

LiveWell 2016

WINTER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

FIGHTING BACK AGAINST PARKINSON'S

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HEART & VASCULAR
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Genesis
HEALTHCARE SYSTEM

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Fighting Back Against Parkinson's

Living with Parkinson's disease takes a toll on a patient's body and mind. With Rock Steady Boxing, a program from Genesis Rehabilitation Services, Tom Bryan is fighting back – and winning the battle – against the disease.

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A New Lease on Life – Heart & Vascular Rehab Improves Health

After having trouble breathing, Tim Starrett learned the problem was due to his heart. Fortunately, he was able to get all of his cardiac care – from diagnosis, open heart surgery, to after care – here at Genesis. Read Tim's story to learn how heart and vascular rehab has made a huge difference in his health since his surgery.

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Happenings

There are a lot of great things happening at Genesis – awards, quality achievements, grants to improve our communities' health – and more. Discover the details in this issue of LiveWell.

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Finishing Touches

Learn what we have done to put the finishing touches on your new Genesis Hospital. You'll read about the baby grand piano, the Lobby Bistro and the Gift Shop in the Main Lobby. And you can see a photo of the mosaic art made from materials of both hospitals by local artisan Maddy Fraioli.

IMPROVING FOR YOU EVERY DAY



This is the time of year many of us look back and reflect on what we've accomplished in the previous year. We also think about what we can improve in the days ahead. Our goal in 2015 was to open a modern hospital with all of our services together in one location so we can serve you and your family at the highest levels available. We reached that goal with the opening of your new Genesis Hospital. In this issue of LiveWell, you'll read about the finishing touches we've made to complete the facility.

The Heart & Vascular Center also opened in 2015. The center is conveniently located in the Physician Pavilion. One of the first patients to be seen in the new center was Tim Starrett. Inside this issue, you'll read how Tim was able to get all of his heart care at Genesis Hospital, including diagnosis, heart catheterization, open heart surgery, and heart and vascular rehabilitation.

Tim saw so much improvement in his life after participating in the heart and vascular rehab program that he decided to continue it for a second and third session after his open heart surgery. Learn how the exercise program has helped get him back to what he enjoys doing.

Finding new ways to get you back to enjoying life is what we do every day. An example of this is an innovative and unique exercise program for Parkinson's patients. Genesis Rehabilitation Services is one of the first in Ohio to participate in Rock Steady Boxing to help those fighting Parkinson's disease. The physical therapists have advanced training to provide this unique exercise program. In this issue, you'll read how Tom Bryan is glad he participated in Rock Steady Boxing because it helped him with his Parkinson's symptoms.

We're always looking for better ways to care for you and your family. The good news is you have told us we are doing better. Our patient satisfaction scores have improved tremendously since we moved into the new Genesis Hospital. These scores come from phone surveys to patients who have recently been in the hospital. Our survey company asks about communication with doctors and nurses, how quickly the staff responds, the hospital environment and other topics. We are pleased your experience in our new hospital is living up to your expectations.

Our goal for 2016 is to become even more patient- and family-centered. You and your family deserve the best health care right here at home, and we are committed to making sure you get it.

Matthew J. Perry

President & CEO



WELCOME TO NEW PHYSICIANS

Genesis is pleased to welcome the following new physicians to the medical staff:



Eugene Hong, MD
Radiation Oncology

Dr. Hong recently joined the Genesis Cancer Care Center, specializing in radiation oncology. He earned his doctor of medicine at The Ohio State University College of Medicine. He completed his residency in radiation oncology at Princess Margaret Hospital in Toronto, Ontario. **Dr. Hong's office is located at the Genesis Cancer Care Center at 2951 Maple Ave. He can be reached at (740) 454-5271.**



Rob Moore, MD
Interventional Pain Management

Dr. Moore recently joined the Genesis Physical Medicine Group. He specializes in interventional pain management and is board-certified in physical medicine and rehabilitation by the American Board of Physical Medicine and Rehabilitation. Dr. Moore earned his doctor of medicine at Northeast Ohio Medical University in Rootstown, Ohio. He completed his residency in physical medicine and rehabilitation at Metro Health Medical Center in Cleveland, Ohio, and he completed a fellowship in pain medicine at University of Pittsburgh Medical Center. **His office is located in the Genesis Interventional Pain Management Clinic at 2945 Maple Ave., and his phone number is (740) 454-4712.**



Keoni Nguyen, DO
Dermatology


Dr. Nguyen recently joined Dermatology of Southeastern Ohio and the Genesis medical staff. He received his undergraduate degree with Magna cum Laude at the University of South Florida. He completed his first year of dermatology residency at Ohio University. Dr. Nguyen is well known within the dermatology community for his development of a surgical training model. The model, known as "Il Duomo," earned Dr. Nguyen a U.S. patent and assists the American Society of Dermatologic Surgery with national "hands-on" surgical workshops for dermatology residents, as well as practicing dermatologists. **His office is located at 930 Bethesda Drive, Bldg. 4, and appointments can be scheduled by calling (740) 454-7546.**



Adam Rothermel, MD
General Surgery

Adam Rothermel, MD, joined Genesis Surgical Associates, specializing in general surgery. He earned his doctor of medicine at Wright State University in Dayton, Ohio. He completed his residency in general surgery at Mount Carmel Health System in Columbus, Ohio. **Dr. Rothermel's office is located at Genesis Surgical Associates, 2916 Vangader Drive, and his phone number is (740) 453-0661.**



A photograph of Tom Bryan and Rhonda Forrestal in a gym setting. Tom, on the left, is wearing a red polo shirt, blue jeans, and black boxing gloves. He is smiling and looking towards the camera. Rhonda, on the right, is wearing a blue t-shirt and black pants. She is also smiling and looking towards the camera. They are standing in front of a black Title brand punching bag. To the right, there is a black metal frame with a red boxing glove hanging from it. In the background, there are various exercise balls (yellow, green, blue, white) and a red bench. The floor is carpeted.

Tom Bryan has been able to slow the progression of his Parkinson's disease with the help from Rhonda Forrestal, physical therapist, and the Rock Steady Boxing exercise program.

FIGHTING BACK AGAINST PARKINSON'S

Tom Bryan was diagnosed with Parkinson's disease in 2014 after having problems with balance and walking. He heard about the Parkinson's exercise classes offered by Genesis Rehabilitation Services but wasn't sure he wanted to attend.

"I didn't know if the exercises would help," Tom said. "Now I'm glad I started going." Tom goes to the weekly exercise classes that include the Rock Steady Boxing program, a non-contact fitness program designed to improve movement. Genesis Rehabilitation Services is one of the first in Ohio to offer it.

Parkinson's disease is characterized by tremors, slow movements, rigidity, unstable posture and freezing movements. During the classes, participants do moves similar to the ones professional fighters use to condition for a fight. Instead of an opponent, the Rock Steady Boxers are fighting a disease.

Like Seasoned Boxers

"I'm the hardest puncher," Tom said with a grin as he hits one of the punching bags with the passion of an experienced fighter. The moment Tom and other members of the exercise group put on their boxing gloves, they're transformed. During that time, they no longer appear to be people with Parkinson's – instead they punch the bags like seasoned boxers.

"The high-intensity, 30-second quick punches and left to right jabs are designed to help improve the freezing movements that people with Parkinson's often have," said Brian Garrett, physical therapist assistant, Genesis Rehabilitation Services. Along with boxing, the class includes obstacle courses, "big" movements, stretching and strengthening exercises. The exercises are specifically designed to counteract the problems associated with Parkinson's disease.

Tom has been able to slow the disease progression and improve his balance, multi-tasking abilities and strength. He's also shared the benefits of the programs with others in our community dealing with Parkinson's. "The fellowship is very important," Tom said. "The exercise group feels like family. Everyone here is going through similar situations and understands the challenges someone with Parkinson's faces. You have to fight being depressed because you can't do some of the things you did in the past – like driving a car." He finds his faith, family and exercise have helped him remain positive.

"The fellowship is very important. The exercise group feels like a family."

— Tom Bryan

*Colleen Johnson, Brian Garrett
and Rhonda Forrestal,
Genesis Rehabilitation Services,
are part of the team that
leads Rock Steady Boxing.*

Classes Are Fun

Tom looks forward to the weekly exercise classes. "The physical therapists take such good care of us, and it's fun." On Thursdays, Tom also attends the Parkinson's aquatic exercise class at the Muskingum Recreation Center. The aquatic program, offered by Genesis Rehabilitation Services, is the only water exercise class for managing Parkinson's disease in the area. During the aquatic class, the participants use weights and do exercises under water to improve strength, balance and coordination.

The exercise programs are making a difference. "Physicians report patients' balance, movement and confidence improves with exercise," said Rhonda Forrestal, physical therapist, Genesis Rehabilitation Services. "People with Parkinson's also tend to isolate themselves. The entire group has become more social and motivated." The group meets outside the exercise classes and has parties, picnics with families, walks to educate the community about Parkinson's disease, and other activities. "They're an inspiring group," Forrestal said.

Tom and his wife Alice regularly exercised by walking several times a week before he started the Parkinson's exercise programs. These exercises, however, have made a significant difference in his life. "My grandfather had Parkinson's and laid in bed for six years. I didn't want to do that. We're not going to let Parkinson's beat us. We're fighters." The Parkinson's exercise programs at Genesis are giving Tom a fighting chance.

If you'd like more information, call Genesis Rehabilitation Services at (740) 455-5151 or (877) 455-5151, or go to genesishcs.org.





Tim Starrett gets back to coaching with help from comprehensive heart care at Genesis.

A NEW LEASE ON LIFE

Heart & Vascular Rehab Improves Health

Tim Starrett was having breathing problems, and he knew with his history of heart problems that he needed to figure out what was wrong. Fortunately, he was able to get a stress test and an appointment with Anwar Din, MD, cardiologist and medical director, Genesis Heart & Vascular Rehab. A heart catheterization determined open heart surgery was necessary.

Tim had 90 percent blockage in four arteries. He had coronary artery bypass graft (CABG) surgery at Genesis by Gregory Keagy, DO, cardiovascular thoracic surgeon. After five days in the hospital, Tim went home to recuperate. But he soon became anxious to get back to his active life as a high school cross country coach, along with resuming his other activities. Genesis Heart & Vascular Rehab offered a way for him to do just that.

Tim started “See You in Fourteen,” an exercise and education program that open heart surgery patients start 14 days after they get home. There are 36 sessions in the program at Genesis Hospital. He was weak when he started, so he began slowly three times a week with about five minutes on three different exercise machines. During the hour-long exercise sessions, Tim wore a monitor to measure his blood pressure and heart rate.

“The exercise plan was approved by my doctor, and the staff was always there to help anytime I needed anything,” Tim said. The rehab included several educational classes to help Tim and his wife Linda learn more about his heart condition and get ideas on exercise, nutrition and stress management.

Amazing Results

“Tim worked hard doing aerobic exercises and resistance training, and he increased his exercise capacity by 99 percent – which is amazing,” said Belinda Mahon, exercise physiology therapist, Genesis Heart & Vascular Rehab. Exercise physiology therapists are experts in how a body responds and adapts to exercise.

The benefits of heart and vascular rehab are well documented. The exercise programs can lower blood pressure, decrease cholesterol levels, lessen the likelihood of strokes, and increase longevity. Regardless of the cardiac procedure or patient’s age, all patients can benefit from the program. Even patients in their 90s have been able to improve their fitness levels.

“I recommend all cardiac patients participate in heart and vascular rehab because the benefits are so great,” said Dr. Din. “We have excellent heart and vascular rehab programs specifically designed for each person’s age, ability and cool-down requirements. Like other muscles, the heart needs time to cool down after exercise. If a patient hasn’t been used to exercising and doesn’t allow cool-down time, it could be life-threatening.”

A Little Help From His Friends

With Tim’s history of heart problems, he appreciated that exercise physiologists were by his side during his rehab. “I could run out in the middle of nowhere to get back in shape, but if something happened, there might not be anyone around to help me,” Tim said. “I’d rather be here under medical supervision.”

After completing “See You in Fourteen,” Tim found the program so helpful that he enrolled in the

Genesis Risk Interventional Program (GRIP), a maintenance program is about \$2 per session. Six months after Tim’s open heart surgery, the exercise programs have helped him heal. He’s lost at least 15 pounds and is feeling well.

“After open heart surgery, I wanted to get back to an exercise routine as soon as I could to keep from having to go through surgery again,” Tim said. “I’d recommend the exercise programs to anyone who has heart problems. It’s nice to know I could rely on the care from my friends and neighbors here at Genesis.”

Tim was glad he could get all his cardiac care – from testing to surgery to rehabilitation – at Genesis, giving him a new lease on life.

JOIN THE HEART CHASE

As the region’s premier heart and vascular care provider, Genesis HealthCare System is leading the effort to raise awareness about prevention and diagnosis of heart disease in our communities. We have partnered with the American Heart Association in a year-long effort to educate, conduct screenings, and take an active role in events like the Zanesville HeartChase.

The HeartChase is a community event that will be held at the Genesis Hospital Campus on Saturday, May 21. Genesis is pleased to be the platform sponsor this year. It’s a fun way for you and three or four of your friends or co-workers to compete against other teams in challenges that promote a healthy lifestyle. We will also have free screenings, healthy snacks and tours of the new Genesis Heart & Vascular Center.

The HeartChase is free to play, but if you really want to win, you can raise money to earn Game Advantage Cards. The cards are used to get a head start on game day. And the funds raised help the American Heart Association in its quest to chase away heart disease for good.

For more details about the HeartChase or to register your team, go to heartchase.org. Registration is open, and the game starts now!



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Heart
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HeartChase®



Heart &
Vascular Services

GENESIS HEALTHCARE SYSTEM

HAPPENINGS

Here's a look at what's happening around Genesis HealthCare System.

Dr. Remster Receives Award

Erin Remster, DO, medical director, Genesis Palliative Care, received an alumni award from Western Michigan University. Dr. Remster joined Genesis in 2012 to re-create the palliative care program. The team of doctors, nurse practitioners and specially trained caregivers at Genesis Palliative Care help patients and families deal with the symptoms and stress of a serious illness in the hospital and in the community.



Erin Remster, DO

Dr. Remster completed the Holistic Health graduate certificate in 2003 from the Integrative Holistic Health and Wellness department at Western Michigan University. The alumni award recognizes Dr. Remster's "outstanding contributions to holistic health, the advancement of individualized palliative care and excellence in research and teaching."

Assessing Community Health Needs

Genesis conducted a Community Health Survey in an effort to strengthen community involvement in deciding what health issues most affect our residents and their families in Muskingum and surrounding counties.

An important step in this effort is to better understand what concerns residents have regarding health and the social issues in their communities that affect health. Residents' input will be used to prioritize health needs in the community. A report of the results is available on the Genesis website at genesishcs.org; search for Community Health Needs Assessment.



Shirley McCollister

Shirley McCollister Receives Genesis Award

The Genesis HealthCare Foundation presented Shirley McCollister with the 2015 Genesis Community Service Award. This award annually recognizes outstanding people in our area who have significantly contributed to the community and demonstrated the Genesis values of compassion, trust, innovation and excellence.

McCollister has made a difference in the community as president of Soroptomist International of Zanesville for several terms; member of the Genesis HealthCare System advisory board; and chairman of the Festival of Trees community fundraiser for 15 years. She has also helped raise funds for a new dental mobile trailer to provide care for children in need and also started a latchkey program for two area grade schools.

Quality Measure Met in VTE

The Genesis Medical Staff and the Quality Management department made improvements with the VTE (venous thromboembolism) prevention care measure, which is monitored by Center for Medicare & Medicaid Services (CMS). The goal of the care measure is to decrease the risk of patients developing blood clots in the legs during hospitalization. In August, Genesis reached 100 percent for the VTE care measure after implementing changes that helped patients get the appropriate prevention treatment either by medication or mechanical leg wraps.





Ben, Vet to Vet Volunteer

Genesis Hospice Earns Highest Level for “We Honor Veterans”

Genesis Hospice recently achieved Level 4 of the “We Honor Veterans” program. The program recognizes Hospice’s continuing commitment and dedication in making sure veterans have access to quality end-of-life care.



Grant for Diabetes TeleHealth

Genesis Diabetes & Nutrition Education received a \$15,000 grant from Verizon to establish a Diabetes TeleHealth program. The program will enable residents in our six-county area who enroll in the program to take diabetes education classes without having to drive to Zanesville. The goal is to help those with diabetes to better manage their disease and prevent diabetes-related complications. The Diabetes TeleHealth program is projected to begin in spring 2016. Pictured left to right are Mary Kitzig and Heather Shuster, Genesis Population Health & Wellness; Jennifer Szatkowski, Verizon; and Paul McClelland, Genesis HealthCare Foundation.



Cancer Services Earns Certification

Genesis Cancer Services earned certification from the American Board for Certification in Orthotics, Prosthetics & Pedorthics. The program recognizes patient care facilities that provide a high level of care for mastectomy fitting services. Staff must be certified or licensed to provide the highest standards of organizational and clinical care. To earn this certification, cancer services had to complete extensive reviews, including on-site surveys and patient interviews. The Women’s Boutique at the Genesis Cancer Care Center is certified until 2018.



M. Tufail Ijaz, MD

Dr. Ijaz Presents at OUZ’s International Education Week

M. Tufail Ijaz, MD, endocrinologist, presented “Doctors Without Borders: A Journey to the U.S.” as part of Ohio University Zanesville’s International Education Week celebration and Third Thursday event series in November. Dr. Ijaz shared his journey to becoming an endocrinologist and why he chose America to study and practice.

FINISHING TOUCHES

Your new Genesis Hospital officially opened June 27, 2015. While most of the construction work had been done at the time, there were a few areas to complete. Here's a look at the finishing touches we have made to your Genesis Hospital.



Baby Grand Piano



Genesis Cancer Care Center Walkway

Main Lobby – A Welcoming Space

The main lobby of the hospital is now complete. Those who enter the doors immediately notice the bright, airy feel to the space, which provides a welcoming and calming environment for everyone. In late 2015, an addition to the main lobby made a noticeable impact – a baby grand piano.

John Zimmerman, MD, an emergency medicine physician, spearheaded a fundraiser to raise money for the piano. Several members of the Genesis Medical Group donated as well, with \$11,000 being raised to purchase this beautiful new addition.

The piano can be set to play as a stereo (with no one playing it), or someone with piano-playing experience can volunteer to play it. Studies have shown the soothing sounds of the piano promote relaxation, relieve anxiety, and create an overall welcoming environment.

The walkway to the Genesis Cancer Care Center from the main lobby is now open. The walkway makes it easy for patients and their families to move back and forth between the two buildings.



Mosaic

Mosaic With History Inside

A beautiful mosaic art piece is on display on the garden level of Genesis Hospital near the elevators. Maddy Fraioli, a local artisan, created this meaningful and lasting tribute to honor the hard work and dedication of employees in making the new hospital a reality. Materials from Good Samaritan and Bethesda were incorporated into the mosaic, honoring Genesis' rich history of service to the community while embracing a new era of health care in the region. These materials include red brick from the Laurel Building at Good Samaritan, white concrete from Bethesda Hospital and stained glass from the Good Samaritan Chapel.

The Genesis logo serves as the background with the Tree of Life at the center. Inscribed into the roots are the four Genesis values of Compassion, Trust, Innovation and Excellence. The leaves are inscribed with the service standards that Genesis employees provide to all they serve. The mosaic was funded by the Genesis HealthCare Foundation to honor the hard work and dedication of employees to the Genesis mission and values.

Gift Shop Has Something for Everyone

The new gift shop in the main lobby of Genesis Hospital is now open. It features a wide variety of gifts, cards, flowers and Ohio State University items.

Genesis volunteers staff the gift shop and will help you find the perfect item. Stop by and pick up a little something for your family member or friend in the hospital – or for yourself!



Bill Porter, Volunteer in the Gift Shop



Tammy Murray, Lobby Bistro

Cup of Joe and More at Lobby Bistro

The Lobby Bistro is conveniently located just off the Main Lobby within a few steps of the Surgery and Emergency departments for patients and family members who are waiting.

The bistro features tasty sandwiches, fresh fruit, baked goods, Starbucks coffee and much more. The Bistro is open 6 a.m. to 3 p.m., Monday through Friday.

ENDOWING OUR FUTURE

It's Easier Than You Might Think

Help continue our work through a gift to our endowment.

The purpose of our endowment is to financially sustain the mission and work of Genesis HealthCare System. You can make a significant contribution to endow our future ... and it's easier than you might think.

Here are a number of charitable gift and estate planning strategies that can benefit you and build our endowment:

- Charitable Bequests
- Charitable Life Estate
- Beneficiary Designations
- Charitable Life Income Plans

To learn more about how you can make a significant gift to endow our future, please contact us.



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