

LiveWell

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Genesis
HEALTHCARE SYSTEM

Better Begins Here



BEING THERE FOR YOU

"Hard times define one's character" is a quote by author Ken Poirot. After two long years of COVID-19, I am in awe of the Genesis team. They continue to work long hours in the most difficult of circumstances and sacrifice time with loved ones they will never get back. They do all of this to care for each patient in their time of greatest need. They accepted the challenge and sacrifices and the emotional toll of caring for patients and families struggling with COVID-19.

The heartbreaking truth is most of the suffering from COVID-19 can be avoided by getting the vaccine. The facts are clear. In 2021, almost 1,500 patients were hospitalized at Genesis with COVID-19. Of those patients, 80% were unvaccinated.

If everyone gets vaccinated, it will prevent so much human suffering and truly support our team and our community. It is the fastest and safest way to get this virus out of our lives. So, for the sake of you, your family, friends and ne

Providers making a difference

On the following pages, you will meet new physicians who chose Genesis so they can care for this community. You will also learn how our doctors are using advanced robotic-assisted technology to improve care and extend and enhance the lives of community members.

Advancing healthcare

We are happy to announce that our new Genesis Orthopedic Center is now open. This facility offers board-certified and fellowship-trained surgeons, a Walk-in Clinic, onsite therapies, imaging and more. In addition, our new Northside Pharmacy will open by late winter 2022 and will be Muskingum County's only 24/7 pharmacy.

Thank you

The last couple of years has been very challenging. Everyone at Genesis is grateful for the support the community has shown. The signs in the parking lots, the well-wishes on social media help raise our spirits at the end of a hard day. We have come this far together, and together we will get beyond COVID-19.

Thank you, and we wish everyone the best of health.

 | Matthew J. Perry
President & CEO

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WELCOME NEW PHYSICIANS



Doctor of Medicine:

Saint James School of
Medicine in Anguilla

Family Medicine Residency:

AMITA Health Saints Mary
and Elizabeth Medical
Center in Chicago, Illinois



Doctor of Medicine:

Saint-Joseph University in
Beirut, Lebanon

Board-certified: Pulmonary,
critical care and sleep medicine

Sleep Medicine Fellowship:

The Medical College of Ohio,
The Toledo Sleep Disorders
Center in Toledo, Ohio

Pulmonary Critical Care Medicine Fellowship:

SUNY Upstate Medical
University in Syracuse,
New York

Internal Medicine Residency:

Cleveland Clinic Health System
in Cleveland, Ohio

Abdul Dada, M.D.

Genesis Primary Care

"Medicine is changing from a physician to a patient-centered approach," said Abdul Dada, M.D., who joined Genesis Primary Care as a family physician in September. "We now ask patients for input on their treatment," he said. "This is a great way to practice because if patients are reluctant to do something the physician tells them, they may not do it. However, if patients are involved in the medical decision making, they will be more inclined to do what helps them."

Dr. Dada chose family practice because it covers the entire scope of medicine. "This is the type of medicine I want to be a part of," Dr. Dada said. "I want to be a physician who can treat any patient with any problem. Typically, primary care physicians can treat most patients' problems."

"A common misconception about what I do is that I just prescribe medications and tell people to go on about their day," Dr. Dada said. "This is not how family medicine works. We are in a field where communication and working together is of utmost importance." He said rarely does a patient arrive, tell him his or her symptoms and leave the office with a prescription. "During visits, I talk to the patient about things they may be going through to get to know them better," Dr. Dada said.

Dr. Dada enjoys playing basketball in his free time. "I try to play three or four times a week, and I'm in a league right now," he said. "I also enjoy spending time with my family and friends. I could be doing anything and enjoy it as long as I am with the people I love."

Dr. Dada is located at Genesis Primary Care, 1210 Ashland Ave., Zanesville and is accepting new patients. His office phone number is 740-454-0370.

Dany Abou Abdallah, M.D.

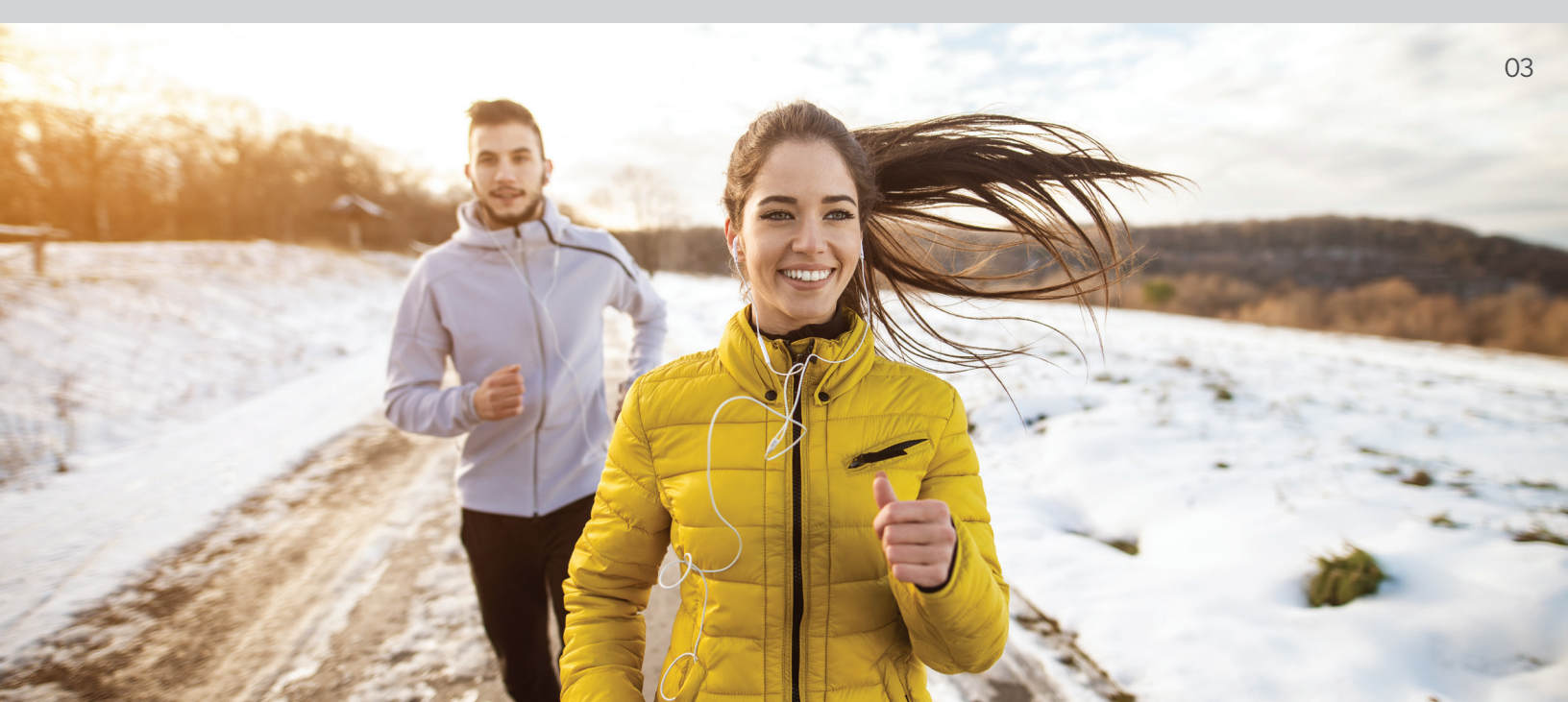
Pulmonary/Critical Care Medicine

A good night's sleep is critical, according to Dany Abou Abdallah, M.D., who joined Genesis Pulmonary & Critical Care Specialists in September. Most Americans are sleep deprived; however, Dr. Abou Abdallah said studies strongly support the potential dangers of sleep deprivation on cognition and work performance. Unfortunately, taking a nap will not solve sleep deprivation. "The best resolution for lack of sleep is to have a restful and regular sleep-wake schedule," he said.

The field of critical care medicine and its disciplines fascinated Dr. Abou Abdallah during his training in internal medicine. He chose pulmonary medicine as his second specialty so he could treat critically ill patients whose condition affects their respiratory systems. "My background in pulmonary medicine enables me to treat patients who have acute lung diseases and manage those who have chronic respiratory diseases," Dr. Abou Abdallah said.

"I chose to specialize in sleep medicine after I noticed sleep or lack of sleep can affect my patients' chronic lung diseases or vice versa," Dr. Abou Abdallah said. The field of sleep medicine is quite extensive and encompasses other sleep-related conditions such as insomnia and narcolepsy.

"My best time is spent around my wife and two young boys," Dr. Abou Abdallah said. His hobbies include skiing, jogging, soccer and ping-pong. Dr. Abou Abdallah brings more than 20 years of experience to Genesis. He is located in the Genesis Pulmonary/Critical Care Specialists office, 945 Bethesda Drive, Suite 260, Zanesville. The office phone number is 740-586-6888. Dr. Abou Abdallah is accepting new patients. A referral is required.



NEW YEAR, NEW YOU?



Dr. Megan Miller's tips for weight loss

It's that time of year when we recently made resolutions to lose or maintain weight. Is a New Year's resolution the best way to manage weight? Megan Miller, D.O., Genesis Primary Care, gives us an answer and provides tips to help us achieve our weight goals.

New Year's resolutions

New Year's resolutions are a great way to encourage change but making a resolution to lose weight isn't always a good idea. Focusing on weight can result in giving up on the resolution easily when results aren't seen. I encourage patients to refocus their goals towards daily attainable feats. Ideas include eating more fruits and vegetables, drinking more water (instead of sugary drinks), or being more active.

Fad diets and more

Extreme fad diets are rarely sustainable over the long term. I encourage patients to make changes to their eating habits that they can maintain forever. Even subtle changes will result in gradual weight loss over time. I encourage the concepts of intermittent fasting and low carbohydrate diets. A simple form of intermittent fasting would be to limit the hours of the day when you eat. For the best results, make it earlier in the day. For example, eat between 7 a.m. and 3 p.m. or even 10 a.m. and 6 p.m. Then fast the rest of the day.

For low carbohydrate diets, focus meals around lean meats like chicken, fish or lean beef and choose fresh vegetables. Avoid pastas, breads and potatoes. Shifting your food choice at meals will help you make small changes that can result in weight loss over the long run.

Nutritional plan

A balanced nutritional plan is important when trying to lose weight. Pay attention to portion size. Portions smaller than the size of your palm for meat servings and smaller than the size of your fist for most other foods are best. You also want to eat whole foods rich in natural vitamins and antioxidants, which are important for maintaining a healthy body.

Exercise

Daily exercise is important to be healthy and aids in weight loss when you are also following a healthy diet. I recommend 30 minutes of exercise every day. Cardio-type exercise is preferred. For those who are just starting out on an exercise program, a brisk 30-minute walk is the easiest way to get started. After some time, as you become more in shape, increasing your pace (even jogging) will help increase cardio intensity. Incorporating yoga, Pilates or some simple stretching in between workouts helps reduce stress and increase flexibility. These are important for overall health.

Keeping the weight off

If you want to maintain your current weight, be consistent. Try to get the same amount of sleep and drink plenty of water daily. Carve out your 30 minutes of exercise and focus on making good food choices. Try to eat early in the day. Also take time to relax and reduce stress each day.

Consult your physician

If you are considering drastically changing your eating habits or starting an exercise routine, I recommend consulting your physician first.

HEART PATIENT ADVISES NOT TO WAIT IF SOMETHING SEEMS UNUSUAL

At first, it seemed like any other day. Karl Kirby, age 57, of Zanesville, had just finished doing laundry. And while he felt fine when he woke up that morning, as the day wore on, he began to feel worse.

"I had chest pain, and I was sweating profusely," said Karl. "Then I realized I hadn't eaten all day. I figured maybe I just needed some food."

Karl ate a sandwich, but it help how he felt. So, he sat down to watch TV, thinking maybe he was tired and needed to relax.

That didn't help either. He was running out of options and finally went to the bedroom to lay down. When his wife saw him, she was worried and asked, "Are you okay?" Karl realized he wasn't, so they drove to the hospital.

EKG detects a STEMI

When they got to the Emergency Department (ED) at Genesis HealthCare System, the care team immediately attached small electrodes to Karl's arms, legs and chest to perform an electrocardiogram, also called an EKG or ECG, a device that monitors the heart.

"His EKG showed changes that suggested an acute heart attack," said Alaa Gabi, M.D., Fellowship-trained Interventional Cardiologist at the Genesis Heart & Vascular Institute, who oversaw Karl's care. "This is also called an ST elevation myocardial infarction or STEMI."

Balloon and stent procedure

Next, the care team rushed Karl to the Genesis cardiac catheterization lab (cath lab). Heart specialists can perform a full range of minimally invasive tests and advanced heart procedures using the most current imaging technology in the cath lab. This allows the doctors to diagnose and treat blockages and other problems in the arteries without patients undergoing surgery.

In the cath lab, Dr. Gabi placed two stents in Karl's arteries, which opened the blockages causing the heart attack. The procedure involves inserting a tiny balloon into the blocked artery and then inflating it. Next, a stent (small mesh tube) was inserted to keep the artery open.

"Dr. Gabi called my condition a STEMI. At the time, I didn't know what that meant. But now I know it's the second most deadly heart attack," said Karl. "As soon as the stents were placed, I felt normal again. There was no more chest pain."

Don't DIY your trip to the ED

When asked if he has any words of wisdom for others who might be experiencing chest pain or symptoms, Karl advises, "Do not drive yourself to the hospital. Call an ambulance. I learned after this happened to me – they have resources in the ambulances that can help until you reach the hospital."

Top-notch and A #1

After Karl's procedure, his care team recommended he go to the Genesis Heart & Vascular Cardiac Rehab Center to strengthen his heart. Karl began a program working on a treadmill and several other exercise machines. Karl explained he started using the machines for three minutes at a time, three times a week, then gradually worked up from there.

"It was awesome. The rehab group was top-notch, A #1. It really helped,"
said Karl.



Alaa Gabi, M.D.
Fellowship-trained
Interventional Cardiologist
Genesis Heart & Vascular Institute

Karl Kirby relaxes with his dogs after Alaa Gabi, M.D., treated him for a heart attack.

NOW OPEN NEW GENESIS ORTHOPEDIC CENTER

The new Genesis Orthopedic Center opened in December 2021 at 2904 Bell St., Zanesville. Now all Genesis orthopedic providers are in one location. This makes it easier and more convenient for patients to receive high-quality orthopedic care.

All orthopedic providers in one place

- Board-certified orthopedic surgeon specializing in joint replacement surgery
- Orthopedic surgeons fellowship-trained in hand surgery
- Board-certified and fellowship-trained orthopedic sports medicine and shoulder surgeons
- Board-certified and fellowship-trained sports medicine/physical medicine and rehab physician
- Advanced practice providers
- Athletic trainers
- Physical and occupational therapists

Appointments not needed for Walk-in Clinic

The Genesis Orthopedic Walk-in Clinic is also in the new Orthopedic Center. If you have a minor injury like a sprain, strain, muscle pull or injured finger, the Orthopedic Walk-in Clinic is a great resource to save you a trip to the Emergency Department. Appointments are not needed. The Genesis Orthopedic Walk-in Clinic is open Monday through Friday from 9 a.m. to 4 p.m.

Therapies and imaging on-site

Need an X-ray when seeing a provider? We have it here. Prescribed physical or occupational therapy after surgery or for an injury? No need to go elsewhere. It's all at the new Genesis Orthopedic Center.

To make an appointment with an orthopedic provider at the Genesis Orthopedic Center, call 740-586-6828. A physician's referral is not needed.



MOVING FORWARD WITHOUT KNEE PAIN

Read Nancy's story on page 8 »





Moving forward without knee pain continued

With both knees gnarled by arthritis, Nancy Walsh knew that if she wanted to lead an active life, she’d need two total knee replacement surgeries. She also wanted the procedures done at Genesis HealthCare System. The one thing she wasn’t sure about centered on timing. How could she overcome the pain and get back to life in the least amount of time possible?

“The pain just kept getting worse, and I knew it wasn’t going to get better. I had put off surgery for years, and it got so that I couldn’t walk down the hall without crippling pain – and that’s even with my high pain tolerance,” Nancy said. “So, I decided it was time to put my best foot forward. Once I made that decision, I wanted to act quickly.”

Nancy scheduled an appointment with Corey Jackson, D.O., Board-certified Orthopedic Surgeon at the Genesis Orthopedic Center. Not only had she heard positive reviews about him, but he had removed fluid from her knee months earlier. During that initial interaction, Nancy appreciated how Dr. Jackson answered her questions and thoroughly explained her knees’ deterioration.

Now that Nancy felt ready for surgery, she hoped for a speedy path to healing. She asked Dr. Jackson about operating on both knees the same day, but for safety precautions, he suggested scheduling her surgeries at least two weeks apart.

“Typically, if someone needs both knees replaced, we schedule them three months apart. That said, I listen to and work with our patients to best meet their desires and provide optimal results. So, as long as Nancy’s first knee healed smoothly, I felt good about performing the second total knee replacement surgery on a tighter-than-normal schedule,” Dr. Jackson said.

Things did go smoothly. With each procedure, Dr. Jackson utilized advanced navigation technology to ensure precise placement of Nancy’s knee replacement components. Then, during the recovery stages, Nancy fully committed herself to physical therapy.

“I believe my knees are working so well because of Dr. Jackson’s skill in placing them and how the physical therapy team helped me push through recovery. I have no pain. I run around all day, and I’m ok! I returned to work just five weeks after my second surgery, and I’m fully enjoying life. It’s amazing,” Nancy said. Dr. Jackson agrees that Nancy’s results are fantastic.

“She had terrible knees, riddled with severe arthritis. They were as bad as they could be. It’s incredibly rewarding to see Nancy now. She’s a prime example of why our Genesis Orthopedic Center exists – to help our community members overcome orthopedic challenges and get back to the things they love,” Dr. Jackson said.

With her new knees and fresh future, Nancy is dreaming of travel adventures for her upcoming retirement years. She looks forward to walking and cruising around the world without knee pain.



Corey Jackson, D.O.
Board-certified Orthopedic Surgeon
Genesis Orthopedic Center



Nancy Walsh can move pain-free after Corey Jackson, D.O., replaced both of her knees.

MUSKINGUM COUNTY'S ONLY 24/7 PHARMACY

A new Northside Pharmacy is coming soon to 721 Taylor St. in Zanesville. It will be Muskingum County's only 24/7 pharmacy, giving you round-the-clock access to a pharmacist to fill or refill prescriptions and answer your medication questions.

The new pharmacy will have goods and over-the-counter medication for purchase during typical store hours. Easy drive-through access and plenty of parking will make this new location a convenient customer experience.



For more information on Northside Pharmacies, go to northsiderx.com.

THE PERFECT CUP OF TEA

Preparing the perfect cup of tea can take practice. Especially because there are so many types of tea and ways to prepare it. Follow the steps below and enjoy.

Green Tea – Add a tea bag or leaves just as the water begins to boil. Steep for 3 minutes uncovered. Don't add anything for a refreshing tea flavor.

Black Tea – Add a tea bag or leaves when the water arrives at a full boil. Steep for 5 minutes covered. Add a little honey, milk or lemon to taste.

Oolong Tea – Add a tea bag or leaves when the water arrives at a full boil. Steep for 3 minutes covered. Oolong is the perfect tea for adding a citrus flavor like lemon or orange.

White Tea – Add a tea bag or leaves when the water is just under a boil. Steep for 2 minutes uncovered. White tea is best when enjoyed plain. The addition of milk, sugar, lemon or any spice is disruptive to its delicate tea flavor.

Herbal Tea – Add a tea bag or leaves when the water arrives at a full boil. Herbal tea can steep forever unless it contains a tea listed above. Enjoy plain. Adding a little honey for root herbal teas can improve the taste but will add calories.

Tips: Use bottled, freshly drawn filtered water. If you use tap water, let it run for 10 seconds before use for fresher taste. Use one tea bag or one level teaspoon of loose tea per serving. Once the tea is ready, remove the bag or leaves to avoid excessive brewing that would cause a bitter taste.





Robotic-assisted technology diagnosed cancer earlier to improve the outlook for Shelly Grafton.



ROBOTIC TECHNOLOGY MAKES HARD-TO-REACH LUNG BIOPSIES POSSIBLE

Doctors intended to use Shelly Grafton’s abdominal CT scan to discover the root of her stomach pain. While the results led to a hernia repair surgery and the removal of her gallbladder, the image also revealed something unexpected: a suspicious, small spot on the lower lobe of her left lung.

“When I learned about that spot on my lung, I felt devastated. I wanted the best and quickest help I could get, and that’s what I received at Genesis,” Shelly said.

Shelly’s tiny abnormality measured only 3 mm at the time of the CT scan (slightly wider than the tip of a crayon), which is too small to biopsy, but over a year, it grew to 10 mm (the size of a pea), the minimum size to biopsy. So, Emily Brawner, D.O., F.C.C.P., Pulmonary/Critical Care Medicine at Genesis HealthCare System, recommended gathering more

information using the Monarch robotic-assisted bronchoscopy. This advanced technology allows physicians to access small lung nodules in hard-to-reach places.

“The Monarch platform provides more stability and better visualization and precision. So, not only do we have a better chance of accessing hard-to-reach areas within the lung, we have a better chance of getting information and answers for our patients,” Dr. Brawner said.

Lung cancer ranks as the deadliest cancer. The sooner and more accurate the diagnosis, the earlier treatment can begin, and the better prognosis for patients. With that in mind, Genesis invested in the innovative Monarch platform, becoming the second hospital system in Ohio to offer patients the technology.

Dr. Brawner used the Monarch technology in conjunction with another advanced bronchoscopy platform to perform two bronchoscopy techniques to assess Shelly’s lung. The Monarch electromagnetic navigational robotic-assisted bronchoscopy helped Dr. Brawner access and take nodule samples. At the same time, an



Emily Brawner, D.O., F.C.C.P.
Pulmonary/Critical Care Medicine
Genesis HealthCare System

endobronchial ultrasound (EBUS) allowed for lymph node samples from the chest. For Shelly, biopsies from this combined procedure revealed cancer.

“I was nervous and upset when I learned the diagnosis. However, Dr. Brawner held my hand and helped me feel safe like whatever happened, she would take care of it. She was very compassionate,” Shelly said. “After the diagnosis, Dr. Brawner sent me to a medical oncologist and a radiation oncologist at the Genesis Cancer Care Center. Everyone is wonderful there. You don’t feel like you’re being treated for cancer. You feel like you’re there for an appointment.”

At the Genesis Cancer Care Center, Shelly underwent chemotherapy five days a week for six weeks and then radiation therapy three times a week for another six weeks. For the next year, she’ll undergo a monthly immunotherapy session. Shelly says the treatments have shrunk and shriveled the tumor, and she feels grateful for such incredible close-to-home care.

“For me, Genesis was the only place to go. It’s near enough to my home, the facilities feel light, bright and cheery and so are the nurses and everyone who works there. I had always heard the treatment was good there, and it is.” Shelly said.

EXERCISE YOUR MIND BY READING

Taking care of your physical health is important, but so is caring for your brain. So, give your body a rest and work out your mind tonight. Lift a few words, run through paragraphs and stretch your way through a chapter. Reading can benefit your health in multiple ways.

Want to learn more? Take our quiz and start your workout without the smelly gym clothes.

Reading can help your memory.

True
False

True. Reading can slow the loss of memory by 32%, according to a 2013 study on neurology.org, when done regularly.

Reading can increase empathy.

True
False

True. Research on science.org from 2013 states reading, especially literary fiction, can help you understand and relate to others.

Reading can reduce stress.

True
False

True. A 2009 Sussex University study indicated that reading can reduce stress by up to 68%. According to the research, it doesn't matter what you read as long as it captivates you.

Reading can help you sleep.

True
False

True. The National Sleep Foundation recommends replacing electronic screen time with a book with paper pages 30 minutes before going to bed. Reading a traditional book can have the opposite effect of cell phones that expose you to blue light, which will help keep you awake at night. However, choose your book carefully. Some thrillers might keep you awake past bedtime.



JULIA PINGLEDIS, APRN-CNP
Genesis Primary Care



BACK SURGERY ENDS YEARS OF PAIN

When it comes to growing older, Ernie Decot of Junction City says, “Just bite it, chew it and keep on going.” The endearing adage helped him smile and push through back pain that increased little by little over many years. Yet even with his positive, can-do attitude, Ernie’s pain grew unbearable, and he realized he needed medical help.

“One Sunday, after building some stairs to my deck, I hurt like I never hurt before. I had a lot more pain and a lot less movement. I couldn’t sit down. I could hardly get in the car the next morning to go to the Emergency Department,” Ernie said.

Once at Genesis Hospital’s Emergency Department, Ernie underwent X-rays and a CT scan. The results revealed a spine problem, and Ernie was introduced to a physician who could fix it – Nathan Amor, D.O., Board-certified Neurosurgeon at the Genesis Neuroscience Center.

“When I met Ernie, he was significantly disabled by the severe pain that radiated from his back down his legs. Some of his joints had cracked and shifted, and the nerves on the side of his spine were being pushed and irritated. So, I told Ernie about a surgery that could help alleviate that pain,” Dr. Amor said.

Ernie felt hopeful and confident as Dr. Amor explained the posterior lumbar interbody fusion (PLIF) procedure, which would fuse defected vertebrae segments to stop painful motion.

During the surgery, Dr. Amor removed Ernie’s abnormal and shifted joints. He also uncovered the agitated nerves so they wouldn’t be compressed or irritated and used computer navigation for precise placement of screws, spacers and rods to sustain correct alignment and proper healing.

“This surgery took care of things that had bothered me for years,” Ernie said. “I used to hunch over. I can stand up straight now. It feels so good. I can also walk straight now. There was only one way to fix my back, and that was corrective surgery. I’m thankful there was a way and that we have Genesis so close.”

After a few days recovering at Genesis Hospital and six weeks recovering at home, Ernie returned to his work at a concrete factory with more pep in his step and less pain in his back.

“No one wants to live in pain, no matter how old or ill they feel. If there’s something we can do to alleviate pain and suffering, and it’s safe for all involved, then we are going to do it,” Dr. Amor said.



Nathan Amor, D.O.
Board-certified Neurosurgeon
Genesis Neuroscience Center



**Ernie Decot can stand tall after
Nathan Amor, D.O., treated
him for back pain.**



THE EASIEST WAY TO SHOW YOUR VACCINATION RECORDS

Are you thinking about flying to your next vacation destination? Maybe you're ready to go to a concert? As COVID-19 continues, many social situations require proof of a vaccine to participate.

With the MyChart app on your phone, you have quick access to your vaccination records, which takes away the risk of being denied access to an event or venue because you lost your vaccine card. MyChart even provides a QR code that you can download to prove your vaccination status without logging into the app.

To find your status within MyChart, log into the MyChart app, click "Menu," and look for the COVID-19 virus icon.

MyChart signup

It's quick and free to sign up for MyChart. In addition to using it to show your vaccination status, you can view test results, have a video visit with your provider, request medication refills and much more.

To get started today:

- Download the MyChart app from the Apple App Store or Google Play or go to mychart.genesishcs.org
- Click on "New user activation" and follow the easy instructions



If you haven't received your vaccine yet, or are ready to get your booster, go to genesishcs.org/vaccine.

FORGETFULNESS AND AGING: WHAT'S NORMAL AND WHAT'S NOT?

Nonebody forgets things once in a while, but if you notice this is a test it happening more frequently, is it cause to worry? According to the Alzheimer's Association, there is growing evidence you can reduce the decline in cognitive skills, which include the process of remembering, reacting and understanding, with lifestyle habits such as:

- Regular cardiovascular exercise that elevates your heart rate
- Formal education, at any stage of life, helps your mind
- Stop smoking
- A healthy diet, one low in fat and high in fruits and vegetables
- Plenty of sleep
- Involvement in social activities that are meaningful to you
- Activities that challenge your mind, like games, puzzles or a building project

What's the difference between normal, age-related forgetfulness and a serious memory problem? There are signs to help determine the difference. Typical age-related changes include:

- Sometimes forgetting names or appointments but remembering them later.
- Sometimes having difficulty finding the right word.
- Misplacing things from time to time and

retracing steps to find them.

Signs to watch for that might go beyond the typical age-related changes include:

- Memory loss that disrupts daily life and repeating the same questions.
- Having trouble naming a familiar object, joining a conversation or repeating words.
- Placing items in unusual places or go so far as to accuse others of stealing, especially as the disease progresses.

If you, a family member or friend has problems remembering recent events or thinking clearly, talk with a doctor. He or she may suggest a thorough checkup to see what might be causing the symptoms.



EVEN WANG, M.D.
Genesis Neurology Group



Overnight — Oats —

Prep time: 5 minutes
Serving size: 1 16-ounce jar
Calories: Approximately 350

ingredients

½ cup oats, rolled
¼ cup of low-fat yogurt
½ cup low-fat or skim milk
2 tablespoons nuts of choice
1 tablespoon chia seeds
1 teaspoon cinnamon, ground
1 teaspoon honey

strawberries,
chia seeds &
bananas

peaches &
almonds

raspberries &
almonds

★ watch recipe
video here



Step 1

Add a ½ cup of old-fashioned, rolled oats and ¼ cup of low-fat yogurt to a 16-ounce jar with lid.

Step 2

Fill the jar with your choice of milk until the oats are covered. Low-fat, soy, coconut, almond and oat milk all work.

Step 3

Layer in your favorite toppings. Ideas include almonds, hazelnuts, walnuts, cashews, flax seeds, chia seeds, raisins and all kinds of berries. Additional items like sunflower seeds, nut butters, coconut flakes and fruits like banana, cherries, apples or pears make great toppings.

Step 4

Put the lid on and place in refrigerator.

Step 5

In the morning, add a dash of low-fat milk. And a healthy breakfast is ready.



MAURINE MANEELY
Genesis Clinical Nutrition Manager

2503 Maple Ave., Suite A
Zanesville, OH 43701

Ready to go digital?

Switch from the *LiveWell* printed edition and go digital to:

- Watch videos of patients tell their stories
- See how to make healthy recipes
- Easily share what you learn
- Save paper

To switch to our digital version, email livewell@genesishcs.org and say, "I want to go digital."

Genesis Spirit of Women

Save the date 2022

Passport to Better Heart Health

Heart and Vascular program

Thursday, Feb. 17

6 p.m. Facebook event



Stay connected, stay healthy

Keep current on Genesis and health information by following us on Facebook, subscribing to our quarterly email and receiving *LiveWell*. We also post additional information at genesishcs.org.

If you would like added or removed from our lists, contact:

Genesis HealthCare System

Marketing & Public Relations

740-454-5913

Email: livewell@genesishcs.org