

LiveWell

FEATURED PATIENT STORY

ANGIE BEROS BACK ON TRACK AFTER BREAST CANCER

PAGE 8

OPEN-HEART SURGERY

CELEBRATING 25 YEARS OF
MORE HEARTBEATS

NEW FACILITIES

GENESIS HOSPICE CARE

GENESIS COSHOCTON
SPECIALTY CENTER

PHYSICIAN WELCOMES

ALEXANDRA DAVIES, D.O.
Gastroenterology

GRANT LEWIS, D.O.
General Surgery

MORE PATIENT STORIES

MEET RUSS FEHRMAN
AND CAMRON WHITE

WELLNESS

A BREAST CANCER
SCREENING CAN SAVE
YOUR LIFE

ARTIFICIAL INTELLIGENCE
ENHANCING YOUR
HEALTHCARE



Genesis
HEALTHCARE SYSTEM

Better Begins Here



EVERY BEAT MATTERS

Each step we take at Genesis is guided by our commitment to you. Your well-being, your family and your future are the heart of everything we do.

We celebrated 25 years of open-heart surgery in October. This milestone was made possible because of your trust in Genesis. Thousands of friends, neighbors and loved ones have returned to healthier, fuller lives, one beat at a time.

Stories like Russ Fehrman's remind us why expert heart care matters. A familiar face in Coshocton, Russ turned to Genesis for minimally invasive heart treatment and is now back to serving the community he loves. You can read more about his journey in this issue.

As we expand our services, high-quality care is coming closer to more families in our region.

In August, we opened the Genesis Coshocton Specialty Center, offering endocrinology, rheumatology, cancer care, pain management and more.

Thanks to the generosity of many donors, including the J.W. & M.H. Straker Charitable Foundation and the Franciscan Sisters of Christian Charity, we've also broken ground on a new hospice care facility that will provide comfort and compassionate support to patients and their families for decades to come.

Join me in welcoming new physicians to the Genesis family, including Grant Lewis, D.O., and Alexandra Davies, D.O.

This married couple recently returned to Dr. Davies' hometown of Newark, bringing their specialties in general surgery and gastroenterology to Genesis HealthCare System. They are dedicated to providing exceptional care in our community.

As the crisp autumn season has arrived, may you enjoy its renewal. Know that Genesis remains by your side through every season, committed to your healing and well-being.

In good health,



EXPANDING CARE IN COSHOCTON

More options. Closer to your home. Because you matter.

Healthcare should never mean going far from home. Therefore, Genesis HealthCare System has expanded access to specialty services in Coshocton.

Our new facility gives you even more ways to stay healthy. Designed to provide high-quality, convenient care, you and your loved ones can get the treatment you need, when you need it.

Genesis Coshocton Specialty Center

At the new Genesis Coshocton Specialty Center, you'll find expert physicians ready to listen, guide and care for you.

Now offering:

- Endocrinology
- Lung care
- Pain management
- Rheumatology
- Cancer care
- Crohn's and Colitis clinic

Call 740-722-9524 to ask if you need a physician referral and to schedule an appointment. We are located at 646 Chestnut St., Coshocton. Learn more about the Coshocton Specialty Center online at genesishcs.org/coshocton-specialty-center.



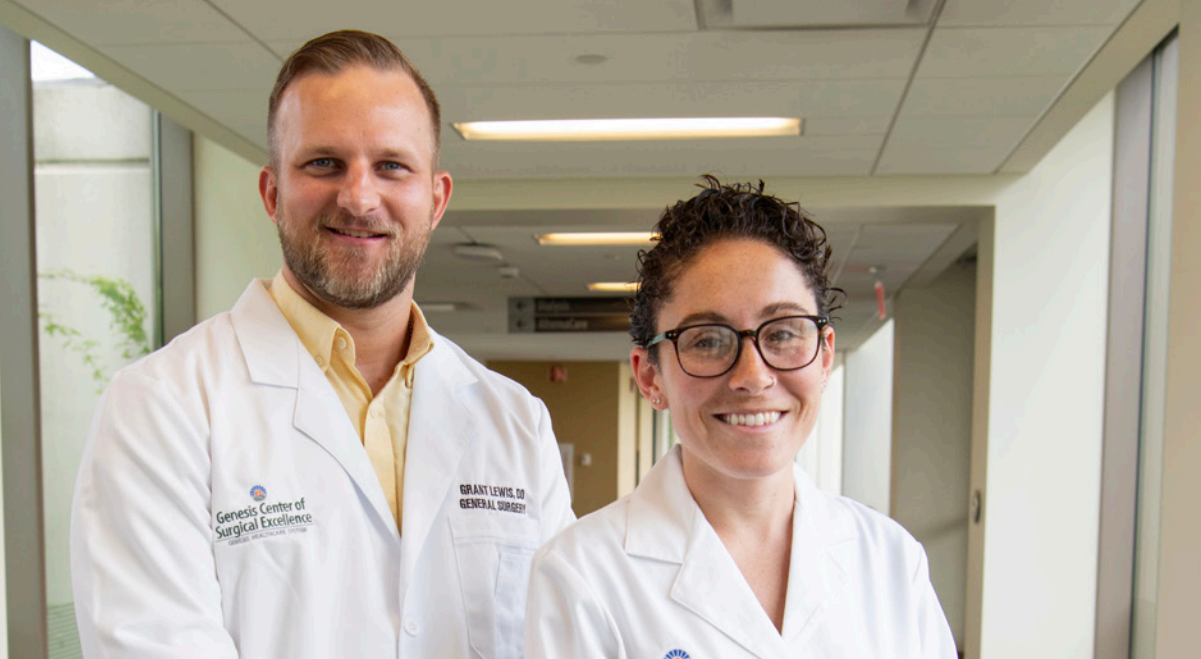
Genesis Coshocton Medical Center

Thanks to the community's support, the Genesis Coshocton Medical Center has grown since opening in 2023. More than 200 dedicated team members work with you to keep you and your family healthy, cared for and supported.

Services include:

- 24/7 emergency care
- Outpatient surgery
- Cardiac diagnostics
- Imaging services
- Overnight observation
- Rehabilitation services
- Lab draw services

Learn more about the Genesis Coshocton Medical Center at genesishcs.org/coshocton.



SPOTLIGHT ON HUSBAND AND WIFE

GRANT LEWIS, D.O., AND ALEXANDRA DAVIES, D.O.

General Surgery and Gastroenterology

Genesis welcomes Grant Lewis, D.O., and Alexandra Davies, D.O.

Dr. Lewis and Dr. Davies met at the Kentucky College of Osteopathic Medicine. They recently relocated to Dr. Davies' hometown with their son and look forward to providing quality, patient-centered care at Genesis.

Dr. Lewis joined the Genesis Center of Surgical Excellence, specializing in general surgery. He is from Mason, Ohio, and became interested in surgery because he liked working with his hands and helping others.

"Patients want to feel better quickly," said Dr. Lewis. "I appreciate guiding them to better health."

Dr. Lewis also performs emergency surgeries and provides sports hernia and core muscle repair.

Dr. Davies joined Genesis Digestive Disease Specialists, specializing in gastroenterology. She is from Newark, Ohio, and wanted to study medicine because of a family history of gastrointestinal issues.

"I work with patients to create personalized care plans," said Dr. Davies. "I walk alongside them through each stage of treatment."

In addition to their son, Dr. Davies and Dr. Lewis have two dogs. They enjoy daily conversations about their specialties to learn about each other's fields.

"We make each other better," said Dr. Lewis. "That bonus knowledge helps us help our patients even more."

Dr. Lewis

Doctor of Osteopathic Medicine:

University of Pikeville
Kentucky College of
Osteopathic Medicine
Pikeville, Kentucky

Residency:

Chief Resident
General Surgery
McLaren Greater Lansing Hospital
Lansing, Michigan

Dr. Lewis is accepting patients at the Genesis Center of Surgical Excellence, 2916 Van Gader Drive, Zanesville. Patients can schedule appointments by calling 740-453-0661.

Dr. Davies

Doctor of Osteopathic Medicine:

University of Pikeville
Kentucky College of
Osteopathic Medicine
Pikeville, Kentucky

Residency:

Internal Medicine
McLaren Macomb Hospital
Mount Clemens, Michigan

Fellowship:

Gastroenterology
McLaren Greater Lansing Hospital
Lansing, Michigan

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

WELCOME NEW PHYSICIANS



Jordan Gales, M.D.

Clinical Cardiac Electrophysiology

Jordan Gales, M.D., joined the Genesis Heart & Vascular Group, specializing in clinical cardiac electrophysiology. Dr. Gales has training in multiple key cardiovascular imaging and diagnostic methods, including echocardiography, nuclear cardiology and electrophysiology. He provides arrhythmia diagnosis and management, catheter ablation, device implantation and advanced cardiac imaging.

Dr. Gales is accepting patients by referral at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Patients can schedule appointments by calling 740-454-0804.

Doctor of Medicine:

Case Western Reserve University
Cleveland Clinic Lerner College of Medicine
Cleveland, Ohio

Residency:

Internal Medicine
Duke University Hospital
Durham, North Carolina

Fellowship:

Chief Fellow
Clinical Cardiac Electrophysiology and
Adult Cardiovascular Disease
Texas Heart Institute
Houston, Texas

Board-certified:

Internal Medicine
Cardiovascular Disease



Arslan Ahmed, M.D.

General Cardiology

Genesis welcomes Arslan Ahmed, M.D., to the Genesis Heart & Vascular Group, specializing in general cardiology. A member of the American College of Cardiology, Dr. Ahmed treats aortic stenosis and valvular heart disease, coronary artery disease, arrhythmias, heart failure and peripheral vascular disease.

Dr. Ahmed is accepting patients at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. Patients can schedule appointments by calling 740-454-0804.

Doctor of Medicine:

Lahore Medical and Dental College
Lahore, Pakistan

Residency:

Chief Resident
Internal Medicine
Creighton University School of Medicine
Omaha, Nebraska

Fellowship:

Cardiovascular Disease
Creighton University School of Medicine
Omaha, Nebraska

Board-certified:

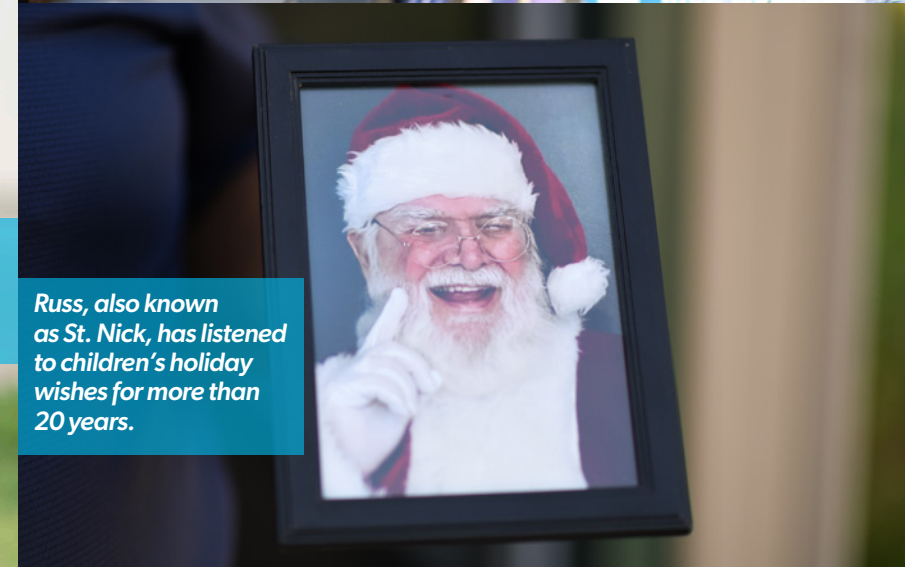
Internal Medicine



“Genesis listened and explained things as much as I needed. I am so happy I had the procedure.”

– Russ Fehrman

Russ and his wife began stocking their Little Free Library for community members in 2020.



Russ, also known as St. Nick, has listened to children's holiday wishes for more than 20 years.

THE COMMUNITY'S HEART

Russ Fehrman loves his community. He has lived in Coshocton for 40 years and spent his life making it better. He has served on numerous local boards of directors, given over 20 gallons of blood to the American Red Cross, has dressed as Santa Claus for over 20 years, volunteered at the local board of elections and even installed a book library in his yard.

When asked why he does so much, he shrugged and said, “Sometimes you can’t write giant checks, so you give your time instead.”

A few years ago, Russ was diagnosed with atrial fibrillation, also known as AFib. This occurs when the heart’s upper right and left atria chambers contract out of rhythm. AFib increases your chance of blood clots, especially in the left atrial appendage (LAA) and makes you five times more likely to have a stroke.

As a result, Russ started taking blood thinners. Taking the medication meant he was more likely to bleed easily, which prevented him from giving blood and limited a few of his activities.

That meant Russ couldn’t do everything he wanted. He couldn’t do as much for his community.

Being limited in how he could help his family, friends and neighbors wasn’t acceptable to Russ.

It starts with a desire

Russ started researching for ways to get off blood thinners. His efforts led him to learning about a procedure involving a tiny implant that prevents blood clots in the LAA by closing it. During a routine visit at the Genesis Coshocton Medical Center, Russ shared his desire to stop taking blood thinners. He also asked Jason Bryant, APRN-CNP, Nurse Practitioner in cardiology, about the procedure he discovered.

Before Russ returned home, he received a call from Genesis to undergo a screening for the procedure.

“Getting off blood thinners was important to me,” said Russ. “However, I was thrilled at how quickly Genesis reacted. They listened and took my desires seriously. It was great.”

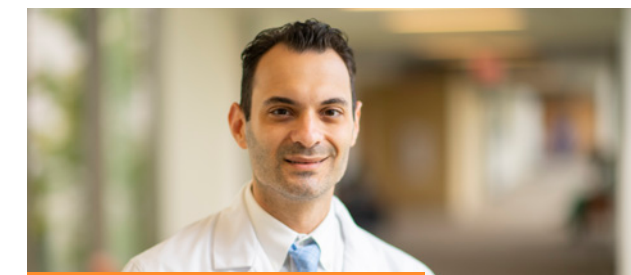
Russ passed the procedure screening and had the minimally invasive procedure performed in April 2024 by Kinan Kassir, M.D., Fellowship-trained and Board-certified Interventional and Structural Cardiologist at the Genesis Heart & Vascular Institute.

“During the procedure, we inserted a narrow tube into a blood vessel in Russ’ upper leg and directed it to his LAA,” said Dr. Kassir. “We then maneuvered the implant through the tube until it reached the LAA and unfolded it like an umbrella. A thin layer of tissue grew over the implant’s surface in about 45 days, enabling Russ to stop taking blood thinners.”

Back to what he loves

Russ returned home within hours of the procedure, started to feel better right away and was happy he had one less pill to take each day. He was also able to start donating blood again and continue other volunteer activities with less concern about falling that could result in severe bleeding.

“I was overwhelmed by the level of warmth the whole Genesis system expressed to me,” said Russ. “They were engaging, listened and explained things as much as I needed. Their attention to detail gave me confidence in them. I am so happy I had the procedure.”



Kinan Kassir, M.D., FACC

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

Scan the QR code with your phone to watch Russ share his story or visit genesishcs.org/russ-fehrman.



BACK ON TRACK

Angie Beros loves cheering on drivers at the local speedway.

"Dirt races have been part of my life since high school," said Angie. "There's something special about the roar of engines on those dusty nights at the track."

When Angie found a lump in her right breast in October 2024, she knew she needed a mammogram.

"I saw a free mammogram program that was promoted through Genesis," said Angie. "It encouraged me to see my doctor."

Changing the course

Angie's provider referred her to Genesis for a mammogram, which led to the discovery of her breast cancer.

"The Genesis radiologists didn't like how the mammogram looked," said Angie. "They immediately did an ultrasound."

Results were shared with Shannon M. Hanley, M.D., Fellowship-trained and Board-certified Surgeon at the Genesis Breast Care Center.

Fifteen minutes later, Angie met Dr. Hanley for an exam and biopsy.

"Everyone made sure that my appointments were close together," said Angie. "I'm grateful for the compassion I was shown, especially on that day."

Angie was diagnosed with Stage IA invasive ductal carcinoma. This type of cancer begins in the milk duct and has invaded the surrounding breast tissue.

"Breast cancer makes up around 30% of new cancers among women in the United States each year," said Dr. Hanley. "One in eight women will develop breast cancer. If detected early, there is a 99% 5-year survival rate."

In the driver's seat

Angie didn't know where to turn when she heard the diagnosis.

"Once I met Dr. Hanley and her staff," said Angie, "I knew I was staying at Genesis. It was where God led me."

Angie decided to have surgery in November 2024.

"It was important to learn about my options," said Angie. "Dr. Hanley made information easy for my husband and me to follow during an overwhelming time."

Dr. Hanley performed a lumpectomy, a breast-conserving surgery that removes the cancer while keeping the healthy breast tissue intact.

Angie was away from the dirt track throughout her treatment and recovery. She hadn't been away from the track for many years.

Angie met with Scott A. Wegner, M.D., Fellowship-trained and Board-certified Hematologist/Oncologist and Chief Medical Officer at Genesis HealthCare System. Dr. Wegner delivered the news Angie had been praying for throughout her journey.

"Dr. Wegner said that I wouldn't need chemotherapy," said Angie. "Chemotherapy was my biggest fear. Thankfully, radiation was the next step."



Shannon M. Hanley, M.D.

Fellowship-trained and Board-certified Surgeon
Genesis Breast Care Center

FREE SCREENINGS



Free mammogram program

A free mammogram program is held during October, National Breast Cancer Awareness Month. The program is a collaboration among Coconis Furniture, Genesis HealthCare System, Marquee Broadcasting (WHIZ-TV), the Muskingum County Community Foundation, Southeastern Ohio Breast and Cervical Cancer Project and Riverside Radiology/Lucid Health. For more information, call 740-454-4274.

**"I'm back at the races,
and most importantly,
I feel healthy."**

– Angie Beros

Angie and her husband have shared a love of watching dirt racing since they started dating. Angie has returned to the local track after her recovery.

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Victory lane

Mark Kenamond, M.D., Radiation Oncologist at the Genesis Cancer Care Center, worked with Angie for her treatment.

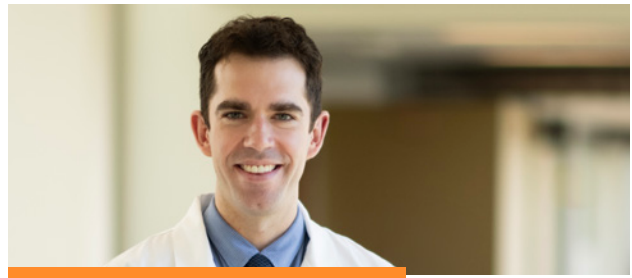
"Angie was treated with radiotherapy for five and a half weeks," said Dr. Kenamond. "Our team created a personalized care plan and has supported her throughout treatment."

Angie is currently working with Dr. Wegner for adjuvant hormone therapy.

"Used after surgery, adjuvant hormone therapy stops breast cancer cells from attaching to proteins in cells that encourage growth," said Dr. Wegner.

Angie recently had her first mammogram since surgery.

"There are many signs of healing. I'm blessed with the care I received at Genesis," said Angie. "I'm back at the races, and most importantly, I feel healthy."



Mark Kenamond, M.D.

Radiation Oncologist
Genesis Cancer Care Center



Scott A. Wegner, M.D.

Fellowship-trained and Board-certified
Hematologist/Oncologist
Chief Medical Officer
Genesis HealthCare System

Visit genesishcs.org/cancer for more information.



POP QUIZ

HOW HEALTHY ARE YOUR INSTINCTS?



We all strive to build healthy habits. The right fuel powers our bodies to feel our best. But sometimes our food choices can be misleading, appearing to be healthy. Having the correct information can help you select the best options.

Ready to take a closer look at your plate? Test your knowledge with this quiz and spot the smarter choices.

True or false:

1. Salmon is healthier than sushi.
2. Pick low-fat yogurt instead of Greek yogurt.
3. Apples are better for you than banana chips.
4. Broccoli is a smarter choice than Caesar salad.
5. Choose energy bars over walnuts.
6. Breakfast muffins are healthier than whole-grain bread.

Turn to page 19 to check your answers »



Think pink and beat breast cancer

Breast cancer is the most common cancer in women in the United States, except for skin cancers, according to the American Cancer Society. It is also the second leading cause of cancer death in women after lung cancer.

The numbers tell the story:

There is a 1 in 8 chance that a woman will develop breast cancer in her lifetime.



5-year survival rates for breast cancer:

99%

if detected early
before it spreads.

86 to 90%

if it spreads to
lymph nodes or
nearby structures.

30%

if it spreads to
distant parts of the
body, like lungs,
liver or bones.

Early detection matters

Do you know the best way to survive breast cancer? Early detection. And the most effective and accurate way to detect breast cancer is to have a screening mammogram.

National Comprehensive Cancer Network guidelines recommend all women age 40 and older at average risk of breast cancer should have an annual screening mammogram.

Women with higher-than-average risk of breast cancer should have a clinical breast examination by a physician every 6 to 12 months and should consider a high-risk screening of an annual breast MRI along with an annual mammogram.

Talk with your doctor

Discuss your risk for breast cancer and a plan for a screening mammogram with your Primary Care Physician or your OB/GYN.

To schedule your mammogram, call Genesis Central Scheduling at 740-454-4242.

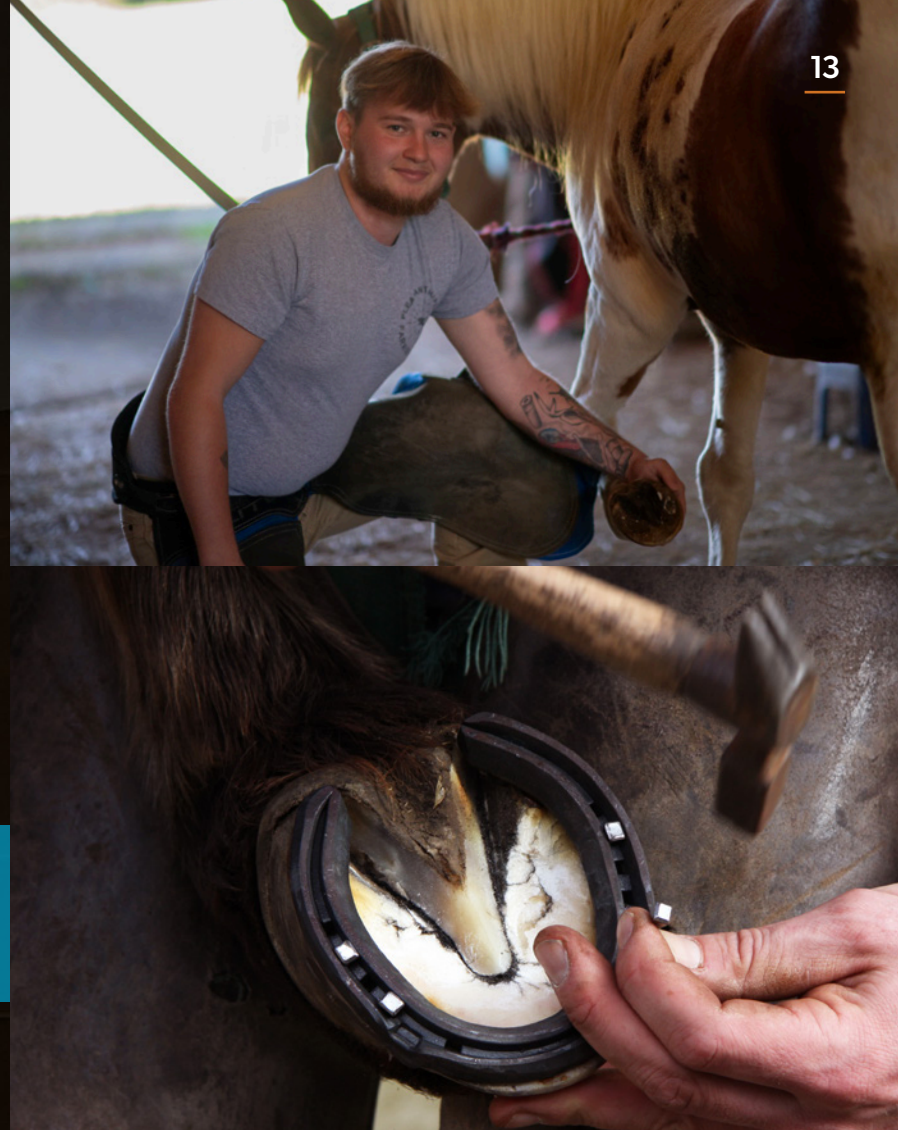
It's time to think pink and win the fight against breast cancer.



"An injury that initially made me feel so overwhelmed turned into the best experience of my life."

– Camron White

Camron has followed in his father's footsteps with their family-owned farrier service. They travel to farms to trim and balance horse hooves.



FROM KNEE PAIN TO NO PAIN

Camron White was riding his motorcycle in September 2024 when he turned too fast, causing his bike to fall on his leg.

"I wasn't sure if I was going to be able to use my knee again," said Camron, a 20-year-old from Newark. "I was worried about the outcome and how those few moments might have changed my life."

Before he could process anything, all he felt was the nagging, aching pain in his left knee. Camron visited his primary care doctor and learned he had torn his anterior cruciate ligament (ACL) and lateral collateral ligament (LCL).

Moving forward

After asking for his doctor's advice, Camron made an appointment with Thai Q. Trinh, M.D., Fellowship-trained and Board-certified Orthopedic Surgeon and Sports Medicine Physician with Genesis Orthopedic Sports Medicine. After discussing his options with his family, Camron chose Dr. Trinh for his care.

"An ACL tear is a common injury," said Dr. Trinh. "Injuries involving multiple ligaments are common among athletes and even motorcyclists, like Camron. To address Camron's injury, we performed a reconstruction of his ACL, LCL and other supporting knee structures. An operation such as this typically requires a surgeon and surgical team specializing in treating complex injury patterns such as Camron's."

Strength in believing

Camron's surgery was scheduled for Nov. 12, 2024. It was Camron's first surgery, and he wasn't sure what to expect. Camron and his family prayed leading up to the morning of Camron's surgery, and for an easy recovery.

Although he felt nervous and overwhelmed, Camron knew Dr. Trinh was the right choice.

"Dr. Trinh did a great job explaining what would happen, answering all my questions," Camron said.

Camron and Dr. Trinh discussed the final details of the procedure. Dr. Trinh then drew visuals of the procedure.

"I printed out a picture of the anatomy of the knee," said Dr. Trinh. "I outlined how I would go about reconstructing his ACL and LCL. I could quickly tell by having a visual that Camron's mind was at ease."

Road to the future

After a successful surgery, Camron started his recovery. Commuting from Newark to Zanesville, Camron visited the Genesis Orthopedic Walk-in Clinic for check-ups and physical therapy appointments.

"An injury that initially made me feel so overwhelmed turned into the best experience of my life," said Camron. "The first thing that I noticed was that everyone at Genesis was so nice. They truly care."

Since his recovery, Camron is getting back to doing what he enjoys, including riding his motorcycle, working with horses, watching football and hanging out with friends and family.

In September, he moved to Idaho to attend the Idaho Horseshoeing School near Yosemite National Park to further his education, interest and passion for horses.



Thai Q. Trinh, M.D.

Fellowship-trained and Board-certified
Orthopedic Surgeon and Sports Medicine Physician
Genesis Orthopedic Sports Medicine



One team. Neighbors helping neighbors.

Local nonprofit organizations are the heart of our community. Whether mentoring youth, feeding families or fostering animals, these groups serve our community with heart and purpose.

When local nonprofits need a helping hand, our 4,400+ Genesis team members are ready to step in. Together, we can spread more smiles and talents to make an ever greater impact.

Meet three Genesis team members who partner with nonprofits to help strengthen our community.



Emily Bailey

For Emily Bailey, Genesis Patient Access Manager, the Salvation Army's mission inspired a family tradition of service. "My grandmothers volunteered at the Salvation Army," said Emily. "I grew up learning how important it is to serve others." Emily also volunteers at Christ's Table, often alongside her Genesis Patient Access team. "There's strength in numbers," she said. "Together, we can make wonderful things happen in our community."

CONTACT US

Need a volunteer?

Share local volunteering opportunities with our team. Eligible local nonprofit organizations that meet the guidelines can complete the online request form at genesishcs.org/request-volunteers.

- Opportunities that support Muskingum, Coshocton, Perry, Guernsey, Noble or Morgan counties.
- Church events that benefit the entire community.
- Submit requests at least 30 days before your event. Requests are reviewed weekly.
- Contact Genesis Community Relations at 740-454-5913, option 2, with questions.



Darla Doss

Genesis HealthCare Foundation Development Consultant Darla Doss registers community members during the annual United Way Tax Clinic. She also helps with the hospitality team at her church, making guests and members feel welcome. "Volunteering makes it easy to meet great people," said Darla. "I'm grateful that I can give back." Darla is also part of the American Heart Association's Go Red for Women program, which raises awareness and promotes treatment for women with heart disease.



Andrew Luallen

As a proud Eagle Scout, Genesis Education Services Consultant Andrew Luallen gives back to the program that shaped his youth. He volunteers with Scouting America Muskingum Valley Council, mentoring the next generation as a local Cubmaster and Assistant Scoutmaster in his daughters' units. "Scouting is more than outdoor skills," said Andrew. "Scouting empowers young men and women to develop into future leaders who will make a positive impact on the world around them."



Because of your support, we keep improving for you

How artificial intelligence is enhancing your healthcare

When it comes to your health, every second and every detail matters. That's why we're constantly working to improve the care you receive at Genesis. From the team member who checks you in, to the doctors and nurses who care for you, to those who work behind the scenes, everyone at Genesis is committed to providing you with exceptional care and innovative technology.

When you choose Genesis for your healthcare, you're choosing more than a provider. You're helping us reinvest in our health system. That means better tools, better care and better outcomes for you and your loved ones.

You've likely heard a lot about artificial intelligence (AI) over the past year. At Genesis, we've been keeping a close eye on developing technology for decades. Part of our strategy is to recruit the best physicians and talent and provide them with the best technology. Therefore, in October 2024, we became one of the early adopters in Ohio to begin using AI to help our clinical teams review radiology reports more efficiently and quickly share the results with providers.

When a patient receives an X-ray, CT scan or MRI, the goal is to find the issue that prompted the test. Sometimes, other concerns show up, like a pulmonary nodule, a small spot on the lung that could be an early sign of cancer.

With AI, we can now process more than three times as many reports in the same time. That means more patients can get follow-up testing sooner. In cases where something serious like cancer is found, we can start treatment faster, giving patients a much better chance at survival.

Think of AI as a tool, like a power saw that helps a carpenter work more efficiently. The expertise, care and decisions still come from our medical team. AI just helps them provide exceptionally high-quality healthcare for more people.

To learn more about how AI is enhancing your care, talk to your Genesis physician. We're grateful to bring innovative technology to your community.



SUGAR SMARTS

FUEL STRONG HEARTS

Blood sugar management can be challenging. The effects of blood sugar, or blood glucose, go well beyond the pancreas. Our bodies use healthy glucose to keep other organs and systems performing at their best.

Sweet balance

Sugar satisfies your sweet tooth. But your heart prefers it in check. Glucose management can help prevent other medical conditions, such as cardiovascular disease.

Coronary artery disease forms when particles like cholesterol build up in blood vessels that carry blood and oxygen to the heart. Having diabetes raises the risk of “bad” cholesterol levels, known as LDL or low-density lipoprotein.

This buildup hardens arteries, reducing blood flow to the heart. Over time, it increases the chances of a heart attack, heart failure or stroke.

Recognize the signs

For most people with diabetes, a healthy glucose reading before meals is typically between 80 and 130 mg/dL. A few hours after eating, it should be less than 180 mg/dL. Create a care plan with a doctor for when levels are too high or too low.

Watching saturated fat and sodium levels is also important for those with diabetes to reduce their risk for heart-related health issues. If you have prediabetes, Type 1 or Type 2 diabetes and notice these symptoms of heart disease, don't wait. Talk to your doctor.

Symptoms:

- Nausea or vomiting
- Chest flutter
- Arm pain
- Upper body pain
- Fast heartbeat
- Extreme tiredness
- Jaw pain

Call 911 immediately with these warning signs:

- Chest pain or tightness
- Difficulty breathing
- Feeling faint

Even if you don't have diabetes, ask your doctor about target glucose levels and how they affect your heart and overall well-being.

You have more power over your health than you may think. Every positive change is another heartbeat closer to a healthier, stronger life.



A balanced life with diabetes

Learn about glucose monitoring and listen to the “Sounds of Good Health” podcast with M. Tufail Ijaz, M.D., Fellowship-trained and Board-certified Endocrinologist at Genesis Endocrinology.

Visit genesishcs.org/balanced-life-diabetes.





THE FUTURE OF GENESIS HOSPICE CARE IS GETTING CLOSE

We celebrated a special milestone in October with the groundbreaking of our new hospice care facility.

Scheduled to open in the fall of 2026, the new building will carry forward the mission of the Morrison House, which for 35 years has been a place of comfort and care for thousands of families during many of life's most difficult moments. As the area's only nonprofit, charitable hospice provider with a dedicated inpatient unit, it has played a vital role in our community.

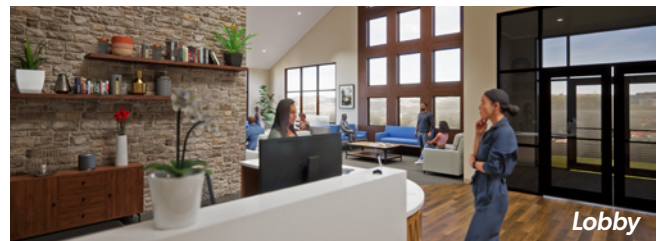
While the Morrison House has served us well, time has shown the need for a new, modern facility to meet the growing needs of patients and families. In early 2025, we launched the Hospice Care Capital Campaign that will allow us to continue providing compassionate, high-quality care for generations to come.

Thanks to the generosity of our community, local businesses, physicians and the dedicated Genesis team, we've raised \$7 million of the adjusted \$7.4 million goal. We're incredibly grateful to everyone who has donated or helped spread the word.

A special thank you goes to the J.W. & M.H. Straker Charitable Foundation for its generous naming donation and to the Franciscan Sisters of Christian Charity for donating the land for the new facility.

We're almost there. With your continued support, we will reach our goal. Thank you for helping us build the future of hospice care for our community.

Scan with your phone's camera to donate to the Genesis Hospice Care Capital Campaign.



To learn more or to donate, visit genesishcs.org/foundation or call 740-454-5052.



POP QUIZ ANSWERS

CHECK YOUR ANSWERS FROM PAGE 10



Serving up the results

1. Salmon is healthier than sushi. **True**

Harvard Health calls salmon a good source of protein with omega-3 fatty acids, which can help prevent heart disease. Southeast Asia Food Group says sushi rolls with tempura, cream cheese or heavy sauces can be loaded with calories. The fried batter and sauces often have unhealthy fats, offsetting the benefits of the fish.

2. Pick low-fat yogurt instead of Greek yogurt. **False**

Greek yogurt is a good source of protein and can help with digestive and bone health, according to the Association of Accredited Naturopathic Medical Colleges. But be cautious with the low-fat versions. Healthy South Dakota warns that low-fat yogurt can contain over 30 grams of added sugar.

3. Apples are better for you than banana chips. **True**

U.S. Apple Association says apples can promote a healthy heart, help prevent cancer and support brain health. Healthy South Dakota warns that one ounce of banana chips can have 145 calories, 9 grams of fat and 8 grams of saturated fat, which is about the same as a fast-food burger.

4. Broccoli is a smarter choice than Caesar salad. **True**

The Heart Research Institute recommends broccoli as an excellent source of fiber and vitamins. But watch out for that tasty Caesar dressing and Parmesan cheese. Even a small Caesar salad can have 300 to 400 calories and over 30 grams of fat, says Healthy South Dakota.

5. Choose energy bars over walnuts. **False**

UC Davis Health notes that walnuts can help with heart, brain and gut health and lower risks for certain cancers. Energy bars, on the other hand, are usually loaded with sugar. According to Healthy South Dakota, one bar can have up to 500 calories.

6. Breakfast muffins are healthier than whole-grain bread. **False**

The American Heart Association says the dietary fiber in whole-grain bread can help improve blood cholesterol levels and lower the risk of heart disease, stroke, obesity and Type 2 diabetes. Those tasty morning muffins can pack 500 calories with 11 teaspoons of sugar, says Healthy South Dakota.

You don't need perfection to take charge of your health. With balance and moderation, you can enjoy healthy foods and still treat yourself to a breakfast muffin. Even when your instincts try to trick you, small and thoughtful choices can lead to meaningful results.



25 years of more heartbeats

Your courage, our first step

On Oct. 30, 2000, something incredible happened. You made history. One of your neighbors became the first patient to undergo open-heart surgery at Genesis HealthCare System. That patient's courage represented the trust our community placed in us. Trust that led to that person and many others celebrating more holidays, more birthdays and even more ordinary Monday mornings filled with extraordinary meaning.

Because you, our community, believed in us, thousands of your friends, family members and neighbors have since turned to Genesis for advanced heart care. Your commitment to choosing local care has made it possible for countless people to live longer, healthier lives while receiving care where they live.

Growing because you deserve the best

You asked for world-class heart care close to home, and we listened. With your support, Genesis has continued to expand and improve:

- Recruiting highly skilled and experienced physicians.
- Investing in innovative technologies like Cardiac CTA, robotic-assisted surgery platforms and SPECT/CT.
- Offering life-changing minimally invasive procedures such as transcatheter aortic valve replacement (TAVR), MitraClip, the convergent procedure and many more.

These advancements mean smaller incisions, faster recovery, shorter hospital stays and more time for you to get back to the life you love.

You are at the heart of it all

Genesis' national recognition in heart care is not just our achievement. It's yours. Every award, every innovation and every life saved started with your belief that great care could happen right here in our community.

Thank you for trusting us with your hearts for the past 25 years. We look forward to celebrating many more milestones, together.

Your heart matters. Visit genesishcs.org/heart for more information.

Stay connected, stay healthy

Keep updated with Genesis by following us on Facebook. 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:

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