

LiveWell

2024 COMMUNITY BENEFIT REPORT

PATIENT TESTIMONIAL

DALE MARLATT
"I FELT 10 YEARS
YOUNGER AFTER
TAVR SURGERY"

FEATURED

**CELEBRATING
GENESIS HOSPITAL'S
10TH ANNIVERSARY**

PHYSICIAN WELCOME

**ARSHIA
KHORASANI-ZADEH, M.D.**

WELLNESS AND MORE

BE YOUR HEART'S HERO

**IMPORTANCE OF
PROSTATE SCREENINGS**

**HOSPICE CARE
FOR EVERYONE**

**NEED VOLUNTEERS
FOR YOUR EVENT?**

**PLANTING SEEDS TO
RETAIN BETTER HEALTH**



Genesis is one of the
top 8% of U.S. hospitals to earn a
2024 five out of five-star Quality
Rating from CMS



Genesis
HEALTHCARE SYSTEM

Better Begins Here



EMBRACING COMMUNITY

As we commemorate Genesis Hospital's 10th anniversary of opening in 2025, this issue of *LiveWell* celebrates you, our remarkable community.

Our journey to deliver the best personalized care began and continues with you. Whether you call on Genesis for an urgent illness or ask us to guide you through life's most important health decisions, we're here to help.

In this issue, we check in with five Genesis patients from the last decade. They are enjoying life to the fullest because of their determination to overcome difficult health challenges. You'll also meet Dale Marlatt, who chose Genesis for his minimally invasive heart procedure and feels stronger than ever.

Your support helps us recruit the best physicians. We welcome Arshia Khorasani-Zadeh, M.D., to Genesis Digestive Disease Specialists, whose patient-centered approach to gastroenterology is a great fit for our community.

This special edition also includes our 2024 *Community Benefit Report*. Over the last year, you chose Genesis to help with preventative care, heart health, stroke support, diabetes education, behavioral health services and more. You received first aid certifications to help others and called the free 24-hour NurseLine to find information about family health concerns.

You also encouraged the next generation to learn about clinical and other careers close to home at Genesis. Introduced in 2024, our Workforce Development program provides local students with hands-on opportunities to learn about healthcare careers while networking within the community.

Thank you for the ongoing opportunity to serve you. May you and your family enjoy the renewal of the spring season.

In good health,

Matthew J. Perry
President & CEO



ONE TEAM MAKES A BIGGER DIFFERENCE



Building homes. Serving lunches. Fostering relationships. Our generous community gives time and money to help others when they need a hand.

Genesis and our 4,400+ team members also want to help local nonprofit organizations make a bigger difference.

On any given day, our team members volunteer to help those in need.

Need a volunteer?

Nonprofit organizations that meet the requirements can contact Genesis, and we will share opportunities with our team.

Qualifying guidelines include:

- Events that support Muskingum, Coshocton, Perry, Guernsey, Noble or Morgan counties.
- Church events that benefit the entire community.
- Submit your organization's request at genesishcs.org/request-volunteers at least 30 days before your event. Requests are reviewed weekly.

Donation and sponsorship opportunities

In addition to volunteering our time and talents, we also support nonprofit organizations through sponsorships and donations. Organizations that meet the following guidelines can apply for a donation or sponsorship.

- Supports health and wellness in our community.
- Supports Muskingum, Coshocton, Perry, Guernsey, Noble or Morgan counties.
- Church events that benefit the entire community.
- Submit your organization's request at genesishcs.org/sponsorships at least 30 days before the deadline. Requests are reviewed weekly.



Scan the QR code to request Genesis volunteers for your event or apply for a donation or sponsorship.



The Stewart family trusted Genesis to care for their premature son, Graham. Read about their Special Care Nursery experience at genesishcs.org/stewart.



THANK YOU FOR CHOOSING GENESIS FOR 10 YEARS

It's Genesis Hospital's 10th anniversary of opening.

As we started plans in 2011 for our new era of healthcare in Southeastern Ohio, we asked for your opinion. We only had one chance to build our new hospital, and we wanted to get it right.

Past and present patients came together to engage in the planning. Extensive focus groups provided valuable ideas. Drafts of plans and architectural drawings were shared to improve the design. Public walkthroughs of mock patient rooms gave us firsthand feedback to refine the patient experience.

You asked for private rooms and bathrooms, an enlarged emergency department, private transport hallways, free valet parking and beautiful courtyards.

You wanted to walk from one end of the facility to the other without stepping foot outside. The inclusion of more glass and brightly colored hallways would create a more positive atmosphere.

Building a Cancer Care Center separated from the main hospital was important. Designed exclusively around patients' needs, it was consolidated into one space so patients could receive "WrapAround Cancer Care."

Because of your valuable input and all your support, we were able to create a patient-centered facility to provide you with the highest quality of care.

As we enter our next decade, our vision continues to be a hospital that exceeds your expectations. Thank you for trusting us with you and your family's care.

SINCE 2015, YOU CHOSE GENESIS FOR:



82,000+ Surgeries

Ashley Tamasovich

"I researched the best breast cancer care at a time that I needed top-notch doctors and up-to-date surgery to save my life," said Ashley Tamasovich. "I found Genesis, and because of them I get to stay active and do the things I love. I get to keep being a wife and a mom and can live each day to the fullest."



15,500+ Orthopedic surgeries

Nancy Walsh

"Arthritis kept me from an active life," said Nancy Walsh. "I walked a lot for my job. I was dedicated to having both knees replaced close together to live pain-free. I chose Genesis for both surgeries. I was committed to my recovery. After the second surgery, I was back to work in five weeks. I still feel better than ever and am ready to enjoy my retirement."



1,200+ Coronary artery bypass graft surgeries

Dean Daniels

"I would have never thought I was going to have a heart attack," said Dean Daniels. "I'm alive because of Genesis and my coronary artery bypass graft. I'm back to where I was and am able to hike and play golf."



5,000+ Robotic-assisted surgeries

Christine Wolford

"Heartburn kept me from eating my favorite foods for seven years," said Christine Wolford. "After being diagnosed with a paraesophageal hernia, I called the Genesis Center of Surgical Excellence. Since my robotic-assisted surgery, I've been able to enjoy eating again. Everything has changed."

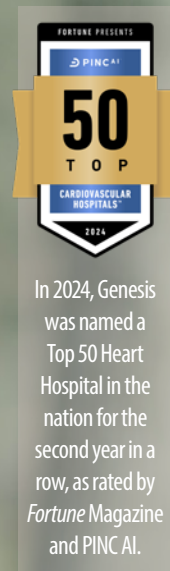


4,700+ Neurosurgeries

Marshall Kroll

"Back pain got in the way of everyday tasks," said Marshall Kroll. "It even hurt to sit in a chair. I felt comfortable asking my Genesis care team about treatment options. After my spinal cord stimulator procedure, I'm back to doing everything. I can sit and read a book. I've returned to walking several miles a week. I'm really happy I chose Genesis because the team is great. I feel incredible."

Read more patient stories at genesishcs.org/livewell.



"I felt 10 years younger as soon as I came out of surgery."

– Dale Marlatt

Dale enjoys taking walks at Byesville Village Park to regain his strength. He currently walks every day.

Learning about aortic stenosis

Aortic stenosis occurs when the aortic valve narrows, restricting blood flow from the left ventricle of the heart to the rest of the body. The condition tends to worsen over time. Some individuals may not experience noticeable symptoms in the early stages.

Warning signs:

- Heart murmurs
- Chest pain or tightness with activity
- Feeling faint or dizzy or fainting with activity
- Shortness of breath, especially when active
- Fatigue, especially during activity
- Heart palpitation

Causes and risk factors:

- Age: The risk increases, especially over 60, though symptoms may not appear until your 70s or 80s.
- Impaired valve growth: The aortic valve opening may not grow at the same rate as the heart.
- Congenital heart defects: Some people are born with an abnormal aortic valve, which can lead to stenosis over time.
- Rheumatic fever: Having had rheumatic fever during childhood can lead to damage to the aortic valve, increasing the risk of stenosis later in life.

If you have questions, talk to your doctor.

A HEART THAT BEATS FOR FAMILY AND DOGS

Dale Marlatt has spent over 53 years with his beloved wife, Joyce. They have raised two children and always had at least one dog, usually more, and a cat or two. Being surrounded by family and pets (whom Dale considers family) is what makes him happy. They make his heart beat with joy.

"As it became harder to breathe while doing everyday activities, I knew I had to do something," Dale said. "Too many loved ones were counting on me."

Dale requested advice from his doctor and was referred to Kinan Kassir, M.D., Fellowship-trained and Board-certified Interventional and Structural Cardiologist, and Trevor Ellison, M.D., Ph.D., MBA, Fellowship-trained and Board-certified Cardiothoracic Surgeon and Medical Director of Cardiothoracic Surgery at the Genesis Heart & Vascular Institute.

This was when Dale learned his aortic valve between the lower left heart chamber and the body's main artery, called the aorta, had narrowed, leading to a condition called aortic stenosis. The disease reduces blood flow from the heart to the body.

Dale's choice

After meeting with Dr. Kassir and Dr. Ellison, Dale knew he was in the right place. "They explained everything in detail," said Dale. "They made me feel relaxed and confident in choosing Genesis for help, which was important as my life was on the line."

Soon after, Dale was scheduled for transcatheter aortic valve replacement (TAVR). It is a minimally invasive alternative to open heart surgery.

"We started performing TAVR at Genesis in 2019," said Dr. Kassir. "As a minimally invasive procedure, it offers several benefits, including a much faster healing process."

Replacing heart valves through a tube

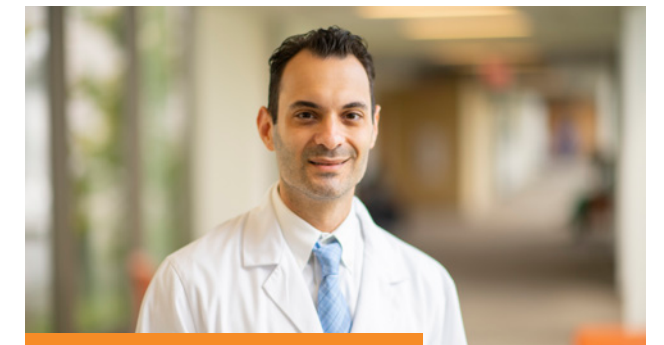
Dr. Kassir and Dr. Ellison performed the TAVR procedure by inserting a small tube called a catheter through the skin in his right groin and into the blood vessel.

They then maneuvered the artificial valve through Dale's body until it reached the damaged valve. At that point, the valve expanded and replaced the damaged valve and returned blood flow to normal.

"TAVR was the easiest surgery I ever had," said Dale. "I felt 10 years younger as soon as I came out of surgery."

Dale spent one night in the hospital before returning home to his wife, dogs and cats.

"The procedure changed everything in my life," said Dale. "I am stronger and able to breathe much better."



Kinan Kassir, M.D.

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



Trevor Ellison, M.D., Ph.D., MBA

Fellowship-trained and Board-certified Cardiothoracic Surgeon
Medical Director of Cardiothoracic Surgery
Genesis Heart & Vascular Institute



Do it for your heart

We hear many recommendations about keeping our hearts healthy. With a plan, small changes are easier than you think. Try these manageable tips to help you become your heart's hero.



Check blood pressure

The American Heart Association (AHA) reports almost half of American adults have high blood pressure. A healthy reading for people over the age of 20 is less than 120/80. High blood pressure doesn't always have warning symptoms, so check yours often.



Prioritize rest

Poor sleeping habits can contribute to high blood pressure and cardiovascular disease. The AHA recommends 7 to 9 hours of sleep. Set a bedtime alarm to remind you when it's time to wind down.



Stay relaxed

Breathing helps more than your lungs. Deep breathing can lower your heart rate and blood pressure. The AHA suggests a daily routine of "4-7-8 breathing." Breathe in for four counts, hold for seven counts and breathe out slowly through your mouth for eight counts.



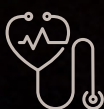
Learn your genetics

The U.S. Centers for Disease Control and Prevention recommends learning and sharing your family's health history. This includes everyone from your parents and grandparents to nieces and nephews. Share details with your doctors so you can take action to reduce your chance of developing heart disease or other conditions.



Know the warning signs

While these suggestions are not substitutes for a well-balanced diet, ideal weight and plenty of exercise, you have the power to make a few heart-healthy changes now. In addition, take time to learn the warning signs of a heart attack to save your life or the life of someone you love. Call 911 immediately, even if you don't think it's a heart attack.



Heart attack symptoms:

- Chest pain or discomfort
- Arm or shoulder pain or discomfort
- Pain in the jaw, neck or back
- Shortness of breath
- Feeling a cold sweat
- Vomiting, feeling lightheaded or nauseous

Follow our social media for more tips that can prevent or delay heart disease.



EARLY DETECTION

is key to surviving prostate cancer

Prostate cancer is a disease in which cancer cells form in the tissues of the prostate. It is the most common nonskin cancer among men in the United States.

The earlier that prostate cancer is detected, the better your odds are of surviving it.

Prostate cancer 5-year survival rate:



97.5%

with early detection



69%

if confined to primary site



13%

if spread to nearby lymph nodes



8%

if spread to other sites

Screenings

- Prostate-specific antigen (PSA) blood test
- Digital rectal exam
- Supplemental PSA blood tests like prostate cancer antigen 3 (PCA3), prostate health index (PHI), 4Kscore

Risk factors

The recommended age for screening depends on risk factors, including:

- Men ages 50 to 70 are more likely to develop prostate cancer
- Family history of prostate cancer
- African American men are at a higher risk to develop prostate cancer

Talk with your doctor about your risk factors and when you should consider getting screened.



SPOTLIGHT ON ARSHIA KHORASANI-ZADEH, M.D.

Gastroenterology

Arshia Khorasani-Zadeh, M.D., has joined Genesis Digestive Disease Specialists.

Specializing in endoscopic procedures, Dr. Khorasani-Zadeh performs colonoscopies and upper endoscopies. He also provides care in managing inflammatory bowel disease, gastroesophageal reflux disease and liver disorders.

"I believe in a patient-centered approach that combines compassion with clear communication. Joining Genesis feels like a natural extension of my upbringing and values."

– Arshia Khorasani-Zadeh, M.D.

His interest in medicine began as a desire to help people lead healthier lives.

"Growing up in a small town in Northern Ontario, I saw how critical access to healthcare can be for close-knit communities," said Dr. Khorasani-Zadeh. "I want to provide patients with care that feels accessible and personal."

Dr. Khorasani-Zadeh was drawn to gastroenterology because of its focus on improving the quality of life for patients.

"Digestive health is so intricately tied to overall well-being," said Dr. Khorasani-Zadeh. "Having the ability to address conditions that affect the daily lives of patients is incredibly rewarding."

Dr. Khorasani-Zadeh is accepting new patients at Genesis Digestive Disease Specialists, 999 Garden Road, Zanesville. Patients can schedule appointments by calling 740-454-8193.

Doctor of Medicine:

American University of Integrative Sciences
Netherlands Antilles

Residencies:

Chief Resident
Northwell Health, Long Island Jewish Forest Hills
New York, New York

Internal Medicine
Upstate Medical University
Syracuse, New York

Fellowship:

Gastroenterology
University of Massachusetts Baystate Medical Center
Springfield, Massachusetts

Board-certified:

Gastroenterology
Internal Medicine



Planting seeds

T O R E T A I N B E T T E R H E A L T H

April showers bring May flowers, warmer temperatures and the beginning of the gardening season. Some of us may have a green thumb, and others may have a hard time keeping a succulent alive. Either way, gardening and tending to fresh produce plants may be the right activity for you.

Nutritional benefits

We know it's important to incorporate fruits and vegetables into our daily meals. Fresh produce that we can grow has many benefits. According to Franciscan Health, gardening can promote heart-healthy eating. Since the food is not being transported or processed, you still retain all the nutritional benefits we don't usually get from store-bought produce.

Physical benefits

Gardening can be as intricate as you want it to be. No matter how big or small your garden is, the University of Texas in Austin says that gardening encourages a combination of aerobic exercise, strength training, flexibility, muscle strength, joint mobility and overall physical well-being.

Mental health benefits

While eating healthy and exercising is important, we also need to make sure we are taking care of our mental health. Being "unplugged" from your phone while enjoying a hobby, like gardening, is a great way to practice self-care.

Gardening is a hobby that allows you to be outside and benefit from the result. According to UNC Health Talk, gardening can build self-esteem, reduce stress and make you happier.

Gardening is a great way to stay active in the spring while gaining the nutritional benefits of fresh produce. Embrace your inner green thumb and try it out for yourself this spring.

COMMUNITY BENEFIT REPORT

BASED ON 2024 RESULTS

CONTENTS

At Genesis HealthCare System, we're dedicated to our mission to serve our community by helping each person achieve optimal health and well-being by providing compassionate, exceptional, and affordable healthcare services.

As a nonprofit healthcare provider, we partner with local organizations to identify and address the region's top health needs.

On the following pages, read how you trusted Genesis in 2024 to improve your health and well-being, increase access to care and enhance your health knowledge.

We appreciate the opportunity to care for the community to help you live a healthier life.



In 2024, Genesis was named a Top 100 Hospital in the nation for the third year in a row, as rated by *Fortune Magazine* and PINC AI.



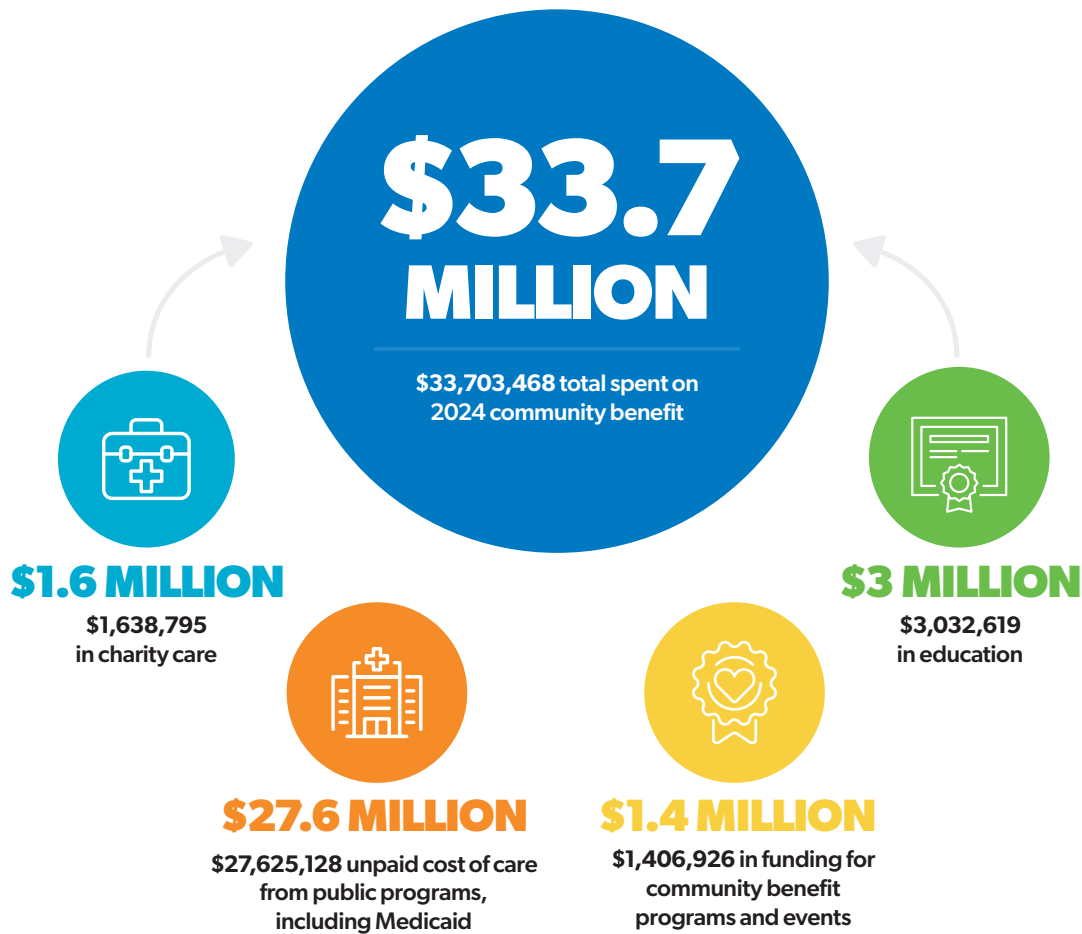
In 2024, Genesis was named a Top 50 Heart Hospital in the nation for the second year in a row, as rated by *Fortune Magazine* and PINC AI.



Genesis Hospital is one of the top 8% of hospitals in the U.S. to earn a 2024 Five-Star Quality Rating from the U.S. Centers for Medicare & Medicaid Services. Genesis was awarded five out of five stars.



MAKING A DIFFERENCE IN OUR COMMUNITY: 2024 RECAP



Genesis is devoted to caring for you and your loved ones, even if you cannot cover the cost of treatment. We pledge a portion of our earnings to cover the cost of care if you qualify for free or discounted care and if your insurance does not cover the total cost of your medical bill.



249,791

Total lives touched by community interactions from our community benefit program

»The Genesis Mission

Mission

We serve our community by helping each person achieve optimal health and well-being by providing compassionate, exceptional, and affordable healthcare services.

MEETING OUR COMMUNITY'S TOP HEALTH NEEDS

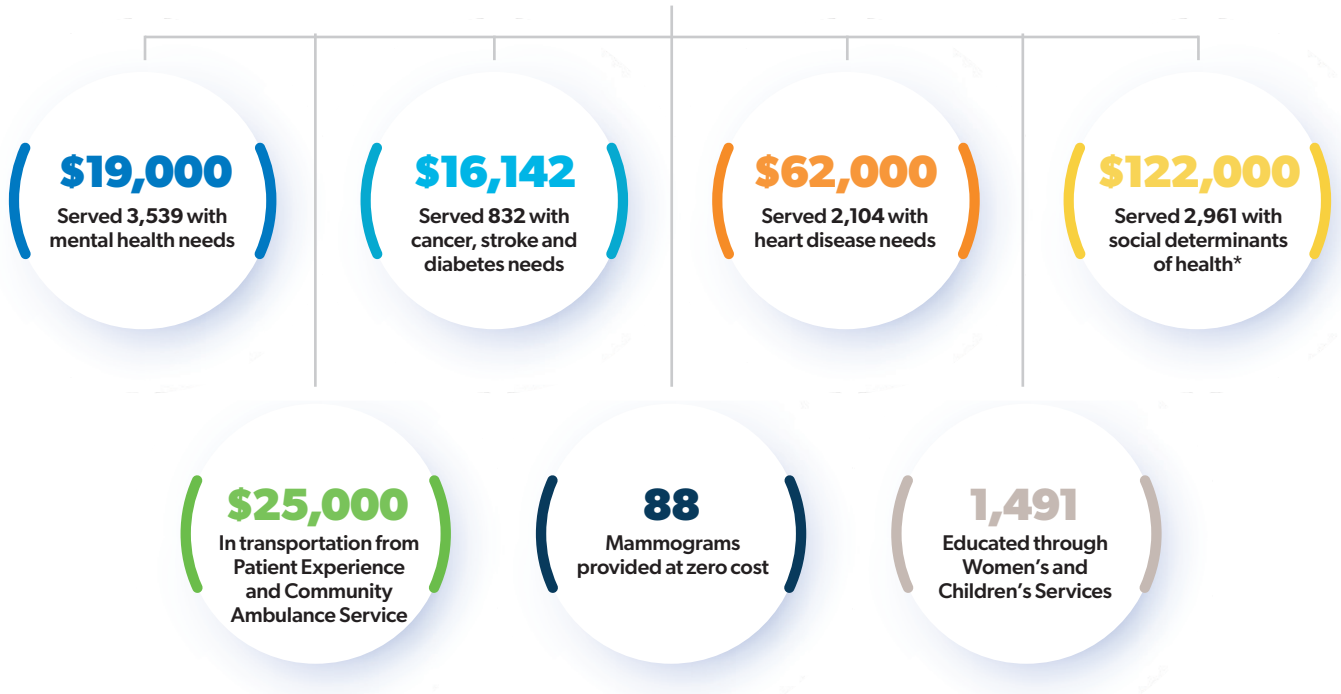
Every three years, Genesis HealthCare System and local health departments conduct a Community Health Needs Assessment (CHNA) to determine the top health needs in our region. The survey results outline key health data and community members' feedback about the health needs in our area. In collaboration with local health departments, Genesis HealthCare System prioritized programs to meet the community's needs.

Our 2024 six priority health needs were:
**mental health issues, heart disease, cancer, stroke,
diabetes and social determinants of health.***

**Genesis funded these programs to address
the top health needs**

\$244,142

Impacted 11,015 community members



To learn what we heard from you, our community, please visit genesishcs.org/chna2024 or scan the QR code to access the report.

|| *Social determinants of health are the conditions in which people are born, grow, live, work and age that affect their overall health and well-being. ||

»The Genesis Vision

Vision

Genesis is committed to being a healthcare team whose care exceeds the expectations of our patients and community.

COMMUNITY BENEFIT HIGHLIGHTS

\$73,650

Donated to nonprofit community partners

300

Units of blood donated by Genesis team members to help over 900 patients

707

Community members educated by Trauma Services

41,000

Members of the local Amish community received easier hospital access

300

Veterans honored at Hospice Care pinning ceremonies

703

Free sports physicals performed by Orthopedic Sports Medicine

\$37,000

In groceries donated to support local hunger network

77

Volunteer hours coordinated by team members for Habitat for Humanity

88

Placentas donated to make special grafts that heal wounds



GENESIS NURSELINE: AVAILABLE 24/7

Most callers use the NurseLine (740-455-4949) to make informed decisions about the health of a family member after regular office visits. Registered nurses with emergency medical experience respond to any community member with immediate health questions or concerns.

\$750,000

Invested in NurseLine

11,728

People served

»The Genesis Values

Values

Compassion || We demonstrate our faith-based roots in how we care for all our patients, and each other, as a whole person with empathy, understanding, respect and a healing touch.

YOUR FUTURE CAREGIVERS

Workforce Development

4,826

Students educated in 2024

In addition to taking care of you today, we know how important it is to prepare the next generation of caregivers to care for your children and grandchildren.

The Genesis Workforce Development Department was created in 2024 to be intentional and strategic in our efforts to educate students about clinical and non-clinical careers in healthcare, deepen relationships in our community and grow the organization.

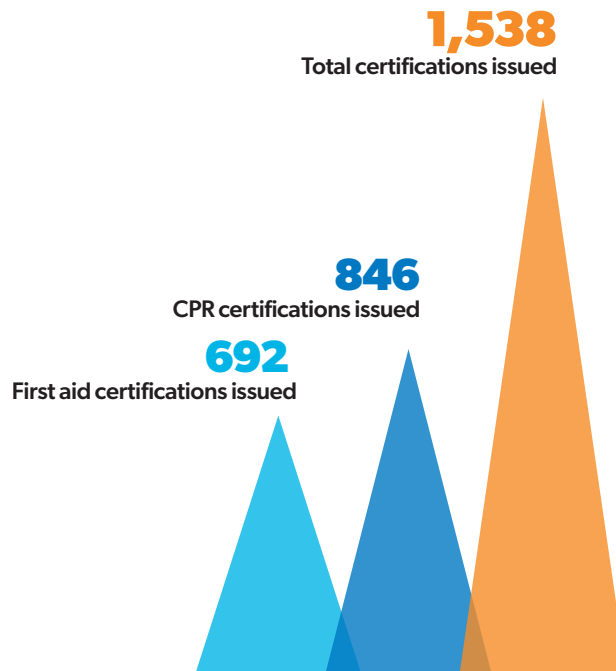
We are also facilitating programs and creating opportunities for local students in grades K-12 to help them learn about healthcare careers.



Workforce Development coordinated teams to provide learning opportunities for 1,548 students during the 2024 Junior Achievement Inspire Event.

LIFESAVING CERTIFICATIONS

Genesis Educational Services monitored community CPR and first aid classes and provided certification cards through a partnership with Zane State College.

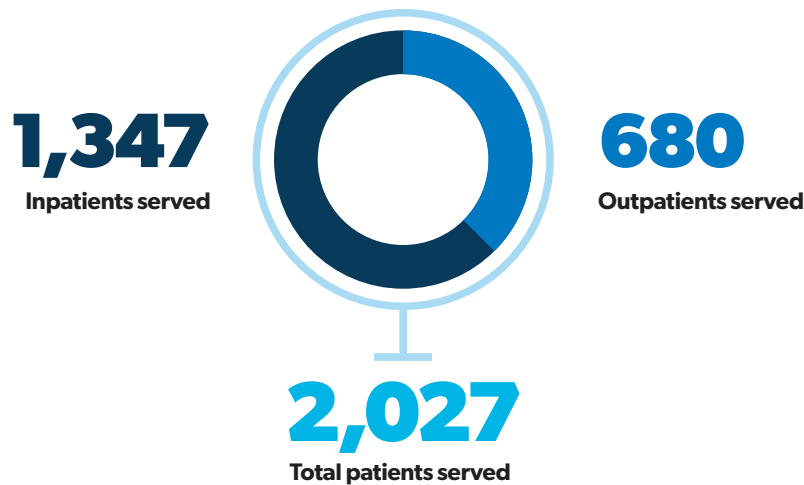


»The Genesis Values

Values

Excellence || We hold ourselves accountable to achieving the highest quality standards for patient experience, operational performance and clinical outcomes for our patients and community, as we assist them along their healthcare journey.

BEHAVIORAL HEALTH SPOTLIGHT



Added support

- Behavioral Health staff** available in the Emergency Department **24/7**.
- Dedicated case manager** available for patients in the hospital with a history of behavioral health needs.
- \$2,083** invested in **57 calls** to survivors of sexual assault.
- \$4,000** dedicated to addiction support.
- 49 hours** devoted to community collaboratives in mental health.

The future of Behavioral Health

In 2024, project planning began for additional behavioral health services.

Youth Crisis Stabilization Center

Planned to open in 2026, Genesis will offer an additional option of care to our behavioral health youth in need.



Community care collaborative

Community organizations are committed to collaborating in addressing the behavioral health needs of our community. By sharing access to past medical histories, we ensure consistent and continuous care, fostering progress in meeting our community's needs.



»The Genesis Values

Values

Integrity || We will always be respectful, truthful, and “do right by” each other and all those we serve, while providing exceptional care that meets the unique needs of every person in our community.

GROWING YOUR LOCAL CARE TEAM

Physicians welcomed to Genesis HealthCare System in 2024



Sarah C. Aronson, M.D.
Anesthesiology



Aaron Bowers, D.O.
Obstetrics/Gynecology



Adam J. Clemens, M.D.
Urology



Kamesh Gupta, M.D.
Gastroenterology



Katherine Hill, M.D.
Orthopedic Surgery



Anupreet Kaur, M.D., FAAFP
Family Medicine



Mark Kenamond, M.D.
Radiation Oncology



Arshia Khorasani-Zadeh, M.D.
Gastroenterology



Sai Krishna C. Korada, M.D.
General Cardiology



Minh Le, D.P.M.
Podiatric Surgery



Christopher Leibold, D.O.
Orthopedic Surgery



Olusola Olubowale, M.D., MPH
Interventional Cardiology



Tejas Patel, M.D.
General Cardiology



Avneek Sandhu, M.D.
Hematology/Oncology

We continue to hire the best physicians to address our community's Health Professional Shortage Areas designation, as noted by the Health Resources & Services Administration.

»The Genesis Values

Values

Team || We believe in the strength and enjoyment of working together as **one** team to achieve our highest potential for excellence, both collectively and individually.



GENESIS COSHOCTON MEDICAL CENTER

Celebrated one year of exceptional healthcare in Coshocton

Better Begins Here in Coshocton County.

Genesis HealthCare System is committed to providing high-quality, compassionate healthcare to the Coshocton community. We continue to expand our services so you can receive the healthcare you need closer to where you live, work and play.



\$26,331

Donated to community health projects



\$4,961

Spent on Coshocton community education



17,433

Encounters at the Emergency Department



3,327

Encounters with Heart & Vascular services



1,840

Mammograms provided



110

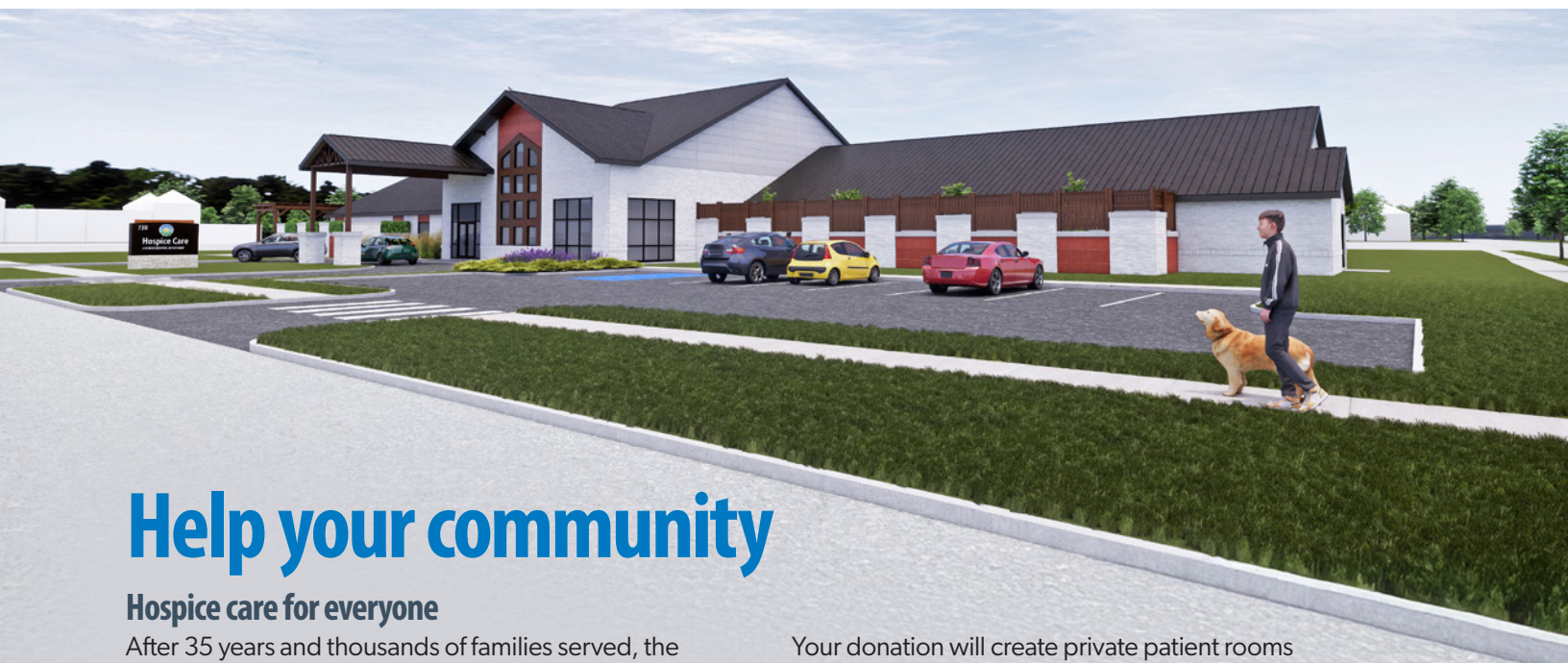
Units of blood donated

»The Genesis Values

Values

Innovation || We constantly seek ways to improve by challenging the current state and embracing new ideas, processes, and technology to create higher quality outcomes, a healthier community, and lower total costs of care.

2503 Maple Ave., Suite A
Zanesville, OH 43701



Help your community

Hospice care for everyone

After 35 years and thousands of families served, the Morrison House, the region's only dedicated inpatient hospice facility, needs to be replaced.

Anyone who has ever had a loved one at the Morrison House knows our program's lasting impact on families during the most difficult times.

Numerous community members and businesses have already stepped forward to pledge their support. Your donation, small or large, will make a difference in the lives of our patients and families.

Together, your contributions will help build a new facility and ensure our nonprofit, Centers for Medicare & Medicaid Services (CMS) Five-Star Rated Hospice facility will continue to provide the critical care you've come to know and trust.

Your donation will create private patient rooms and bathrooms with beautiful garden views. Every patient's room will accommodate families with desks and comfortable sleeping areas to help loved ones feel at ease.

We are immensely grateful to the J.W. & M.H. Straker Charitable Foundation for its naming donation. We also thank the Franciscan Sisters of Christian Charity for donating the land.

If you would like more information or to contribute, please visit genesishcs.org/foundation or call 740-454-5052. Thank you for helping us support our community's future.



Scan the QR code to make a donation to the Genesis Hospice Care Capital Campaign.

Stay connected, stay healthy

Keep updated with Genesis by following us on social media. Subscribe to our quarterly publication, *LiveWell*, and our women's email newsletter, *HerHealth*. Visit genesishcs.org/subscribe.

To be added to or removed from our lists, contact:
Genesis HealthCare System
Marketing & Public Relations
740-454-5913
Email: livewell@genesishcs.org