

LiveWell



HEARTFELT HEART REPAIR

THE PATH TO A
TOP 100 HOSPITAL

YOUR BODY
YOUR CANCER CARE

MEET NEW
PHYSICIANS



Genesis
HEALTHCARE SYSTEM



THANK YOU IS NOT ENOUGH

Over the last couple of chaotic years, you trusted Genesis to find solutions to unprecedented problems. You trusted us with your health.

During that time, our doctors, nurses, techs, support service members and everyone else on our team stepped forward to shoulder the responsibility of not letting you down. They worked as long as was needed. Their ingenuity delivered creative ways to provide care and obtain resources.

Our team did this because they know what matters most is keeping you and your loved ones healthy.

Even though they did not seek recognition, being named a Top 100 Hospital in 2022 by *Fortune* Magazine/Merative is an honor they deserve.

And they could not have achieved it without your faith and support.

I cannot adequately thank our community or team members. As part of our attempt to show appreciation, we recently started airing a TV commercial and web videos highlighting our team and patients. The people are what make Genesis possible.

Watch for the commercials on TV and online, or visit genesishcs.org/Top100. Please know that we are eternally grateful for your trust and support.

Bringing physicians to you

As part of our mission, we continue to bring the best doctors to our community. On the following pages, you'll learn how their skill sets can help you achieve optimal health.

Things that matter

A walk around the neighborhood. A retirement dream home. In this publication, you will learn about two community members continuing to do what they love because of the lifesaving care they received.

Bringing care to more communities

By the time the next *LiveWell* issue is released, the Genesis Coshocton Medical Center will have opened. Join us for a Family Fun Day to tour our newest medical center, enjoy children's activities and more.

In good health,

 | Matthew J. Perry
President & CEO

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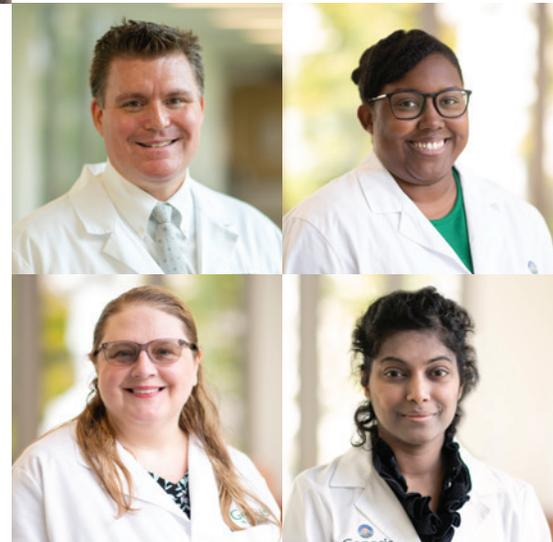
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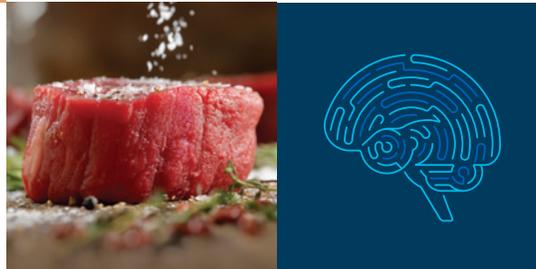
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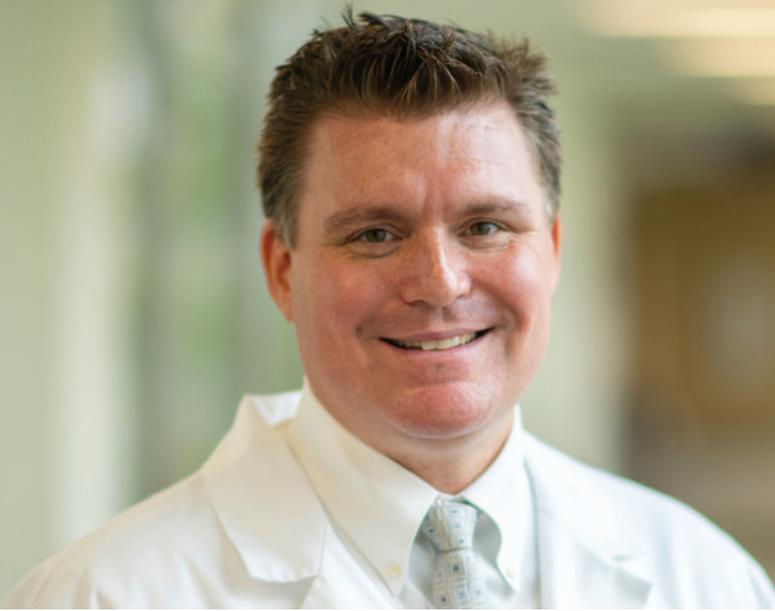
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For more wellness content

Every issue of *LiveWell* includes articles containing information and tips on staying healthy. Visit our website or Facebook page for podcasts, blogs and web stories for more ways to keep you and your family well.



SPOTLIGHT ON TREVOR ELLISON, M.D., Ph.D.

Cardiac Surgery

Cardiothoracic Surgeon Trevor Ellison, M.D., Ph.D., recently joined the Genesis Heart & Vascular Group, serving as Medical Director. In this role, he oversees cardiothoracic services at the Genesis Heart & Vascular Institute and will lead the clinical team in cardiac surgery.

As a surgeon, he will perform a full range of traditional and minimally invasive heart procedures, such as aortic surgery, coronary artery bypass grafting, TAVR, TEVAR, MitraClip and open valve repair and replacement.

Dr. Ellison said that the intricacy, nuance and technical skill required to perform operations with outcomes that are seen immediately is what drew him to cardiology. "There is non-stop variety, and the field is developing so rapidly that it requires constant study — both of which I enjoy."

Growing up, Dr. Ellison witnessed frequent medical care given to his three siblings, all of whom have special needs. His brother has cerebral palsy and needed to undergo many orthopedic surgeries, which opened Dr. Ellison's eyes to the medical profession. From the age of 12, he knew he wanted to become a doctor.

Dr. Ellison was awarded a prestigious scholarship from the Gates Cambridge Trust through the Bill and Melinda Gates Foundation. With the scholarship, he focused on international medical relief while earning his MBA from the University of Cambridge in Cambridge, England.

Outside of work, Dr. Ellison's favorite activity is to spend time with his family. He and his wife have two girls, ages 5 and 9, and two boys, ages 11 and 13.

Dr. Ellison is accepting new patients by physician referral. His office is in the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. The office phone number is 740-454-0804.

Doctor of Medicine:

Johns Hopkins University School of Medicine
Baltimore, Maryland

General Surgery Residency:

The Johns Hopkins Hospital, Baltimore, Maryland

Fellowships:

Cardiothoracic Surgery, The Johns Hopkins Hospital
Baltimore, Maryland

Ph.D.:

Health Economics and Policy, Johns Hopkins Bloomberg
School of Public Health, Baltimore, Maryland

Board-certified:

American Board of Surgery, American Board of
Thoracic Surgery

WELCOME



Elise Sadoun, M.D.

Genesis Primary Care

Ohio native Elise Sadoun, M.D., recently returned to her home state to join Genesis Primary Care as a family physician with a subspecialty in obesity medicine. "I'm very excited to be back in

rural Ohio and providing a much-needed service to the people of this area," she said.

When asked about her approach to family medicine, she stressed the importance of listening non-judgmentally to the patient, investigating problems, preventing problems and communicating effectively. "I love being a family physician and am happy when I help people."

Regarding obesity and treatment, she says there are many misunderstandings and that it is a complex condition with no simple answers — but there is hope.

"It is a myth that we have to suffer and starve to lose weight," she said. "It's important to make gradual changes to behaviors and habits that cause weight gain.

Rapid weight loss and very low-calorie diets, or severe exercise, can shock the body into slowing a patient's metabolism. This can make it difficult or impossible to lose weight or keep the weight off."

Dr. Sadoun is an active member in the American Academy of Family Physicians (AAFP) and the Obesity Medicine Association (OMA). She is located at Genesis Primary Care, 23599 Airport Road, Suite A, Coshocton, and is accepting new patients. Her office phone number is 740-722-9510.

Doctor of Medicine:

The Ohio State University College of Medicine
Columbus, Ohio

Family Medicine Residency:

Grant Family Practice Residency Program, Grant Medical Center and Nationwide Children's Hospital
Columbus, Ohio

Board-certified:

The American Board of Family Medicine and the American Board of Obesity Medicine



Sameera Rahman, M.D.

Genesis Primary Care

"One of the most gratifying aspects of practicing medicine is creating a positive impact in a patient's life," said Sameera Rahman, M.D., who joined Genesis Primary Care as a family

physician in 2022. "Whether the conditions they are struggling with are related to physical or mental health, to see patients heal and feel empowered is valuable for the patient and a treating provider."

Dr. Rahman has served as a practicing physician for 13 years. Her leadership in previous roles drove improvements in a wide range of areas within healthcare.

Today she treats patients from pediatric to the elderly for wellness visits, acute and chronic disease management, behavioral health and coordination of care with specialists.

"It's important to know your patients personally because it helps you understand their needs and the social factors that impact them," said Dr. Rahman. "It is important as a doctor to listen to their concerns and be empathetic, then leverage science to impact them as a whole versus treating their disease," she continued. "I am grateful to be part of Genesis HealthCare System so I can serve and support the Coshocton community."

Dr. Rahman is located at Genesis Primary Care, 23599 Airport Road, Suite A, Coshocton. She is accepting new patients. Her office phone number is 740-722-9510.

Doctor of Medicine:

Saba University School of Medicine, Saba,
Netherlands-Antilles

Family Medicine Residency:

Aultman Hospital, Canton, Ohio

Board-certified:

The American Board of Family Medicine



SPOTLIGHT ON KETHELYNE BEAUVAIS, M.D.

Family Medicine

Kethelyne Beauvais, M.D., joined Genesis Primary Care in August 2022, specializing in family medicine. As a teen, Dr. Beauvais says she liked to study biology. Outside of school, she participated in many service activities. She says it didn't take long for her to realize that becoming a doctor would allow her to pursue both passions.

In college, she volunteered at a free clinic. She worked with a family medicine physician and observed how he served. "It made an impact," Dr. Beauvais said. "It was about helping and healing the community, and I knew that's what I wanted to do."

Dr. Beauvais also believes education is an important part of healthcare. When asked to give some advice about staying healthy, she offered several tips.

"Don't underestimate the power of washing your hands — it seems like a little thing. With so many viruses around, it's important," she advised. "If you have kids, have them wash their hands when they come home from school and teach them to wash before they eat."

She also encourages everyone to become familiar with the three-digit number "988." Dialing the number routes callers to the 988 Suicide & Crisis Lifeline, which provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Any more words of wisdom? "The phrase 'An ounce of prevention is worth a pound of cure' is good advice," Dr. Beauvais said. "Even if you feel great, it's important to check in with your primary healthcare provider. If you catch things early, it can make a big difference."

Dr. Beauvais is accepting new patients at Genesis Primary Care, 401 Lincoln Park Drive, Suite A, New Lexington. Her office phone number is 740-342-5107.

Doctor of Medicine:

Eastern Virginia Medical School, Norfolk, Virginia

Residency:

Family Medicine, Brown University
Pawtucket, Rhode Island

Board-certified:

The American Academy of Family Medicine

THE PATH TO A TOP 100 HOSPITAL



Fortune Magazine and Merative, a data, analytics and technology partner for the healthcare industry, included Genesis HealthCare System in its prestigious Top 100 Hospitals list for 2022. Here's a look at one of the Genesis HealthCare System initiatives that helped Genesis earn this recognition.

Heath Herron, R.N., who has worked for Genesis for more than 15 years in various patient-facing roles and participates in the Patient Safety Committee, said, "We set a goal to provide the best patient care and to continually get better."

One of the ways that Genesis is continually achieving excellence is that the health system has created a culture where anyone on the Genesis team can suggest improvements. Bedside nurses, technicians, doctors and everyone else can suggest improvements at any time. After a suggestion is made, the Patient Safety Committee reviews the ideas and establishes teams to implement solutions that result in better, safer patient care.

The Patient Safety Committee is typically analyzing five to six improvement opportunities at any time.

One example of these efforts involves blood thinner medicines, which lots of patients use to lower the risk of harmful blood clots. These medicines require physicians, nurses and pharmacists to analyze many factors to make sure these medicines are safely given. The team identified an opportunity to standardize how these medicines are ordered and used powerful data tools to add automated safety checks.

The result is an increase in safety for patients on these life-saving medicines. Genesis is one of the first health systems in the country with this capability, and it is all because of the power of Genesis teams.

Genesis Chief Nursing Officer Shon Bender, R.N., and Genesis Chief Medical Officer Scott Wegner, M.D., spearhead the team that reviews suggestions. "However, they don't make final decisions," Herron said. "They bring solutions to a larger team for a vote. It's a powerful thing when frontline staff sees changes within a week. It makes them feel good to make a difference beyond their normal responsibilities."

"We have great people with great suggestions," said Dr. Wegner. "It's become part of our culture for everyone to speak up. Improvement is an ongoing process."

The direct lines of communication Herron referred to go beyond Genesis. Genesis also shares challenges and successes with other hospitals.

"Who gets the credit is not important. Only that we can provide the best care," said Dr. Wegner. "We're going to keep getting better. If we are recognized with awards, well, that is okay too."

Using independent public data and proprietary analytics, the Top 100 Hospitals study recognizes hospitals that have clearly demonstrated top performance in care, efficiency and community value.





“The biggest reason to choose Genesis is the people.”

Elizabeth Frash enjoys life on the lanes after a non-invasive heart procedure.

HEARTFELT HEART REPAIR

The hills in Morgan County roll endlessly.

“Nature’s rollercoasters,” said Elizabeth Frash, who regularly walks several hilly routes. Still, when she started having trouble breathing and feeling pressure in her chest on her walks, she knew something in her body needed attention.

Initially, Elizabeth pushed the symptoms aside, as her husband was battling cancer. “I was more concerned with him than taking care of myself. I didn’t want to leave his side. However, he knew how important my heart is, and he told me to get it checked,” Elizabeth said.

It’s a good thing he did, and an even better thing that she listened.

Avoiding open heart surgery

Eight years ago, Elizabeth underwent an emergency open heart surgery to replace two heart valves. Her mitral and aortic valves, which help keep blood flowing in the proper direction, had narrowed severely. That narrowing caused stress on her heart muscle and caused an extreme case of irregular, rapid rhythm called atrial fibrillation.

“Valves narrowing within heart arteries is dangerous,” said Mohammed Ahmed, M.D., Fellowship-trained and Board-certified Interventional Cardiologist at the Genesis Heart & Vascular Institute. “Eight years ago, open heart surgery was the only answer to repair her mitral valve. Today, less invasive, innovative options are available at Genesis, and Elizabeth was a good candidate for the procedures.”

Over time, Elizabeth’s replacement valves deteriorated. That’s why breathing became difficult as she walked. She needed valve replacements to ensure proper blood flow.

Duane Pool, M.D., Board-certified in Cardiovascular Disease and Elizabeth’s primary heart physician, told her about the minimally invasive cardiovascular procedures that would allow her to bypass a second open heart surgery.

“Having heart surgery is not something anyone wants, but what were my alternatives? I couldn’t go on not being able to breathe and wondering if my heart would keep pumping without proper valves,” Elizabeth said. “I was glad there was an option other than open heart surgery.”

Dr. Ahmed and a specialized team performed a transcatheter aortic valve replacement (TAVR) and, later, a transcatheter mitral valve implantation (TMVI). Both procedures involve inserting a catheter in the groin to guide instruments to the heart. Then, the surgical team inserted a new valve without needing to remove the old one.

Dr. Ahmed said the Genesis team strives to provide compassionate heart care, recognizing that every patient is going through something difficult.

“Valve repair is a big deal, especially for a patient taking care of someone they love. We want to be mindful of each patient’s struggles. The interactions before our procedures help our team learn what’s going on in our patients’ lives. The relationships formed are real, and the non-invasive procedures are life changers. Together, it’s very rewarding,” Dr. Ahmed said.

Elizabeth is walking the hills of Morgan County again. Thinking back on her experiences, Elizabeth said she will continue choosing Genesis for treatment. However, the biggest reason to choose Genesis is the people. “Everyone is wonderful,” Elizabeth said. “I know they cared about me.”



Mohammed Ahmed, M.D.

Fellowship-trained and Board-certified Interventional Cardiologist at the Genesis Heart & Vascular Institute



“That’s the great advantage of care at Genesis. Our care is much more personal.”

Dr. Shyamal Bastola
Genesis Cancer Care Center



Watch Sherry share her story in a video. Simply use the camera on your smartphone to take a picture of the QR code, or visit genesishcs.org.

After a double mastectomy, Sherry Sims gratefully resumed work on her family’s retirement home.

IT’S PERSONAL: YOUR BODY, YOUR CANCER CARE

“I’m the duckbilled platypus of my family,” Sherry Sims said with a giggle. “I have body parts no one else has.”

Sherry further explained her humorous self-description by saying she has strong legs that can easily press 200 lbs. and a tiny upper body that can’t manage a pull-up.

Although comfortable with her differences, there was a family trait Sherry tried to avoid. Two maternal aunts battled breast cancer. One of them passed away from the disease. “I always knew cancer was possible,” she said, “but you never think it’s going to happen to you.”

Due to her family medical history, Sherry religiously performed monthly breast self-examinations. “I never even thought of missing an annual mammogram,” she said.

That is, until COVID-19 swept the country. “I almost ignored a yearly mammogram because of COVID-19. However, when it was time for my mammogram, I figured if they’re brave enough to offer the screening, I should be brave enough to get one,” Sherry said. “If I had waited another year, I don’t know what my prognosis would have been. It could have been a totally different outcome.”

Sherry’s mammogram revealed a suspicious shadow on her right breast, so she received a biopsy at the Genesis Cancer Care Center. The result was a diagnosis of ER-positive, HER2 negative breast cancer.

Empowered choices

Once diagnosed, a nurse navigator explained three surgery options to Sherry and her husband. She could have the tumor removed (a lumpectomy), the entire breast and tumor removed (a mastectomy), or both breasts and the tumor removed (a double mastectomy). She didn’t want to worry about reoccurring cancer, so she chose a double mastectomy without reconstruction.

A specialized surgeon at the Genesis Cancer Care Center removed a golf-ball sized tumor buried deep in Sherry’s chest wall. The surgical team also gathered tissues from the cancerous tumor to submit for genetic testing.

“Based on the results, Sherry’s cancer cells are not sensitive to chemotherapy,” said Shyamal Bastola, M.D., a Fellowship-trained and Board-certified Hematologist/Oncologist at the Genesis Cancer Care Center.

“The results also revealed that Sherry’s cancer has a phenomenal probability of being cured with hormone therapy.”

With that evidence-based knowledge, Sherry began a daily hormone therapy regimen that will last a minimum of five years.

“In some ways, it would be more appropriate to call this hormone therapy, ‘anti-estrogen therapy,’” Dr. Bastola said. “Because estrogen receptor positive (ER positive) breast cancers feed on estrogen, we use the treatment to drastically decrease that female hormone within the body.”

An individualized approach

Feeling grateful for hormone therapy and the attentive, expert care she received, Sherry said she’ll never forget the people at the Genesis Cancer Care Center.

“These people are like my family now,” Sherry said. “They treated me how I wanted to be treated.”

According to Dr. Bastola, Sherry’s phrase, “They treated me how I wanted to be treated,” holds the key to Genesis’ successful, compassionate cancer care.

“We want to give each patient a personalized approach,” he said. “Everyone’s priorities and concerns are different. For example, some women feel scared about losing their breasts, and others don’t care or don’t want them anymore.”

Dr. Bastola continued, “We strive to meet our patients where they are and do our best to treat them as individuals. That’s the great advantage of care at Genesis. Our care is much more personal.”



Shyamal Bastola, M.D.

Fellowship-trained and Board-certified Hematologist/Oncologist at the Genesis Cancer Care Center

**Music therapist
T.J. Sinsel is a favorite
of Genesis Hospice
patients.**

CHOOSING A HOSPICE CARE PROVIDER

Life is a journey, and when your loved one enters the last stages of that journey due to a serious illness, it's comforting to know the same local healthcare system caring for your loved one will also be there to help you and your family when you need it the most.

When and how to choose hospice

When it's not possible to cure a serious illness or a loved one doesn't want to undergo further treatment, it's wise to consider hospice care. So, how do you choose a hospice provider? How can you find information about hospice services? We want to help you understand the hospice options in our community and how to choose one that will best meet the needs of your loved one and your family.

For example, is your hospice provider a for-profit or a non-profit organization? What kind of hospice services does the provider offer, such as in the home, in the hospital, at an outside facility that

specializes only in hospice care, or in assisted living or nursing facilities? Does your insurance cover hospice? If not, or you don't have insurance, how expensive would hospice care be for your loved one?

We have a list of questions you may want to ask when considering a hospice provider. We also have a list of all area hospice providers. Go to genesishcs.org/hospice to find information that can help you make these important decisions before your loved one enters the last stage of life.

What does Genesis Hospice offer patients and families?

Genesis Hospice is the area's only charitable, non-profit organization offering a full continuum of hospice care.

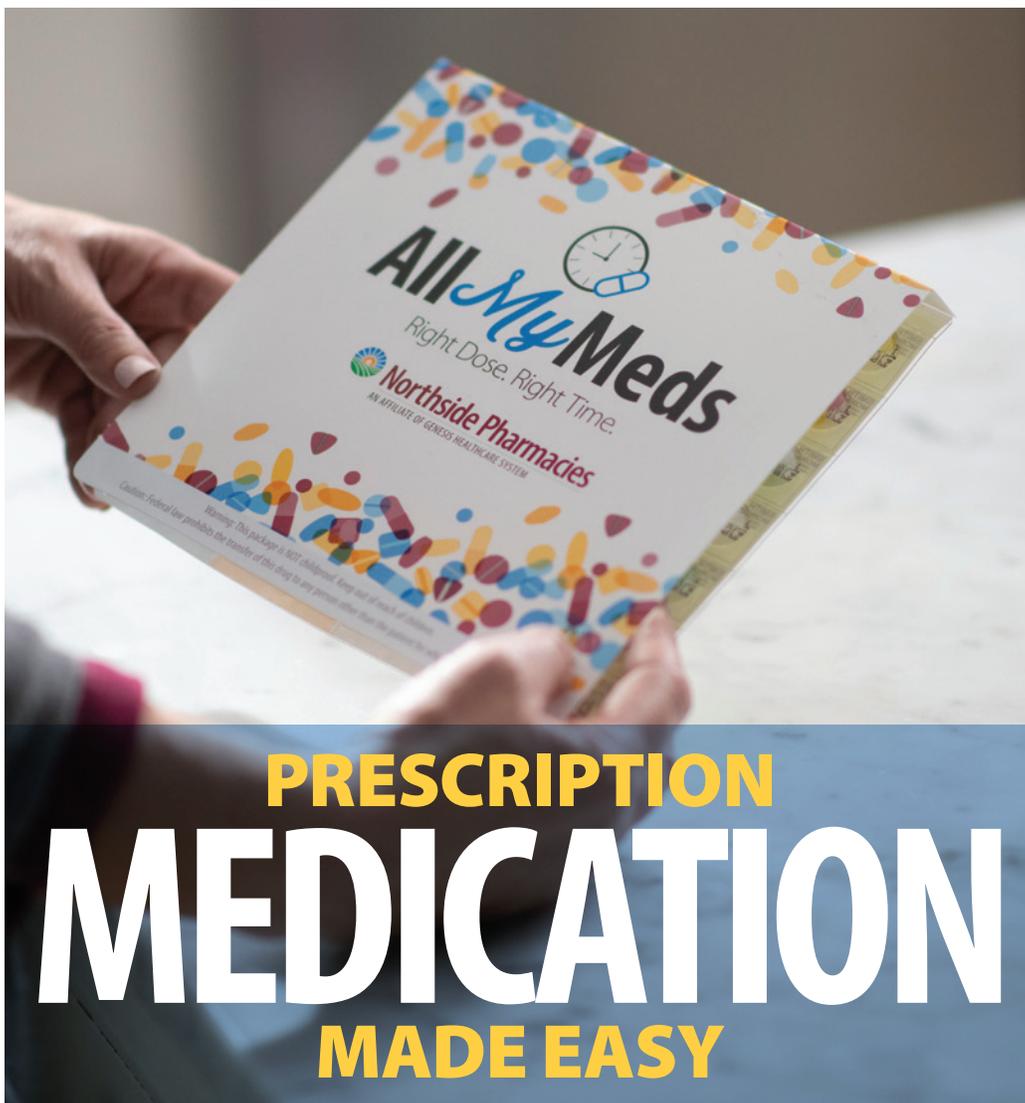
We are with patients in their homes or at the Morrison House, the only designated inpatient hospice in our area.

We also provide care to patients if they need to be in Genesis Hospital or in assisted living or nursing facilities. Genesis Hospice is rated a 5 Star organization — the highest that can be achieved — by the Centers of Medicare and Medicaid.

Our team of professionals work together to manage symptoms so that patients' days are spent with dignity and quality, surrounded by loved ones. Hospice care is also patient- and family-centered, with the patient and the family making the decisions.

As Genesis Hospice is a non-profit organization, no one receives a bill for care, regardless of insurance or ability to pay.

To learn more about Genesis Hospice, go to genesishcs.org/hospice.



With All My Meds, Northside Pharmacies sorts and labels your prescription maintenance medications with the date, day of the week and time it should be taken, at no additional cost.

All My Meds perks for you:

- Avoid sorting pills
- Avoid going to the pharmacy
- Avoid calling for multiple refills
- Pick from blister packs or pouches
- Choose mail or pickup at any Northside Pharmacy

All My Meds is available to anyone who takes more than one maintenance medication daily. All packaging undergoes a rigorous safety check by a pharmacist.



To sign up, go to northsiderx.com or scan the QR code with your smartphone camera.



All My Meds
Right Dose. Right Time.

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

TO FREEZE OR NOT TO FREEZE?

Health and safety tips for frozen meat



As demand for protein – from beef to poultry – steadily increases, consumers stock up on their favorite cuts. Stashing it all in the freezer remains the go-to option, but what does this do to food long-term? You may have found yourself frantically searching the internet to see if your hamburger is still good after a month, or maybe even a year.

While freezing meat prevents unwanted bacteria, the process also impacts the meat in different areas. For example, one study posted on the National Library of Medicine website in 2021 claimed that freezing improves meat tenderness. However, it can have a negative impact on other qualities, including color and flavor. The intensity of changes to the meat mostly depends on the freezer's size and distribution of ice crystals caused by the freezer's temperature and the meat's length of time in the freezer.

Unfortunately, researchers have not created a set of hard and fast rules about freezing and storing meat because all freezers are different, as well as the cuts of meat and other factors. However, a study on the National Library of Medicine website from 2013 recommends storing meat at 0° F. According to the USDA, food stays safe indefinitely in the freezer, but once removed and beginning to thaw, bacteria start to spread.

The USDA also gives suggestions for three methods for safely thawing food:

1. In the refrigerator – this method takes the most time, so plan ahead. Ever forget to cook the thawed meat sitting in the fridge? The USDA says not to worry. It stays safe for an extra day or two.
2. In cold water – while faster than the fridge method, this requires more supervision. Place the meat in an airtight, leak-proof container before giving it a cold-water bath.
3. In the microwave – for safety's sake, cook meat thawed in the microwave immediately.

Even after an extended stay in the freezer, frozen meat retains its nutrition and most of its flavor. So, check the freezer temperature, follow the USDA's thawing suggestions and enjoy a delicious meal.

Go to genesishcs.org/yourhealth for more Wellness Resources.



Genesis Coshocton Medical Center Family Fun Day

Saturday, March 18

11 a.m. to 3 p.m.
48439 Genesis Drive, Coshocton

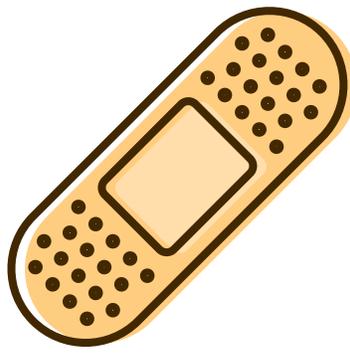
Join us as we celebrate the April opening of the Genesis Coshocton Medical Center. Bring your family and friends and enjoy:

- Refreshments
- Children's activities
- Tours of the new medical center
- Much more

Watch for more details coming soon.



Go to genesishcs.org/coshocton for updates.



Blisters 101

SELF-CONTROL + SANITARY CONDITIONS

Question: What do spider bites, sunburns, chicken pox and tight shoes have in common?

Answer: They can all lead to blisters.

While blisters may begin as small, bothersome bubbles that form under the skin and fill with fluid, they can lead to infected areas needing medical attention. To help blisters heal quickly and without further issues, follow these guidelines:

1. Don't pop it

That billowing booboo may call to you like a plump pimple, but white-knuckle-grip your self-control and don't pop that blister. Picking, popping and probing blisters increases the chances of introducing bacteria to the wound, which can lead to festering infections.

2. Keep it clean

To keep bacteria at bay, wash the sore area with warm water and mild soap, then apply an antibacterial cream. Top it off with a fresh bandage or gauze, then give that blister time to heal. Most blisters heal naturally within one to two weeks.

3. Know when to see a doctor

Generally, blisters don't require a doctor's expertise, but if a blister oozes with green or yellow pus, feels hot to the touch, or becomes more painful to the touch over the course of a few days, it may be infected. Don't ignore an infected blister. A doctor can determine if your infection needs antibiotics for healing.

4. Change shoes/equipment

Blisters most often pop up due to excessive friction and pressure. So, stop the heavy, rubbing irritation that caused the blister in the first place. Sometimes that's as simple as changing shoes, other times it means putting down the hand tools or baseball bat for a few days.

Are blisters preventable?

Research confirms that friction blisters form most easily on thick, stiff skin (like the soles of the feet) versus thinner skin. That's why avid hikers, marathon runners and other athletes eagerly try all kinds of potential prevention tricks and tips to avoid blister pain.

"When it comes to blisters on the feet, I get asked about taping, specialty socks, foot powders, bandages and buying expensive shoes," said Sierra Giesey, APRN-CNP. "I can't guarantee any of those treatments will prevent the development of blisters. However, it may reduce the risk. I recommend finding out what works best on your skin through trial and error."



FOUR WAYS TO GIVE YOUR BRAIN A WORKOUT

The word crossword might conjure up an image of a grandfather sitting around the kitchen table with a cup of joe, a newspaper and a pencil. Does that crossword help keep his mind sharp? Well, that's still up for debate. Although study results have been mixed, most researchers agree that our brain needs exercise like our body. Brain games can't hurt us, and they're less smelly than going to the gym. Here are five ways to give your brain a workout:

1. Keep learning new skills

Whether it be a new type of brain game or learning how to quilt, the Synapse Project study published in *Psychological Science* found that learning new skills helped the memory of older adults.

2. Play around with number puzzles

A study published in 2019 in the *International Journal of Geriatric Psychiatry* found that number puzzles can help with things like attention, reasoning and memory, even in adults with dementia.

3. Try complex and challenging things – and keep practicing

According to Harvard Health, a complicated puzzle or challenging brain game fits the bill. You can also take a challenge you already enjoy and turn it up a notch. If you are a golfer, take a swing at a more challenging course. Knitter? Stitch a new pattern. Studies show these challenges will sharpen your thinking.

4. Tackle that word puzzle

According to the online PROTECT study published in the *International Journal of Geriatric Psychiatry* in 2018, older folks who completed a word puzzle a day showed better cognitive skills than those who did not often do puzzles.

5. Experiment with brain teasers – and involve your children

Brain games are not just for the elderly. A recent study published in the *International Journal of Environmental and Science Education* found that brain teasers can even help young kids increase their attention span.

You don't need fancy gadgets or the latest app to keep your mind sharp. Weave some new and challenging puzzles, brain games and crosswords into your day-to-day life, and you might notice your memory or thinking skills improve. At the very least, you had some fun.



HIRING NOW

CLINICAL AND NON-CLINICAL POSITIONS IN COSHOCTON

Take your career to the next level at Genesis HealthCare System. We are hiring for the Genesis Coshocton Medical Center at 48439 Genesis Drive, Coshocton, Ohio, 43812.

The following jobs, and others, are available:

- RNs
- Respiratory Therapists
- Physical, Occupational and Speech Therapists and Assistants
- CT Techs
- Paramedics and EMTs
- Medical Lab Techs and Phlebotomists
- Security Guards
- Storeroom Associates (materials distribution)
- Environmental Services Techs (housekeeping)
- Food and Nutrition Associates
- Patient Registration and Customer Relations Associates

As a member of our team, you'll enjoy a competitive pay and benefits package, and work with dedicated colleagues to play a special role in caring for our patients in the Coshocton region. Some positions may have options for remote work.

Apply at genesishcs.org/careers.

Enter "Coshocton" in the keyword field.



Scan this QR code to view Coshocton job openings and apply today.

Learn more at genesishcs.org/coshocton.



Healthier homestyle meatloaf

Ingredients:

- 2 tablespoons fat-free milk
- ¼ cup ketchup
- 1 tablespoon Dijon mustard
- 1 lb. 93-97% lean ground beef
- 1 slice (1½ oz) whole grain bread
- 1 teaspoon dried basil
- 1/3 cup fresh parsley, chopped
- ¼ teaspoon pepper
- 2 egg whites
- ½ cup steamed broccoli florets, chopped
- ½ cup roasted red pepper, chopped
- ½ cup white onion, chopped

Nutritional information:

- Serving size: 2 slices
- Calories: 178
- Total fat: 4 g
- Saturated fat: 1 g
- Cholesterol: 47 mg
- Sodium: 189 mg
- Carbohydrates: 10 g
- Fiber: 1 g
- Protein: 20 g

Instructions:

Preheat oven to 350 degrees and coat a 9" x 5" loaf pan with cooking spray.

In a large mixing bowl, combine milk, one tablespoon of ketchup, mustard and egg white. Add onion, red pepper and broccoli and set the mixture aside.

In a food processor, pulse bread until completely crumbled. Add ground beef and breadcrumbs to the vegetable mixture. Add basil, parsley and black pepper. Mix all ingredients together by hand.

Place meat mixture into loaf pan. Brush the remaining three tablespoons of ketchup over the top. Bake for one hour or until the thermometer inserted in the center of the pan registers 160 degrees. Let stand for 10 minutes. Cut meatloaf into 12 slices.



Approved by:

Maurine Maneely
Genesis Registered Dietitian

February is National Heart Month

Genesis has the resources to help keep your heart healthy.

Heart doctor videos

Watch our heart doctors explain their qualifications, experience and what they enjoy in life beyond helping patients.

Blogs

Read health tips twice a week through our blog, which often features heart information. You can enjoy the information through articles, quizzes, slide shows and infographics.

Patient stories

Learn about community members who underwent heart procedures and continue to enjoy the things they love.

Procedure videos

Watch doctors explain procedures like MitraClip, Watchman and Transcatheter Aortic Valve Replacement.

Podcasts

Listen to doctors explain heart procedures and how to overcome heart conditions.

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Genesis HealthCare System
Marketing & Public Relations
740-454-5913
Email: livewell@genesishcs.org