex, 2800 Maple Ave., Zanesville. Call the Genesis NurseLine to register at (740) 455-4949 or 800-948-4949. You may also register online at www.genesisohs.org. click on “Events & Classes."

#### CPR HeartSaver – Adult & Pediatric

- **Aug. 8 • 3 to 6 p.m.**
- **Sept. 13 • 1 to 4 p.m.**
- **Oct. 10 • 3 to 6 p.m.**
- **Nov. 14 • 1 to 4 p.m.**
- **Dec. 13 • 3 to 6 p.m.**

**$15 per person**

#### CPR HeartSaver – Pediatric

- **Sept. 14 or Dec. 14 • 5:30 to 8 p.m.**

**$15 per person**

### E-learning Option

If you have a current American Heart Association HealthCare Provider CPR card, there is an e-learning option to review, call (740) 586-6541.
**Back to School with Spirit**

**Keep Your Children Safe**

**Wednesday, Aug. 3 • 5 to 7:30 p.m.**

**Genesis-Bethesda Shelter House**  
(located behind Bethesda Hospital)  
**Cost:** Free  
**Registration:** Genesis NurseLine at  
(740) 455-4949 or 800-948-4949

**Children, Moms, Dads, Grandmothers, Grandfathers – Join Us**

This Spirit of Women event is focused on helping parents and children get ready to head back to school. We will have tips to help moms deal with stress, provide good nutritional snacks and keep their children safe from abductors. We are offering a program that every child and parent should attend – KidEscape. This is a nationally recognized program to teach children how to escape from a potential abductor with easy-to-use techniques. Beyond this important education, there will be numerous activities, refreshments and great door prizes – including 2 bicycles, donated by the Genesis Lifestyle & Fitness Center.