

LiveWell

A SPECIAL EDITION

GETTING ATHLETES BACK IN ACTION

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Genesis Community Benefit Report



In this special issue of *LiveWell*, we have included the **Community Benefit Report** beginning on page 19.

The *Community Benefit Report* is a breakdown of how Genesis gave back to the community in 2021. The report highlights programs and initiatives that address the health needs in our service area according to IRS guidelines for a nonprofit.





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Together, we have made it through the peaks and valleys of the COVID-19 virus. The number of hospitalized COVID-19 patients has declined significantly and we all are starting to enjoy a more normal life. Thank you for the part you've played in helping us overcome this virus.

As the pandemic has transitioned to an endemic, immunity is key to protection from severe illness. The fastest and safest way to build protection against COVID-19 is by getting vaccinated. For you and your loved ones, please get your vaccine and booster as recommended.

Physicians ready to serve

We recently welcomed two new, experienced doctors to care for you. On the following pages, each doctor shares his story and how he will use his advanced training and skills to serve you.

Patients returning to what they love

This issue includes the stories of three community members who, with a little help, are continuing to live their best lives. One is a young man who overcame a knee injury to continue his dream of playing collegiate football. Another patient shares her story about finding relief from pain to return to walking with friends. The third story is about one of our retired doctors who sought help from former colleagues when her life was in jeopardy.

Wellness tips

You indicated that you wanted helpful wellness information, and we heard you. We have included healthy recipes and tips to avoid back injuries.

Supporting the health of the community

This special edition of *LiveWell* also includes our *Community Benefit Report*. The report details the many ways Genesis supports the health of our community and our citizens.

Enjoy the spring days and stay healthy.

 | Matthew J. Perry
President & CEO



Doctor of Medicine:

The Ohio State University
College of Medicine

General Surgery Internship:

The Cleveland Clinic

General Surgery and Urology Residency:

The Ohio State University
Hospital

Board-certified:

The American Board of
Urology

Fellow of the American
College of Surgeons



Doctor of Medicine:

Jimma Institute of Health
Sciences in Jimma, Ethiopia

Residency: Internal Medicine and Fellowship in Adult Cardiovascular Disease:

Marshall University, Joan
Edwards School of
Medicine in Huntington,
West Virginia

Board-certified:

Internal Medicine
Cardiovascular Disease
Nuclear Cardiology
Echocardiography

Fellow of the American
College of Cardiology

WELCOME NEW PHYSICIANS

Clifford B. Maximo, M.D., FACS Genesis Urology Group

For Clifford B. Maximo, M.D., Urologist, who joined the Genesis Urology Group in February, practicing urology is a family and local tradition.

"I am a second-generation urologist," he said. Zosimo Maximo M.D., now retired, was a well-respected urologist in Southeastern Ohio. "However, I chose urology because I was impressed with the specialty during my internship at the Cleveland Clinic," said Dr. Maximo.

"I saw cutting-edge, complex, kidney cancer surgery and endourologic stone treatment by nationally known urologists, which shaped my decision to pursue urology," he said.

Dr. Maximo, who has practiced for more than 20 years in Southeastern Ohio, is pleased to continue treating local patients.

"My mission is to serve Southeast Ohio, where I grew up and spent most of my life," he said.

"I take pride in the early detection of both prostate and bladder cancer along with treatment of stone disease and men's health issues."

Getachew Zeleke, M.D., FACC Genesis Heart & Vascular Group

Getachew Zeleke, M.D., who joined the Genesis Heart & Vascular Group in February, learned in medical school that cardiovascular diseases are the number one health problem in the world. "That's when I started to develop an interest," Dr. Zeleke said.

Originally from Ethiopia, Dr. Zeleke's devotion to treating cardiovascular disease came into focus when his father suffered a massive heart attack. "Back then, Ethiopia's health facilities were not capable of doing heart catheterization and stenting," he said.

Dr. Zeleke and his family were desperate.

"My father was treated with medications, and we prayed," he said. Luckily, his father survived.

"It was then that I decided to study cardiovascular disease," Dr. Zeleke said.

Diagnostic modalities common to the USA are scarce and, in some cases, nonexistent in Ethiopia. Dr. Zeleke said, "Ethiopian doctors rely on family health histories and perform thorough physical examinations for diagnosis and treatment.

Dr. Maximo believes one of the biggest challenges in urology is preventing urologic disease and cancer.

"Scientists and clinicians are working hard to solve these problems," he said. "Fortunately, urology is very advanced at the detection and treatment of urologic cancer and stone disease."

Genesis utilizes all of the state-of-the-art urologic technology, including robotic-assisted surgery, MRI fusion biopsy, ESWL and high-powered holmium laser. "I love to treat my patients using the best tools available. However, good-old handshakes and face-to-face discussion are important."

Dr. Maximo enjoys exercising, spending time with his family and watching his children play sports. His office is at the Genesis Urology Group office, Genesis Medical Arts Building 2, 751 Forest Ave., Suite 301, Zanesville.

Dr. Maximo's phone number is 740-455-4923 and he is accepting new patients. Physician referrals are not required.

"Practicing medicine in a resource-limited setting has taught me to get to know my patients and their problems. A higher percentage of Appalachians suffer from cardiovascular disease than the rest of the country. I'm grateful to help bring good heart health to the community."

During his spare time, Dr. Zeleke works out, plays soccer, bikes and swims. "I like watching documentaries," he said. "I also enjoy fishing, hiking and traveling."

Dr. Zeleke's office is located at the Genesis Heart & Vascular Institute, 955 Bethesda Drive, First Floor, Zanesville. His office phone number is 740-454-0804. Dr. Zeleke is accepting new patients, and a physician referral is not required.

Southwest black bean and avocado — Salad —

Ingredients:

- 1 - 15 ½ ounces can black beans, rinsed and drained
- 9 ounces corn, cooked, fresh or frozen, thawed if frozen
- 1 medium tomato, chopped
- 1 medium avocado, diced
- ¼ cup red onion, chopped
- ¼ cup red peppers, diced
- ¼ cup lime juice
- 1 tablespoon olive oil
- 1 tablespoon cilantro (fresh, minced, or more to taste)
- Salt and pepper, to taste, optional
- 1 jalapeno, diced, optional
- 1 head Romaine, Boston or Bibb lettuce, optional

Directions:

- Combine beans, corn, tomato, onion, red pepper and cilantro in a large bowl. Squeeze and stir in fresh lime juice and olive oil. Add jalapeno and salt and pepper as desired.
- Marinate in the refrigerator for 30 minutes. Add diced avocado just before serving.
- Serve over a bed of lettuce or in lettuce cups for a great vegetarian meal or over grilled chicken as a salsa.

Nutritional information (per serving):

Total fat: 3.8 g
Carbohydrate: 13 g
Fiber: 4.4 g
Sugar: 1.7 g
Sodium: 220 mg
Protein: 3.3 g

Find more recipes at genesishcs.org/eatwell.



LIFTING HACKS

to prevent back pain

No one is immune to back pain, which is often the result of an injury from lifting things. Here are some easy hacks to avoid an injury.

Before casually picking up a light or heavy load, plan the best way to lift it. This could include asking for help.

Lift and move slowly and carefully. The time you take to use the right techniques is far less than the days, weeks or months it can take to heal from an injury.

Follow these rules:

- Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other.
- Squat down, bending at the hips and knees only. If needed, put one knee to the floor and your other knee in front of you, bent at a right angle.

- Slowly lift by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.
- Use your feet to change direction, taking small steps.
- Lead with your hips as you change direction. Keep your shoulders in line with your hips.
- Set your load down carefully, squatting with the knees and hips.

If you have a job that requires you to lift objects frequently, check with your employer for resources on learning proper lifting techniques.

Keep moving! Strengthening your core and staying active will help keep your back muscles and tendons strong. You can find several core, back and leg-strengthening exercises online. Talk with your doctor before starting any exercise program.

Discover more hacks under "Wellness Resources" at genesishcs.org.



PERSONALIZED SPINAL SURGERY LEADS TO AN ACTIVE LIFE

Rebecca Welch knew long road trips could take a toll on the body, but she had never felt so uncomfortable. After driving to Michigan, she returned to Nashport with a heavy weight sitting on her right shoulder. She also experienced dull pain and tingling that shot down her arms when she moved her head. Even reading a magazine became miserable.

Rebecca told her primary care physician about her discomfort during an annual exam. After imaging, Rebecca met with a rheumatologist, pain management specialist and physical therapist before sitting down with Yasu Harasaki, M.D., Board-certified Neurosurgeon with the Genesis Neurosurgery Group.

Close-to-home experts

"Dr. Harasaki was wonderful. At first, I thought I'd travel to Columbus if I had surgery on my neck or spine. After sitting down with Dr. Harasaki, I changed my mind. He talked with my husband and me for an hour.

"He was caring and professional. He took his time and didn't push me into anything. I really liked him by the time I left his office, I knew I wasn't going anywhere else," Rebecca said.

Dr. Harasaki diagnosed Rebecca with cervical myelopathy and radiculopathy, meaning she suffered from a pinched nerve in the spinal column.

"Bones of the neck are usually stacked and aligned perfectly, creating a tunnel for the spinal cord to pass through. As bones wear down, they can slip out of alignment. The slippage then narrows the spinal cord's tunnel, and nerves can become pinched. "That's exactly what happened to Rebecca," Dr. Harasaki said. "In fact, she had pinching on multiple levels in her neck."

Specialized spinal surgery improved Rebecca's quality of life. Rebecca is back to walking on the Gorsuch Fitness Trail.



Personalized care: Individual bodies require an individual approach

Before her neck and spine problems arose, Rebecca had a couple of instances with difficulty swallowing. To compensate, doctors dilated her esophagus multiple times. Unfortunately, her past medical history impacted her current medical issue.

"The challenge was to fix Rebecca's back and neck without worsening her swallowing troubles. To avoid disturbing her neck, we chose to surgically enter from the back instead of the front of her neck. This isn't our traditional approach for the procedure, but it proved to be the best personalized approach for Rebecca," Dr. Harasaki said.

On surgery day, Dr. Harasaki relieved the pinch and stabilized Rebecca's spine with rods and screws. He also added material to encourage new bone growth where he fused the discs. The procedure took approximately 3.5 hours, and Rebecca recovered at Genesis Hospital for the next few days.

"Everybody was top-notch at Genesis. Dr. Harasaki and his team were kind, efficient and very caring. Everyone I saw at Genesis was wonderful. That's why I recommend people stay local for their healthcare – Genesis has excellent team members," Rebecca said.

Dr. Harasaki also highlighted the benefits of staying close to home for healthcare.

"At Genesis, it's a team effort. We have a specialized spine team that provides high-quality care right in our community. Plus, we have dedicated operating rooms and the latest technology. Our patients receive very good care here," Dr. Harasaki said.

Restoring the quality of life

With her neck pain gone and her quality of living restored, Rebecca has returned to the physical activities she adores. For example, last year she walked more than 570 miles along the Gorsuch Fitness Trail on the Genesis Hospital campus.

"I'm so glad I had the surgery and that I'm back to my walking. I want to be active and stay active, and this surgery made that possible. I'm playing with my granddaughter again and caring for my family," Rebecca said.

WHEN THE DOCTOR BECOMES THE PATIENT



Linda is cancer free and enjoying her favorite book.

After 28 years serving as an OB/GYN at Genesis HealthCare System, Dr. Linda Swan retired from her practice. One year later, she found herself on the patient side of the doctor's chart.

A bloody nipple discharge served as the red flag that instigated Dr. Swan's call to her own OB/GYN. On the day she went for an investigatory mammogram and ultrasound at Genesis, she saw Shannon Hanley, M.D., Board-certified Surgeon with the Genesis Breast Care Center, who specializes in breast procedures. Choosing her physicians and place for treatment came instinctively to Dr. Swan.

"I didn't have to think about it – I know Genesis is the place for me. I know the caliber of doctors here. I had absolutely no desire to go to Columbus and become a number. Zanesville is my home. This is where my family and my colleagues are. I trust them with my life – and to prove it, I actually did trust them with my life," Dr. Swan said.

Becoming the best patient possible

Dr. Swan had no family history of breast cancer and tested negative for genetic tendencies related to breast cancer. Plus, she did not smoke, she had babies early in life, and she breastfed her babies – all factors that decrease a woman's risk for breast cancer. Yet, Dr. Swan was not immune.

"The majority of breast cancers occur by chance. Even though genetic breast cancer gets a lot of media attention, it's not that common because less than 10% of all breast cancers are hereditary," said Dr. Hanley.

Dr. Swan's imaging and biopsy led to a diagnosis of invasive ductal breast cancer, stage 1. With her official diagnosis, Dr. Swan remembered the inspirational patients she had cared for during her time as a physician and was determined to follow their lead by becoming the best patient possible.

"I knew that at this point my job was to get well. To accomplish that goal, I needed to be the patient and not the doctor. I wanted to work with my physicians and listen to their advice, and listen to the nurses and learn from all they taught me," Dr. Swan said. "Together, we made a personalized treatment plan."

An integrated team

Dr. Swan first endured six rounds of chemotherapy at the Genesis Cancer Care Center, as she worked closely with Shyamal Bastola, M.D., Hematologist/Oncologist at Genesis. Next, Dr. Hanley performed a bilateral mastectomy. Immediately following the procedure, a collaborating plastic surgeon stepped into the Genesis operating room for the first stage of breast reconstruction.



Shannon Hanley, M.D.
Board-certified Surgeon
Genesis Breast Care Center

"Our team is wonderful at communication and collaboration. We have oncologists, radiation oncologists, surgeons, plastic surgeons and nurses working together. Our patients get complete and comprehensive care from beginning to end," Dr. Hanley said. "Every Tuesday morning, we have a multi-disciplinary meeting to discuss our breast cancer patients, so the right-hand knows what the left hand is doing. And because we're a close-knit, smaller group, we often bounce ideas off each other."

Special treatment for all

According to Dr. Swan, the team-centered, patient-focused atmosphere at Genesis made a positive impact on her cancer treatment experience.

"Everyone was cheerful, helpful and engaging. The chemo nurses would remember little things about me and ask about my children and grandchildren. That's part of being cared for in your community. An OR nurse who lives in my neighborhood brought over a meal and made sure I was doing ok after I got home from surgery. That's community. And isn't abnormal – everyone at Genesis gets special treatment. I've seen it time and time again," Dr. Swan said.

Dr. Hanley agrees, and she says building lasting relationships with patients is one of her favorite parts of working at the Genesis Breast Care Center and with the team at the Genesis Cancer Care Center.

"I love it here because we provide the quality healthcare of a larger center but in a more intimate setting. That way, patients get individualized care, and we get to develop authentic relationships with our patients," Dr. Hanley said. "It really is a special place."

AVOCA-DO, AVOCA-DON'T

WHAT DO YOU KNOW ABOUT AVOCADOS?

Take this quiz to find out »

Avocados are a vegetable. True or false?

False. They are a fruit.

Avocados are considered a superfood. True or false?

True. Antioxidant vitamins A, C, D, E and K and a diverse range of other nutrients are packed in one avocado, making it a superfood.

Avocados are fattening. True or false?

False. While avocados are high in fat, it's monounsaturated fat and that can help lower cholesterol and boost HDL (high-density lipoprotein), or "good" cholesterol. HDLs absorb cholesterol and carry it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

Avocados are edible skincare. True or false?

True. Vitamins C and E are important for healthy skin. If you're in the hate 'em category when it comes to eating avocados, you can still reap the benefits. A facial made from mashed avocados is hydrating to your skin. A thin layer left on for 15 minutes can create a healthy glow. If you're in the love 'em category and didn't consume your fruit before it's too brown to eat for your comfort level, it will safely work as a mask.

Avocados are a treatment for damaged hair. True or false?

True. Take a ripe avocado, a tablespoon each of olive oil, apple cider vinegar and brown sugar and apply it to your damp hair. Place a shower cap over your hair, and then step into a hot shower for 10 minutes. Take off the cap and rinse out the mask.

You can lose weight by eating avocados. True or false?

True. Rich in fiber, avocados are filling and digest slowly, making you feel full longer.

Avocados are a condiment. True or false?

Widely popular to add as a topping to toast, hamburgers, salad or eggs, let's go with true. Made into guacamole with jalapenos, tomatoes, cilantro and salt, also true.

Avocado hand is a medical condition. True or false?

With the rise in popularity of the avocado, there has been an increase in hand injuries from the slip of the knife while removing the pit out of the center. The answer is false; it's not a condition, but be cautious when removing the pit.



Creamy avocado and blueberry — Smoothie —

Ingredients:

- 1 ¼ cups almond or coconut milk
- 1 avocado, peeled, pitted and sliced
- 1 small banana, sliced
- ½ cup of blueberries
- ¼ cup ice, or as needed
- 1 tablespoon honey
- 1 tablespoon vanilla

Directions:

Combine ingredients in a blender and blend until completely smooth. Top with additional blueberries, serve and enjoy.

*Optional:
granola topping*





Remington is playing football at 100% thanks to his knee surgery.

GETTING ATHLETES BACK IN ACTION

Remington McClung's football days began in kindergarten, which inspired dreams of playing professionally. So, imagine his excitement and nerves during his first college football game.

He had achieved an ambitious goal of joining the starting defensive lineup as a freshman defensive end. However, something went wrong during the first quarter of that first game.

"I was turning the corner to sack the quarterback when my knee gave out. I took two steps, and I went to the ground," Remington said. "My season was over. I was crushed."

Thai Trinh, M.D., Fellowship-trained Orthopedic Surgeon with Genesis Orthopedic Sports Medicine and Team Physician for Muskingum University, ran from the sidelines for an initial assessment of Remington. He didn't need emergency care on the field, so the next steps included X-rays and an MRI. The imaging revealed an acute lateral patellar dislocation, as well as an injury to the kneecap's cartilage.

"When Remington's kneecap popped out of place, it banged against the femur, causing a piece of cartilage to break off. He needed surgery to remove the floating cartilage because it could potentially scrape or damage other surfaces. During the procedure, we would also reconstruct the torn ligament that holds the kneecap in place," Dr. Trinh said.



Watch Remington share his story in a video. Simply use the camera on your smartphone to take a picture of the QR code, or visit [genesishcs.org](https://www.geneshcs.org)

Learning the playbook: Picking the best treatment plan for the situation

"Dr. Trinh took the time to explain the three treatment options. I was impressed with Dr. Trinh's knowledge. I could tell he wanted me to understand everything clearly and wanted to do what would be best for me personally," Remington said.

Once familiar with the medical playbook, Remington confidently moved forward with a plan to surgically reconstruct his ligament and remove the cartilage fragments.

Gameday: A surgical solution and team approach

On surgery day, Remington felt pre-game jitters, but personalized care from the Genesis team eased the tension.

"Everyone at Genesis made me feel comfortable. They got to know me personally instead of treating me like another patient to operate on. That's what I really liked about Genesis," Remington said.

After surgery, Remington began a slow and steady recovery process.

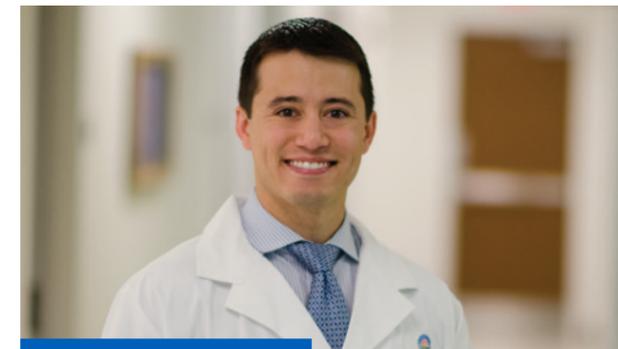
"Dr. Trinh didn't want me moving too fast to avoid reinjury. He laid out a specific, six-month protocol, and I followed it diligently. Dr. Trinh wanted to make sure I'd fully recover successfully, and so did I," Remington said.

Play ball: A surgeon's pep talk

By the following football season, Remington returned to the starting lineup. His team even had its best season in 18 years, and Remington felt proud of his performance, once Dr. Trinh gave him a pep talk.

"Dr. Trinh saw my first game back. I was upset with how I played that day. I had a mental block because I was worried about reinjuring myself. Dr. Trinh ended up calling me later. He motivated me with encouraging words like, 'It's all within you. You got this. You'll get back to normal.' That was special," Remington said. "It really shows that you're not just a patient at Genesis. You're a person."

"Genesis has the largest, most comprehensive orthopedic program in the region. We put emphasis on compassionate patient care. We strive to put patients first," Dr. Trinh said. "We care for patients throughout their entire process. We're not done with our patients just because the surgery is completed. For Remington, football is his love, and our goal was to get him back to his sport. To do that, he needed medical care and a little reassurance."



Thai Trinh, M.D.
Fellowship-trained Orthopedic Surgeon
Genesis Orthopedic Center



Remington worked hard to rehab his knee after surgery.





KEEP THE SNEEZE AWAY YEAR-ROUND

If you suffer from allergies, you may think you only need to worry about flowers, pollen and pets. Did you know that dust mites are one of the most common allergy triggers? Dust mites are microscopic insect-like pests that are everywhere.

To reduce dust and dust mites follow these tips for the:

Air

- Don't use window or attic fans, which bring pollen, mold spores and other allergens inside.
- Use air conditioning instead of opening windows.
- Use a high-efficiency particulate air (HEPA) filter. This can help remove allergens and tobacco smoke from the air in your home.

Furniture and carpets

- Use dust-proof pillow and mattress covers made from a tight-weave fabric that keeps out dust and dust mites.
- Remove stuffed toys, wall hangings, books, knickknacks and artificial flowers.
- Avoid wool blankets and down quilts.
- Avoid carpet, rugs and upholstered furniture that collect dust.
- Occasional steam clean carpets.

Floors

- Damp-mop hard floors once a day.
- Dust and vacuum once or twice a week.
- Use a dry cloth to wipe hard surfaces such as countertops and tables weekly.
- Use a vacuum cleaner with a HEPA filter or a double-thick bag.
- Wear a mask to avoid dust mites stirred up during cleaning.
- Keep humidity less than 50% in your home. Dust mites don't do well in dry conditions.

Go to genesishcs.org and click "Wellness Resources" for more tips.



A LETTER FROM THE FRONTLINES OF COVID-19

We were in the largest medical crisis I had ever seen, and I'm both honored and humbled that I witnessed the little and large fights towards life and healing. When families were grieving, I was by their side and offered an ear or a blanket. When miracles happened and I saw patients come back from the edge, I was filled with joy and humility. Working at Genesis during the pandemic is the hardest and most rewarding experience I have ever had. When I can be there for others, I feel like I can take on anything no matter how tough or intimidating.

Thank you to my amazing team and to the staff in the Genesis Emergency Department for pushing me to be my best and keep people safe, happy and healthy. Without them, none of this would be possible.

Stay awesome!
-Genesis R.N.

Read their stories and share your story

After two long years of dealing with a pandemic, a few Genesis team members wrote letters to document their experience. Their words are heartbreaking and inspiring. We are eternally grateful for what our doctors, nurses and all Genesis team members have done to help our community.

Read more at genesishcs.org/COVID-19Blog and submit your own story to share with the community.

Need a vaccine or booster shot? Visit genesishcs.org/vaccine for details.

GIRLS' NIGHT OUT *grace*

SPIRIT OF WOMEN | SAVE THE DATE

THURSDAY, MAY 12

RSVP required beginning April 12 at genesishcs.org.



2022 ISSUE

COMMUNITY BENEFIT REPORT

BASED ON 2021 RESULTS

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Genesis
HEALTHCARE SYSTEM

Better Begins Here



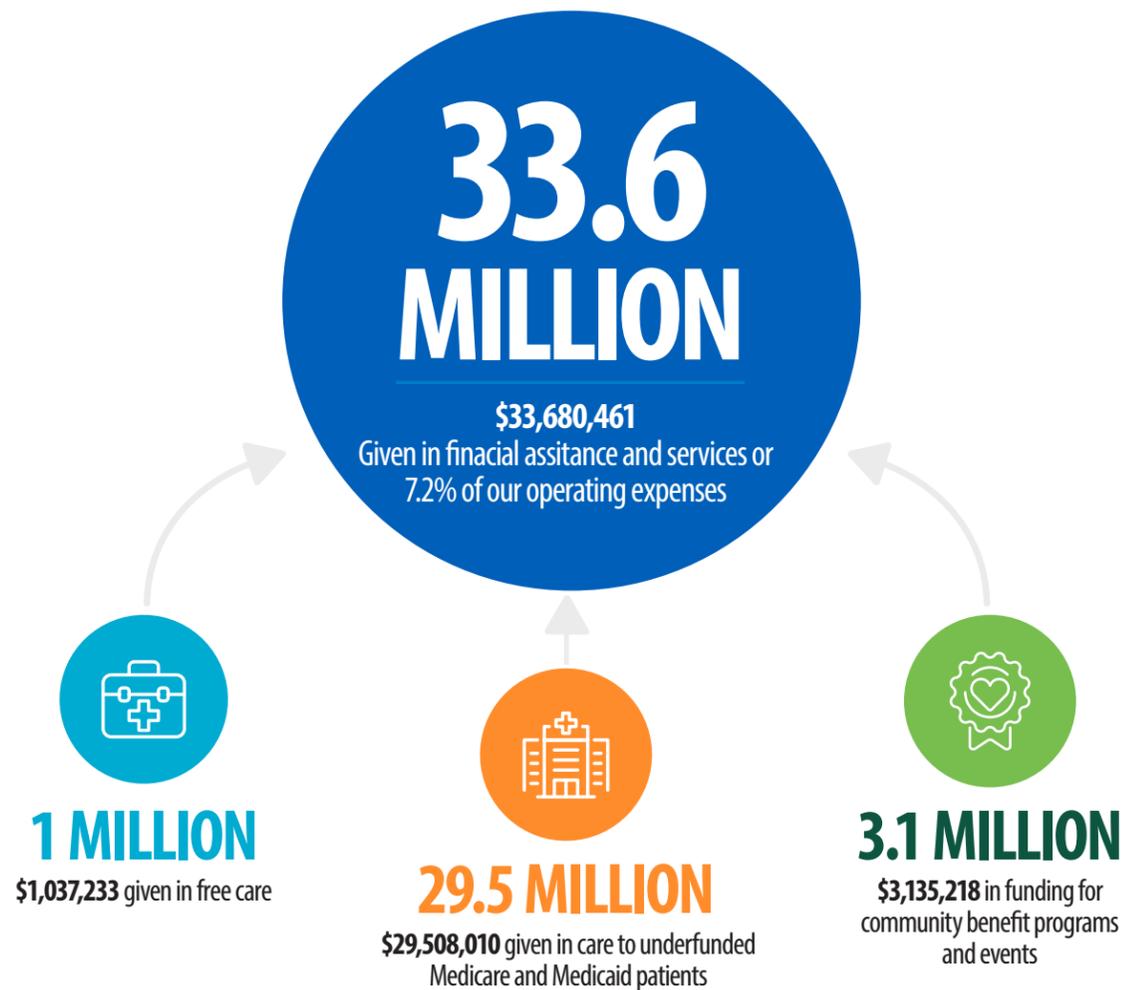
MAKING A DIFFERENCE IN OUR COMMUNITY: 2021 RECAP

People come from far and near to work with Genesis. Some say it's because our mission aligns with their values. Others say it's our commitment to serving the community. Whatever the reason is, we are proud to be a pillar of hope and healing for many.

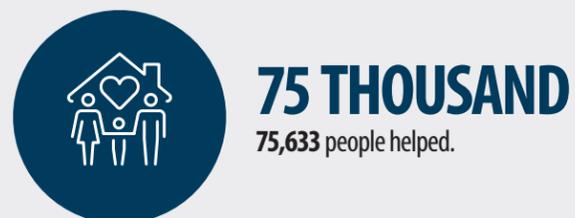
Genesis is a not-for-profit healthcare system dedicated to serving areas within and beyond the hospital setting.

Our faith-based roots equip us with empathy and understanding to heal our community. Our commitment to excellence sets our level of care apart from the rest. Our together-as-one team mentality helps us achieve more than we can apart.

Our impact is evident in the community benefit programs designed to help the underserved.



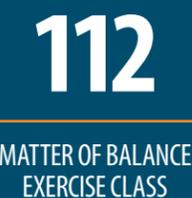
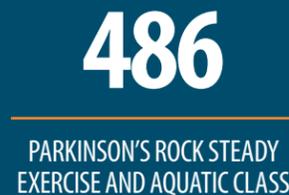
Genesis is devoted to caring for you and your loved ones, even if you cannot cover the cost of treatment. We pledge a portion of our earnings to cover the cost of care if you qualify for free or discounted care and if your insurance does not cover the total cost of your medical bill.



ADDRESSING OUR COMMUNITY HEALTH NEEDS

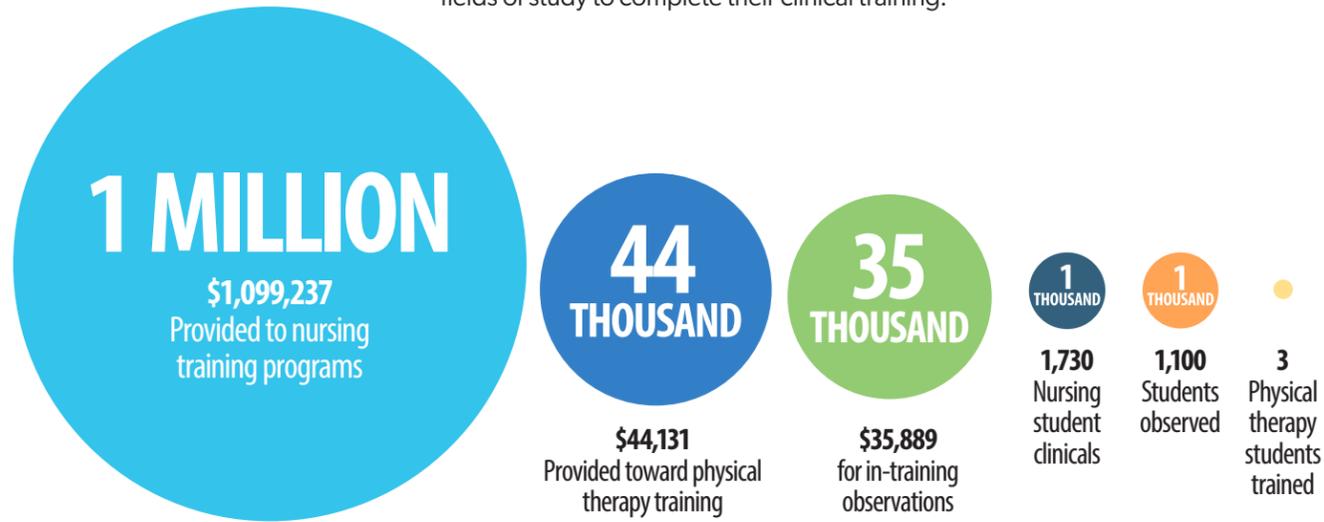
Think of our surveys as a thermometer. Similar to how a thermometer is used to measure your temperature to gauge if you're sick or healthy, we partner with organizations like the local health department and Ohio University to research or measure the health needs of our community. Our Community Health Needs Assessment (CHNA) report contains the health issues that affect our community. As a result of the survey, we created medically supervised programs like the Genesis Risk Intervention Program (GRIP), education and events that focus on improving the health of many.

Exercise, education and events



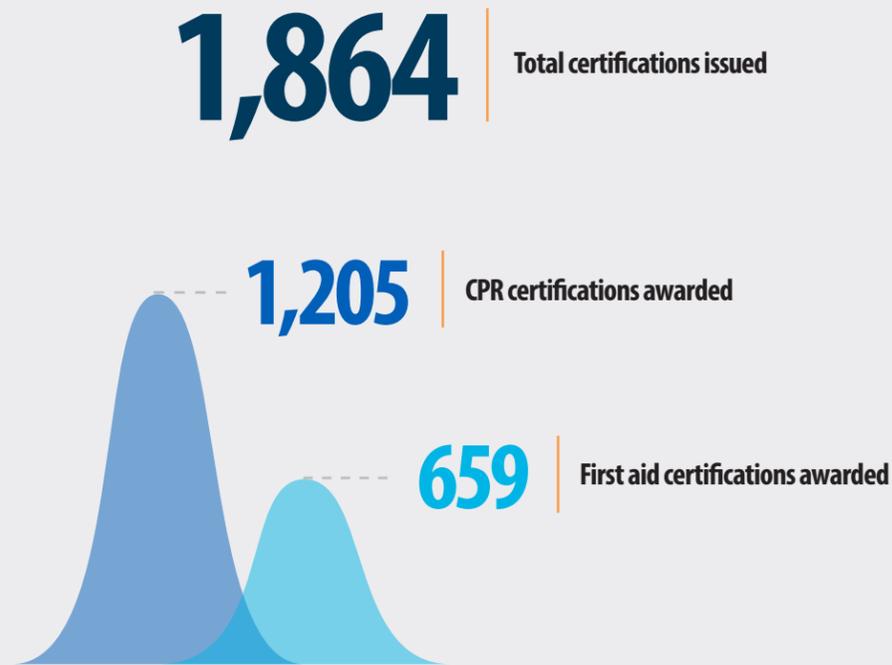
THE NEXT GENERATION OF CARE PROVIDERS

We support higher education in many ways that involve our time, money and expertise. Our organization collaborated with Muskingum University, Ohio University Zanesville, Mount Vernon Nazarene University, Central Ohio Technical College and Mid-East Career and Technology Centers to provide clinical education. Genesis nursing staff also dedicated one-on-one time to students. The clinical education we offered enabled nursing students and individuals from other fields of study to complete their clinical training.



Certifications issued

Genesis educational services monitor community CPR and First Aid classes and provide certification cards through a partnership with Zane State College.



GENESIS 24-HOUR NURSELINE

When you need medical advice such as:

“My baby won’t stop crying, and it seems like she’s having stomach pains. Should I take her to the hospital?” Our registered nurses are specially trained to assess your situation over the phone and give free expert advice on your specific problem.

\$1,708,182 | Spent to offer the NurseLine to community

29,405 | Calls accepted by our NurseLine workers

Support for women, children and infants

- 212 online birth preparation courses.
- 173 In-person class participants.
Classes include:
 - Baby Basics Class
 - Safe Sitter, Babysitting Class
 - Childbirth Prep Classes
 - Sibling Class
 - Breast Feeding Support for Success

INCREASING ACCESS TO CARE



Northside Pharmacy

In 2021, we broke ground to bring you the only 24/7 pharmacy in Muskingum County. The new Northside Pharmacy at 721 Taylor St. in Zanesville is set to open in the spring of 2022. This location will offer around-the-clock access to a pharmacist to fill prescriptions and answer your medication questions.

Coshocton Medical Center

We are excited to bring a medical center to the people of Coshocton and its surrounding areas. Services will include a 24/7 Emergency Department, top-of-the-line physicians, therapists, outpatient surgery center, overnight observation unit, imaging lab, advanced diagnostics and therapies among other services.

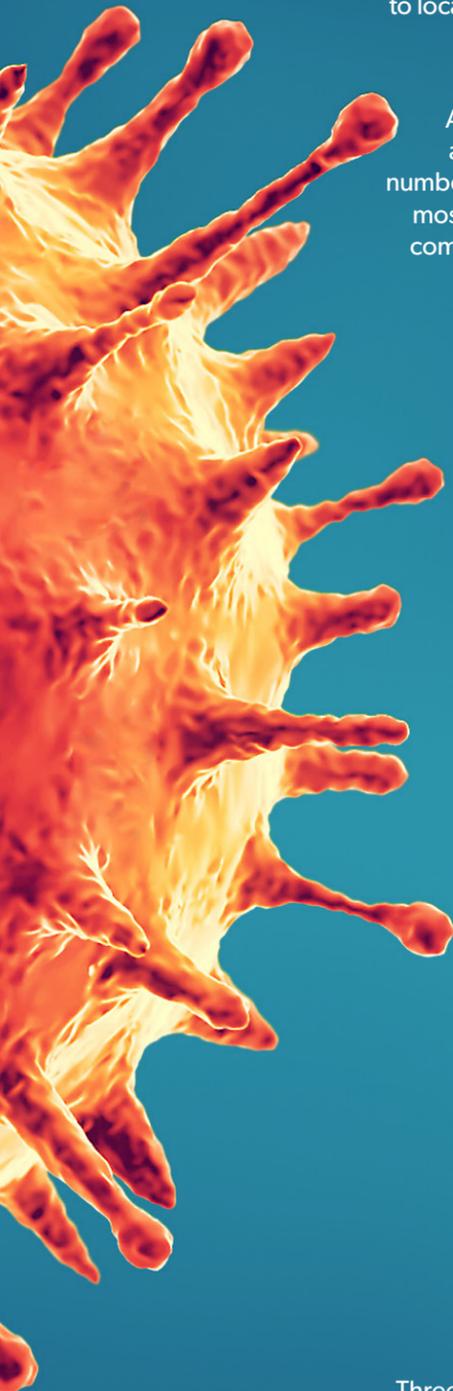
Orthopedic Center

Our new Orthopedic Center opened in December 2021. It offers specialized physicians, advanced technologies, athletic trainer services, physical and occupational therapy, imaging studies, advanced practice providers, a Walk-in Clinic and more. You can find our new facility in the heart of Zanesville at 2904 Bell St.

TACKLING COVID-19: A YEAR IN REVIEW

Tackling COVID-19 looks like expanding testing sites when cases surge. It's converting a department store into a vaccination clinic in days. It's going to local schools to make the vaccine accessible to essential workers like teachers. It's offering booster shots and giving the monoclonal antibody treatment to the most vulnerable.

As the number of COVID-19 patients soared, we launched an array of COVID-19 initiatives in our community to drive those numbers down. By March 2021, Muskingum County was one of the two most successful counties in the state for giving vaccinations. With a combination of care, vaccine clinics, COVID-19 tests and treatment, we provided hope for the community.



Did you know?

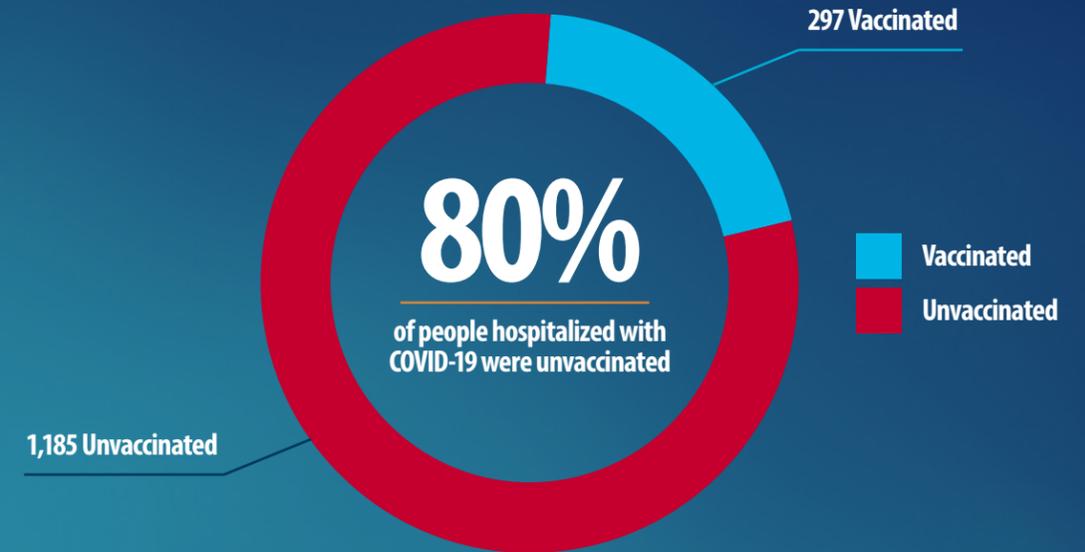
Three out of four people admitted to the hospital with COVID-19 were unvaccinated. The graphics on the next page show the number of unvaccinated people who were hospitalized in our area last year. Getting vaccinated will lower hospitalizations due to COVID-19.

48,720



COVID-19 tests

At Genesis 1,482 people were hospitalized with COVID-19 in 2021.



25,116



Vaccine & booster shots

3,413



Patients treated with monoclonal antibodies

819



Visits to our COVID-19 Community Clinic

PHYSICIANS WELCOMED AT GENESIS IN 2021



Dany Abou Abdallah, M.D.
Pulmonary and Critical Care
Medicine, Sleep Medicine



Mesfin Alemayehu, M.D.
Pulmonary and Critical Care
Medicine



Kevin Banks, M.D.
Urologic Surgery



Abdul Dada, M.D.
Family Medicine



Stacey Guan, M.D.
Family Medicine



Jacob Hupp, M.D.
Pulmonary and Critical
Care Medicine



Elston Johnson, D.O.
Invasive Cardiology



Vamsi Koduri, M.D.
Oncology and
Hematology



Robert F. Lewe, M.D., FACP
Hospice and Palliative Care
Medicine



Brenda Lozowski, D.O.
Family Medicine



David Lozowski, D.O.
Family Medicine



Nuwan Pilapitiya, M.D.
Family Medicine



Kunal Shah, M.D.
General Cardiology



Emmanuel Ugbarugba, M.D.
Gastroenterology, Hepatology
and Nutrition



Even Wang, M.D.
Neurology

KEEPING YOU HEALTHY

We're keeping you out of the hospital and doctor's office by sharing health tips through podcasts, blogs, videos and more. A growing number of people are getting free expert health advice and resources from our medical team of physicians, nurses, specialists and other professionals. The proof? It's evident in the number of listens we've garnered from our podcasts and views from our blogs and articles this past year.

23,500+

TOTAL VIEWS/LISTENS FOR OUR
HEALTH INFORMATION

8,408

HEALTH LIBRARY PAGE VIEWS

7,536

HEALTH BLOG VIEWS

622

WEBSITE ARTICLE VIEWS

1,214

COVID-19 ARTICLE VIEWS

4,952

PODCAST LISTENS

831

LIVEWELL DIGITAL VIEWS



2503 Maple Ave., Suite A
Zanesville, OH 43701

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