

LiveWell

2019 WINTER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

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COUNTY MEDICAL CENTER

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Genesis
HEALTHCARE SYSTEM

Better Begins Here.

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genesishcs.org



BETTER BEGINS HERE

Today at Genesis HealthCare System

At Genesis, we strive to provide better outcomes, better doctors and better technology right here at home.

When you walk through our doors, you can rest assured that we are focused on making and keeping you well. Our patients continually share with us the powerful healing and great care they receive right here at Genesis. The outstanding healthcare team at Genesis is trained and committed to providing the best care, every day. In this edition of *LiveWell*, you'll read about the amazing life-saving care we provide to your family and friends.

Inside this issue, you'll read how minutes matter when it comes to life-threatening conditions like heart attacks. Shelba Kane went into cardiac arrest four times within a short timeframe. The South Zanesville woman was so grateful for the timely and expert care she received, she came back to Genesis Hospital to thank the staff, Drs. Brooke Donaldson, M.D., emergency medicine; Abdulhay Albirini, M.D., interventional cardiologist; and the skilled medical teams who saved her life.

You'll also find another story about a life saved soon after the Genesis Perry County Medical Center (GPCMC) opened in August 2018. The GPCMC in Somerset includes a full-service, 24/7 emergency department ready for any emergency. They were ready for Crooksville resident Holly Starlin when she had a severe allergic reaction and was unable to breathe. If it wasn't for the GPCMC being close-by and the board-certified emergency medicine physicians, Holly might not have survived.

At Genesis, we're concentrating on keeping you well. Inside this issue of *LiveWell*, you can read about a woman who is not only well again, but back to enjoying life now that she is able to walk. Laquita Triplett is pain-free after knee replacement surgery by Corey Jackson, D.O., orthopedic surgeon. Look for the accompanying article to learn more about the new technology Dr. Jackson uses to improve patient outcomes in total and partial knee replacement surgeries.

You'll also find in this edition, a section called, We're Here for You, where you'll learn about the services we provide through Hospice and Palliative Care, the Genesis Surgery Center and more. And you can see collaborations with our community, recent awards and what's going on at Genesis HealthCare System in Happenings. Whether you come to Genesis HealthCare System for surgery or educational programs, you can be assured that Better Begins Here.

Matthew J. Perry

Matthew J. Perry, President & CEO

WELCOME TO NEW PHYSICIANS



Stephen Knox, M.D. Family Medicine

Stephen Knox, M.D., has joined PrimeCare of Southeastern Ohio, specializing in family medicine. Dr. Knox is a Zanesville native who has chosen to serve his community. He earned his doctor of medicine at Wright State University Boonshoft School of Medicine in Dayton, Ohio, and completed his family medicine residency training at Riverside Methodist Hospital in Columbus. He is located at PrimeCare of Southeastern Ohio, 1210 Ashland Ave., Zanesville. Dr. Knox is accepting new patients. Call (740) 454-8551 to make an appointment.



Jignesh Modi, M.D. Infectious Diseases

Jignesh Modi, M.D., has joined Genesis Infectious Disease Specialists, specializing in infectious diseases. Dr. Modi completed his doctor of medicine at Indiana University in Indianapolis. He then completed an internal medicine residency at the Medical Center of Delaware in Christiana, followed by a fellowship in infectious diseases at the University of Maryland in Baltimore.

Previously, Dr. Modi had been in private practice in Nitro, West Virginia, for 19 years. He is located at the Genesis Infectious Diseases office in the Physician Pavilion at 945 Bethesda Drive, Suite 110, Zanesville. His phone number is (740) 454-5962. Dr. Modi is accepting new patients by physician referral.



Jay R. Patel, M.D. Endocrinology

Jay R. Patel, M.D., has joined Genesis Endocrinology. Dr. Patel completed his endocrinology fellowship at the University of Nebraska Medical Center in Omaha. He then began his career as an endocrinologist at Sentara Endocrinology Specialists in Virginia Beach.

Dr. Patel left Sentara in 2016 to move closer to his family in Ohio. He is located at the Genesis Endocrinology office at 860 Bethesda Drive, Building 2, Zanesville. His phone number is (740) 586-6690. He is accepting new patients by physician referral.



MEET KEVIN FRANK, M.D.

Family Practice

Kevin Frank, M.D., joined the Genesis Medical Group in October and specializes in family medicine. He is located at the Genesis' Junction City Family Practice office in central Perry County and will also be seeing patients in a new office in Somerset in the spring.

The community welcomed Dr. Frank. Some of his staff members are from the Junction City area, and his presence in the community has helped residents learn more about family medicine in the area.

Dr. Frank is a graduate of Wright State University School of Medicine. He completed his family medicine residency at Mount Carmel Family Practice. He has been caring for patients in southern Ohio for more than 17 years. Following his education, Dr. Frank was affiliated with some larger area hospitals when he learned of Genesis' plans to open offices in Junction City. "I was a farm kid. This rural area is where I'm most comfortable," he said. Dr. Frank finds many rural residents prefer to stay close to their neighborhoods for medical attention and appreciate the convenience of a community healthcare facility.

Dr. Frank's wife is from the Fairfield and Perry counties' area, and he is pleased to care for patients in this region. They have five children, and Dr. Frank enjoys coaching and volunteering at their children's school activities while spending time with his family.

Dr. Frank is located at 506 East Main St., Suite A, Junction City. Appointments can be made by calling (740) 715-3160.



MEET COREY A. JACKSON, D.O.

Orthopedic Surgery

"The dream to become a physician was made many years ago when I was a young, uncoordinated basketball player and suffered a severe fracture to my wrist," said Corey Jackson, D.O. This injury propelled Dr. Jackson to pursue a career as an orthopedic surgeon. "I wanted to be the person treating these types of injuries," he said.

Dr. Jackson earned a bachelor of science degree in physical therapy. "I quickly realized that I wanted to have a larger, more direct impact on patient care," he said. Dr. Jackson eventually earned a medical degree and finished specialized training in orthopedic surgery. "My education as a physical therapist has given me an appreciation and understanding of the importance of rehabilitation in the process of healing and recovery."

Dr. Jackson earned his doctor of osteopathic medicine degree at Ohio University College of Osteopathic Medicine in Athens. He completed an orthopedic surgery residency at Affinity Medical Center in Massillon, Ohio.

"I truly enjoy my career," Dr. Jackson said. He has an interest and experience in a multitude of orthopedic issues in patients of all ages but has a special interest in providing state-of-the-art treatments in total joint replacement surgery.

He believes that the doctor-patient relationship is a partnership built on mutual trust and respect. "My role is to provide information and education regarding each patient's individual problem, both surgical and nonsurgical. I enjoy building a relationship with my patients and working together to make a difference in the quality of their lives," Dr. Jackson said.

Dr. Jackson and his wife, Janie, share five children. He enjoys spending time with his family, hiking, biking and golfing.

Dr. Jackson is with the Genesis Orthopedic Group located in the Genesis Neuroscience & Orthopedic Center, 955 Bethesda Drive, Zanesville. His phone number is (740) 586-6828, and he is accepting new patients by referral.

A LIFE SAVED

at the Genesis Perry County Medical Center

Holly Starlin had just gotten home from an enjoyable dinner with friends one Saturday night during the summer when she started feeling sick. Holly thought the problem was the flu, so she laid down on the couch, hoping to feel better.

Instead of improving, Holly developed a rash all over and began itching severely. "I knew something wasn't right; I started not being able to breathe," Holly said. Holly's husband, Dan, went to check on her. Holly's mouth and tongue were swollen, her lips were blue, she couldn't talk, and she was going in and out of consciousness. "I thought I was losing her. It was very scary," Dan said.

Dan called 911 and tried to keep Holly awake. The local Emergency Medical Services arrived and transported his wife to the Genesis Perry County Medical Center (GPCMC) in Somerset. "The doctors and nurses at the Emergency Department were very compassionate and caring. They kept coming in to check on us and answered all of our questions," Dan said. "The staff did a fantastic job, and I'm thankful the Genesis Emergency Department is here in Perry County."

When Minutes Matter

Robert Beight, D.O., is a board-certified emergency medicine physician at the GPCMC, and he is specially trained to immediately care for life-threatening illnesses like Holly's. Holly had an allergic reaction with swelling in her airway. "In medical emergencies like her's, minutes – and sometimes seconds – matter," Dr. Beight said. "If patients with critical injuries had to be transported to another facility farther away, 10, 20 or 30 minutes ... it could mean the difference between life and death. Holly's life would have been endangered if she had to be transferred and she hadn't received care in Somerset," he said.

At the GPCMC doctors and nurses are specially trained to treat severe conditions such as heart attacks, trauma and stroke. "As a full-service ED, we have CT scans, X-rays and the medications needed to treat minute-dependent conditions, like tPA for strokes, available right here," Dr. Beight said.

Seamless Transition of Care

Holly received breathing treatments, was stabilized and transferred by the Genesis Mobile Intensive Care Unit to Genesis Hospital. "Holly came to the Genesis Critical Care Unit and was able to see a specialist within minutes," said Fadi Safi, M.D., a pulmonary and critical care physician for Genesis HealthCare System. "That's what differentiates Genesis from other hospitals around us. We're able to provide highly specialized care comparable to university hospitals," he said. This seamless transition of care helps save lives. "At Genesis we can provide the best and timely care. We have specialists available around the clock to treat very sick patients," said Dr. Safi. Holly received the appropriate treatment, the doctors made sure she was breathing normally, and she was able to go home within hours.

"If patients with critical injuries had to be transported to another facility farther away, 10, 20 or 30 minutes ... it could mean the difference between life and death."

— Robert Beight, D.O.

Life-saving Care Gives Peace of Mind

Providing this life-saving care in the community offers residents peace of mind. Holly is thankful the GPCMC is nearby. "The doctor and staff saved my life," she said. "If the Emergency Department hadn't been this close to home, I might not have made it."

Holly previously had an episode while on a field trip with her daughter in Washington, D.C., and the allergic reaction could hit again at any time. "It gives us peace of mind knowing the Emergency Department is nearby to care for Holly quickly if needed," said Holly's husband Dan.

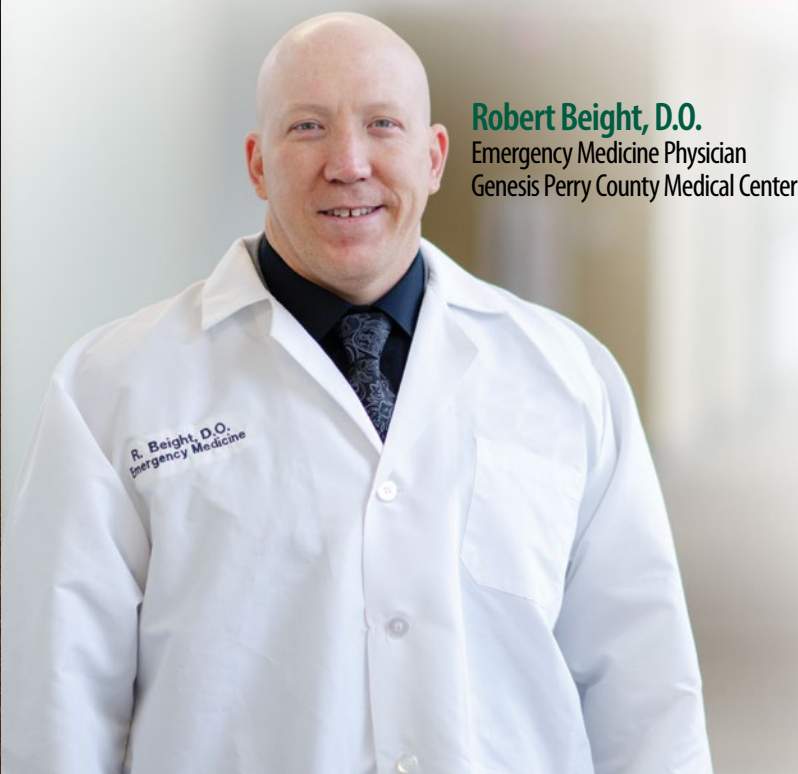
Genesis Perry County Medical Center

- 24/7 care available
- Doctors specially trained in emergency medicine on-site at all times
- Experienced staff treat heart attacks, stroke and trauma
- Ability to provide a seamless transition to Genesis Hospital, if needed

99% Approval Rating

Our Patients Share Their Care:

- "The staff and facilities were outstanding."
- "Everything was wonderful. They did their jobs very professionally."
- "I had perfect care. Everybody was fantastic."



Robert Beight, D.O.
Emergency Medicine Physician
Genesis Perry County Medical Center



Holly Starlin, of Crooksville, enjoys watching movies with her husband Dan after receiving expert emergency care at the Genesis Perry County Medical Center in Somerset. "The doctors and staff saved my life," she said.

To hear more of Holly's story click the video above.

KNEE SURGERY ENABLES WOMAN TO ENJOY LIFE AGAIN

Pain-free in the New Year



To hear more of Laquita's story click the video above.

Laquita Triplett enjoys outings like shopping again after having knee surgery by Corey Jackson, D.O., orthopedic surgeon at Genesis.

It was a great holiday season for Laquita Triplett who played with her grandchildren and great-grandchildren, and left her walker far behind. "I've already been shopping a couple of times with my daughters in St. Clairsville, and I'm looking forward to getting outside more this summer," she said.

Just a few months ago, Laquita could barely walk. She had bone-on-bone pain and needed a total knee replacement. "I was in such bad shape before I got my knee done, I got out of the habit of doing things I enjoy," said the normally active 80-year-old woman.

Previously, Laquita was a patient of Corey Jackson, D.O., a Genesis orthopedic surgeon. At the time, Dr. Jackson practiced in Cambridge, Ohio, not too far from Batesville, Laquita's home. "I treated Laquita years ago with a right knee replacement, then I moved out of the area," Dr. Jackson said.

Wishes Do Come True

Laquita began having problems in her other knee, along with rheumatoid arthritis. She wished Dr. Jackson was there to do her left knee, and then her wish came true. "I found out he was moving back to Zanesville, and I waited to get the surgery," she said. "I think Dr. Jackson's pretty special; he provides the best care."

Shortly after Dr. Jackson joined Genesis and returned home, he was reunited with Laquita. She could barely get in and out of a chair, had to climb stairs one at a time and depended on a walker for balance. Dr. Jackson did Laquita's total knee replacement in October using Genesis' revolutionary KneeAlign technology. The state-of-the-art joint alignment tools provides orthopedic surgeons with real-time data and reproducible result. "Laquita's going up and down stairs now in a normal way," Dr. Jackson said. "There is nothing more satisfying than to see patients walk out of my office after undergoing surgery when they required a walker at the initial meeting," he said.



Corey Jackson, D.O.
Orthopedic Surgeon

Life Without a Walker

"It just turned out great," Laquita said. "Dr. Jackson is an extraordinary surgeon." She also had excellent care following surgery. "I couldn't have asked for a more wonderful group of people. You have no idea how great it is being able to walk again," she said. "Before, I couldn't go from point A to point B without my walker."

Laquita would encourage anyone experiencing knee pain, rheumatoid arthritis or any similar condition to contact the orthopedic specialists at Genesis.

Dr. Jackson agrees. "We can easily find out how much treatment would help," he said. "Often we can even restore some mobility function without surgery." Patients are no longer hospital-bound for days following orthopedic surgery. For Laquita it was an overnight stay.

Pain-free New Year

Laquita progressed quickly following surgery, even climbing the long stairs to her house easily when she arrived home. "If people could see these stairs, they wouldn't have believed I could've done it," Laquita said. Time only increased her mobility. "By Thanksgiving, I had big improvements," she said. "I was pain-free."

Laquita welcomed a house full of 26 guests during the holidays. "To be able to walk around with no pain is just incredible," Laquita said. "It made my holidays much more joyful."

KneeAlign® – a Smarter Knee Surgery

Corey Jackson, D.O., an orthopedic surgeon with the Genesis Orthopedic Group, holds something like a large mobile phone in his hand – but he isn't making a call or checking social media. Dr. Jackson uses this innovative smart device, called KneeAlign, to improve accuracy in total and partial knee replacement surgeries.

KneeAlign applies smart technology, similar to GPS navigation, to precisely map out each patient's alignment and anatomy. With the cutting-edge device, Dr. Jackson provides patients with customizable placement of their knee replacement components.

In comparison, traditional knee replacement surgeries use statistics and averages to determine where and at what angle to place the prosthetic knee components. With KneeAlign, each patient's "new knee" sits perfectly horizontal to the rotation of the knee, based on each patient's unique anatomy.

Praised among orthopedic surgeons nationwide, KneeAlign offers many benefits, including:

- Increased accuracy
- Decreased surgery time
- Less blood loss
- Less pain
- Longer lasting knee replacements

Dr. Jackson is the only surgeon offering the KneeAlign technology in our region. To learn more, call (740) 586-6828. A referral is required.

BETTER BEGINS HERE OUR COMMITMENT TO YOU

You'll see Better Begins Here in Genesis publications and around Genesis HealthCare System. This is our commitment to you.

Better Begins Here describes the Genesis of today. It's a way to remind you of our commitment to deliver on our mission – to provide compassionate, quality healthcare. Better Begins Here, at Genesis, whether you're being treated for a sore throat, a broken bone or a complex heart condition. Genesis HealthCare System is always working to provide the best care for you.

Several Genesis HealthCare System employees share what Better Begins Here means to them, showing that the commitment to care for you, our friends and family, begins with each staff person.



"Better Begins Here starts with me, but it does not end with me."

— **Sr. Bernadette Selinsky**
chaplain, Genesis Spiritual Care



"We have Centers of Excellence, and it all begins here. Better Begins right Here in Zanesville, Ohio. ..."

— **Wanda Morgan**
administrative assistant,
Genesis Heart & Vascular Services



"Better Begins Here means caring for patients the way I would want my family members to be treated."

— **Johanne Lynn, R.N.**
Genesis Special Care Nursery



"Better Begins Here means it's our obligation to take care of the community as if they're our family."

— **Pam Perone**
interim director, Genesis Laboratory



"Better Begins Here means taking our best qualities as human beings and our special education as medical providers and bringing those together to offer love and compassionate care to our patients."

— **Adam Rothermel, M.D.**
director, Genesis Center of Surgical Excellence

With the addition of nearly 50 new providers in the past two years, Genesis HealthCare System provides access and expertise to serve you well. Our physicians bring new techniques and technologies to Southeastern Ohio. We have surgeons who perform cochlear implants, minimally invasive cardiovascular procedures, complex spine procedures, a wide range of women's health needs and much more. Our focus is on making you better, here, at your hospital.

Better

Genesis HealthCare System is at the forefront of innovative technology, and we are up-to-date on the most current treatments to benefit our patients. Genesis is rated a 4-Star hospital in a national rating system and is the recipient of multiple awards and accreditations. The requirements to earn these accreditations means our staff adheres to strict guidelines and are committed to providing better quality healthcare to make you well.

Our physicians, some of whom earned degrees or completed fellowships at Harvard Medical School and Johns Hopkins University School of Medicine, choose to practice at Genesis. They are highly qualified doctors who are committed to providing superior outcomes.

Leading-edge technologies like physician-assisted robotic surgery, narcotic-free pain pumps and automated laboratory testing, are used to provide exceptional care for you. We invest in making you better.

Begins

Every day at Genesis we're committed to exceeding the expectations of our patients' healthcare experience. Our commitment to you begins at the first encounter with ever-changing ways to improve quality of life and experiences for in- and outpatient care, to help live healthier, fuller lives.

We've made it easier to begin your care. It only takes OneCall and we will make an appointment with a primary care physician to begin the process of establishing your care. If your care requires a specialist, Genesis offers a wide range of services and specialists to diagnosis and provide treatment here, close to your home.

Here

Our care is provided throughout the region, with primary care offices in our communities to make getting better easier, close to where you live and work. As healthcare providers, we take our best qualities – education, training, skills and compassion – and bring them together to provide excellent care. Whether your care is with your family doctor, the Emergency Department, or with one of our specialists, our goal is to make you better. Your healthcare system is closer to home where Better Begins Here.



Matt Perry, Genesis President & CEO, shares the dual meaning for each word in "Better Begins Here," at an Employee Open Forum.

The Meaning of Better Begins Here

There is a dual meaning behind every word of our commitment to you.

Bet-ter \Be-ter\:

1. The health outcome and experience for Genesis HealthCare System patients.
2. The quality of Genesis HealthCare System, our staff and our use of technology.

Be-gins \bi-'gins\:

1. The start of the healing process for Genesis HealthCare System patients.
2. For the Genesis HealthCare System staff, the process begins with the care and compassion we give to every patient.

Here \hir\:

1. The location for comprehensive medical services in Southeastern Ohio provided by Genesis HealthCare System.
2. Each Genesis employee brings their best here, to Genesis HealthCare System, to care for you and your loved ones.



WE'RE HERE FOR YOU

Find Out Where to Get Care

Genesis HealthCare System offers compassionate, quality healthcare through a wide range of services ranging from cancer care to pet therapy. Maybe someone in your family needs outpatient surgery or wants help improving the quality of life in a serious illness. We are here to help. Better Begins Here.

Breast Care Center

For All Your Breast Health Needs

The Genesis Breast Care Center offers convenient appointments with our dedicated breast surgeon and compassionate staff. The center is in the Genesis HealthPlex on Maple Avenue in Zanesville. Mammograms are also available across from the Breast Care Center inside the HealthPlex.

The center is recognized by the National Accreditation Program for Breast Centers and is a designated Breast Imaging Center of Excellence by the American College of Radiology.

A fellowship-trained breast surgeon, general surgeons, medical oncologists, radiation oncologists, radiologists and reconstructive surgeons can diagnose and provide advanced treatment for a variety of cancers and benign breast conditions. For more information or an appointment at the Genesis Breast Care Center, call (740) 454-5221.



Staff from the Breast Care Center are pictured at their office in the Genesis HealthPlex.

Cancer Care Center

WrapAround Cancer Care at Genesis

When you have a cancer diagnosis, you want to find the best treatment. Excellent cancer care is right here at Genesis. From diagnosis to treatment, Genesis Cancer Services offers personalized, comprehensive care to help you experience the best outcomes. With our WrapAround Care, you are at the center of everything we do. Instead of sitting in a waiting room, you and your family are met by a nurse and escorted to a private room where all your caregivers come to you: doctors, nurse navigators, palliative care specialists and therapists.

The Genesis cancer physicians' group was among the first practices in Ohio to be certified by the American Society of Clinical Oncology (ASCO) as a Quality Oncology Practice.

This means our cancer team diagnoses and treats cancer patients based on evidenced-based care, education about your diagnosis and treatment options.



Members of the Cancer Care Services team provide WrapAround care for our family and friends.

Your condition and symptoms are closely monitored, so you get the right treatment at the right time. You can find more information about WrapAround Care at genesishcs.org/cancer.

Hospice Care

Wherever Patients Call Home

What makes Genesis Hospice Care different from other providers? We've cared for families for over 30 years in Zanesville and the surrounding counties. Our comprehensive team includes physicians, nurses, home health aides, social workers, chaplains, bereavement counselors, dietitians and volunteers who care for patients wherever they call home. If home is in assisted living, a long-term care facility or private residence, we make sure our patients have the right medications, treatment supplies and medical equipment, to help them feel better than they did before we arrived. We also ensure their family has a better understanding of how to care for them after we leave.

Genesis Hospice can also provide music therapy, pet therapy, aromatherapy and hospice clowns for visits and birthday celebrations. Genesis Hospice Care is recognized as a Level 4 Hospice for our "We Honor Veterans Program." The program honors our veterans through pinning ceremonies to each patient who is a veteran as a special recognition for their years of service.

Palliative Care

Improves Quality of Life

Our Genesis Palliative Care team provides personalized care for patients with serious and chronic illness to reduce symptoms, increase quality of life, and partner with other care teams to provide comprehensive care. The team focuses on patients' medical issues as well as social and spiritual needs.

Our Palliative Care staff is skilled at discussing goals of care, advanced directives, symptom management and helping patients who have complex needs. The staff cares for those with cancer, COPD, congestive heart failure, ALS, dementia, Alzheimer's, Parkinson's disease and more. The team sees patients in the hospital and in the Genesis Cancer Care Center. Non-cancer patients are seen in the Palliative Care physician's office in the Genesis Physician Pavilion, assisted living facilities and in the patients' private homes. For more information about Genesis Palliative Care, call (740) 455-4925, or go to genesishcs.org.

Surgery Center

Provides Outpatient Care

The center is part of the Genesis Center of Surgical Excellence and provides care for patients from pediatrics to geriatrics. The center is located by Genesis Hospital and has 7 operating rooms, 27 admitting/recovery bays and 3 rooms for special procedures. At the center, you can have gastrointestinal; orthopedic; ear, nose and throat; podiatry, general surgery; and back pain procedures.

The center offers our qualifying surgical patients pain relief through the ON-Q pain pump, an alternative to a narcotic pain reliever that is inserted as a nerve block, providing three to seven days of non-addictive pain relief. The center also offers spinal cord stimulators and endoscopic carpal tunnel surgery for hand pain.



The Hospice Care team is pictured in front of Morrison House, Genesis' free-standing, inpatient hospice facility.

Morrison House, the only free-standing inpatient hospice in our region, is at 713 Forest Ave., Zanesville. For more information about Genesis Hospice Care, call (740) 454-5682, or go to genesishcs.org.



Genesis Palliative Care staff focus on medical issues, along with the social and spiritual needs of our patients.

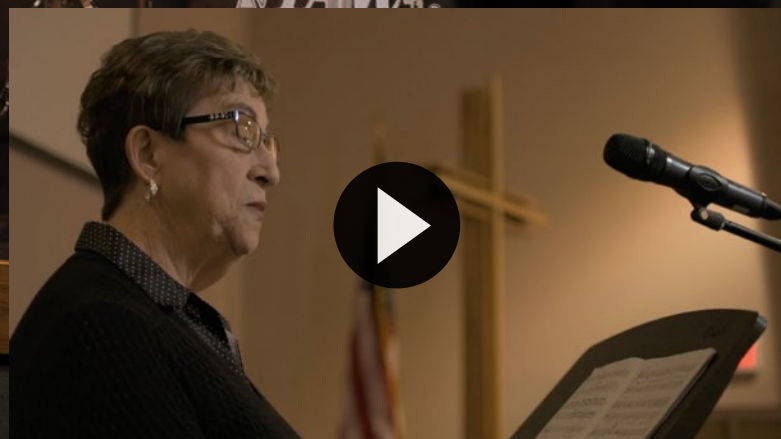


Members of the team at the Genesis Surgery Center provide outpatient surgery care.

SAVING HEARTS AND LIVES

Local Woman Grateful for Life

Shelba Kane, a long-time resident of South Zanesville, casually watched TV while the discomfort grew in her chest. Once the pain forcefully struck between her shoulder blades, she got up and told her husband that she needed to get to the hospital. A sense of urgency flooded over her as nausea, dizziness and cold sweats erupted.



To hear more of Shelba's story click the video above.

Shelba Kane enjoys singing a new song after her life was saved by the expert physicians at Genesis HealthCare System.

The Emergency Medical Services staff arrived quickly and took her to Genesis Hospital – where widow maker heart attacks meet their match. Upon arrival, Brooke Donaldson, M.D., FACEP, emergency medicine specialist, Genesis Emergency & Trauma Services, rushed to Shelba's bedside and began asking questions, but the conversation ended abruptly when Shelba lost consciousness and her heart stopped beating.

"I started compressions immediately, and our team moved her to a major medical resuscitation room," Dr. Donaldson said.

Extreme Care for Extreme Heart Attacks

Shelba's situation was grave. She went into cardiac arrest four times and received three electric shocks to restore her normal heart rhythm. The dire situation was caused by a blockage that completely stopped blood from flowing to her left anterior descending artery (LAD). Known as the deadliest kind of heart attack, the widow maker strikes suddenly – and despite its name, the attack can occur in men as well as women.

Dr. Donaldson and her quick-acting emergency team were able to resuscitate Shelba and transport her to the cardiac catheterization lab, where Abdulhay Albirini, M.D., medical director and interventional cardiologist, Genesis Heart & Vascular Services, and his team aimed to re-establish proper blood flow – and fast.

"With heart attacks, time is crucial," Dr. Albirini said. "The LAD supplies blood to more than 50 percent of the heart muscle, and Shelba's was 100 percent obstructed. If patients receive care quickly after the onset of symptoms, we have greater chances of restoring blood flow and saving the heart muscle."

Dr. Albirini opened Shelba's blocked blood vessel by dilating a balloon in her LAD. He then carefully placed two stents that permanently prop open the artery. "It's definitely a life-saving procedure in acute heart attacks," Dr. Albirini said.



Skills to Save Lives

For Shelba, the expert care at Genesis proved to be life-saving and absolutely inspiring. "I feel like I had a miracle," Shelba said. Though Shelba sees it as a miracle, the Genesis team sees it as their daily routine. Genesis' skilled hospital professionals care for, on average, 120-130 patients experiencing acute heart attacks each year; with the majority suffering from 100 percent blockage of one of the heart's three main arteries. Since heart disease holds strong as the leading cause of death among men and women, it's comforting to know that outstanding emergency and cardiology care is close to home.

"It's too bad that we see so many people with heart attacks, but at least we can do something about it – we have the skills, experience and technologies to help these patients," Dr. Albirini said. "There is nothing more gratifying than seeing a patient who survived a heart attack say, 'You saved my life!' It's wonderful."

Dr. Donaldson agrees. As a Genesis Emergency Department (ED) physician, she stabilizes patients but rarely knows the long-term results of her patients' progress. That's why, when Shelba returned to Genesis' ED to express thanks to team members who kept her alive, Dr. Donaldson felt overcome with emotion.

"It was probably one of the most gratifying and humbling experiences I've had – to see her walking and talking with her family, to see her back to the person she was before," Dr. Donaldson said.

"I feel like I had a miracle."

— Shelba Kane

Healing Hearts

Thanks to procedures in the catheterization lab and four days of care at Genesis Hospital, Shelba's body rallied. Her vitals improved steadily, her blood flowed properly, and she went home to continue her healing. Today, Shelba makes heart health a major priority. To nurture her healing heart, Shelba cherishes time with family and sticks with revolutionary changes in her diet.

"I cut out all junk," Shelba said. "I switched to a lower sodium and lower fat diet, and I'm eating more fresh fruits and vegetables. I have more energy now, and I feel stronger." Looking back, Shelba's heart bursts with gratitude for the Genesis team.

"They're wonderful. My daughter said she's never seen anything like the care I got and how hard they worked to keep me alive. Dr. Donaldson saved my life, as did Dr. Albirini (and I think he's one of the best doctors Zanesville has to offer). They were SO good, it's hard to put into words," Shelba said.

Abdulhay Albirini, M.D. Interventional Cardiology
Brooke Donaldson, M.D. Emergency Medicine

HAPPENINGS



Shon Bender, chief nursing officer, Genesis, signs a rose vial that was included on the 2019 Donate Life Rose Parade® float.

Genesis Was a Part of the Tournament of Roses Parade

What could possibly be better than the Buckeyes winning the Rose Bowl? Having Genesis represented in the Tournament of Roses Parade in Pasadena, California, Jan. 1. A rose vial, signed by Shon Bender, chief nursing officer, was included on the 2019 Donate Life Rose Parade® float. Lifeline of Ohio purchased the vial as a token of gratitude for Genesis Hospital's role in organ, eye and tissue donation.

For more information about organ donation, go to genesishcs.org. To register to become a donor, go to lifelineofohio.org.



Genesis HealthCare System Leader Recognized

Dianna LeVeck, chief administrative officer for Genesis HealthCare System, was recently awarded the Sister Martin Flavin Franciscan Ministry Award for her loyalty, dedication and commitment to the mission of sponsored ministries. Genesis is sponsored by the Franciscan Sisters of Christian Charity, an organization dedicated to providing quality healthcare and educational services.

LeVeck has been with Genesis for over 30 years. In 2013, she was named chief human resources officer and in 2018 named chief administrative officer.

Genesis Named Most Wired

Genesis HealthCare System's Information Technology (IT) Department was acknowledged as one of the Most Wired® hospitals by the College of Healthcare Information Management Executives (CHIME). A survey of hospitals nationwide was conducted by CHIME to see how organizations are using information technology. Genesis is one of 246 of the most successful healthcare organizations that adopt technology and apply it strategically to maximize quality and safety for patients.

Healthcare's Most Wired, now in its 20th year, reported that Most Wired hospitals are using technologies for security, disaster recovery and telehealth. You can find more information about the Most Wired award at genesishcs.org.



Shown left to right are Heath Williams, director, Genesis Emergency Services; Jason Adams, manager, Genesis Perry County Emergency Department; and James Neuenschwander II, M.D., emergency medicine physician at Genesis.

Genesis Perry County Medical Center Receives Proclamation

The Genesis Perry County Medical Center (GPCMC) was presented with a letter of special recognition from the Ohio House of Representatives and signed by Rep. Larry Householder.

The recognition honors the location's grand opening and the center being, "Staunchly committed to caring for the health and well-being of the community," according to the proclamation. The GPCMC in Somerset includes the only full-service emergency department in Perry County and provides treatment 24 hours a day, 7 days a week.



A Pink Challenge Photographer Dyes Hair

Chris Crook, a photographer for the *Zanesville Times Recorder*, raised \$2,000 for patients of the Genesis Breast Care Center during October, National Breast Cancer Awareness Month. Crook challenged *Times Recorder* readers to donate to the center, and upon reaching his \$2,000 fundraising goal, he honored his pledge to dye his hair bright pink.

Chris Crook, *Zanesville Times Recorder* photographer, second from right, presents a \$2,000 check to Shannon Hanley, M.D., breast surgeon, center, for patients of the Genesis Breast Care Center. Also attending the presentation were (left to right) Erin Kennedy, practice manager, Breast Care Center; Jerry Nolder, executive director, Genesis HealthCare Foundation; and Jodi Lee, director, Genesis Cancer Services, Hospice and Palliative Care.



Pictured left to right is Genesis Heart & Vascular Services' Tabitha McKenzie, director; Abdulhay Albirini, M.D., interventional cardiologist; and Cathy Sorensen, chest pain coordinator.

Portable Defibrillators Presented to Local Organizations

Genesis HealthCare System partnered with the Zanesville-Muskingum County Health Department to present six automated external defibrillators (AEDs) to area schools and athletic fields throughout the community. The first AED was presented to North Terrace Christian Preschool. Genesis also announced the donations of AEDs to Bishop Rosecrans School System, West Muskingum School System, Morgan Local Schools Youth League and the Muskingum County Fairgrounds.

The donations are a part of our outreach efforts as we pursue our fourth Chest Pain Center Accreditation with percutaneous coronary intervention (PCI). This accreditation recognizes that Genesis has dedicated interventional cardiologists and emergency personnel trained in rapid response and treatment of heart attacks.

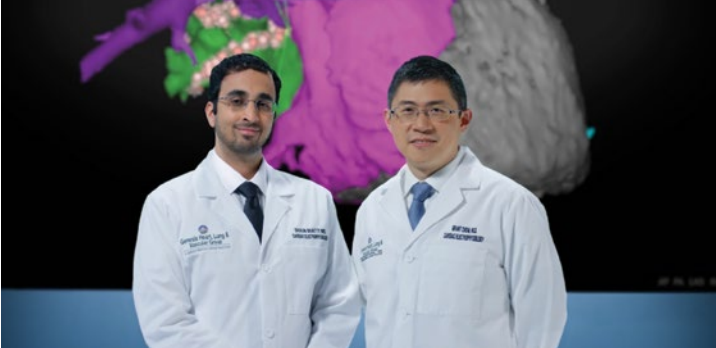


Medical technologists are shown by the new equipment that uses technology to assist with sorting and testing in the Genesis Laboratory.

Genesis Lab Uses the Latest Technology

The Genesis Hospital Laboratory's newest equipment is an automated system that helps ensure accuracy. Using robotic arms and a specimen transport track, up to 300 tubes of blood can be automatically transported to analyzers for testing ordered by each patient's physician.

Each tube can have up to 30 tests performed. After testing, the tubes are safely stored for four days, so more tests can be performed on the stored specimens if necessary.



Heart Physicians Here for You

You'll be seeing commercials showcasing the complete heart care available here at Genesis. The first spot features Shaun Bhatti, M.D., electrophysiologist (on the left), and Grant V. Chow, M.D., electrophysiologist (above), discussing the 3D heart mapping technology the electrophysiology team uses to treat heart rhythm disorders. Our team of cardiac specialists are committed to providing better experiences and better outcomes whether you need open heart surgery, nutrition counseling or something in between. You can learn more about Genesis Heart & Vascular Services at genesishcs.org/heart.



Amy Duffy, Genesis Endocrinology, shares information at the Spirit of Women event.

Food for Thought: Cooking Healthy and Managing Stress

Food for Thought, a free Spirit of Women event held in 2018, had more than 155 participants. Attendees had the opportunity to see cooking demonstrations by a local chef and enjoy samples; have free health screenings; and had the chance to win door prizes. Jay Patel, M.D., Genesis endocrinologist, presented how to successfully handle the stress of managing diabetes, a chronic illness.

For information about Spirit of Women events this year, visit the Genesis website at genesishcs.org/about-us.

2503 Maple Ave., Suite A
Zanesville, OH 43701

LiveWell

LiveWell is a quarterly publication of Genesis HealthCare System for members of our community.

If you would like to be added to or removed from the *LiveWell* mailing list, contact:

Genesis HealthCare System
Marketing & Public Relations
2503 Maple Ave., Suite A
Zanesville, OH 43701
(740) 454-5913

Email slacy@genesishcs.org
You can also find *LiveWell* on the Genesis website at genesishcs.org.

Stay up to date on what's happening at Genesis between editions of *LiveWell*. Sign up for our quarterly email highlighting events, physicians, new programs or technology at genesishcs.org/email.

Matthew J. Perry
President & CEO

Kelley Daspit, APR
Director, Marketing &
Public Relations

Editor/Writer
Susan Davis

Writers
Suzanne Kridelbaugh
Jessica Poe
Scott Rawdon

Design/Photography
Dustin Lyons
Kasey MacLaine
Todd Yarrington –
Yarrington Studios

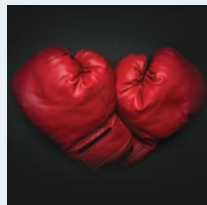
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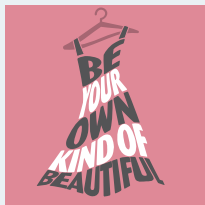
Spirit of
Women®

EVENTS 2019

SAVE THE DATE



**Your Best Defense
Against Heart Disease**
Thursday, Feb. 21 • 5:30 p.m.
OUZ/Zane State
College Campus Center



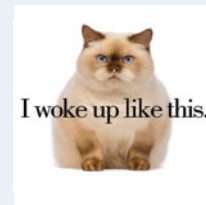
**Girls' Night Out:
Be Your Own Kind
of Beautiful**
Thursday, April 18 • 4 p.m.
Pritchard Laughlin
Civic Center, Cambridge



**Know Before You Go – What to
Do When Illness Strikes**
Thursday, May 16 • 5:30 p.m.
Genesis Somerset Family Practice
103 Public Square, Somerset



**The Other Big Cs –
Cancer Awareness**
Thursday, Oct. 24 • 5:30 p.m.
OUZ/Zane State
College Campus Center



**I Woke Up Like This: Weight
Management Over Age 50**
Thursday, Nov. 14 • 4 p.m.
OUZ/Zane State
College Campus Center

Registration for these events opens one month in advance.