

A GENESIS HEALTHCARE SYSTEM PUBLICATION

REHABILITATION LEADS THE WAY TO RECOVERY

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Genesis
HEALTHCARE SYSTEM

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Rehabilitation Leads the Way to Recovery

Brad Hollingsworth was riding his bicycle while training for a triathlon when his life changed in an instant. Read how he is making his way back from devastating injuries with the experts from Genesis Rehabilitation Services.

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Curing a Rare Condition Close to Home

Life had become very painful for Mark McHenry, but when he was diagnosed by urologist Ben Gibson, M.D., he was happy to know what was causing the pain. Mark was even happier to know Dr. Gibson could fix his problem right here at Genesis.

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Patient-centered & Very Personal: WrapAround Care

When patients first walk in the doors of the Genesis Cancer Care Center, the cancer team figuratively wraps their arms around them. Read about “WrapAround Care” and it what means for families affected by cancer, like Genesis’ president & CEO Matt Perry.

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Finishing Touches

While most of the construction work has been completed, we are putting the “finishing touches” on a few areas in the new hospital. Find out what we’re doing to polish your new Genesis Hospital.

WE’RE HERE FOR YOU



The people who care for you at Genesis are your family and friends. As a not-for-profit, locally run health system, we are committed to our mission to provide compassionate, quality care to all.

The new Genesis Hospital was designed with input from people like you – past and present patients and members of the community who live and work here. The new hospital opened in the summer. It offers a welcome, healing atmosphere along with the latest

technology and features to enhance the patient experience. There are some “finishing touches” being made now. You can read about those inside this issue of LiveWell.

Along with a new facility, we’re fortunate to have experienced and compassionate doctors, nurses and staff. It’s comforting to be cared for by the people you know and trust. Inside this issue of LiveWell, you’ll find several stories about community members – including me and my family – who have been impacted by this care.

Brad Hollingsworth was grateful to be cared for by our skilled and experienced Rehabilitation Services staff who knew him on a personal level. Brad was involved in a devastating cycling accident and was flown to a Level I trauma center. He was able to come home and receive his therapy here – among family and friends. You’ll read about Brad’s ability to reach his therapy goals with the help of the expert rehabilitation staff, and you’ll learn about his holistic healing experience.

Another member of our community came to Genesis after going elsewhere to seek relief for his constant back pain. Mark McHenry was referred to one of our urologists, Ben Gibson, M.D., who was able to diagnose the rare condition, perform a complicated procedure at Genesis typically done at academic hospitals, and alleviate Mark’s pain. Mark was thankful he could receive expert care close to home.

Our family also experienced this care at Genesis when my wife Kelly was diagnosed with an incurable cancer in November 2013. The compassion shown to us by physicians, nurses and staff went beyond our expectations. You can read our story inside this issue. It’s the same care that’s offered to every patient who comes here – and the same care you’ve come to expect from your friends and family at Genesis.

Matthew J. Perry

President & CEO



MEET GRANT CHOW, M.D.

Dr. Grant Chow, a **cardiac electrophysiologist**, recently joined the Genesis Heart, Lung & Vascular Group. Electrophysiologists treat arrhythmias – abnormal heart rhythms – with medical and interventional solutions to restore a regular heartbeat.

“Cardiac electrophysiology is a marriage of two things that have a lot of appeal to me: cardiology and surgery,” said Dr. Chow. “When I was 8, my dad had a heart attack. Since then, I wanted to be a heart doctor. I’ve always liked to fix things with my hands; that’s the surgical side of me. Cardiac electrophysiology is a combination of the two. We

see patients in clinic where we talk with them and change medicines if needed. We also implant devices, like pacemakers and defibrillators, and we perform procedures like catheter ablations that can treat heart rhythm problems.”



Dr. Chow says he’s a “Buckeye through and through” after completing his undergraduate degree at The Ohio State University and earning his doctor of medicine at The Ohio State University College of Medicine. He completed his residency in internal medicine at Johns Hopkins Bayview Medical Center in Baltimore, Maryland, where he was also assistant chief of service, internal medicine.

Dr. Chow completed a fellowship in cardiovascular medicine, followed by a two-year fellowship in clinical cardiac electrophysiology, all at Johns Hopkins Hospital. He is board-certified in internal medicine and cardiovascular medicine by the American Board of Internal Medicine.

His philosophy of care is simple but profound. “When I am making decisions with patients about care, I think to myself – what if this was my mom, dad, brother or sister. What would I do for them? That’s how I treat every patient.

“On the weekends, you’ll find me at Home Depot or Lowe’s. I enjoy doing home improvement projects and hope to instill that in my young son and daughter,” said Dr. Chow. “I love being back in Ohio – it’s home to me and my wife, who is also from the state. Zanesville is very friendly and welcoming. It feels like home. It’s a great spot for my family and me, and I really love this place.”

Dr. Chow’s office is located in the Physician Pavilion Heart & Vascular Center, 955 Bethesda Drive, and his phone is (740) 454-0804.

WELCOME TO NEW PHYSICIANS



Sean Barnes, M.D.
Internal Medicine

Dr. Barnes joined PrimeCare of Southeast Ohio and the Genesis medical staff. He earned his medical doctor degree at Northeast Ohio Medical University in

Rootstown, Ohio, and completed his residency in internal medicine at The Ohio State University Wexner Medical Center in Columbus, Ohio. He is board-certified in internal medicine by the American Board of Internal Medicine.

Dr. Barnes’ office is located at 1210 Ashland Ave., Zanesville, and his phone number is (740) 454-8551.



Philip Bongiorno, M.D.
Thoracic, Cardiac and Vascular Surgery

Dr. Bongiorno recently joined the Genesis Heart, Lung & Vascular Group. He is board-certified by the American Board of Surgery and the American Board of Thoracic and

Cardiac Surgery. Dr. Bongiorno earned his doctor of medicine and completed his internship and residency training in general surgery at the University of Michigan Medical Center in Ann Arbor, Michigan. He completed a residency in cardiothoracic surgery at Emory University in Atlanta, Georgia. Dr. Bongiorno’s office is located in the Physician Pavilion Heart & Vascular Center, 955 Bethesda Drive, and his phone is (740) 454-0804.



Matthew Schmieder, M.D.
Pediatrics

Dr. Schmieder joined PrimeCare of Southeastern Ohio and the Genesis Medical Staff. He earned his doctor of medicine degree at Wright State University Boonshoft

School of Medicine. Dr. Schmieder completed his residency training in pediatrics at Primary Children’s Hospital in Salt Lake City, Utah. His office is located in Medical Arts Building II, Suite 401, 751 Forest Ave., and his phone number is (740) 454-8502.



Shannon Schwartz, M.D.
Breast Surgery

Dr. Schwartz is a breast surgeon who joined the Genesis Medical Group. She earned her medical doctor degree at Wright State University School of Medicine in Dayton, Ohio.

Dr. Schwartz completed a general surgery categorical internship at Georgetown University Hospital in Washington, D.C., and a general surgery residency at Wright State University School of Medicine. She also completed a one-year breast oncology fellowship at Akron General Medical Center in Akron, Ohio.

Dr. Schwartz’s office is located at the Genesis Breast Care Center, Genesis HealthPlex, 2800 Maple Ave., and her phone number is (740) 454-5221.



Brad Hollingsworth with one of his therapists, Jenna Scholl-Roehrig, at the Muskingum Recreation Center

REHABILITATION LEADS THE WAY TO RECOVERY

Brad Hollingsworth was looking forward to one of the first nice spring days to ride his bicycle in preparation for a triathlon. He and his cycling partner were riding near Zanesville when they were hit by a car. His cycling partner didn't survive, and Brad was flown by helicopter to a Level I trauma center where he was in intensive care for eight days. "The first four or five days, they weren't sure I'd survive," Brad said. He spent the next 12 days in the hospital there.

When it came time to go home, Brad had a decision to make. "They said I could continue my rehabilitation at Genesis or go someplace else. I knew I wanted to come here," Brad said. "I knew I would be treated well, and I would get the care I needed."

When Brad first came to Genesis Rehabilitation Services, Jenna Scholl-Roehrig, physical therapist, reviewed his medical records to develop a plan and was surprised by the severity of Brad's injuries. He had a broken back and a traumatic brain injury with more than a dozen brain bleeds. Brad was in a back brace, couldn't lift more than 15 pounds, wasn't able to drive, and his conversations were fragmented because he had problems choosing the correct word. He began physical, speech and occupational therapy three hours daily two times a week.

The Starting Line

Before the accident, Brad had competed in about 25 triathlons in 15 years and had recently qualified for a national amateur competition. His goal is to compete again in the competitions that require swimming 1.2 miles, biking 56 miles and running 13.1 miles.

Due to his severe injuries, he had to start with less strenuous exercises – like stretches. "The therapists did a great job giving me exercises that didn't put pressure on my back," Brad said. "I wanted to build up my strength and confidence."

The caring staff designed a plan to help him gain confidence and reach his goal. "The therapists tailored exercises to my injuries and the levels I wanted to achieve. They focused on what I wanted in life," Brad said.

"They were incredible in helping me do exercises like plyometrics – jumping on boxes or hamstring curls," Brad said. "It was really challenging but very rewarding. I struggled for weeks. But I was glad they challenged me at the level they did. They were very supportive and told me it didn't have to be perfect the first time and to keep practicing."

Brad did keep practicing and continued his therapy at home on his own. The therapists credit his recovery in part to his dedication. "He worked on basic strengthening a lot on his own by walking, jogging and then running," Scholl-Roehrig said. "He pushed us to make him better, and it helped in his recovery."

Stay the Course

Brad appreciated having all his therapy at one time at the same location because he wasn't able to drive, and he and his wife have two small children at home. Berkeley DiNicola, M.S., CCC/SLP, a speech-language pathologist at Genesis, helped Brad improve his concentration by doing complex thinking in noisy and distracting environments. "Brad was extremely motivated to do everything he could to improve his concentration in treatment sessions and at home," DiNicola said.

The Finish Line

Brad has exceeded expectations considering the severity of his injuries. Less than four months after the accident, Brad is driving, running, swimming and working two days a week. He recently began riding a bike on a path. "It felt good to sit on the bike and feel the wind in my face," he said.

"I'm very fortunate to have survived," Brad said. His cycling partner, Brenda Hoffman, who didn't survive, was a therapist at Genesis Rehabilitation Services. Along with physical healing, the therapists who worked alongside Hoffman helped Brad heal emotionally. "The therapy wasn't just a service transaction – like driving through a fast-food restaurant. It was a holistic healing experience for me. The rehabilitation staff has been a huge part of getting me where I am today."





Mark McHenry enjoys riding his motorcycle again, now that he is pain-free.

CURING A RARE CONDITION CLOSE TO HOME

Mark McHenry was ecstatic when he learned what was causing his pain and his rare condition could be taken care of close to home. “When I found out the procedure could be done here, I jumped up and down despite all the pain and agony I was in,” Mark said. “I didn’t want to go to Columbus or Cleveland. It was a big operation, and I wanted to be close to my family and friends here.”

Mark had been enduring severe, constant pain for several months. The pain would start in his back and travel down his legs causing his toes to go numb. He tried chiropractic care, medications, and had an appointment with a back surgeon in Columbus. Nothing helped. “I was in so much pain I could hardly walk across the parking lot at work,” Mark said. “It was a nightmare.”

Figuring It Out

His primary physician referred Mark to Ben Gibson, M.D., a urologist at Genesis. “When I went to see Dr. Gibson, he told me we would figure out what was causing the pain, and he did,” Mark said. Mark’s pain was caused by a tumor, called pheochromocytoma, in his adrenal glands. “The tumors, typically noncancerous, are rare, so it’s not something you’d typically be looking for if there is back pain,” Dr. Gibson said. Specific blood tests with certain serums are done to identify the adrenal nodules.

“I was able to have a major procedure for this rare tumor right here in Zanesville.”

— **Mark McHenry**

“These types of tumors have strange physiological effects,” Dr. Gibson explained. “When I first met Mark, he was profoundly on edge, panicky and high strung.” The tumors cause conditions that can lead to a stroke, heart attack, anxiety, abnormal blood sugar or uncontrolled blood pressure.

The adrenal glands are located above each kidney and produce hormones for nearly every organ and tissue in the body. Removing the tumor from Mark’s adrenal gland required careful planning and a team of experts.



OR at new Genesis Hospital

High-risk Procedure

“The procedure is considered high-risk, because when the tumor is manipulated, it releases a ‘poison’ that can trigger very high blood pressure and can cause a stroke or heart attack,” Dr. Gibson said. “Typically these types of procedures are done at academic hospitals in big cities.” Compounding the risk was that the tumor was the size of a grapefruit and was resting on a vein that carries all of the blood from the kidneys and adrenal gland to the heart.

Dr. Gibson and a team of anesthesiologists and cardiovascular surgeons were able to do the complicated surgery. “We have the ability here at Genesis with our expert specialists to take care of very rare and complicated cases,” he said.

Dr. Gibson removed the tumor and one of Mark’s adrenal glands. “If the tumor hadn’t been removed, Mark would have definitely had a shorter life expectancy,” Dr. Gibson said.

Back to Work and Enjoying Life

Mark was thankful he was able to receive the expert diagnosis and care close to home. “Dr. Gibson and everyone who took care of me at the hospital were wonderful,” Mark said. After five days in the hospital, Mark went home. Within a couple of months he was back to work, riding his motorcycle and relaxing by the backyard swimming pool with his wife Randi.

“This condition could have killed me,” Mark said. “I was able to have a major procedure for this rare tumor right here in Zanesville. I just left it in God’s and Dr. Gibson’s hands, and it all worked out. Dr. Gibson saved my life.”

“We have the ability here at Genesis with our specialists to take care of very rare and complicated cases.”

— **Ben Gibson, M.D.**
Urologist, Genesis Urology Group



PATIENT-CENTERED & VERY PERSONAL: WrapAround Care

“WrapAround Care is seamless. From the moment patients walk through the door, we figuratively wrap our arms around them.”

— Scott Wegner, M.D.

Medical Director of Genesis Cancer Services



Scott Wegner, M.D., talks to a patient.

Matt Perry accepted the responsibility of leading Genesis HealthCare System more than seven years ago. Shortly after his arrival, a group of physicians and other leaders began describing a critical need to create a more comprehensive, patient-centered cancer care program for the Zanesville region.

“At that time we had excellent staff and a talented administrative leader, Sharon Parker, R.N., but we needed the right physician leader. My job was to assemble the best team available and support them as they created the new program,” Matt stated. That physician leader turned out to be Scott Wegner, M.D., a Harvard-trained oncologist, who became the medical director of Genesis Cancer Services in August 2010. Together Dr. Wegner and Parker created their vision, resulting in the Genesis Cancer Care Center and the focus known as “WrapAround Care.”

“WrapAround Care is seamless,” said Dr. Wegner. “From the moment patients walk through the door, we figuratively wrap our arms around them.”

In the days when Dr. Wegner, Parker and the Genesis Cancer Services team were creating the concept for the center, little did Matt know the extent to which the center – and the care provided – would come to mean to him personally.

Matt and Kelly’s Journey

Matt Perry met Kelly Kraus when they were both students at Radford University in Virginia. After graduation, they married, and both built careers in the health care field, Matt as an administrator and Kelly as a nurse. She went on to get her master’s degree and then became a nurse practitioner.

“Kelly had great compassion for her patients. As a result, she always gave me a clinician’s perspective of patient care,” Matt said. “That played a great role in forming my view of how health care should serve patients.”

By the time Matt’s career took them to Zanesville, Ohio, the couple had two sons, Jonathon and Austin. The family took to their new community; the boys enjoyed school; and Kelly became active in their church – First Christian – and in many volunteer activities.

The Unforeseen Diagnosis

It was November 2013, and Kelly had not been feeling well. After a couple of doctor visits and a CT scan followed by a biopsy, the devastating news was not good – it was metastatic stage 4 cancer.

Her tumors were inoperable. As a nurse, Kelly knew only too well the seriousness of her diagnosis. “Kelly was a very pragmatic, faithfilled and strong woman. She was able to process all this very quickly,” Matt recalled.

The couple met with Dr. Wegner. He took the time to educate them on the disease and explain why surgery anywhere was not a viable option. He reviewed with them all the latest research and nationally proven best treatment protocols, and laid out an aggressive treatment plan for attacking the cancer. He also described how and where the most advanced clinical trials were in the nation (in Cleveland and Pittsburgh), and how clinical trials worked when or if they wanted to participate in them. Dr. Wegner offered the option of a second opinion as well.

Managing the Pain

Matt and Kelly also met with Erin Remster, D.O., medical director of Palliative Medicine for Genesis, on how to manage Kelly’s pain and other side effects of treatment. “It was incredibly empowering,” Matt said. “After meeting with everyone, we had a plan. We were both confident with and trusted our care team to be there for us.”

“From the start we knew Kelly’s cancer was a terminal illness,” explained Matt. “But that didn’t mean we just gave up. Kelly was determined to fight it with all her strength. Her goal was to maximize both the quantity **AND** quality of the time she had left.”

After reviewing all the clinical evidence and treatment options, Kelly knew what was best for her and her family. She wanted to live the remaining time she had to the fullest. And that meant staying home and being with her family. It meant she would receive her care at Genesis.

“The very latest treatment protocols and medications were available right here,” said Matt. “Why would we drive hours away to get the same chemotherapy treatment provided 10 minutes from our home? Dr. Wegner showed us we had access to any treatment protocol or option offered in the nation at Genesis, if or when we chose them. And besides, I know the exceptional quality of care and expert, compassionate professionals we have here, and they knew us.

“By receiving her care here, Kelly could be a mom all the way through her treatment and maximize the amount of time spent with us,” Matt said. “She did not want to be a burden on her family. She wanted to fully live her life, to travel and to feel her best every day, and to not have her life defined by cancer. Our care model (at the Cancer Care Center) allowed her to accomplish all those goals.”

WrapAround Care

Dr. Wegner spent a total of 29 years in the Air Force, followed by two years in private practice in Maryland. He chose to come to Zanesville to create the Genesis team in order to help build what he describes as “the best possible place for cancer care – one that puts the patient directly in the center.”

“Our model of WrapAround Care means patients only need to worry about their quality of life. We take care of the rest,” Dr. Wegner said. “We have a great team at Genesis. We understand our mission and never stray from that.”

As a health care executive, Matt had access to go anywhere in the country that he and Kelly wanted. They chose to have her care at Genesis because the best care is right here ... and close to home. “Kelly would drop the boys off at school and then come to the Cancer Care Center for her chemotherapy treatments,” Matt said. “She would have missed precious time with them had she gone out of town for her care. The team did an amazing job of extending her life, controlling her pain, and managing the other side effects. That was priceless!”

Sharon Parker has been a registered nurse for more than three decades. She serves as director of Genesis Cancer Services. Parker has been instrumental in forming the team at the center to include hiring and training all employees. No detail is left unattended when focusing on patients’ needs. One of her first moves was to centralize the call center, moving it away from the Cancer Care Center front entrance in order to keep that area better focused on providing personalized care for patients and families.

“Our Patient Access staff are the first team members our patients encounter,” Sharon said. “They are all as committed to our mission as anyone in the center. The patients and their families are immediately greeted with professionalism and compassion. It’s about the relationship.”

An Unfathomable Loss

Kelly passed away on Jan. 28, 2015. While Matt and his sons still grieve, they are comforted by the care Kelly received and by the knowledge she lived her life on her terms until the end.

“Thanks to the care she received at Genesis, Kelly lived fully until the last week of her life,” Matt said. “There was an entire team of people deployed to take care of us. We never had to wonder, ‘What’s the next thing, and how do we handle this or that?’ The care was focused on meeting Kelly’s goals and our family’s needs. It was like standing in a circle, looking around, and always finding someone who had our back. I truly love each one of them.”

FINISHING TOUCHES

Your new Genesis Hospital officially opened on June 27. While most of the construction work had been completed at the time, there have been a few “finishing touches” to complete. Here’s an update on what we’re working on to polish off your new Genesis Hospital.



Main Lobby

The construction wall in the Main Lobby of the hospital is now down as work continues in that area. The Lobby Bistro and the Gift Shop are both located in the Main Lobby and will open in early fall. Visitors will be able to enjoy sandwiches, salads and beverages in the Lobby Bistro. And the new Gift Shop will offer a selection of cards, gifts and flowers and snacks. A walkway that connects the lobby and the Genesis Cancer Care Center will be open by the end of this year.



Historical Display

Take a trip down memory lane and beyond by visiting the historical display near the Main Lobby. With more than 100 years in Genesis’ history – dating back to the beginnings of Good Samaritan Medical Center and Bethesda Hospital – there is much to see. The display is a tribute to physicians, nurses, employees, volunteers, administrators and community leaders who contributed to building a healing community in Muskingum and surrounding counties. You will see a timeline of Genesis that shows significant events as well as photos and historical documents all captured in the display.



Garden Café

While the Garden Café has been open since June 27, there was still a portion of the seating area that needed finished. It is now complete, adding double the seating capacity to a total of 250 seats.

The Garden Café offers something for everyone with various food stations including hand-tossed salad, a pizza oven, world cuisine, grill station and a deli counter.

Physician Pavilion

The new addition to the Physician Pavilion is finished. The Neuroscience & Orthopedic Center is on the garden level in the pavilion. It brings together our neurosurgeons, neurologists, physical medicine and rehabilitation physicians, and orthopedic surgeons along with specialized therapies. There is also an ortho/neuro rehab gym located in the Center.

The Heart & Vascular Center is also in the Physician Pavilion. It includes our cardiology physicians, an outpatient diagnostic testing center, and a clinic focused on congestive heart failure and device management. It’s almost all of our heart and vascular services in a single, convenient location for patients.

Also in the Physician Pavilion:

- A convenient lab draw center for blood and other laboratory testing
- An expanded Northside Pharmacy for your prescription and over-the-counter medication needs
- Jazzman’s Café is now open. It offers fresh-brewed coffee and other beverages, soups, salads and sandwiches. You might also be tempted to enjoy a fresh bakery treat for dessert!



St. Francis Chapel

The beautiful and serene St. Francis Chapel is now open to people of all faiths for prayer and reflection. It’s located on the first floor, just off the Main Lobby. The chapel is named in honor of St. Francis of Assisi.



LOOKING TO SAVE ON TAXES THIS YEAR?

We Can Help

There are a number of charitable plans that can help you save on taxes this year and secure your financial future. You can receive a charitable deduction by making a gift of your low-performing CDs, stocks, bonds or even cash. We can also accept your appreciated assets like real estate or a business interest and help you sell these tax-free.

There are a number of ways we can help you generate tax savings and provide you with a stream of payments for life. All of these gifts help you and help us continue our good work at Genesis.

Please contact us to see a personalized illustration with your tax benefits and payments. To learn more about the benefits of making a planned gift, you can also visit our website or call us today.



1135 Maple Avenue • Zanesville, Ohio 43701
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FOR YOUR LIFE... FOR YOUR HEALTH

EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS

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AUTUMN ISSUE

Other Events/Programs

Genesis Volunteers Fundraiser

Chalk Talk

Thursday, Oct. 22

Two presentations: 4 and 7 p.m.

Bryan Place, Zanesville

Enjoy a night out at "Chalk Talk" with a buffet dinner and two presentations by artist Elva Hurst who illustrates a story told through pre-recorded music and narration.

Presentations are at 4 and 7 p.m. with dinner in between. Tickets are \$50 for both presentations and the buffet, or \$35 for one presentation and the buffet. The ticket price includes a chance to win one of Hurst's drawings. For more information, call Genesis Volunteer Services at (740) 454-4700.

Coal Miners Health Fair

Wednesday, Nov. 4 • 9 a.m. to noon

Muskingum County Center for Seniors

This event is geared toward active or retired coal miners and anyone who's ever been exposed to coal dust through employment, but it is open to any adult. Free screenings will be available, and a nurse practitioner will review results with you. The Department of Labor will help fill out applications and answer questions about black lung benefits. Registration is not necessary. For more information, call the Genesis Black Lung Program at (740) 454-4063.

Annual Ethics Symposium

Thursday, Nov. 5 • 6 to 8 p.m.

North Terrace Church of Christ
1420 Brandywine Blvd., Zanesville

The symposium will focus on ways to navigate end-of-life discussions expanding on the book and documentary "Being Mortal," by Atul Gawande, M.D. The seminar is free, but registration is required. To register, call (740) 586-6535.

Tree of Love

Lighting Ceremony

Friday, Nov. 20 • 6 p.m.

Genesis Hospital Main Entrance

The Tree of Love is an annual fundraiser by Genesis Volunteers. The ceremony is free and open to the public, and includes holiday music, entertainment and refreshments. Find out more information by going to genesishcs.org; select "Education & Events."

Walk With a Doc

Saturdays, 8:30 to 9:30 a.m.

Oct. 10 • Nov. 14 • Dec. 12

Go to genesishcs.org for locations.

Walk about a mile with a local doctor. Learn fitness tips, get health advice, and ask the doctor general health questions before and during the walk. Call Sharon Francis at (740) 454-4336 for more information.

Spirit of Women Programs

To register for Spirit of Women programs, go to genesishcs.org; select "Education & Events," or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Hand in Hand Cancer Program

Oral, Head and Neck Cancers

Wednesday, Oct. 7 • 6 to 8:30 p.m.

Genesis HealthPlex Conference Center

As a couple, you face a lot of things hand-in-hand, so why should your health be any different? Hand in Hand includes education, screenings and early detection of specific cancers. This event will focus on oral, head and neck cancers and provide free screenings.

Girls' Night Out

Sparkling Health

Friday, Oct. 30 • 5:30 to 9 p.m.

Ohio University Zanesville/Zane State College

Speaker: Tasha Schuh, author

Cost: Spirit of Women Members – Free
(must show key tag)

Non-members: \$10 (receive Spirit of Women membership)

Get rid of the guilt and join us to learn that better health is not about what you deny yourself, but by what you do, such as visiting your doctor, choosing a healthy lifestyle, and making yourself a priority. Girls' Night Out includes visiting with our business partners, wine tasting, health screenings and much more.

Annual Diabetes Event

Thursday, Nov. 19 • 5:30 to 8 p.m.

Ohio University Zanesville/Zane State College

When it comes to diabetes, you have power. By making some simple changes, you can help prevent diabetes – or if you already have it, you can cut your risk of complications. Our clinical experts will present current information on the steps you can take to manage weight, lower diabetes risk and boost overall health.

All Stressed Up and Nowhere to Go

Monday, Nov. 30 • 5:30 to 8 p.m.

Genesis HealthPlex Conference Center

Feeling stressed out? Most of us see stress as an unavoidable part of being an employee, parent, student or human being. When we experience prolonged stress, it can negatively impact our mental and physical health. Come learn how to minimize stress.

Cancer Support Groups

Call Shannon White, Genesis Cancer Services, at (740) 454-5017 for more information.

Survivorship

Health & Wellness

Meets 6 p.m. at the Genesis Cancer Care Center Conference Room A

Monday, Oct. 5

Topic: How to Prepare for Flu Season

Monday, Nov. 2

Topic: Get a Good Night's Sleep

Monday, Dec. 7

Holiday Fellowship: R.S.V.P. by calling Shannon White at (740) 454-5017.

Support Buddies – Breast Cancer

Meets 6 p.m. at the Genesis Cancer Care Center Conference Room A

Wednesday, Oct. 7

Topic: Breast Cancer Month, Q&A

Wednesday, Nov. 4

Topic: How to Prepare for Flu Season

Thursday, Dec. 3

Holiday Celebration at Gity's Banquet Hall & Catering, Nashport

R.S.V.P. to Mary Ann at maw43701@gmail.com.

Look Good ... Feel Better

Female cancer patients learn beauty techniques.

Each participant receives a free makeup kit worth \$300. Participants are encouraged to bring a support person. To register call the American Cancer Society at 800-395-LOOK. All meetings are held at the Genesis Cancer Care Center.

Tuesday, Oct. 20 • noon

Tuesday, Nov. 17 • 5 p.m.

I Can Cope Classes

These classes are for anyone with cancer and their families. Learn about diagnosis, treatments, side effects, ways to communicate with your doctors and nurses, and more.

Community AHA Classes

Genesis and Zane State College partner to provide American Heart Association (AHA)-certified CPR and first aid training. Classes are at Zane State College Campus Center Room T400 (PTA lab) and at Cambridge Campus room EPIC 513. The costs are:

Heartsaver CPR – \$50

Healthcare Provider CPR – \$65

First Aid – \$40

To sign up for classes or for more information, call Zane State College at (740) 588-1288.

Spirit of
Women

Continued on back »

Childbirth & Parenting

Classes

For more information or to register for childbirth and parenting classes, go to genesishcs.org or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext.4002.

H.A.I.L. (Healing After Infant Loss)

(H.A.I.L.) is a program dedicated to the memory of infants lost to miscarriage, ectopic pregnancy, stillborn and newborn death.

Walk to Remember

Sunday, Oct. 11 • 1 p.m.
Gorsuch Fitness Trail

Holiday Ornament Decorating

Wednesday, Dec. 2 • 7 to 9 p.m.
Genesis Hospital Conference Rooms B, C and D
Registration is required.

Diabetes & Nutrition Education

Diabetes Exercise

This program is for anyone who has Type 1 or 2 diabetes or is prediabetic. Call (740) 454-4336 or 866-351-6688 to register. The cost is \$100 for a 16-class session; reduced fee of \$60 for payment before classes begin. Financial aid is available.

Mondays & Wednesdays • 3 to 6 p.m.
Tuesdays & Thursdays • 10 a.m. to noon
Physician Pavilion

Shaping Futures

Healthy Lifestyle Program for Children and Families

Mondays and Thursdays • 5:30 to 7 p.m.
Sept. 28 through Oct. 22
Nov. 30 through Dec. 17
Muskingum Recreation Center
Free

Shaping Futures is an interactive hands-on program for children 5 to 11 years old. The program includes nutrition education, fun games and exercises and methods for improving healthy choices and behaviors. Registration is required by emailing shapingfutures@genesishcs.org or calling Genesis Nutrition Education at (740) 454-4568.

Respiratory Support Group

Call Genesis Pulmonary Rehabilitation at (740) 454-4718 for more information or to register.

Better Breathing Club

Monday, Nov. 2 • 10 to 11 a.m.
Genesis HealthPlex Conference Room C
Topic: COPD

Monday, Nov. 30 • 10 to 11 a.m.
Genesis HealthPlex Conference Room C
Topic: Lung Cancer and Detection

Monday, Dec. 28 • 10 to 11 a.m.
Genesis HealthPlex Conference Center

Emergency & Trauma Services

To register, go to genesishcs.org; select "Education & Events," or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Senior Lifestyles and Injury Prevention – SLIP

Wednesday, Oct. 21 • 3 to 4 p.m.
Genesis Hospital Conference Room B

Presentation covers fall prevention safety for seniors. Genesis physical therapists provide a free fall risk assessment for each attendee.

Matter of Balance – MOB

The 8-week class includes exercises for balance and strength and addresses the fear of falling. For times and locations, go to genesishcs.org and select "Education & Events."

Senior Driving Improvement Course

Tuesday, Nov. 3, and Wednesday, Nov. 4
Genesis Hospital Conference Room A
8 a.m. to noon

Class is designed to help mature drivers sharpen their driving skills. Genesis Emergency & Trauma Services and AAA teaches how to adjust for slower reflexes, weaker vision and other changes that can impact driving behaviors. This course may also qualify you for a discount on auto insurance.

Rehabilitation

Back to Basics – Back Pain Program

Classes are first and third Thursdays of each month at Genesis Occupational & Outpatient Rehabilitation, from 5:30 to 6:30 p.m. Includes six 1-hour sessions conducted by licensed therapists. Cost is \$5 per session or \$25 for all six sessions. Completing all six sessions qualifies you for a free 1-month membership to the Muskingum Recreation Center. To register, call (740) 455-5151.

Parkinson's Disease

Delay the Disease

Tuesdays • 10 to 11:30 a.m.
International Brotherhood of Electrical Workers Hall
5805 Frazeyburg Road, Nashport

Weekly exercise program for managing Parkinson's disease. Cost is \$50 for 10 weeks. Join any Tuesday. Call (740) 455-5151 for more information.

Aquatic Program

Thursdays • 10 to 11 a.m.
Muskingum Recreation Center
Free

Weekly pool exercise class for managing Parkinson's disease. Join any Thursday. Call (740) 455-5151 for more information.

Stroke Support Group

Open to the public and meets monthly to provide educational, recreational and social opportunities for stroke survivors and their families. Meets first Monday of every month from 4 to 5 p.m. at the Genesis HealthPlex in Conference Room C. For more information, call Jason Cunningham at (740) 454-4621 or go to genesishcs.org and select "Education & Events."

Northside Pharmacy Wellness

For more information on Northside wellness services, visit Northside's website at northsiderx.com or call (740) 454-5666, ext. 8405.



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