

LiveWell

2012 SUMMER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION



RIDING AGAIN

After Spine Injury

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HEALTHCARE SYSTEM
GENESIS



NEUROSURGEON JOINS GENESIS

Read about Jeffrey Lobel, M.D.
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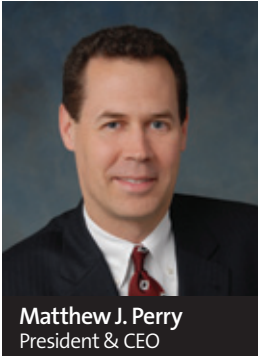
Capture this QR code with your
smartphone app to go to the
Genesis website.

genesishcs.org



Check out the insert for community education
programs and classes ... for your health.

Excitement Is in the Air



Matthew J. Perry
President & CEO

There is excitement in the air at Genesis, and this issue of LiveWell gives a few examples why. We're planning and designing our new medical center, and we expect to break ground the first part of 2013. The new medical center is something our community has needed for years, and now it's soon to be a reality.

What this means for our community – for you – is what really gets us excited. We are committed to giving you the highest quality health care at the lowest possible cost. With our new medical center designed around what you need, we will continue to deliver on that promise.

Another part of our commitment to quality care is evident in time and money we've dedicated to having an electronic health record system. Health care is changing dramatically, and we need to change with it. An electronic health record gives physicians the tools they need to better coordinate your care. No matter where you go in the Genesis system, all your health information is housed in a single electronic health record so all your caregivers have the information they need to provide you with timely and accurate treatment.

Epic is the electronic health record system at Genesis. If your doctor is on Epic in his or her office, you'll have the opportunity to sign up for MyChart® to view your own records, prescriptions and test results, and in some cases, schedule certain doctor's appointments. It's a great tool that helps you work with your doctor to manage your health.

We're also excited to bring you the story of a young man with a spinal cord injury who is now leading an active life. He was able to get the inpatient rehabilitative care he needed right here at Genesis, and when he needed outpatient therapy, he didn't have to travel back and forth to a far-away city. Our skilled and experienced doctors and therapists helped him walk again. Just wait until you read what else he's doing today – it's a wonderful story full of hope for others who have major injuries.

You can see why we're excited about what's happening at Genesis today – and what's coming tomorrow. At the heart of our excitement remains our pledge to you ... to give you and your family the best possible care.

Matthew J. Perry

A handwritten signature in dark ink that reads "Matthew J. Perry". The signature is fluid and cursive, matching the printed name above it.

President & CEO

A wide-angle aerial photograph of a city, likely Knoxville, Tennessee. The image shows a dense urban area with many brick buildings, interspersed with green trees. In the foreground, a large, rust-colored steel truss bridge spans a river. The background features rolling green hills under a clear blue sky.

This is your community – and Genesis is your hospital. We're committed to changing and growing for you.

RIDING AGAIN After Spine Injury

At age 19, Darrin Collins faced the reality that he might be in a wheelchair for the rest of his life. It was Sept. 6, 2006, and the college student was home from his summer job at Cedar Point. While riding a four-wheeler on his parent's farm near Somerset, he was thrown from the vehicle.

The young man remembers lying on the ground. "I couldn't move my feet, and it felt like my legs were pulled up to my chest," he said. The reality was that his legs were straight out in front of him. "I thought, 'Darn,' this can't be good."

It wasn't good. Darrin had a spinal cord injury that required surgery to fuse the L1 to L4 vertebrae back together. After spending a week in the hospital recuperating, he was ready to begin his journey to recovery in the Genesis Inpatient Rehabilitation unit.



Darrin Collins is all smiles now that he can enjoy his favorite pastimes, thanks in part to Genesis Rehabilitation Services.

"I might still be in a wheelchair if it weren't for the therapists at Genesis." – Darrin Collins

When Darrin first came to inpatient rehab, he had to learn to use his arms to get in and out of bed. "I was down to 133 pounds because I had atrophied so badly," he said. "And I had little movement in my legs."

The physical therapists taught Darrin how to roll over and use his arms to get in and out of bed. Then the therapists would support Darrin's knees so he could transfer his weight from one leg to the other to take steps in a back brace using a walker with wheels. "It took three people for me to walk down the hall." Two people moved Darrin's legs and the other therapist held the walker.

The staff and other patients kept Darrin motivated. A young man with a similar injury gave Darrin hope. "It was nice having somebody to talk to my age. He was about one to two weeks ahead of me in therapy," he said.

Next Step – Outpatient Rehab

A month later Darrin went home. His dad built a wheelchair ramp, and his parents were told Darrin might not walk again. "I missed that memo and moved on," Darrin said mischievously.

He continued outpatient rehab two times a week and progressed from a brace that went from his hip to the bottom of his foot and then to a brace only on his ankles and a cane. Darrin continued to improve – amazing his physicians, family and physical therapists. "He had a positive attitude, worked hard and never let his injury hold him back," said Carina Siracusa Majzun, physical therapist at the Genesis Center for Outpatient Occupational Rehabilitation (COOR). "If he couldn't do something, he found a new way to do it. He had great family support but his determination is what made him progress."

Throughout the two-year rehabilitation, the therapists at COOR designed Darrin's therapy to meet his goals. "We let Darrin determine a lot of his own rehabilitation," Majzun said. He wanted to play paintball with his friends again, so the therapists simulated walking over rough terrain by putting mats on the floor with objects underneath.

The determined young man continued to reach new heights. "He'd come to therapy and say, 'Look what I can do!'" Majzun recalled. "He blew all our expectations out of the water."

Now Helping Others

Darrin continues to amaze and inspire others. He mentors other young people with similar injuries and is employed at Columbus Mobility Specialists, the same company that installed hand controls in his car, enabling him to drive.

He understands what it's like to gain that independence and eagerly shares his experiences with others. "I regained my mobility – which was amazing," he said about driving a car. "I didn't have to depend on anybody anymore. I know what it feels like to regain control of your life."

He's quick to credit the therapists at Genesis with helping him regain his freedom. "There were great people there who encouraged me and didn't let me get down," Darrin said. "I might still be in a wheelchair if it weren't for the therapists at Genesis."



To learn more about Rehabilitation Services at Genesis, go to genesishcs.org.

MEDICAL RECORDS

at Your Fingertips



Imagine being able to view your medical history, immunization records or test results – all from your computer or tablet. Now you can, if your doctor uses an electronic health record system like Epic at Genesis. Epic has a secure online health management tool called MyChart® that gives you quick and easy access to your health information.

Susan Wagner began using MyChart two years ago. A 12-year cancer survivor, she likes being able to view test results, refill prescriptions and communicate directly with her physician through a secure email. “I can see the test results soon after they’re done, and if I have a question, the doctor responds quickly. I like the one-on-one with the doctor,” she said.

Her physician, Maria Jamiolkowski, D.O., also likes the immediate connection with patients and believes the secure online emails help improve patient care.

“I can respond quicker, and the questions and concerns are often clearer because the messages don’t have to be transcribed through several sources,” she said.

Patients Are Actively Involved

One of the first physicians at Genesis to use the electronic health record, Dr. Jamiolkowski finds MyChart helps patients partner with their physician. “Patients become more actively involved in their health care,” she said. “It’s real to them because the test results are right in front of them.”

She uses the example of A1c tests that measure blood glucose levels in patients with diabetes. “Before electronic health records, patients sometimes had a difficult time understanding how diet impacted the levels,” she said. MyChart has a feature that graphs test results and enables you to instantly see the connection.

The graph feature is one of Patty Boetcher’s favorite parts. Before signing up for MyChart, she tracked her test results on her computer in an Excel spreadsheet. “Now I let MyChart do it for me,” she explained.

Also a patient of Dr. Jamiolkowski’s, Patty appreciates her health records being all in one place. “It makes it easier to view my current records and gives me the knowledge I need to control my health.”

The online access also helps Susan manage her health records. “I used to have a file at home that I would take from doctor to doctor with printouts of test results. I don’t have to do that anymore,” she said.

The online tool keeps her up to date on appointments, medication and screenings. And the health maintenance feature has alerted her to health concerns she wouldn’t have noticed otherwise such as additional blood tests required and changes in medications.

Keeping track of her prescriptions and allergies improves medication safety. “Sometimes I forget which ones I’m allergic to. Now I don’t have to remember,” Susan said.

Another capability she likes is refilling medications with the click of a key stroke. “My husband just asked if I had refilled his prescriptions,” she said chuckling. “All I have to do is click on the refill box and his prescription order is instantly sent to the pharmacy.”

It’s Not Science Fiction

Dr. Jamiolkowski said new patients are often surprised by the speed and accuracy of the technology. “During office visits, they’ll ask when I’m going to send the prescription to the pharmacy and I’ll say, ‘I just did,’” pointing to the fingerprint reader that only allows access for medical personnel. “It’s just like the Jetsons,” she said.

But it’s not a science fantasy cartoon like the Jetsons – the technology is real and available today to help you manage your own health.



Dr. Maria Jamiolkowski, right, enters information directly into the Epic system as she talks with her patient, Susan Wagner.

How to Sign Up for MyChart

MyChart® is a free service that gives you access to your medical records 24/7. To sign up for MyChart, ask your doctor for a secure access code to log onto MyChart from the Genesis website. Only physicians who are on Epic – the electronic health record system used at Genesis – have MyChart.

Your information is safe because MyChart has the highest level of security. You can view information from your computer with your user name and password, but your medical records are not stored there, so no one else can view your records.

Depending on how your physician has MyChart set up, you might be able to:

- Review your medications, immunizations, allergies and medical history
- See test results
- Review past and upcoming appointments
- Schedule appointments
- Request prescription refills
- Keep track of your family’s health

You can learn more about MyChart by going to genesishcs.org. You can also see if your doctor uses MyChart by looking up his or her name under “Find a Doctor.”

CHANGING & GROWING

Building Your New Medical Center

Health care is changing in a big way. Every day you read or hear about new technologies and treatments, advancements in research, and how hospitals will be affected by new laws and regulations.

Genesis is changing, too, so we can remain a locally owned community hospital, where you receive high quality care at the lowest cost. And we're also doing it in a big way – by transforming the way health care is provided.

We've been laying the groundwork for several years. We made it easier for people to find a doctor by recruiting more than 80 new physicians, some of them bringing new specialties to our area. We enhanced and streamlined many services; began using an electronic health record system; brought trauma services to our area; and improved in countless other ways.

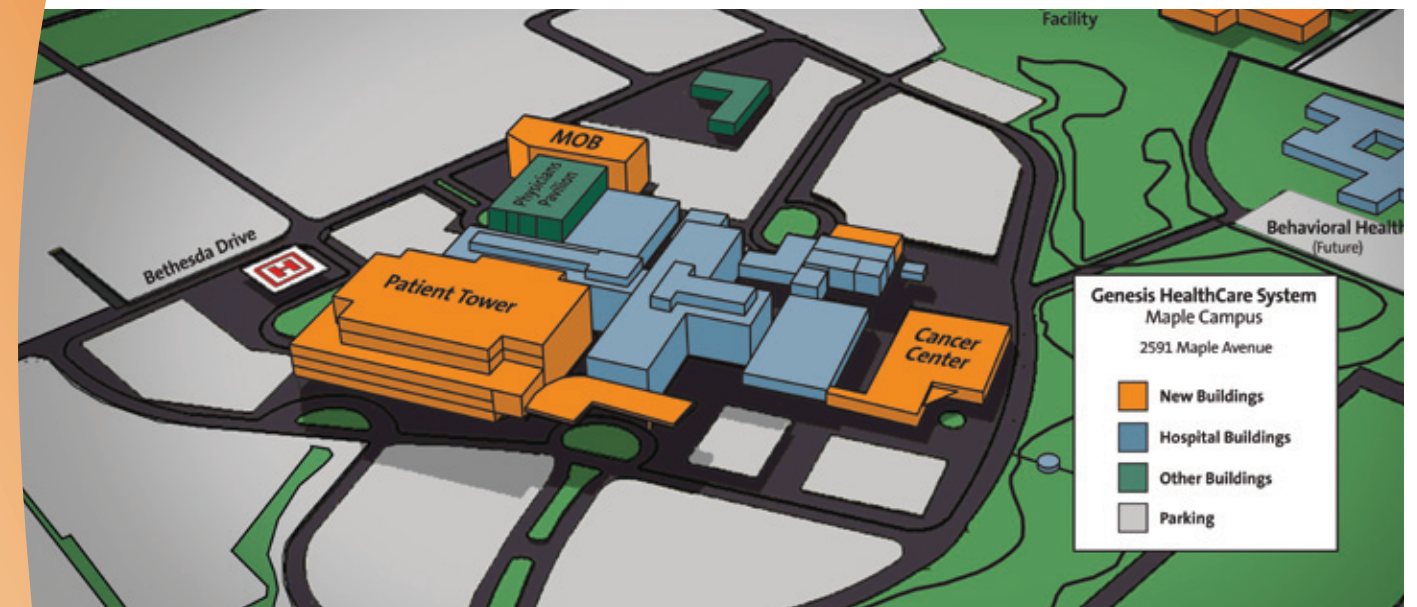
There is only so much we can do, though, with outdated buildings and two hospitals about a mile apart. Operating two sites creates a number of challenges, like confusion about which hospital to go to when you need care, extraordinary maintenance expenses, and duplication in operations that drive up costs, among other things.

So now is the time for us to take the next big step – building a new medical center that will be more convenient for patients and visitors, feature high-tech equipment, and enable us to continue expanding services.

It's not just about the building – we're also working to make every contact you have with us easier, from getting you pre-registered for tests or procedures, to when you walk through our doors, to the bill you receive from us. And our new medical center is being designed around your needs. The end result? The best possible experience we can offer you and your family.

The planning actually began last year. We asked past and present patients about their experiences and what they need from a hospital. We're also getting feedback from physicians, employees and other experts, and we're visiting some of the best hospitals across the country to see how they've designed their facilities around the needs of patients. The planning and design phase will wrap up late this year. We expect to break ground early in 2013 and open our new medical center in 2015.

As the health care world continues to evolve, we're changing right along with it – because you deserve to have extensive high quality health care, right here at home.



This drawing represents the general size and location of the campus features and is not intended to be exact.

Take a Peek

The new Genesis medical center will be built on the Genesis-Bethesda site. It will have a new patient tower attached to a renovated Bethesda building, creating a single, expanded medical center, and will include:

- All private rooms to provide you and your family with a more comfortable stay
- All inpatient services on one campus
- A free-standing cancer center

- A medical office building
- A more streamlined and coordinated patient flow that will be easier for you to navigate, understand and receive timely care
- Advanced technology that cannot fit into the current hospital buildings

For more updates on the new medical center, go to genesishcs.org.

Fundraising Campaign Kicks Off

The Genesis HealthCare Foundation, the fundraising arm of Genesis, is heading up a campaign to raise \$15 million to help pay for the new medical center and equipment. The project will be financed through a combination of bonds and the money raised from the campaign. The initial focus is on the hospital's internal family – board members, employees, physicians and volunteers.

"The internal campaign was launched in March, and we've received gift pledges totaling about \$7 million already. This tremendous level of support shows that our Genesis family knows how important this new medical center is for the people of southeastern Ohio," said Paul McClelland, executive director, Genesis HealthCare Foundation.

The campaign is scheduled to run through late 2013.



\$15 MILLION
CAPITAL CAMPAIGN

MEET DR. JEFFREY LOBEL, NEUROSURGEON



Jeffrey Lobel, M.D., is a neurosurgeon who recently joined the Genesis medical staff and the practice of Albert Camma, M.D., and David Knierim, M.D. His specialties include general neurosurgery and minimally invasive spine surgery.

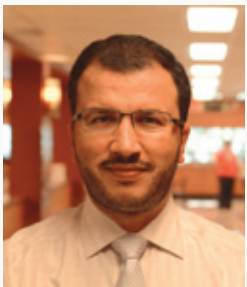
"I look forward to caring for patients in southeastern Ohio," said Dr. Lobel. "There are many people we can take care of right here in Zanesville so they don't have the inconvenience of going elsewhere. We have the skill and experience at Genesis to provide quality care, and I'm proud to be a member of this medical community."

Conditions such as these are treated by Dr. Lobel:

- Cervical stenosis
- Radiculopathy
- Myelopathy
- Sacroilitis
- DDD (*degenerative disc disease*)
- HNP (*herniated nucleus pulposus*)
- Lumbar stenosis
- Scoliosis

Dr. Lobel earned his Doctor of Medicine degree at The Chicago Medical School in Chicago and completed his residency in neurological surgery at Rush Medical Center in Chicago. He also completed a fellowship in neurosurgery oncology and Gamma Knife at the Roswell Park Cancer Institute in Buffalo, N.Y. His office is located at 751 Forest Ave., Suite 202, Zanesville, and his phone number is (740) 588-9120. He is accepting new patients by physician referral.

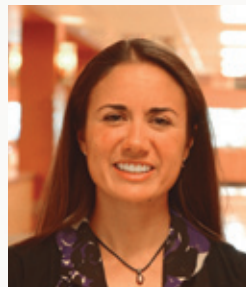
WELCOME TO NEW PHYSICIANS



Yahya Bakdalieh, M.D., FAAPMR *Pain Management/Physiatry*

Yahya Bakdalieh, M.D., FAAPMR, is a pain management specialist/physiatrist who has joined the Genesis Pain Management Clinic and also serves as the medical director of Inpatient Rehabilitation at Genesis. Dr. Bakdalieh earned

his Doctor of Medicine degree at Damascus University Medical School in Damascus, Syria. He completed his residency in physiatry at The University of Kansas and Medical Center in Kansas City, Kan. Dr. Bakdalieh's office is located at 2945 Maple Ave., Zanesville, and his phone number is (740) 454-4712.



Ann Singer-Clark, M.D. *Pediatrics*

Ann Singer-Clark, M.D., is a pediatrician who joined the practice of PrimeCare Pediatrics and the Genesis medical staff. Dr. Singer-Clark earned her Doctor of Medicine degree at The Ohio State University

in Columbus, and she completed her residency in pediatrics at Nationwide Children's Hospital in Columbus. Dr. Singer-Clark's office is located at 751 Forest Ave., Suite 401, Zanesville, and her phone number is (740) 454-8502.



Howard C. Larky, D.O. *Cardiac Anesthesiology*

Howard C. Larky, D.O., is a cardiac anesthesiologist who has joined Genesis HealthCare System. Dr. Larky earned his Doctor of Osteopathic Medicine degree at Michigan State University in East Lansing, Mich.,

and he completed his residency in anesthesiology at the University of Michigan Health Systems in Ann Arbor, Mich.



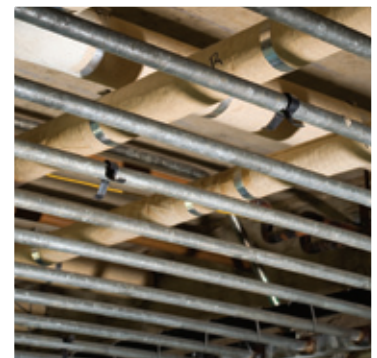
CONSTRUCTION UPDATE

What's Behind Those Walls?

Before we start construction of our new medical center, we first need to deconstruct and peer inside the walls of Bethesda Hospital. Built in the early 1960s, the building will be renovated, and a new addition will be attached to create an expanded medical center.

Michael Bernstein, director of plant operations and maintenance, stands next to a deconstructed wall. Bernstein is one of many Genesis employees who've been involved in planning and design of the project.

If you're a local contractor or subcontractor interested in this project, go to our website at genesishcs.org and click on "Medical Center Updates" for more information.



FOR YOUR LIFE... FOR YOUR HEALTH

2012 SUMMER ISSUE

COMMUNITY EDUCATION PROGRAMS & CLASSES



Capture this QR code with your smartphone app
to learn more about our programs and classes.

HEALTHCARE SYSTEM
GENESIS



Spirit of Women Programs

To register for Spirit of Women programs, go to genesishcs.org; click on "Education & Events" or call the NurseLine at (740) 455-4949 or 800-948-4949.

Back to School With Spirit

Thursday, Aug. 9 • 5:30 to 7:30 p.m.
Bethesda Shelterhouse (behind hospital)
Free

We're helping parents and children get ready to head back to school with tips on dealing with stress, nutritional snacks and keeping children safe from abductors. The event features:

- KidEscape – Dale Huston, Martial Arts School of Ki
- Child ID Card – Muskingum County Sheriff
- Backpack and Helmet Safety
- Muskingum County Sheriff Department K-9 Unit
- Zanesville Fire Department
- Light Refreshments
- Door Prizes

P.A.D. Screenings

Wednesday, Sept. 5 & Wednesday, Sept. 12 • 4 to 7 p.m.
Genesis HealthPlex Conference Center

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
- Changes in color or temperature of legs

If you have any of these signs and have not had a normal P.A.D. screening in the past year, you may want to register for a screening. Physician consults will be available.

Spirit of Pink

Friday, Sept. 28 • 5:30 to 8:30 p.m.
OU-Z/Zane State College
Campus Center

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

Girls' Night Out – Be Dazzling

Friday, Oct. 26 • 5:30 to 9:30 p.m.
OU-Z/Zane State College
Campus Center

Be healthy, be happy, be dazzling. Gather your friends and join us to celebrate the vibrancy of good health. Girls' Night Out features free screenings; a nationally recognized motivational speaker; short, fun presentations on women's health; pampering; shopping with our business partners; and much more.

Cost: Spirit of Women members – Free (*must show key tag*)
Non-members – \$10 (receive Spirit of Women membership)

Spirit of
Women®

Cancer Support Groups

Call Shannon White at (740) 454-5014 for more details unless otherwise noted.

Support Buddies – Breast Cancer

Wednesday, Sept. 5

Topic: New Genesis Medical Center

Speakers: Genesis Lean Six Sigma Team

Wednesday, Oct. 3 • 6 to 8 p.m.

Breast Cancer Q & A

Bethesda Meeting Room 3

I Can Cope Classes

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. To schedule a personal meeting or if you are interested in a speaker for your group, call Shannon White at the number above.

Look Good ... Feel Better

Female cancer patients learn beauty techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Registration is required by calling the American Cancer Society at 800-395-LOOK.

Tuesday, Aug. 2, Sept. 18 or Oct. 16
6 to 8 p.m.

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

Man to Man – Prostate Cancer

Call Mark Schube at (740) 454 5014 for more information.

Monday, Sept. 3

Prostate Cancer Q & A

Monday, Oct. 1

Topic: New Genesis Medical Center

Speakers: Genesis Lean Six Sigma Team
6 to 7 p.m.

Bethesda Meeting Room 4 & 5

Young Women Survivors Network

Women age 49 or younger with cancer can learn more about the disease and issues that are unique to them.

Wednesday, Sept. 5

Bethesda Meeting Room 3

Topic: New Genesis Medical Center

Speakers: Genesis Lean Six Sigma Team

Wednesday, Oct. 3

Bethesda Meeting Room 3

Breast Cancer Q & A

Diabetes Programs

To register for diabetes programs, go to genesishcs.org and click on "Education & Events" or call the NurseLine at (740) 455-4949 or 800-948-4949.

School Nurse Program: Diabetes in Schools

Tuesday, Aug. 14 • 8 to 11 a.m.
Bethesda Meeting Rooms 4 & 5
Free

3 CEUs for nurses

If you're responsible for caring for students with diabetes while in school, this program is for you. We'll discuss diabetes, how to treat it, oral medications and insulin types, how to administer insulin, glucagon, testing for ketones, insulin pumps and carbohydrate counting.

Diabetes Strength Training Information

Thursday, Sept. 6 • 5:30 to 7 p.m.
Genesis HealthPlex

Conference Rooms A & B
Open to first 50 people with diabetes
and support person

Free
Light refreshments

Type 1 & 2 Diabetes Support Group

Thursday, Sept. 15 • 5 to 6:30 p.m.
Bethesda Meeting Rooms 1, 2 & 3

Diabetes 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

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

Grief Support Groups

Genesis Hospice & Palliative Care offers a variety of support groups to help you deal with feelings and emotions of grief. Individual counseling sessions are also available. For more information, call Genesis Hospice & Palliative Care at (740) 454-5353 or 800-953-7673.

Other Events

Walk With a Doc

Local doctors give fitness tips and health advice, and answer questions, then lead a 30- to 40-minute walk on the Gorsuch Fitness Trail at Bethesda. Call Tara Poorman or Sharon Francis, Genesis Heart & Vascular Rehab, 454-4336, or Cathy Blair, Genesis Employee Wellness, at 586-6880, for more information.

- Saturday, Aug. 11
Stephen Ulrich, M.D., family practice
Join us for refreshments and a prize drawing as we celebrate our 1-year anniversary
- Saturday, Sept. 8
Jeffrey Austen, M.D., nephrology
- Saturday, Oct. 13
Mark Scott, D.P.M., podiatric surgery

American Red Cross Babysitter's Training

Thursday, Aug. 9 • 8 a.m. to 4 p.m.
Perry County • New Lexington
First United Methodist Church
Ages 11 to 15
2 snacks and lunch provided
CPR certification class and first aid kit included

Cost: \$35

To register: Go to genesishcs.org and click on "Education & Events" or call the NurseLine at (740) 455-4949 or 800-948-4949.

Coal Miners Appreciation Day

Friday, Sept. 7 • 10 a.m. to 3:30 p.m.
Secrest Auditorium
334 Shinnick St., Zanesville

This free event is designed for past and present coal miners, their families and friends. There will be a health fair with free screenings and a social time from 10 a.m. to noon. The speakers and lunch will begin at noon.

Register by Aug. 31 by going to genesishcs.org; click on "Education & Events" or call the NurseLine at (740) 455-4949 or 800-948-4949.

Walk to Remember

Sunday, Oct. 14 • 1 p.m.
Genesis-Bethesda Gazebo

H.A.I.L. (Healing After Infant Loss) is a program dedicated to the memory of infants lost to miscarriage, ectopic pregnancy, stillborn and newborn death. The walk is open to the public, and there is no fee.

Annual Perry County Breast Cancer Vigil

Light a Candle to Honor & Remember
Thursday, Oct. 18 • 6:30 p.m.
Perry County Courthouse Steps
Main Entrance

Registration is not required. Call Shannon White, Genesis Cancer Services, at (740) 454-5014 for more information.

Ethics Symposium

Thursday, Nov. 1 • 6 to 8 p.m.
Genesis HealthPlex Conference Center
Speakers: Erin Remster, D.O., palliative care physician at Genesis, and Dr. Steven M. Radwany

This annual medical ethics symposium is sponsored by Genesis Hospice & Palliative Care and Genesis Ethics Committee.





Respiratory Support Group

Better Breathing Club

Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328 for more information.

Tuesday, Aug. 7 • 1:30 to 3 p.m.
Genesis HealthPlex

Conference Rooms A & B
Speaker: John Jarvie, RRT, CPFT,
Genesis Respiratory Care Department
Topic: Pursed Lip Breathing

Tuesday, Sept. 4 • 1:30 to 3 p.m.
Genesis HealthPlex

Conference Room A
Speaker: Cathy Blair, CNP,
Genesis Wellness
Topic: Adult Vaccines & Wellness

Monday, Oct. 15 • 1:30 to 3 p.m.
Genesis HealthPlex

Conference Rooms A & B
Speaker: Becky Hayward, Outreach
Specialist with Ohio Senior Health
Insurance Information Program
Topic: Medicare and You –
Understanding Medicare

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.

Childbirth & Parenting Classes

Genesis offers childbirth and parenting classes to help you navigate the joys and challenges of being a parent. Whether you're a first-time parent or one with a little more experience, we have a class to fit your needs.

For more information, call Lauren Wood at (740) 450-6262, or the Genesis NurseLine at (740) 455-4949, 800-948-4949. You can also register or see what classes are coming soon on our website at genesishcs.org; select "Education & Events."

Northside Pharmacy Wellness

Wash Your Ride Wheelchair Wash

Saturday, Aug. 11 • 10 a.m. to 3 p.m.
702 Wabash Ave., Zanesville

View the best and latest chair accessories as Northside Oxygen and Medical Equipment staff spruce up your wheelchair. We'll have light refreshments and door prizes. For more information, call (740) 453-0693.

September Is Cholesterol Education Month

We'll be offering cholesterol screenings at all Northside locations during September. There is a minimal fee of \$10 for this screening, and fasting is required for accurate results. For more information, call (740) 455-2417, friend us on Facebook, or check our website at northsiderx.com.

Kick the Flu at Northside in October

Getting the annual flu vaccine is your best defense against the flu. All Northside Pharmacy locations will have the influenza vaccine this fall for adults. Walk-ins are accepted during normal pharmacy hours. There is no cost to Medicare Part B recipients and we can bill most insurance companies. (Please bring Medicare and other insurance cards.)





2503 Maple Ave., Suite A
Zanesville, OH 43701

CHANGE SERVICE REQUESTED

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LiveWell is a quarterly publication
of Genesis HealthCare System.

Send inquiries to:

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