

LIVEWELL

SUMMER ISSUE • 2026

FEATURE: MARY DAUGHERTY

**"JIFFY KNEE
REPLACEMENT
GOT ME BACK
ON MY FEET
FASTER."**



LUNG CANCER SCREENING

A NEW \$52 OPTION

PHYSICIAN WELCOME

DEANNA OSBORN, D.O.
FAMILY MEDICINE

PHYSICIAN Q&A

COREY JACKSON, D.O.
ANSWERS YOUR COMMON
OSTEOARTHRITIS QUESTIONS



Genesis
HEALTHCARE SYSTEM

Better Begins Here



A LETTER FROM OUR PRESIDENT & CEO

BUILT ON YOUR TRUST

For generations, our community has welcomed Genesis into life's most important moments. A first breath. A moment of comfort. A return home after healing. Those experiences shape our commitment to providing high-quality care for you and your family.

Strong communities are built when people prioritize their health, support local care and trust those who are beside them.

Because of that shared dedication, Genesis recently earned a Five-Star Quality Rating from the Centers for Medicare and Medicaid Services (CMS) and an "A" Hospital Safety Grade from The Leapfrog Group.

Among more than 4,600 hospitals nationwide, Genesis is one of the top 8% to receive a Five-Star Rating from CMS, the highest distinction possible. Leapfrog's "A" grade recognizes hospitals for excellence in patient safety and quality.

These honors reflect more than clinical achievements. They reflect what is possible when a community and its healthcare team work together.

Advancing patient care

Meet patients whose stories reflect resilience, recovery and the impact of compassionate care.

After undergoing the new, innovative Jiffy Knee procedure, Mary Daugherty returned to daily life sooner than a traditional joint replacement surgery would allow. Rick Wallace also shares his story of recovery after surviving a heart attack.

We're pleased to welcome Deanna Osborn, D.O., back to Genesis Primary Care. With more than 27 years of experience, including previous service at the Genesis New Concord Family Practice, Dr. Osborn looks forward to helping patients take proactive steps toward better health.

You can also read about a new, affordable low-dose CT lung cancer screening for more people. This quick scan can detect lung cancer earlier, when treatment is most effective. Talk with your doctor about referring you to Genesis for a low-dose CT scan.

Thank you for allowing Genesis to continue serving you, your loved ones and our communities. It's a responsibility we carry with gratitude every day.

In good health,

Matthew J. Perry
President & CEO



SPOTLIGHT ON **DEANNA OSBORN, D.O.** Family Medicine

When you feel your best, it's easier to stay active and enjoy what matters most with the people you love. Having a trusted doctor by your side can help you better understand your health and make informed decisions for the future.

That's why we're excited to welcome Deanna Osborn, D.O., back to Genesis Primary Care. Dr. Osborn brings more than 27 years of experience to Genesis, including seven years at Genesis New Concord Family Practice.

Dr. Osborn believes great healthcare starts with listening. She partners with patients to understand their goals, answer questions and develop care plans that fit their lifestyle.

"At Genesis, I feel like I am home," said Dr. Osborn. "It's important patients feel supported and confident about their health."

By combining traditional and functional medicine, Dr. Osborn focuses on healthy habits that can improve overall wellness and help manage chronic conditions. Her approach centers on caring for the whole person and helping patients feel involved in their care.

"Primary Care is more than treating an illness," said Dr. Osborn. "It builds relationships and helps patients take an active role in their health."

In her free time, Dr. Osborn enjoys being with friends and family, boating and spending time with her dog.

Dr. Osborn is accepting patients at Genesis Primary Care, located at 1210 Ashland Ave., Zanesville. Patients can schedule appointments by calling 740-454-0370.

Doctor of Osteopathic Medicine:

Ohio University College of Osteopathic Medicine
Athens, Ohio

Residency:

Family Practice
St. Vincent Medical Center
Toledo, Ohio

Fellowship:

Functional and Integrative Medicine
The American Academy of Anti-Aging Medicine

Board-certified:

Family Medicine

"Primary Care builds relationships and helps patients take an active role in their health."

– Deanna Osborn, D.O.



Watch Dr. Osborn's welcome video to learn more about her commitment to patient care. Visit genesishcs.org/dr-osborn.

KNEE PAIN HELD MARY BACK

Jiffy Knee helped her move forward

Mary Daugherty tried to manage her knee pain for many years. Osteoarthritis and daily wear made simple routines harder. Walking uphill to the rhubarb garden on her three-acre farm was no longer possible. Even caring for her flowers took extra effort.

After 40 years as a preschool teacher, Mary wanted to stay active and keep up with her students. But pain kept getting in the way.

"I didn't want to be forced to stop teaching," said Mary. "My family even bought me a wheelchair and installed a walk-in shower to help with my mobility."

Mary had a traditional left knee replacement in 2024 with Corey Jackson, D.O., Board-certified Orthopedic Surgeon at the Genesis Orthopedic Center. It helped her stay active and engaged in daily life.

When her right knee worsened, she returned to Dr. Jackson for options to support her active lifestyle.

Choosing a different approach

During their visit, Dr. Jackson introduced Mary to the Jiffy Knee procedure as another option to consider.

"Jiffy Knee uses an approach that avoids cutting muscles or tendons," said Dr. Jackson. "By gently moving tissue to access the knee, we reduce trauma to the body. This can help minimize pain and support a faster recovery."

Dr. Jackson answered Mary's questions and helped her feel confident moving forward.

"Sign me up," said Mary. "I was ready."

Having already experienced the benefits of traditional knee replacement, Mary appreciated learning about an approach that aligned with her goals, including returning to the classroom more quickly.

"For me, the pain was very manageable, and I could tell this recovery was going to be different," she said.

Recovery close to home

Mary completed two weeks of home therapy, then continued rehabilitation at the Genesis Coshocton Medical Center, just a few miles from home.

"It was wonderful to have a short car ride to and from therapy," said Mary. "The Genesis team remembered me, and I looked forward to my therapy sessions."

Mary stopped using a walker earlier than expected and became more independent as everyday tasks became manageable again.

"I went grocery shopping within three weeks," Mary said. "I was back outside, enjoying the spring weather and going to my grandson's baseball games."

Back to what matters most

Mary stays active with a desk bike at home and continues focusing on strength and mobility. Driving, gardening and walking on her property are no longer challenges.

Mary returned to the classroom in May, less than three months after the procedure. She's looking forward to summer activities with her family.

"I used to need a wheelchair to get to my garden," said Mary. "Now I'm keeping up with my 11-year-old grandson. It's wonderful."

For Mary, Jiffy Knee was more than a procedure. It helped her return to the active, independent life she missed.

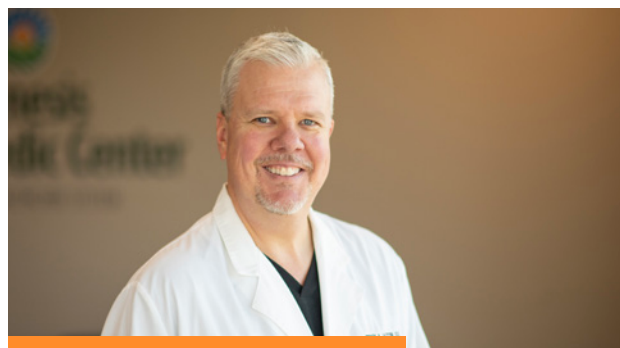
"I'm telling anyone who needs knee replacement to ask about the Jiffy Knee procedure," said Mary. "I'm back to doing the things I love again without knee pain."

FASTER

Mary's recovery with Jiffy Knee was 3 weeks faster than her recovery from traditional knee replacement

LESS PAIN

Mary experienced less pain with Jiffy Knee than with her traditional knee replacement



Corey Jackson, D.O.

Board-certified Orthopedic Surgeon
Genesis Orthopedic Center



"I'm back to doing the things I love again without knee pain."

– Mary Daugherty

After knee surgery, Mary is grateful to return to her rhubarb garden and share the harvest with family and friends.

More about Jiffy Knee replacement benefits

Jiffy Knee offers a different approach to knee replacement that can provide many advantages over traditional knee replacement, such as:

- No cutting through muscles or tendons
- Less pain
- Faster recovery
- Less reliance on pain medication
- Faster return to routine



Watch Mary explain how she got back on her feet at genesishcs.org/mary-daugherty.

Learn how the Jiffy Knee procedure can help you return to the activities you love. Visit genesishcs.org/orthopedic.



A lifelong connection to better health

When something feels off with your health, it helps to have a professional who already knows you. Someone who understands your story, listens and guides you when you need it the most.

A Primary Care Physician or Provider, also called a PCP, is that trusted partner in your health journey.

The earlier you establish that relationship, the stronger it becomes, and it can create a foundation for lifelong health. Over time, your PCP gets to know your history, habits and what matters most to you. That connection makes your care feel more personal and gives you confidence as your needs change.

Regular visits help you stay on track. Early detection through screenings and checkups, along with vaccines, plays a key role in prevention.

Even when you feel well, these visits protect your future and give you peace of mind.

If you are managing a chronic condition, having someone who knows your full picture makes a difference. Your PCP keeps your care organized and connects you to specialists when needed, so you are never navigating it alone.

Most importantly, you always have a place to turn. When questions come up or something does not feel right, you have someone you trust to guide you forward.

Better health begins with a strong connection to care. If you don't have a PCP, now is a great time to find one. Schedule an appointment with a Genesis PCP through MyChart, online at genesishcs.org or by calling Genesis OneCall at 740-455-7500.

***Pictured: Genesis Primary Care Physician
Alex K. Kemei, M.D.***

A whole watermelon with dark green stripes sits on a wooden cutting board. In the foreground, a large, thick slice of watermelon is shown, revealing its bright red, juicy interior and a few black seeds. The background is a dark, textured wooden surface.

POWER YOUR SUMMER WITH FRESH FAVORITES

Summer is full of sunshine, busy days and outdoor fun, but you need the right fuel to keep up. The good news? Many of the foods that help you feel your best are already in season.

Genesis Food & Nutrition recommends choosing fresh, seasonal foods like watermelon, tomatoes, berries, corn and cucumbers. Take this bite-sized quiz to see how your summer picks stack up.

1. Why is watermelon a great summer snack?

- A. It helps keep you hydrated
- B. It's high in caffeine
- C. It replaces vegetables

2. What makes tomatoes great for your heart?

- A. Calcium
- B. Protein
- C. Antioxidants

3. What makes berries a smart choice for your diet?

- A. High-sugar content
- B. High-fat content
- C. High-fiber content

4. Why is corn on the cob a good energy source?

- A. It's a whole grain
- B. It's low in nutrients
- C. It contains caffeine

5. What makes cucumbers a great snack?

- A. High-fat content
- B. Low-calorie content
- C. High-protein content

Check your results on page 11. Then keep exploring fresh flavors and making healthy choices that help you and your family stay energized all summer long.

Summer fresh favorites quiz answers on page 11 »

A REPAIRED HEART LEADS TO MORE JOY

Rick Wallace has always found joy in the simple rhythms of country life. After 40 years of working, retirement meant more time with his wife, his son and cheering his grandchildren on at countless sporting events.

At home in Coshocton, Rick's days were filled with the peaceful routine of caring for his seven horses. He raised and showed them, and they now enjoy a slower pace of life. Twice a day, every day, Rick is out with his horses, tending to them and watching them roam in the fields. "They're retired, like me," Rick said with a smile.

On Dec. 14, 2025, everything changed.

Rick began experiencing chest pain, a pain he couldn't ignore. "I knew I needed help," Rick said. He chose the Genesis Coshocton Medical Center Emergency Department, a place he had toured when it first opened. "I was impressed with the facility and the people," said Rick. "They made me feel comfortable, and that's why I chose Genesis."

Michael Cardone, M.D., and the emergency team quickly stabilized Rick and transferred him to Genesis Hospital. There, Rick's doctors discovered a 100% blockage in the anterior wall artery of his heart, a vessel known as the "widowmaker."

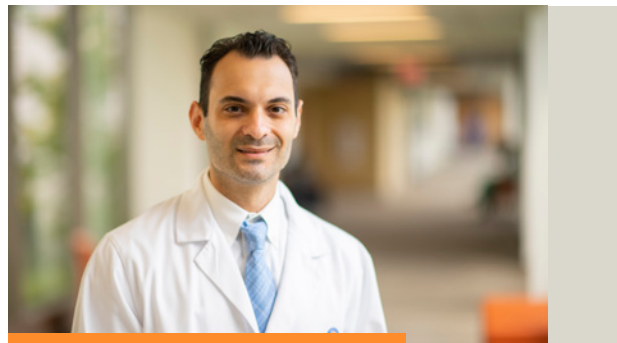
Rick underwent an emergency heart catheterization with Kinan Kassir, M.D., FACC, Fellowship-trained and Board-certified Interventional and Structural Cardiologist at the Genesis Heart & Vascular Institute.

"It was a great pleasure for the whole team to help Rick through one of his most vulnerable moments and to see him reclaim his life," said Dr. Kassir. "He is proof that behind every heart attack is a person, a family and a story worth fighting for."

Back to the life he loves

"My goal was to get back outside, to cut wood, take care of the animals and drive again," said Rick. "I wanted to be there for my grandchildren, to watch them compete and grow. And I wanted to be with my horses, every day."

Today, Rick's days are once again full of family and routine. He remains active, caring for his horses and cheering from the sidelines. "I'd never needed Genesis before, but I'm grateful they were there when I did," said Rick. "Genesis gave me the chance to keep doing what matters most to me. I'm grateful for the care, the kindness and the second chance."



Kinan Kassir, M.D., FACC

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



Watch Rick's story of recovery at
genesishcs.org/rick-wallace.



**Every beat
matters**

Do you know the signs of a heart attack?
Visit genesishcs.org/heart-attack-signs.

Life after a heart attack
Listen to Duane Pool, M.D., discuss healing and getting back to daily life at genesishcs.org/dr-pool.

Do you have a family history of heart disease?
Talking with your doctor can help you understand your risk. Visit genesishcs.org/family-heart-history to learn more.



"I wanted to be there for my grandchildren, to watch them compete and grow. And I wanted to be with my horses, every day."

– Rick Wallace

Rick is back at his farm following a heart attack. He enjoys caring for his horses and spending time with his family.

Stay active without joint pain

Q&A WITH GENESIS ORTHOPEDIC SURGEON COREY JACKSON, D.O.

Summer brings more time to enjoy the outdoors. But for many, osteoarthritis can make everyday activities like walking, gardening or spending time with family feel more difficult.

Joint pain and stiffness aren't things you have to ignore or push through. Corey Jackson, D.O., Board-certified Orthopedic Surgeon with the Genesis Orthopedic Center, answers common questions about osteoarthritis and how taking action early can help.

What are early signs of arthritis that I may overlook?

Common symptoms include joint pain, swelling, stiffness and trouble moving. You may also hear clicking or crunching sounds, or feel like a joint is less steady than it used to be.

Is arthritis something to expect as I age?

Your chance of getting arthritis increases as you get older, but it's not something you should expect. Seeking care for early symptoms can help you stay moving for many years.

What are tips to protect joints while staying active?

Start with 5 to 10 minutes of light movement, such as marching in place or gentle arm circles. Alternate with low-impact activities such as walking, swimming or cycling. Slowly increase activity and listen to your body.

When should I see my doctor about symptoms?

If pain is interfering with daily life, it's a sign to be proactive and talk with your doctor. Arthritis can be managed, and timely treatment can help you stay independent.

Fact or fiction?

Arthritis pain only happens after strenuous activity.

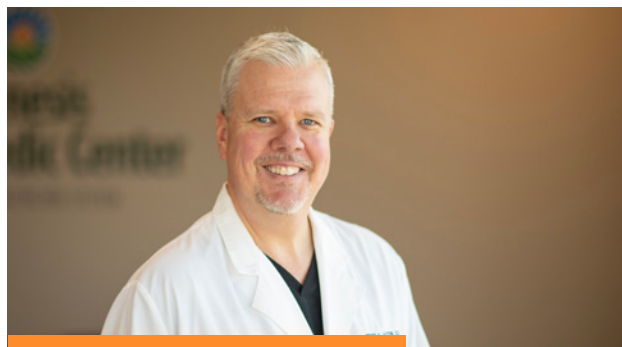
Fiction. Pain can get worse with activity, standing for a long time or repeated movement. It can also happen during everyday tasks like household chores.

Stiff joints in the morning can be a sign of arthritis.

Fact. Morning stiffness is a common early symptom. It's brief and often improves within 30 minutes of movement.

Additional tips:

While osteoarthritis can't always be prevented, gender, age and genetics play a role. Staying active, maintaining a healthy weight, and doing low-impact exercise can help lower your risk and protect your joints.



Corey Jackson, D.O.

Board-certified Orthopedic Surgeon
Genesis Orthopedic Center

POWER YOUR SUMMER WITH FRESH FAVORITES



ANSWERS FROM PAGE 7 QUIZ

The ripe and ready results are in. How many did you get right?

1. Why is watermelon a great summer snack?

A. Watermelon is mostly water, which keeps you cool.

2. What makes tomatoes great for your heart?

C. Tomatoes contain antioxidants, a fresh choice to take care of your heart.

3. What makes berries a smart choice for your diet?

C. Berries are rich in fiber, which supports healthy digestion.

4. Why is corn on the cob a good energy source?

A. Corn is a whole grain, providing steady energy throughout the day.

5. What makes cucumbers a great snack?

B. Cucumbers are low in calories, making them a smart, refreshing option.

Make every bite count. Learn more at genesishcs.org.

Finding strength together

FREE CLASSES AND SUPPORT GROUPS

When extra encouragement is needed, connecting with others who understand can help. Genesis offers many free classes and support groups for people living with health conditions, caring for loved ones or coping with loss.

Free classes and support groups include:

- Ask the (Cancer) Experts
- Baby Basics
- Breastfeeding Support Group
- Grief Support Group
- Hopeful Hearts
- Infant and Child CPR (non-certification)
- Matter of Balance
- Parkinson's Support Group
- Prenatal Breastfeeding
- Siblings Class
- Stop the Bleed
- Stroke Support Group

Each session is guided by caring professionals, creating a comfortable setting where patients, caregivers and loved ones can learn and support one another.

Connect with others. Find full descriptions, additional offerings and upcoming dates at genesishcs.org/support-groups.



Patients and families come together to share experiences at a Genesis Stroke Support Group. The free sessions meet quarterly at Genesis Outpatient Rehabilitation.



SHOP SMART FOR A HEALTHIER HEART

Taking care of your heart starts with what you put in your grocery cart. At Genesis HealthCare System, we're here to help you make simple, healthy choices every time you shop. Use this heart-healthy grocery list to fill your kitchen with foods that support your heart and your well-being.



✓ Fruits and vegetables

Aim for at least 5 servings per day
1 serving = 1 cup raw leafy greens, 1/2 cup cooked vegetables or fruit or 1 medium piece of fruit

- Apples
- Berries (blueberries, raspberries or strawberries)
- Broccoli
- Carrots
- Leafy greens (spinach, kale or romaine lettuce)
- Oranges
- Peppers
- Tomatoes



✓ Whole grains

Choose at least 3 servings per day
1 serving = 1 slice whole-wheat bread, 1/2 cup cooked rice, oats or pasta

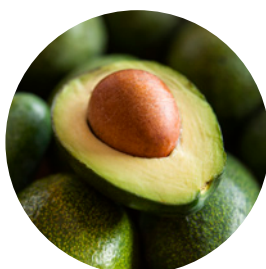
- Barley
- Brown rice
- Oats
- Quinoa
- Whole wheat bread or wraps



✓ Lean proteins

Include 2-3 servings per day
1 serving = 3 ounces cooked meat, poultry, or fish or 1/2 cup beans or lentils

- Beans and lentils
- Fish (salmon, tuna or trout)
- Eggs
- Skinless chicken or turkey
- Tofu



✓ Healthy fats

Enjoy small amounts daily
1 serving = 1 tablespoon olive oil, 1/4 avocado or a small handful of nuts/seeds

- Avocados
- Nuts (almonds, walnuts or pistachios)
- Olive oil
- Seeds (chia, flax or sunflower)



✓ Low-fat dairy

Aim for 2-3 servings per day
1 serving = 1 cup milk or yogurt, 1.5 ounces cheese

- Low-fat cheese
- Low-fat yogurt
- Skim or 1% milk



✓ Smart snacks

Choose healthy snacks 1-2 times per day
Examples: 1/4 cup hummus with veggies, 1 cup air-popped popcorn or 1 piece of fruit

- Air-popped popcorn
- Fresh fruit
- Hummus
- Veggie sticks

Tips for your grocery trip

- Shop the outer aisles for the freshest options.
- Read labels for sodium and added sugars.
- Choose colorful produce for a variety of nutrients.
- Plan meals to stay on track.



Approved by Josiah Bote, M.D.

Fellowship-trained and Medical Director of Cardiac Rehabilitation
Genesis Heart & Vascular Institute

Healthy heart. Healthier you. For more tips, visit genesishcs.org.





A SIMPLE LUNG CANCER SCREENING A NEW \$52 OPTION

Get peace of mind with a low-dose CT scan

You want to stay healthy and be there for the moments that matter most. But lung cancer can develop quietly, often without warning signs.

Early detection is important. A low-dose CT scan can help find lung cancer earlier, when treatment is more effective.

Genesis now offers a low-dose CT lung cancer screening for only \$52 with a doctor referral.

Follow these easy steps to take charge of your health:

- Ask your doctor for a low-dose CT scan referral to Genesis.
- Schedule your scan and take advantage of the low \$52 prepay rate.
- Complete the simple, painless scan in less than a minute.
- Receive your results and any recommended follow-up.



Low \$52
prepay option



Easy scheduling



Looks for cancer before
symptoms appear



Uses a low dose
of radiation



Less than a minute
to complete



Comfortable,
painless scan



Confidence in
your health



Guidance you
can trust

Stay one step ahead of lung cancer

Six reasons to schedule a low-dose CT scan:

#1 Affordable

It is only \$52.

#2 Quick and comfortable

The scan takes less than a minute to complete. You don't have to worry about any needles, medications or special preparation.

#3 Uses less radiation

The scan uses a smaller amount of radiation than a regular CT scan, with your safety in mind.

#4 Finds lung cancer sooner

Screening can help catch lung cancer at earlier stages, when treatment is more effective.

#5 Peace of mind

A low-dose CT scan can provide answers and help your care team look for changes over time.

#6 Compassionate support

Your expert care team will explain your results and offer trusted guidance through any recommended next steps.

One simple scan can help you stay focused on what matters most, your health, your future and the people who count on you.

Take the next step

Talk with your doctor about referring you to Genesis for a low-dose CT scan.



SPOTTING HEARTBURN AND EXTINGUISHING IT

You're busy, active and making the most of your life. But sometimes, you might feel a burning pain in your chest or throat. This could be heartburn. The good news is that you can learn to spot the signs and take steps to feel better.



What is heartburn?

Heartburn happens when stomach acid moves into your esophagus, the tube that carries food from your mouth to your stomach. According to the National Institute of Diabetes and Digestive and Kidney Diseases, this can cause a burning feeling in your chest or throat.

Why does heartburn happen?

Heartburn can affect anyone, but certain habits can make it more likely to occur. Eating large meals, dining late at night or enjoying foods such as chocolate, peppermint or tomato-based sauces can increase symptoms. Lifestyle factors such as wearing tight clothing, increased weight gain or feeling stressed may also make heartburn worse.

Common signs and symptoms

Heartburn can feel different for everyone, but there are common signs and symptoms. Knowing what to look for can help you recognize heartburn early and take steps to feel better.

- Burning feeling in your chest: You might feel this after eating, especially if you eat spicy or fatty foods.
- Pain in your throat: Sometimes, the burning can move up into your throat.
- Bitter or sour taste: You may notice a bitter or sour taste in your mouth.
- Trouble swallowing: Heartburn can make it feel hard or painful to swallow.
- Worse when lying down: The pain often gets worse when you lie down or bend over.

Pain with swallowing, trouble swallowing or unexplained weight loss should be discussed with your doctor.

You're in control

According to Joshua Moore, D.O., Fellowship-trained and Board-certified General Surgeon at the Genesis Center of Surgical Excellence, a few simple steps can help prevent heartburn.

If you notice these signs, try a few simple changes like eating smaller meals, avoiding spicy foods and waiting a few hours after eating before lying down. If you're overweight, losing weight can also help.



Approved by Joshua Moore, D.O.
Fellowship-trained and
Board-certified General Surgeon
Genesis Center of Surgical Excellence

Taking control of heartburn



When heartburn won't go away

Frequent heartburn can be a sign of a more serious condition. Testing can help identify the cause and guide the right treatment.

genesishcs.org/heartburn



A life-changing solution

Christine Wolford took her life back after years of heartburn. Today, she enjoys the foods she loves again, including pizza.

genesishcs.org/christine-wolford



Rethink your routine

Late-night eating could be working against you. Changing when you eat can help reduce ongoing symptoms.

genesishcs.org/late-night-eating



POWERED BY COMMUNITY, DRIVEN BY COMPASSION

For Pam Kisabeth, Genesis Patient Experience Customer Relations Associate, serving others has always been part of her life.

That sense of purpose led her to a volunteer program at Breaking Free Therapeutic Riding Center in Norwich, where children with disabilities gain confidence, strength and joy while working with horses.

“I had no experience with horses, but I love being there,” Pam said. “Seeing the connection between the children and horses is life-changing.”

Pam first attended Breaking Free with her friend and Genesis colleague Kelsey Taylor, Senior System Consultant in Patient Experience.

With a background in equine studies, Kelsey wanted to stay connected to horses while helping her community. What began as a one-time visit to Breaking Free quickly grew into a weekly commitment.

“I couldn’t wait to go back,” Kelsey said. “When children settle into the saddle, you see them relax, smile and sometimes begin to talk. Those moments stay with you.”

Kelsey encouraged Pam and other colleagues to join her. “That was over a year ago,” Pam said. “And I’ve been helping ever since.”

Today, Breaking Free volunteers support the program in many ways, from walking alongside riders to caring for horses and helping with events.

For Pam, one of the most meaningful parts of being involved is seeing families grow together.

“Watching children gain confidence and seeing parents happy is something you never forget,” Pam said.

That spirit brings people together around a shared passion for helping others. For Pam and Kelsey, it’s less about the time they give and more about the connections they form along the way.

“I’m a better person because of volunteering,” Kelsey said. “It’s about helping our neighbors and lending a hand.”

Reaching our community, together

Across our six-county service area, Genesis team members partner with organizations that provide care and resources across our community.

4,692

Genesis team member volunteer hours in 2025

165

Local non-profit organizations supported in 2025

We’re ready to help

Local nonprofits make a difference, and volunteers help bring their work to life. If your organization could use extra support, we may be able to help. Eligible organizations can submit a request at genesishcs.org/request-volunteers. Requests are reviewed weekly.

Guidelines:

- 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.



Pam Kisabeth volunteers at Breaking Free Therapeutic Riding Center. She helps with classes and care, including cleaning, grooming and feeding.



Kelsey Taylor volunteers weekly. She said it’s a privilege to do work that brings healing to children.



The YCSU features a greenspace for recreation and renewal, including a basketball court.

SUPPORT FOR YOUTH AND FAMILIES CLOSER TO HOME

When youth need extra care, staying connected to family, school and routines can make a meaningful difference.

Genesis Behavioral Health opened a Youth Crisis Stabilization Unit (YCSU) for youth ages 10 to 17, offering a place where young people can receive mental health support close to home.

The program provides short-term behavioral healthcare in a safe, welcoming environment to help youth build coping skills, stay engaged and take positive steps forward with the support of their families and care teams.

The two-week program provides youth with individualized support, including:

- Individual and group therapy
- Trauma-informed care
- Educational and social activities
- On-site classroom teacher
- Planning for continued care after discharge

Care keeps families connected. Learn more about the Youth Crisis Stabilization Unit at genesishcs.org/ycsu or call 740-454-5899.

Wellness for your life today

Subscribe to receive wellness tips and trusted health information from *LiveWell*, delivered right to your inbox.

Our *HerHealth* email newsletter brings wellness to young women who are juggling careers, life and everything in between. Sign up or join us on Instagram and TikTok for fresh tips, quick insights and a little fun along the way. Visit genesishcs.org/subscribe.

To update your marketing mailing preferences, contact:

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