

LiveWell

2013 SUMMER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION



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HEALTHCARE SYSTEM
GENESIS
Where you're treated well

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Keep this handy guide to this summer's programs and events.



genesishcs.org



MEET ARSHAD REHAN, M.D.

General & Interventional Cardiology

Arshad Rehan, M.D., is a general and interventional cardiologist who rejoined Genesis earlier this year. Interventional cardiologists like Dr. Rehan perform a number of procedures to diagnose and treat structural heart problems. One of these involves inserting a catheter into a wrist or leg artery and guiding it to the heart. The doctor can see what the problem is – and sometimes treat it immediately. General cardiologists also care for patients who have heart and vascular diseases and conditions.

“Having practiced in Zanesville several years ago, I am pleased to return to the area,” said Dr. Rehan. “The heart and vascular team at Genesis is recognized for its high quality of care with accreditations in chest pain treatment and heart failure, among others. I am excited to be a part of the team and look forward to providing patients with the best care possible.”

Dr. Rehan's primary interests are coronary artery disease and peripheral artery disease, and he served as president of the Association of Pakistani-descent Cardiologists of North America. Dr. Rehan earned his Doctor of Medicine degree at Khyber Medical College in Peshawar, Pakistan. He completed his internal medicine residency and his cardiology and interventional cardiology fellowships at St. John Hospital & Medical Center in Detroit, Mich.

Dr. Rehan welcomes new patients and accepts most insurance plans. Patients and physicians can call Cardiology Associates of Southeastern Ohio to schedule an appointment. His office is located at Medical Arts Building II, 751 Forest Avenue, Suite 301, Zanesville, and his phone number is (740) 454-0804.



BUILDING YOUR NEW MEDICAL CENTER



You've been hearing about the new Genesis medical center for a couple of years. Now I'm excited to share some images of how it will look in a special LiveWell insert. A groundbreaking ceremony was held in May, and we've begun building your new medical center.

In the Construction Update in this issue, you'll read about the first phase of construction that will make it necessary to close the Bethesda Emergency Department on June 30. To ensure emergency care is available, we've made some changes in the Emergency Department at Good Samaritan so we can care for more people there. Be sure to read the Construction Update for the details so you'll know what to do if you or a loved one needs emergency care.

As we build your new medical center, we remain focused on providing compassionate, quality health care. We continue to look for ways to improve our services – like expanding the Genesis Wound Care Center® to bring Hyperbaric Oxygen (HBO) therapy to our community. In this issue of LiveWell, you'll read about Zoe Worthington's experience at the Wound Care Center and learn how new advancements in wound care are helping people every day at Genesis.

You'll also read about how our inpatient rehabilitation unit helped Cole Giesey begin his journey from dealing with a debilitating, rare condition to enjoying life again. The road to recovery was easier on him and his family because he could get the expert care he needed close to home.

Helping people when they're ill – that's certainly a big part of what we do. But we also help people know their health risks in the hopes of keeping them well. At one of our community health fairs, Kim McMorrow found she was a carrier of a gene that can result in serious lung disease. Now she knows what to watch for in her children – and knowledge is one of the keys to good health.

These stories are just a few of the hundreds that happen every day at Genesis – stories of people who come to us for help getting well, and staying well. We remain committed to caring for you today, even as we build your new medical center for your future.

Matthew J. Perry

President & CEO



ENJOYING A BUSY LIFE

Thanks to Expert Wound Care

Zoe Worthington didn't pay much attention to the sore on the bottom of her foot. "With diabetes you don't have pain in your lower extremities, so you tend to underestimate the seriousness of it. I just kept putting a bandage on it," she said.

When the spot didn't heal, Zoe's primary care physician suggested she call the Genesis Wound Care Center®, where she had been treated before. "She had a pretty significant hole in her foot," said David Skrobot, D.P.M., medical director of the Wound Care Center.

*"I've told everyone that if you have a wound or foot problem, let the Wound Care Center staff take care of it."
— Zoe Worthington*

New Cast Relieves Pressure

Dr. Skrobot suggested a new type of cast. The total contact cast looks like a plastic boot and helps speed healing by avoiding pressure on the wound while walking. The treatment worked, and Zoe's wound healed well within a couple months.

"Without the cast, it might have taken longer to heal – or not healed at all," Dr. Skrobot said. "By using the cast, she avoided major reconstructive surgery and the possibility of losing her limb."

Zoe was one of the first patients to receive the new type of cast, and since then Dr. Skrobot has used the boot-type cast on many patients with excellent results. One patient even avoided amputation by using the total contact cast.

Care Team Was Superb

At first, Zoe was reluctant to be in a cast during the Christmas season. "I told Dr. Skrobot that I couldn't be in a cast because I was co-chair of the church bazaar," Zoe said. She didn't have to worry. Zoe was able to help with the bazaar, enjoy the holidays with her family, and even exchange Christmas recipes with the staff at the Wound Care Center. "I can't say enough about the staff. They were superb, and I'm very pleased."

Zoe is also pleased that the wound healed quickly and she's back enjoying her busy lifestyle that includes getting ready for the local volunteer fire department fish fry. "I'm grateful – I'm eternally grateful," Zoe added. "I've told everyone that if you have a wound or foot problem, let the Wound Care Center staff take care of it."



Hyperbaric Oxygen Therapy Now Available

The Genesis Wound Care Center recently expanded to provide one of the most advanced treatments in our area – hyperbaric oxygen (HBO) therapy – to help wounds heal. The state-of-the-art technology uses a special chamber to increase the amount of oxygen in the blood. The blood can then carry more oxygen to organs and tissues in the body, helping wounds heal faster. The treatment takes place in a pressurized chamber that you can see through, and you're able to watch TV or a movie while you're breathing the 100 percent oxygen.

The Wound Care Center was renovated to add a new room that houses two HBO chambers. Before HBO was offered at Genesis, patients needing this high-tech treatment had to travel to other cities. Southeastern Ohio has higher than average rates of diabetes, and people suffering from diabetes are more likely to develop ulcers on their feet or other wounds requiring advanced care. HBO therapy can help those wounds and others heal better and faster.

"We're offering the latest technology to care for people in our area needing help with extensive wound care," said David Skrobot, D.P.M., medical director of the Genesis Wound Care Center.



David Skrobot, D.P.M.
Medical Director of the Genesis Wound Care Center®

To Learn More » For more information about HBO and other types of treatment options for wounds, visit our website at genesishcs.org/woundcenter. If you think you might need treatment at the Genesis Wound Care Center, call (740) 455-4915.

Cole Giesey

BACK ON HIS FEET AGAIN

Rehab Close to Home Makes a Difference

One day in the summer of 2012, Cole Giesey noticed numbness and tingling in his legs and thought he had a pinched nerve. By the next day, he couldn't move his legs – it happened that fast.

The diagnosis? Transverse myelitis, which is an inflammation of the spinal cord that can result in permanent paralysis. After spending several days in a hospital in another city, Cole asked if he could come to Genesis for his inpatient rehabilitation – knowing it would be easier for his family if he was nearby.

Cole and his wife Sierra in front of their home in Cambridge.

Cole was able to receive the advanced level of care he required at Genesis Inpatient Rehabilitation. This is the only inpatient rehab in our region certified by the Commission on Accreditation of Rehabilitation Facilities (CARF) International.

Compassionate & Expert Care

During his inpatient rehab, Cole had the help of a compassionate team that included board-certified physicians, registered nurses providing around-the-clock care, and specially-trained therapists. The intensive therapy included special weight-bearing training, parallel bars to strengthen his arms, water therapy, and physical therapy to learn how to get in and out of a wheelchair. The 10 days of physician-directed therapy and one-on-one care by trained specialists helped Cole gain the strength and skills he needed to return home.

Providing acute therapy in our community near friends and family can help patients recover. “We provide comparable or better rehab services close to home so patients can be near their families and their social support system,” said Yahya Bakdalieh, M.D., medical director of Inpatient Rehabilitation. “Having a team of acute care rehab and physician specialists here can help you get better faster and possibly result in a shorter stay. The one-on-one care can also be helpful in watching for complications so you don't get re-admitted to the hospital.”

During his five-day stay at the other hospital, Cole estimates he was seen by more than a dozen doctors or interns. He appreciates the compassionate care he received at Genesis. “Dr. Bakdalieh is by far the most helpful doctor I've seen. He was able to explain everything to me so I could understand,” Cole said.

“Dr. Bakdalieh was there willing to help Cole all along the way,” said Sierra, Cole's wife. “I was impressed with the level of care at Genesis. They were wonderful. I was able to stay in the room with Cole and go to work the next day.”

Dr. Bakdalieh is quick to credit Cole with the recovery. “The patient is the leader of the team. Cole had a positive attitude and was motivated to get better,” Dr. Bakdalieh said.

Focusing on Recovery

The transverse myelitis was caused by a virus that could have come from any number of things, ranging from a bug bite to something Cole ate. Instead of focusing on the cause, Cole chose to concentrate on getting better. “I had a lot to get better for – my three children, wife and job. I didn't want to feel sorry for myself,” Cole added.

After his inpatient rehab at Genesis, Cole was well enough to continue his journey to recovery with outpatient therapy and daily exercises. Cole is now walking and is thankful for the advanced care he received nearby at Genesis. “We live in Cambridge and have three little kids, ages 2, 5 and 7, so it would have been really hard to be far away from our families. I don't know how we would have done it.”

“The patient is the leader of the team. Cole had a positive attitude and was motivated to get better.”

– Yahya Bakdalieh, M.D.

Medical Director, Genesis Inpatient Rehabilitation



Dr. Bakdalieh helped Cole during his inpatient stay.

To Learn More » For more information about Genesis Inpatient Rehabilitation, visit our website at genesishcs.org/rehabilitation.

SCREENING DETECTS ALPHA-1

Genetic Condition Can Lead to Health Problems

Kim McMorrow was helping at a Genesis coal miners' health fair that had free screenings when she decided to do one of the screenings herself – the Alpha-1 test. The results of the genetic screening shocked her. "I never would have believed it would come back positive. No one in our family has any breathing problems," Kim said.

Kim McMorrow

The positive test revealed Kim is a carrier of Alpha-1, a genetic condition that can lead to serious lung or liver disease. Alpha-1 is caused by reduced levels of the alpha-1 antitrypsin protein in your blood. The protein is made in the liver and helps protect your lungs from disease. As a carrier, Kim has one normal gene and one abnormal gene; non-carriers have two normal genes. Carriers usually have high enough levels of the protein to prevent serious lung problems. However, when both parents pass on abnormal genes, the child inherits the most severe form of the deficiency.

After learning the results, Kim plans to have her daughter and two brothers tested. The Alpha-1 screening is a simple blood test using a finger stick, and the results are usually received within a couple weeks.

"I would definitely recommend getting tested – even if you don't have a family history of respiratory problems."

– Kim McMorrow

Kim, an R.N. at the Genesis Surgery Center, had heard of Alpha-1 and knew it was hereditary. Now she's learning as much as she can about the condition and willingly shares her story in hopes of making others aware. "I would definitely recommend getting tested – even if you don't have a family history of respiratory problems," Kim said. "As a carrier I'd like to have the information, so down the road my children and grandchildren aren't needlessly being treated for Chronic Obstructive Pulmonary Disease (COPD) and emphysema when they should be receiving treatment for Alpha-1."

Why Get Tested?

Alpha-1 is one of the most serious genetic conditions in the world. It can result in irreversible lung damage and occurs as frequently as cystic fibrosis, but often goes misdiagnosed. It's estimated that 90 percent of people with the Alpha-1 deficiency don't realize they have it. There isn't a cure for the genetic condition and the only treatment is plasma with the Alpha-1 antitrypsin protein.

Common symptoms of the deficiency are shortness of breath, wheezing, chronic bronchitis, recurring chest colds and year-round allergies. The antitrypsin deficiency is often first diagnosed as asthma or smoking-related COPD.

Early Diagnosis Can Prevent Disease

Early diagnosis and avoiding risk factors, like dust, workplace chemicals and cigarette smoking, can help prevent Alpha-1 from causing disease. Alpha-1 is the most common known genetic risk factor for emphysema. "If you're a smoker and have Alpha-1, there's a high possibility you'll get premature emphysema," said Michael Zimmerer, M.D., a family practice physician. "If you're a non-smoker, the Alpha-1 deficiency speeds up the potential for lung damage."

Our area has higher than average rates of smokers, so Genesis is reaching out to help people in the community learn about the condition. Alpha-1 can only be diagnosed through a blood test. Dr. Zimmerer led efforts to offer the free Alpha-1 screenings. The Alpha-1 test can cost \$200 or more, but it's provided at no cost during our community

screenings, thanks to collaboration with Baxter Healthcare Corporation, a Spirit of Women sponsor.

Offering these tests throughout our community can help identify people with Alpha-1 and make sure they get the necessary treatment to help prevent additional lung damage.

Michael Zimmerer, M.D.
Family Practice Physician
and Genesis Spirit of
Women Physician



To Learn More » For more information on the free screenings, contact Genesis Spirit of Women at (740) 586-6562.

WELCOME TO NEW PHYSICIANS

We are pleased to welcome the following new physicians to the Genesis medical staff.

Ammar Alahmar, M.D., *Hospital Medicine*



Dr. Alahmar earned his Doctor of Medicine degree at the University of Aleppo in Syria. He completed his family medicine residency at Wheeling Hospital in Wheeling, W.Va. Dr. Alahmar's office is located at 800 Forest Ave., in Zanesville, and his phone number is (740) 454-5398.

Douglas M. Haas, M.D., *Infectious Diseases*



Dr. Haas joined the practice of Rachel DeMita, M.D., and the Genesis medical staff. He earned his Doctor of Medicine degree at The Ohio State University College of Medicine in Columbus, and completed his residency at the University of Colorado in Denver, Colo. Dr. Haas also completed his infectious disease fellowship at The Ohio State University Medical Center in Columbus. His office is located at 1246 Ashland Ave., Suite 103, Zanesville, and his phone number is (740) 454-5962.

James Martin, M.D., *Interventional Radiology*



Dr. Martin recently joined the practice of Radiology Associates of SEO, Inc., and the Genesis medical staff. He earned his Doctor of Medicine at the University of Kentucky College of Medicine and completed his residency at University of Kentucky Hospital. Dr. Martin completed his neuroradiology fellowship at the University Hospital of Cincinnati and completed his interventional radiology fellowship at Emory University Hospital in Atlanta, Ga.

Carla Ralston, M.D., *Emergency Medicine*



Dr. Ralston earned her Doctor of Medicine degree at Indiana University School of Medicine in Indianapolis, Indiana. She completed her Emergency Medicine Residency at The Ohio State University in Columbus.

Taj Rashid, M.D., *Hospital Medicine*



Dr. Rashid earned his Doctor of Medicine degree at the University of Dhaka Sir Salimullah Medical College and Mitford Hospital in Dhaka, Bangladesh. He completed his residency in internal medicine at the Holy Family Hospital in Dhaka, Bangladesh, as well as at the Wright State University School of Medicine in Dayton, Ohio.

Nataliya Shevchuk, M.D., *Hospital Medicine*



Dr. Shevchuk earned her Doctor of Medicine degree at the Kharkov National Medical University in Kharkiv, Ukraine, and she completed her residency in internal medicine at the Lincoln Medical and Mental Health Center in Bronx, N.Y.

Renu Soni, M.D., *Hematology/Oncology & Internal Medicine*



Dr. Soni recently joined the practice of Oncology/Hematology Associates of SEO Inc., and the Genesis medical staff. She attended Lady Hardinge Medical College in New Delhi, India, and completed her residency in internal medicine at Ohio Valley Medical Center in Wheeling, W.Va. Dr. Soni completed her hematology/oncology fellowship at Seton Hall University in South Orange, N.Y. Her office is located at 751 Forest Ave., Suite 201, Zanesville, and her phone number is (740) 455-8506.



CONSTRUCTION UPDATE



BETHESDA EMERGENCY DEPARTMENT CLOSES JUNE 30

Construction has begun to transform the current Genesis-Bethesda Hospital into an expanded, modern Genesis medical center. To achieve this, the Bethesda Emergency Room will close on June 30 until construction is complete.

You'll still be able to receive quality emergency care at Genesis-Good Samaritan, where we are making changes that will enable us to care for more patients. Our two FirstCare centers are also open for treatment of minor illnesses and injuries.

All other inpatient and surgical services currently offered at Bethesda will continue to be offered. Thank you for your patience as we create a modern medical center for you and your family.

For Emergency Care

Genesis-Good Samaritan
Emergency Department

For Minor Illnesses or Injuries

Genesis FirstCare Centers
2800 Maple Avenue in the
Genesis HealthPlex and
23 North Maysville Pike
Open daily from 11 a.m to 9 p.m.



Always call 9-1-1 for life-threatening emergencies.



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To Learn More » For more information about the new medical center, visit genesishcs.org/NewMedicalCenter

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YOUR NEW MEDICAL CENTER

2015

You and your family need the highest quality of health care at the lowest cost. Genesis is committed to seeing that you get it, and that's why we're building a new medical center. The project will transform the existing Bethesda Hospital site into a modern medical center. A new addition will be constructed, and the existing Bethesda building will undergo major renovations. A freestanding but attached cancer center will also be built.

The new medical center was designed around the needs and wants of patients, as well as what doctors and staff need to efficiently care for them. We sought input from patients and family members, hired expert health care planners and designers, and visited some of the best hospitals in the country to see how they designed their facilities.

When the new medical center is complete in 2015, you'll have a beautiful, modern facility that will meet you and your family's needs for quality health care right here at home. Take a look at these artist's renderings for a glimpse of your new medical center.



This rendering shows a view from Maple Avenue, with the new addition to the left, a renovated Bethesda Hospital in the center, and the new cancer center to the right.



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Features of New Medical Center

The new medical center will feature Centers of Excellence for:

- Heart & Vascular, sponsored by Genesis Volunteers
- Cancer, including the Dr. Nick A. & Nancy R. Sarap Cancer Center
- Womens Health, including the Jeff & Jennie Sidwell Family Women's & Infants Center
- Trauma/Emergency, including the J. William & Mary Helen Straker Trauma & Emergency Center
- Orthopedics
- Neuroscience

In addition, there will be:

- All private patient rooms
- New Pediatrics unit
- The Saint Francis Chapel, sponsored by the Franciscan Sisters of Christian Charity
- A new medical office building
- General medical and surgical units, including support services such as imaging and laboratory
- Green zones, increased parking and the Gorsuch Fitness Trail on the grounds



Dr. Nick A. & Nancy R. Sarap Cancer Center

The new Sarap Cancer Center will consolidate local cancer services under one roof.



Main Lobby

A new lobby will be a warm and inviting environment to welcome patients and families. A cafe, gift shop and retail pharmacy will be conveniently located adjacent to the lobby.



Surgery Patient Room

All patient rooms will be private with comfortable accommodations for family members.



Chapel

The beautiful Saint Francis chapel will be located on the main level.



Courtyard

A multi-story courtyard will bring plenty of natural light into the medical center, and give visitors an outdoor space to relax.



Bright, comfortable waiting lounges will be located throughout the facility.



Groundbreaking May 11, 2013

From left to right are Scott Wegner, M.D., medical director of Genesis Cancer Services; Eric Newsom, M.D., president of the Genesis Medical Staff; James McDonald, chair of the Bethesda Care System Board of Directors; Jody Ballas, chair of the Genesis HealthCare System Board of Directors; Matthew Perry, president and CEO of Genesis; Sister Louise Hembrecht, community director of the Franciscan Sisters of Christian Charity (FSCC); Sister Laura Wolf, president of the FSCC Sponsored Ministries; and Bill Porter, president of the Genesis Volunteers.

Your new Genesis medical center will be complete in **2015**.

Visit genesishcs.org/newmedicalcenter for more information and updates.

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2013
SUMMER ISSUE

EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS



For updates on programs or events, go to genesishcs.org.

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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.

Dog Days of Diabetes

Thursday, July 11 • 5:30 to 8 p.m.
Genesis HealthPlex Conference Center

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy for daily life. Learn how to manage diabetes during the dog days of summer.

Hand in Hand

Tuesday, July 30 • 5:30 to 8 p.m.
Presenter: Scott Wegner, M.D.,
Medical Director, Genesis Cancer Services
Genesis HealthPlex

As a couple, you face a lot of things hand in hand, including the birth of your child, watching your children grow, traveling and more, so why should your health be any different? Hand in Hand is a unique program for couples to join together to participate in education, screenings and early detection of gender-specific cancers. You and your partner will also enjoy some fun at this special Spirit event. Visit the Spirit of Women section on genesishcs.org to find out the latest updates to this program.

Back to School With Spirit

Wednesday, Aug. 7 • 5 to 7 p.m.
Genesis HealthPlex Conference Center

Start the school year on the right foot at Back to School With Spirit. You'll get great tips on dealing with stress, choosing nutritional snacks, and keeping your children safe from abductors. You and your child can also take part in KidEscape. This nationally recognized program teaches children easy-to-use techniques to escape from a potential abductor. Many other activities and great door prizes will also be part of this popular annual event.

P.A.D. & Higher Level Screenings

Wednesday, Sept. 11 &
Wednesday, Sept. 18 • 4 to 7 p.m.
Genesis HealthPlex Conference Center

Wednesday, Sept. 25 • 1 to 4 p.m.
Perry County Health Center, Somerset

P.A.D. screenings • Free
Higher Level Screenings • \$100

Peripheral Arterial Disease (P.A.D.) is a common yet serious disease that occurs when extra cholesterol and fat collects in the walls of the arteries that supply blood to your arms and legs. The following may be signs of P.A.D.: tiredness or pain in the legs, or pain in thighs or buttocks when walking that goes away with rest; foot or toe pain that disturbs sleep; slow-to-heal wounds on feet; and changes in color or temperature of legs. If you have any of these signs and haven't had a normal P.A.D. screening in the past year, you may want to register for a screening. Physician consults will also be available.

Genesis Heart & Vascular Services offers you painless, potentially lifesaving screenings to assess your vascular health. Higher level screenings include Abdominal Aortic Aneurysm, Atrial Fibrillation and Stroke/Carotid Artery performed by highly trained technologists using ultrasound and interpreted by a physician.

Spirit of Pink

Friday, Sept. 27 • 5:30 to 8:30 p.m.
OUZ/Zane State College Campus Center

Wear your pink and join us as we celebrate our breast cancer survivors and discuss preventative measures and options for breast cancer treatment.

Spirit of
Women



Other Events

Coal Miners Appreciation Day

Friday, Sept. 6 • 10 a.m. to 3:30 p.m.
Muskum County Fairgrounds,
Veterans Building
1300 Pershing Rd., Zanesville

This free event is designed for past and present coal miners, their families and friends. Doors open at 9:30 a.m. There will be a health fair with free screenings and a social time from 10 a.m. to noon. Lunch and speakers begins at noon. Register by Aug. 30 by calling the Genesis Event Registration Line at (740) 454-4002 or 800-322-4763 ext. 4002.

Walk With a Doc

The walks are on Saturdays from 8:30 to 9:30 a.m. After a 10-minute presentation from the doctor, you can walk about a mile with the doctor at your own pace, or walk farther if you choose. You can also ask the doctor general health questions before and during the walk. For more information about the Zanesville walks, call Tara Poorman or Sharon Francis at (740) 454-4336, or Cathy Blair at (740) 586-6880. For more information about the Somerset walks, call Sandy Hooper, Jenny Taylor or Jerrica Reichley at (740) 743-3800.

Gorsuch Fitness Trail
(near Bethesda Hospital)
July 13, Aug. 10, Sept. 14

Somerset City Park, Somerset
July 20, Aug. 17, Sept. 21

Childbirth & Parenting

Baby Sitters' Training Class

Wednesday, July 10
Friday, July 19
Thursday, Aug. 15

8 a.m. to 4 p.m.
Genesis HealthPlex Conference Center

Cost: \$50 – includes two snacks and a pizza lunch, first-aid kit, CPR and babysitter's certification from the American Red Cross.

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.

Cancer Support Groups

Call Shannon White at (740) 454-5014 for more information unless otherwise indicated.

Young Women Survivors Network

This group offers women age 49 or younger with cancer, a chance to learn more about the disease and issues that are unique to you such as fertility and pregnancy, impact of hormones, intimacy and self-esteem, and psychological and social aspects of dealing with cancer.

Support Buddies – Breast Cancer

Wednesday, Sept. 4 • 6 p.m.

Genesis Breast Care Center,

Genesis HealthPlex

Topic: Lymphedema

Presenter: Carmen Baker,

Genesis Outpatient Rehabilitation

I Can Cope

This is for anyone with cancer and their families to learn more about cancer care. Topics include managing fatigue, relieving pain, nutrition, physical activity, exploring self-esteem and more. Free online resources are available at cancer.org/onlineclasses.

Look Good ... Feel Better

Female cancer patients learn beauty and how to stay positive and maintain self-esteem through treatments. Each participant will receive a free make-up kit worth \$300. Participants are encouraged to bring a support person. Registration is required by calling the American Cancer Society at 800-395-LOOK.

Tuesdays, July 16, Aug. 20 & Sept. 17

Genesis Hematology & Cancer Care Center
1246 Ashland Ave., Suite 205

Man to Man – Prostate Cancer

Monday, Sept. 9 • 6 p.m.

Genesis Radiation Cancer Care Center

Topic: Prostate Cancer Month

Presenter: Benjamin Gibson, M.D.,
Urologist

Grief Support Groups

Genesis Hospice & Palliative Care offers a variety of support groups to help you share, heal and grow during this time in your life. Individual counseling sessions are also available. For more information, call Genesis Hospice & Palliative Care at (740) 454-5353 or 800-953-7673 or go to genesishcs.org and select "Education & Events."

Respiratory Support Group

Better Breathing Club

Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328 for more information on the support group meetings below:

Tuesday, July 9 • 1:30 to 3 p.m.

Genesis HealthPlex

Conference Rooms A & B

Topic: Acupuncture

Presenter: Sara McVey,

Genesis Complementary Medicine

Tuesday, Aug. 13 • 1:30 to 3 p.m.

Genesis HealthPlex

Conference Rooms A & B

Topic: Area Agency on Aging, Region 9

Presenter: Laurel DuBeck, R.N.

Friday, Sept. 20 • 1:30 to 3 p.m.

Genesis HealthPlex Conference Room A

Topic: Medicare Part D

Presenter: Linda Bishop,

Genesis Resource Counseling

Rehabilitation Support Groups

Genesis Rehabilitation Services offers a variety of support groups, including stroke, brain injuries, and pain and fibromyalgia. Call (740) 454-4324 or 800-225-7957, ext. 4324 for more information.

Community AHA Classes

Through a partnership between Genesis and Zane State College, American Heart Association CPR, first aid and bloodborne pathogen classes are held on the campus of Zane State College.

Costs are:

Heartsaver CPR – \$45

Healthcare Provider CPR – \$60

First Aid – \$35

Bloodborne Pathogens – \$20

To sign up for CPR, first aid or bloodborne pathogen classes, call Zane State College at (740) 588-1288.

Diabetes Exercise

Kay Eicher, R.N., combines her expertise as a certified group exercise instructor with her diabetes knowledge to lead this exercise program.

Mondays & Wednesdays

Call (740) 454-4568 or 866-351-6688 for dates and times.

Genesis Physicians Pavilion

Cost: \$100 for 8-week session; financial aid available

Northside Pharmacy Wellness

For more information or to find the locations, dates and times of these events, visit the Northside website at northsiderx.com or call (740) 454-5666, ext. 8405.

Wash Your Ride Wheelchair Wash

Saturday, Aug. 10 • 10 a.m. to noon

702 Wabash Ave., Zanesville

Browse the showroom, enjoy light refreshments, and register to win great door prizes.

Cholesterol Screenings in September

High blood cholesterol is one of the major risk factors for heart disease. The higher your blood cholesterol, the greater your risk is of developing heart disease or having a heart attack. Find out your cholesterol level at a screening in September. The cost is \$10; please don't eat for 8 to 12 hours prior to the screening.



FOR YOUR LIFE...
FOR YOUR HEALTH