

November 2011



The Coll Family – *Grateful for the Intermediate Care Nursery*



ALSO IN THIS ISSUE ...
The Beat Goes On

LiveWell



HEALTHCARE SYSTEM
GENESIS
Here & Now, Every Day.

INTENSIVE CARE FOR BABIES CLOSE TO HOME

Renée and Brian Coll were excited about becoming the parents of twins. But they didn't expect their babies to need intensive medical care for an extended period of time. They certainly hadn't planned on the challenges that can bring, including having to drive long distances to be with their babies.

Thankfully, long drives were only necessary for a short time, because the Colls discovered Genesis-Bethesda has a Level II Intermediate Care Nursery (ICN), a special place for high risk newborns.

So Far Away

Renée went into labor 32 weeks into her pregnancy. The couple was living in Guernsey County when Renée had an emergency C-section at the local hospital. Carter, weighing 4 pounds, 3 ounces; and Clare at 3 pounds, 13 ounces, were born eight weeks premature on May 17, 2010. They were promptly transferred to a children's hospital in Akron.

Forty hours later when she was released from the hospital, Renée traveled to Akron to be with Brian and the twins. Brian came to see their first children about every other evening, while managing the recycling business the couple owns in Zanesville. Brian, along with help from Renée's family, moved the couple into a new home in Zanesville while she was in Akron with the twins.

Renée was recuperating from surgery and helping care for her babies at the hospital daily. Carter and Clare had been in the children's hospital for 17 days when the couple discovered the babies could be transferred to the Intermediate Care Nursery (ICN) at Genesis-Bethesda, a Level II nursery with staff specially trained to care for high risk newborns.

The Colls were relieved that Carter and Clare could receive the special care they needed, like feeding tubes and 24/7 intensive nursing care, closer to home.

The couple was impressed with the specially trained staff and high quality care the babies received at Genesis. "The doctors and nursing staff were as qualified as the staff at the special children's hospital," Brian said.

Long Hours Made Easier

Renée was comforted by the care. After feeding the twins at 9 p.m., she would leave the hospital to go home and get some rest. "I would call in to talk to the nurse at 11 p.m., and then we could sleep in our own bed knowing our babies were taken care of."

The Colls also found the staff and physicians were very compassionate. The pediatricians would update the babies' conditions to Renée while she was in the nursery, then they would call Brian at work and update him as well.

The pediatricians also cuddled the children. "When doctors enter the room and immediately pick up your baby, it shows they care," she said. Carter came home after nine days in the ICN and Clare stayed a total of 22 days.

Happy Ending

Today the twins are rambunctious 15-month-olds. Renée is grateful for the care they received and commemorated the 1-year anniversary of the twins' arrival at Genesis-Bethesda by donating two baby blankets she quilted. "The nurses remembered the babies' names a year later when we came back," she said.

She plans to donate two blankets on the anniversary of the twin's arrival at Genesis-Bethesda every year. "I want other families to know about the Genesis ICN so they don't have to go through that separation from family and being away from home like we did."

Nursery Provides Advanced Care

Genesis-Bethesda's Intermediate Care Nursery (ICN) provides advanced care and is the only Level II nursery in southeastern Ohio.

The Ohio Department of Health requires Level II obstetrics/nurseries have additional facilities and staff with advanced training. A Level II since 2002, the high risk team at Genesis includes five pediatricians, two neonatal nurse practitioners and more than 20 specially trained ICN nurses.

The staff use advanced technology, such as telemedicine, to care for the newborns. With telemedicine, the physicians at the ICN transmit images using a special camera and monitors to talk live with Nationwide Children's Hospital doctors. "If we didn't have this technology, some babies would be sent elsewhere to be evaluated," said Erin Burris, manager of nursery and pediatrics.

The nurses and physicians receive monthly continuing education from Richard E. McClead, M.D., a neonatologist from Nationwide Children's Hospital, to care for high risk babies. Kevin Miller, M.D., is one of five pediatricians with PrimeCare of SEO/Pediatrics who have additional training caring for high risk babies. "The pediatricians in our practice recognize the need for the specialized training," said Dr. Miller.

For more information on our Level II nursery and other women's and children's health services, go to www.genesischcs.org.



Renée, Carter, Brian and Clare Coll visit the Intermediate Care Nursery (ICN) at Genesis-Bethesda.

Close to Home & High Quality, Too

Genesis provides the most advanced heart care in southeastern Ohio. Genesis-Good Samaritan is the first hospital in Ohio to receive full Heart Failure Accreditation status. The accomplishment from the Society of Chest Pain Centers (SCPC) demonstrates we have the expertise, resources and commitment to help patients with congestive heart failure. To earn the accreditation, we met or exceeded several criteria such as assisting heart failure patients with managing the disease; helping the community understand heart failure; and educating the community members on signs, symptoms and prevention.

We're also accredited by the SCPC as a Chest Pain Center with percutaneous coronary intervention (PCI), commonly called angioplasty. This means that we have dedicated interventional cardiologists, cardiology and emergency personnel trained in rapid response and treatment of heart attacks, which ensures reduced heart muscle damage.

This accreditation is a coveted national seal of approval that verifies Genesis is the leader in cardiac diagnoses and interventions in the southeastern Ohio area, offering the latest technology in the care and treatment of the cardiac patient.

Recently, Genesis became the first hospital in the nation to earn Atrial Fibrillation (A-fib) certification from the SCPC. A-fib has become recognized as a cardiac health concern that may lead to stroke and possible death. This certification proves we have improved processes and outcomes for patients with A-fib.

To learn more about Genesis Heart Services, including our accreditations and other quality indicators, go to www.genesishcs.org.

To normalize his heart rhythms, Randles received a biventricular ICD through a small incision. "The device synchronizes his heart and improves his functional capacity," said Dr. Migeed.

Randles was a prime candidate for the procedure. He has a family history of heart disease, and he has congestive heart failure, a condition in which the heart can't pump enough blood to meet the body's needs. "Bill responded well, is less short of breath and is a poster child for the procedure," said Amber Scheffler, R.N., P.C.C.N., who works with Dr. Migeed.

Enjoying Life Again

Two weeks after receiving the biventricular ICD, Randles was feeling better and enjoying life. The 77-year-old traveled with his family to take his grandson to college at Virginia Tech. He and his wife, Cheryl, are retired and have three grown children.

"I've been enormously pleased with Dr. Migeed and Dr. Pool, my cardiologist (Duane Pool, M.D., Cardiology Associates of SE Ohio, Inc.)," Randles said. "The care was excellent. I couldn't have received better treatment from the nurses and the doctors."

In the past, Randles had been treated for his heart condition at hospitals in Columbus and Florida. "It's nice being treated by someone you know and trust here in Zanesville. I don't want someone strange cutting my hair – let alone someone dealing with this," Randles said patting the left side of his chest.

Randles is thankful he could receive advanced care close to home and he doesn't have any interest in seeking care elsewhere. "I'm better off here because I'm an hour closer to the kind of care I need," he said.

M. Magdy Migeed, M.D., is the only specialist in southeastern Ohio who has the advanced training and education to diagnose and treat abnormal heart rhythms.



THE BEAT GOES ON

With Heart Care Close to Home

"We're fortunate to have high quality medical care in the community."

Bill Randles

Bill Randles was doing his typical twice-a-week exercise on a stationary bike when suddenly he couldn't breathe and passed out. "The last thing I remember is pushing the pedals on the bike," Randles said. His heart was out of rhythm and he wasn't receiving enough oxygen.

He was transported to Genesis-Good Samaritan Hospital where he received a biventricular implantable cardioverter defibrillator (biventricular ICD). The device has two goals. It detects when the heart is beating faster than normal and delivers energy to bring the heart back to a normal rhythm. The advanced pacemaker's second goal is to help increase blood flow and oxygen to the body.

"If I had not been close, I probably wouldn't be here today," said Randles, a Zanesville native. "We're fortunate to have high quality medical care in the community. It's comforting to know if something goes wrong, I don't have to drive an hour or more to get help."

Randles received care from M. Magdy Migeed, M.D., cardiac electrophysiologist and medical director of Genesis Heart Rhythm Services. Electrophysiology involves monitoring and controlling the electricity that regulates the heart rhythm, and these specialists are usually only located in metro areas. Dr. Migeed is the only specialist in southeastern Ohio who has the advanced training and education to diagnose and treat abnormal heart rhythms.

A CRY FOR HELP

Diabetes Education Changes a Life

Angie Jones lost 210 pounds with the support of the diabetes education program at Genesis-Bethesda

In July 2005, Angie Jones wrote an e-mail to Sarah Brauning, R.D., C.D.E., in the Genesis Diabetes Education department. She called the e-mail “a cry for help.”

“I was to the point where I only left the house for church or a doctor’s appointment,” Angie said. “The physical aspect was just too taxing. The stares and the mental and emotional aspect were even harder. I basically was a spectator of my own life. I wasn’t living.”

Angie knew something had to change, and that was more evident when she was diagnosed with diabetes. She knew she needed to do something different, but she just wasn’t sure how to motivate herself to take that first step toward a healthier lifestyle.

“I was afraid I was going to die,” she said. “I was desperate to live. Gastric bypass surgery was mentioned, but I was terrified of that, so it wasn’t an option. I had to do this myself.”

While Angie knew she had to make that first step herself, she also knew she was going to need support. That’s where Brauning and the other diabetes education staff came in. Angie started seeing them on a regular basis in April 2010.

“These women – Sarah and Kay Eicher with the diabetes exercise program – have been a God-send to me,” Angie said. “There’s no way I would be where I am today without them.”

And where is Angie today? She’s 210 pounds lighter, has been off her diabetes medication for eight months, her blood pressure is better so she’s taking less medication, and her sleep apnea is gone.

“The main difference I’ve noticed is that I’m moving more,” she said. “I’m able to do things that I haven’t been able to do in years. I went bowling last week for the first time in 15 years. It’s hard to explain how good that felt!”

Angie also meets once a week with a women’s weight loss support group at her church. Her family and friends have also been extremely supportive. In fact, her husband has lost almost 40 pounds and her 22-year-old daughter has lost 28 pounds.

“It’s hard to stay on track without support,” said Angie. “My husband will cook things that he doesn’t necessarily want to eat, but he knows I like it and it’s good for me. He’s on board completely.”

“I basically was a spectator of my own life. I wasn’t living.”

Angie works out at least six days a week; two of those days she goes to the diabetes education exercise program offered through Genesis. She also lowered her calorie intake between 1,200 and 1,500 calories per day. But even with all of her successes, there were still struggles.

“In the first 39 weeks, I lost weight,” Angie said. “But then, I hit a plateau for 14 weeks. That was frustrating, but I learned that I cannot let the scale define me. I was succeeding with new exercises and trying new, healthier foods – so I knew I had to keep going. If I step on the scale and haven’t lost weight, but I know I’ve done everything I could, then I have to be okay with it.”

Angie knows there are others who isolate themselves because of their weight. She hopes her story helps them realize they’re not alone. “It’s terrifying to live that life,” she said. “It feels like people are just passing you by – you’re huge, but yet you feel invisible. The important part is to rethink how you see food. I don’t live to eat anymore – I eat to live.”

Angie is amazed that she now has people asking her advice about living a healthy lifestyle.

“I feel responsible for other people now,” she said. “I owe it to those people – and those who have supported me – to keep going. It’s important to take small steps – looking at the big picture can become too overwhelming. Make a goal for just this week, then one for next week, etc. Before you know it, you’ll be doing things you never thought you could do again.”

Angie knows this all too well – it may have taken many small steps, but with the support of her family, friends and the staff in the diabetes education department at Genesis, she’s now able to enjoy life again.

Managing Your Diabetes

When you’re living with diabetes, you need to make some changes in your lifestyle, whether it’s to eat better or exercise more. We understand that sometimes you need help figuring out what changes to make. Our program can help you manage the disease and live life to the fullest.

We have classes to help you understand diabetes, recognize the symptoms, and plan healthy meals. The classes are open to people with Type I, Type II or gestational diabetes and a support person.

You can choose from several sessions throughout the year. Although there is a charge for the classes, we can bill your insurance, Medicare or Medicaid if you have a physician’s order.

Our diabetes education program also offers:

- Individual meters, insulin and diet instruction
- Follow-up care from diabetes specialists
- Exercise programs designed to give you a workout and control your blood sugar

Diabetes education is located at Genesis-Bethesda in the Physicians Pavilion. For more information call (740) 454-4568 or 866-351-6688. Upcoming diabetes classes are also listed in LiveWell and at www.geneshcs.org.

Angie in April 2010



“The main difference I’ve noticed is that I’m moving more. I’m able to do things that I haven’t been able to do in years.”

Welcome to New Physicians

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



Amanda Aemisegger, M.D. Emergency Medicine

Amanda Aemisegger, M.D., is an emergency medicine physician who joined the Genesis Medical Staff. Dr. Aemisegger received her Doctor of Medicine degree from the University of Toledo College of Medicine in Toledo. She completed her emergency medicine residency at The Ohio State University Medical Center in Columbus.



Shyamal Bastola, M.D. Hematology & Oncology

Shyamal Bastola, M.D., is a hematologist and oncologist who recently joined Scott Wegner, M.D., in the Genesis Hematology & Cancer Treatment Center. Dr. Bastola received his Doctor of Medicine degree from SUNY Downstate Medical Center in Brooklyn, N.Y. He completed his internal medicine residency at New York Presbyterian Hospital, Weil Cornell Medical College in New York City, and he completed his hematology and oncology fellowship at Monter Cancer Center of North Shore University Hospital in Lake Success, N.Y. Dr. Bastola's office is located at 1246 Ashland Ave., Suite 205, Zanesville, and his phone number is (740) 454-5271.



James Gasparine, M.D. Sports Medicine

James Gasparine, M.D., is a sports medicine physician who has joined Orthopaedic Associates of Zanesville, Inc. Dr. Gasparine completed his Doctor of Medicine degree at West Virginia University in Morgantown, W.Va. He completed his family medicine residency at the University of South Florida in Tampa, Fla., and later returned to West Virginia University where he completed his sports medicine fellowship. Dr. Gasparine's office is located at 2854 Bell St., Zanesville, and his phone number is (740) 454-3273.



Kristina (Weaver) Loomis, M.D. Obstetrics and Gynecology

Kristina (Weaver) Loomis, M.D., is an obstetrician/gynecologist who has joined Linda Swan, M.D., PrimeCare of SEO, and the Genesis medical staff. Dr. Loomis earned her Doctor of Medicine degree from the University of Cincinnati College of Medicine in Cincinnati. She completed her residency in obstetrics and gynecology at University Hospitals Case Medical Center in Cleveland. Dr. Loomis's office is located in the Physicians Pavilion at 945 Bethesda Dr., Suite 330, Zanesville, and her phone number is (740) 454-8800.



Rasik Parmar, M.D. Hospital Medicine

Rasik Parmar, M.D. is a hospitalist who has joined the Genesis medical staff. Dr. Parmar received his Doctor of Medicine degree from B. J. Medical College in Ahmedabad, India, and he completed his internal medicine residency at Jamaica Hospital Medical Center in Jamaica, New York. He was chief resident at Jamaica Hospital Medical Center, department of medicine.



Kristy (Williamson) Ritchie, M.D. Obstetrics and Gynecology

Kristy (Williamson) Ritchie, M.D., is a board-certified obstetrician/gynecologist who has joined Linda Swan, M.D., PrimeCare of SEO, and the Genesis medical staff. Dr. Ritchie earned her Doctor of Medicine degree from The Ohio State University in Columbus, and she completed her residency in obstetrics and gynecology at Riverside Methodist Hospital in Columbus. She practiced in Indiana during the last three years and is now returning to her hometown of Zanesville. Dr. Ritchie's office is located in the Physicians Pavilion at 945 Bethesda Dr., Suite 330, Zanesville, and her phone number is (740) 454-8800.

Time Is Running Out!

Receive a Charitable Tax Deduction
Before the Year Ends

Did you know you can make a gift of cash or appreciated property or stock before Dec. 31 and enjoy a charitable tax deduction on this year's tax return?

Make your end-of-year gift today.

Find out more about how a year-end gift can benefit you at www.genesis-hcs.org/foundation or by calling the Genesis HealthCare Foundation at (740) 454-5052.

GENESIS HEALTHCARE
FOUNDATION

For Your Life ... *For Your Health*

Programs

9

Spirit of Women

Can You Control the Ups and Downs of Blood Sugar?

Thursday, Nov. 10 • 5:30 to 7:30 p.m.
North Terrace Church of Christ
1420 Brandywine Blvd., Zanesville
Featured Presenter:
Brian W. Luft, M.D.
Free (Registration Deadline: Nov. 7)

Join us to learn about metabolic syndrome, diabetes and obesity as national health crises. This special evening will include a dynamic speaker and food sampling. You'll hear about:

- The perils of yo-yo dieting
- Effective solutions for weight management
- Mood swings and blood sugar
- Reversing diabetes through lifestyle and medicine
- Preventing diabetes

To register, call the Genesis NurseLine at (740) 455-4949; 800-948-4949 or online at www.geneshcs.org.

Picture Your Life With Less Joint Pain

Monday, Nov. 14 • 5:30 to 7:30 p.m.
Genesis HealthPlex Conference Center
Featured Presenter:
Steven Kimberly, M.D., Orthopaedic Associates of Zanesville
Free

We may not be able to avoid joint pain, but we can take action to minimize it. This program will focus on joint pain and the options you have to take that pain out of your life.

To register, call the Genesis NurseLine at (740) 455-4949; 800-948-4949 or online at www.geneshcs.org.

The Hoopla About Pelvic Health

Thursday, Nov. 17 • 5 to 6:30 p.m.
Perry County District Library
117 South Jackson St., New Lexington
Featured Presenter:
Mitesh Parekh, M.D.
Free

Join our circle of women in the know about complete pelvic health. Learn about effective treatments for urinary incontinence; understanding perimenopause and heavy periods; facts on fibroids; and the perils of a weak pelvis.

To register, call the Genesis NurseLine at (740) 455-4949; 800-948-4949 or online at www.geneshcs.org.

Spirit of
Women.

Walk With a Doc

Saturdays, Nov. 12, Dec. 10 & Jan. 14
Locations to be announced
Free

We invite you to bring your family and friends and "Walk with a Doc." It's a chance for you to enjoy some fun, healthy physical activity with a local physician. The event begins with the doctor giving fitness tips and/or health advice, then leading a 30- to 40-minute walk. Doctors will also answer questions.

Call Tara Poorman, exercise physiologist, at (740) 454-4336 or Cathy Blair, wellness coordinator, at 586-6880 for more information.

Coal Miner's Health Fair

Wednesday, Nov. 16 • 9 a.m. to noon
Muskingum County Center for Seniors
200 Sunrise Center Lane, Zanesville
Free

This health fair is geared toward active or retired coal miners and anyone who's ever been exposed to coal dust through employment, but it is open to any adult. The health screenings include respiratory, blood sugar (best not to eat or drink anything within 2 hours of test), blood pressure, Derma skin cancer, body fat analysis, and grip strength testing. Flu vaccines (if available) and TB testing will be provided by Rambo Memorial. A nurse practitioner will be available to review screening results, and a Department of Labor representative will help fill out applications and answer questions about black lung benefits.

To register, call (740) 454-4328 or (740) 454-4718.

A1C Diabetes Screenings

Northside Locations in November

Northside Pharmacy is offering several A1C diabetes screenings at its pharmacy locations in November. The A1C is a simple blood test and does not require fasting. There is a \$5 charge for this screening. For an up-to-date calendar of screening dates, times and locations, go to www.northsideRx.com and select "Events Calendar" or call (740) 455-2417.

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Cancer Support Groups & Classes	
HOPE – Healthy Options for Promoting Exercise	Look Good ... Feel Better
Carina Majzun, PT, DPT, women’s health physical therapist, leads this exercise class for anyone going through cancer treatment, cancer survivors and family members. A different exercise type is discussed each month and you are given an exercise program. A speaker promoting healthy lifestyle choices also speaks. Call Jenna at (740) 455-5151 to register or for more information.	This program teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.
Second Thursday of every month 5:30 to 6:30 p.m. Genesis Outpatient Rehabilitation (COOR)	Registration is required by calling the American Cancer Society at 888-227-6446 and press “0”. Tuesdays, Nov. 16. Dec. 21 or Jan. 18 6 p.m. Genesis Hematology & Cancer Treatment Center 1246 Ashland Ave., Suite 205
Man to Man – Prostate Cancer	I Can Cope
Call Shannon White (740) 454-5014 for more information.	Cancer patients and their families can learn about diagnoses, treatments, side effects, how nutrition can help improve outcomes, and how to communicate with doctors and nurses, and more.
All meetings will be from 6 to 7 p.m. in Bethesda Meeting Rooms 4 & 5	Call Shannon White at (740) 454 5014 for more information.
Monday, Nov. 7 • Program	No November or December meetings due to holidays
Monday, Dec. 5 • Holiday Celebration Dinner and Social Time	Thursday, Jan. 26 • 6 to 7 p.m.
Cost estimate \$7 a person, RSVP required by calling (740) 454-5014	Bethesda Meeting Rooms 4 & 5
Monday, Jan. 2 • Program	<i>Understanding Cancer Treatments</i> Speaker: Kathleen Soller
Support Buddies – Breast Cancer	Young Women Survivors Network
Call Michele Hankinson at (740) 454 5973 for more information.	This group is open to women with cancer who are age 49 or younger.
Wednesdays, Nov. 2, Dec. 7 & Jan. 4 6 to 8 p.m. Bethesda Meeting Room 3	Call Michele Hankinson at (740) 454-5973 for more information.
	Tuesdays, Nov. 22, Dec 26, Jan 24 7 to 8 p.m.

Genesis Hospice & Palliative Programs
Most of these groups meet at Morrison House and are for adults. For more information on dates and locations, call Genesis Hospice & Palliative Care at (740) 454-5353 or 800-953-7673.
<i>Especially for Men</i> <i>HUGS (Helping Us Grieve Successfully) Rainbow Group</i> <i>Survivors of Suicide</i> <i>Morgan County Support Group</i> <i>Perry County Support Group</i> <i>Social Gatherings</i> <i>Living Through Loss</i>
Individual Counseling
You can meet with a grief counselor to help you with feelings and emotions of grief. Call the phone number above.
Respiratory Support Group
<i>Better Breathing Club</i> Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328 or (740) 454-4718 for more information.
Friday, Nov. 4 • 1:30 to 3 p.m. Genesis HealthPlex Conference Rooms A & B <i>Medicare Part D</i> Speaker: Linda Bishop, Genesis Medicare consultant <i>Flu Questions & Answers</i> Speaker: Joyce Bates, LPN, Rambo Memorial Health Center Registration deadline to receive flu shot (if supply is available): Nov. 2
Friday, Dec. 2 • 12 to 2:30 p.m. Genesis HealthPlex Conference Center <i>Laughter is the Best Medicine</i> Speaker: Rhonda Forrestal, PT, Genesis Rehabilitation Awards will be given. Registration deadline: Nov. 25

Childbirth & Parenting Programs
For more information on childbirth and parenting programs and their locations, or to register for these programs, call the Genesis NurseLine at (740) 455-4949 or 800-948-4949. You can also register online at www.geneshcs.org ; click on “Education & Events.”
<i>3rd Annual Holiday Infant Memorial Bulb Decorating Event</i> Wednesday, Dec. 2 • 7 p.m. Genesis-Bethesda Meeting Rooms 4 & 5 This is a special support group dedicated to remembering our infants lost to miscarriage, ectopic pregnancy, stillborn and newborn death. Refreshments are served, and this free gathering is open to the public. Call Erin Burris at (740) 450-6262 for more information.
<i>Breastfeeding-Support for Success</i> Every Monday from 10 a.m. to noon
<i>Childbirth Preparation</i> 5-week sessions begin on: Nov. 8; Nov. 21; Dec. 1; Dec. 27; Jan. 5; Jan. 9 7 to 9 p.m.
Saturday Classes 2-week sessions held on: Nov. 5 & 12; Dec. 3 & 10; Jan. 7 & 14; Jan. 21 & 28 8:30 a.m. to 12:30 p.m.
Childbirth Preparation (Perry County): 5-week sessions begin on: Nov. 21; Jan. 9 • 7 to 9 p.m. Genesis HealthCenter-Perry County
<i>Childbirth Preparation Refresher</i> Held on Saturdays Nov. 5; Dec. 3; Jan. 7; Jan. 21 8:30 a.m. to 12:30 p.m.
<i>Breastfeeding Preparation</i> Nov. 9; Dec. 14; Jan. 11 • 7 to 9 p.m.
<i>Breastfeeding for Working Moms</i> Nov. 2; Dec. 7; Jan. 4 • 1 to 3 p.m
<i>Baby Basics</i> Nov. 16; Dec. 21; Jan. 18 • 7 to 9 p.m.
<i>Bellies, Bottoms and Backs</i> Nov. 2 • 5 to 7 p.m.

Rehab Support Groups & Programs
<i>Delay the Disease: Exercise to Fight Parkinson’s Symptoms</i> This is a weekly exercise program designed specifically for the management of Parkinson’s disease. Cost is \$50 for 10 weeks. You may join any Tuesday. Call Genesis outpatient rehab at (740) 455-5151 for more information.
Tuesdays • 10 to 11 a.m. North Terrace Church of Christ, Zanesville
For the following rehab support groups, call (740) 450-6323 or (740) 454-4324 for more information.
<i>Stroke Support Group</i> Monday, Nov 7 • 6 p.m. Bethesda 3 South Family Lounge
<i>Eating Healthy During the Holidays</i> Monday, Dec. 5 • 6 p.m. Restaurant to be announced Dinner with White Elephant Gift Exchange
<i>Brain Injury Support Group</i> Monday, Nov. 21 • 6 p.m. Restaurant to be announced Thanksgiving Dinner Monday, Dec. 19 • To be announced
<i>Pain Management Support Group</i> Monday, Nov 28 • 6 p.m. Genesis Pain Management Clinic 2945 Maple Ave., Zanesville No December or January meetings

CPR Classes
Cardiopulmonary Resuscitation (CPR) classes are held at the Genesis HealthPlex, 2800 Maple Ave., Zanesville. Call the Genesis NurseLine to register at (740) 455-4949 or 800-948-4949. You may also register online at www.geneshcs.org ; click on “Education & Events.”
<i>CPR HeartSaver– Adult & Pediatric</i> Nov. 14 • 1 to 4 p.m. or Dec. 12 • 3 to 6 p.m. \$35 per person
<i>CPR HeartSaver– Pediatric</i> Dec. 14 • 5:30 to 8 p.m. \$15 per person
<i>CPR Health Care Provider</i> Nov. 18 or Dec. 16 • 8:30 to 12:30 p.m. Nov. 28 or Dec. 20 • 12:30 to 4:30 p.m. \$40 per person
Diabetes Exercise Program
Call Kay Eicher, R.N., at (740) 454-4568 or 866-351-6688 for more information.
Mondays & Wednesdays Call for dates and times. Genesis-Bethesda Physicians Pavilion \$100 for the 8-week session; financial aid available



Tree of Love

Give the Gift of Love

Tree of Love Lighting Ceremony
Friday, Nov. 18 • 6 p.m.
Genesis-Bethesda Main Entrance

The spirit of the holiday season glows in the annual Tree of Love, a fundraising project for Genesis Cancer Services and Genesis Hospice and Palliative Care. You can purchase a bulb for \$5 or a tree for \$100 in honor of someone you care about or in memory of a loved one. For a donation form, go to www.geneshcs.org.

The bulbs on the large Tree of Love in front of Genesis-Bethesda and the individual trees on both campuses light simultaneously during the Tree of Love ceremony. The free event is open to the public and includes holiday music, entertainment and refreshments. For more information, call volunteer services at (740) 454-4700.

2529 Maple Ave.
Zanesville, OH 43701

CHANGE SERVICE REQUESTED



LiveWell is a quarterly publication of Genesis HealthCare System. If you would like to be added or removed from our list of readers receiving this publication, send your request to:

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Check out the new genesishcs.org

We have redesigned our website for you, so you have a trusted and easy-to-use health care site to answer your questions and stay connected with your regional health team.

Our new site has everything you need to take care of your and your family's health care needs. From quicklinks to obtaining information fast to videos of local health experts talking about different health conditions – we have you covered. And don't forget to visit us on Facebook, Twitter and YouTube for the very latest in information to keep you and your family up to date about Genesis.

You can also check out our new mobile site on your smartphone or tablet. Just type in our web address for easy viewing for those on the go.

