

LiveWell 2013

WINTER ISSUE

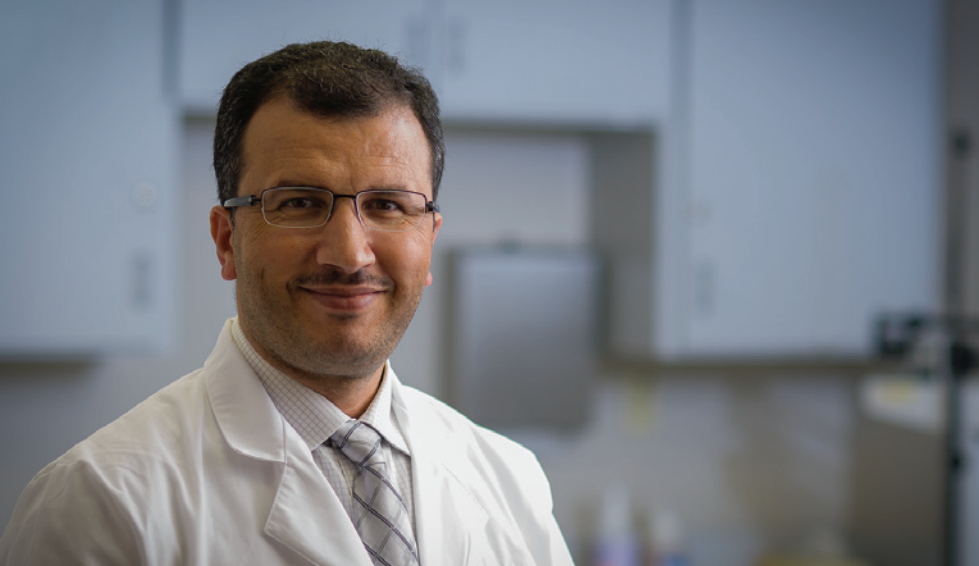
A GENESIS HEALTHCARE SYSTEM PUBLICATION

ENJOYING LIFE AGAIN

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HEALTHCARE SYSTEM
GENESIS
Where you're treated well



MEET YAHYA BAKDALIEH, M.D.

Pain Management/Physiatry

Yahya Bakdalieh, M.D., FAAPMR, is a pain management specialist/physiatrist who recently joined Genesis. He sees patients in the Genesis Interventional Pain Management Clinic, and he's also the medical director of Inpatient Rehabilitation.

Physiatry (also known as physical medicine and rehabilitation) is a branch of medicine that's about 50 years old. There are around 6,000 physicians practicing the specialty today. Physiatrists are specially trained in diagnosis, treatment and management of physical impairment and disability.

In the Genesis Interventional Pain Management Clinic, Dr. Bakdalieh and two other physicians – Philip Kocoloski, D.O., and W.L. Greg Siefert, M.D. – focus on easing chronic pain without medication. These doctors specialize in pain procedures and use of a variety of nerve blocks, among other treatments, that give relief from pain.

As medical director of Inpatient Rehabilitation, Dr. Bakdalieh cares for patients with disabilities. He evaluates them, assists in developing their treatment plans, and follows their progress. "Our goal in Inpatient Rehabilitation is to help patients improve their abilities, regain functions they lost due to their condition, and become more independent. We work as a team to help patients get back to their lives."

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. His experience includes practicing at the Borgess Brain & Spine Center/Inpatient Neuro-Rehabilitation Unit in Kalamazoo, Mich. He also served as medical director for Inpatient Rehabilitation Unit and Outpatient Clinic at Mt. Carmel Regional Medical Center in Pittsburg, Kan.

Dr. Bakdalieh's office is located at 2945 Maple Ave., Zanesville, on the Genesis-Bethesda campus, and his phone number is (740) 454-4712.

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A life-threatening accident broke several of John Kalb's ribs, and he was looking at a long recovery when he first came to our trauma center. Read about a new trauma procedure that helped John heal better and faster.

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INSERT

For Your Life ... For Your Health

Pull out the insert and keep as a guide to what's coming this winter.

genesishcs.org



PLANNING FOR TOMORROW — FOCUSING ON TODAY



It's been a year of behind-the-scenes work planning for your new Genesis medical center. I'm excited to tell you we're now in the final stages of design. We only have one chance to build the new medical center, and we've spent a lot of time making sure we get it right.

In this LiveWell's *Construction Update*, you'll learn about our use of mock rooms, which are full-size replicas of patient rooms. Using mock rooms in the design phase is done by the best hospitals in the nation to test the design of rooms before construction begins. I invite you to visit our website for a full design update.

As we design your new medical center, we're also focused on today — making sure you and your family receive compassionate, quality health care. John Kolb's story about rib fixation, a new procedure done by our trauma surgeons to repair rib fractures, is one example. You can read about John's experience and how this procedure saved his life in this LiveWell.

Then there's the story of Ann Burkhart, who had complex bladder cancer surgery and all that came with it — follow-up appointments, tests, chemotherapy and more — right here. Staying close to home for her surgery and treatment among family and friends meant the world to her.

The true meaning of "teamwork" is at the heart of Barbara Miller's story. Barbara's life dramatically changed one day at the Avon Distribution Center where she works. Thanks to her co-workers' quick actions and teamwork among first responders and Genesis, Barbara survived her heart attack and is enjoying life again.

It's stories like these — and there are many, many more just like them — that demonstrate why it's so important to have the best possible health care in our community. It's our mission to make sure you and your family get that care right here today — and tomorrow — as we build your new medical center.

Matthew J. Perry



President & CEO



ENJOYING LIFE AGAIN

Surgery Helps Ribs Heal

John Kalb

John Kalb is able to get back outside enjoying the things he likes to do, like working in the garden, thanks to the expert care by the Genesis Emergency & Trauma team.



Titanium plates used in rib fixation

John Kalb was working on a steep bank in July when he lost his balance, fell down the hill and landed on a tree stump. At first he thought the injury was a bruised rib, like he'd had in the past, but then he began to have trouble breathing. "I thought I was going to lose him before the squad got there," said his wife Teresa.

John was brought to the Genesis-Good Samaritan emergency department where the Emergency & Trauma team immediately went into action. John had a punctured lung, broken sternum and 11 breaks on seven ribs.

Putting Ribs Back Together

John had flail chest, which is several breaks on at least two adjacent ribs. Fortunately for him, Genesis' highly specialized trauma surgeons perform a new procedure to repair broken ribs.

Stuart Chow, D.O, medical director of trauma at Genesis, fused John's ribs together with titanium plates. The new procedure, called rib fixation, helps speed healing, lessen pain and reduce the need for medication.

The alternative is to let the ribs heal on their own – which can take much longer. "In severe injuries it could take years for the ribs to heal," Dr. Chow said. If the ribs don't heal completely or correctly, the patient can develop lung problems and have difficulty breathing. "Rib injuries can be debilitating because of the pain," added Dr. Chow.

Rib fixations have been used in Europe to help patients for years but recently started being done in the U.S. Only about 20 percent of surgeons nationwide perform the surgeries. Dr. Chow and Brandice Alexander, D.O., trauma surgeon, began performing the specialized procedure within the past year, and all the patients – like John – have done well.

Amazing Recovery

Within two months after his injury, John was back to his job as a heavy equipment operator working six, 10-hour days. He was also back enjoying life – working in his garden near McConnesville and playing with his grandkids.

His wife, Teresa, a multiskilled tech on the pediatric unit at Genesis, calls the recovery amazing. "To see him before in the hospital for 13 days ... and to see him now, you wouldn't even know he had been through that trauma," she said. "It's amazing what surgery did for him – he is pain-free."

"John is back to being a dad to four kids and a grandpa to five grandkids again," said Teresa. "The trauma team saved his life."

Stuart Chow, D.O.,
medical director of trauma,
performs specialized rib
fixation surgery
at Genesis.



Rib Injuries Stack Up

- Approximately 15% of patients treated by the trauma team at Genesis have rib fractures.
- Broken ribs can be life-threatening. Nationwide, rib fractures can be found in 25% of trauma fatalities.
- Ribs are so important because we use them each time we take a breath – or about 16 to 20 times a minute.

For more information about Genesis Emergency & Trauma Services, go to our website at genesishcs.org.

CARE CLOSE TO HOME



"I think I did so well because of all the support and prayers from friends and family here."

-Ann Burkhart

Ann Burkhart was getting ready to go to work at Zanesville City Schools one morning when she noticed her urine was reddish. "I knew something was seriously wrong," she said.

She was right – something was wrong. After a visit to her primary physician, she was referred to Benjamin Gibson, M.D., a urologist at Genesis. The diagnosis was bladder cancer, and the disease had begun invading the bladder wall.

Treatment for the invasive cancer is typically chemotherapy followed by a complex surgery that is usually done at a large urban hospital. Dr. Gibson has extensive training in this surgery and it was performed at Genesis. Since then Dr. Gibson has performed several similar procedures with good outcomes.

"It's a service I felt should be offered to this community," said Dr. Gibson. "At Genesis we have trained physicians to provide care and treatment locally so patients don't have to travel long distances to a big city."

First at Genesis

Ann was the first patient to have the specialized surgery done at Genesis. In the complex procedure, her bladder, uterus and ovaries were removed and the ducts that carry the urine from the kidneys to the bladder rerouted. It's an 8-hour surgery that requires 7 to 10 days in the hospital and extensive follow-up appointments and tests.

"If we couldn't do the surgery here, Ann would have been referred to a Columbus hospital and she potentially would have had chemo there," said Dr. Gibson. "The long trip when you're not feeling well can add stress for patients and families."

Providing the care closer to home lessens a patient's stress and increases the likelihood of a good outcome. "When patients have a close connection with family and friends, it does a lot for their spirits after the operation and possibly helps them to get well faster," added Dr. Gibson.

Successful Surgery

Ann's surgery was a success and the cancer was totally removed. She's grateful for the expert care she received close to her family and friends. Less than three weeks after her surgery, she celebrated Easter by going to church, visiting with neighbors during their egg hunt, and enjoying family members who visited. "I might have overdone it a little bit," she said. "I was just so happy to get out."

Ann is now back outside enjoying gardening, church activities, playing cards several times a week, doing her own housework and traveling. She views the small bag attached to her side, which replaces the bladder, as a minor inconvenience. "I got along wonderfully through all this. I was never scared," Ann said with a smile. "I think I did so well because of all the support and prayers from friends and family here."



"When patients have a close connection with family and friends, it does a lot for their spirits after the operation and possibly helps them to get well faster."

*— Benjamin Gibson, M.D.
Urologist*

For more information about Genesis Cancer Services, go to our website at genesishcs.org.



Barbara Miller

I OWE THEM MY LIFE

Teamwork Leads to Quick Recovery

Barbara Miller will be the first to tell you she probably shouldn't be here today. But thanks to the quick response of her co-workers at the Avon Distribution Center, and true teamwork from first responders and Genesis, she's a walking miracle.

"The staff in the Critical Care Unit at Genesis told me I was their miracle child," said Barbara, the 47-year-old mother of four daughters. "They said I was too young to be there, and they couldn't believe how quickly I recovered after coding three times. It just wasn't my time."

First Sign Was Dizziness

On the morning of Oct. 17, Barbara was walking up the stairs at work when she felt dizzy. Before her co-workers could get her to sit down, she passed out and fell to the floor. Barbara stopped breathing, so her co-workers performed CPR and used an automated external defibrillator (AED) to get her heart into rhythm again. Washington Township Fire Department and Community Ambulance arrived and worked to improve her airway.

Washington Township Fire Chief Gene Hanning radioed ahead to Genesis-Good Samaritan that a post-cardiac arrest patient was on her way to the emergency room. Because the ER was given a heads-up, the staff had already initiated the cooling collar that would help prevent brain damage, said Joel Dickinson, NREMT-P, EMSI, consultant with Genesis Trauma Services.

Emergency Department staff worked to stabilize Barbara and figure out the

cause of her cardiac arrest, said Cathy Huggins, MSN, RN-BC, CNL, CCRN, chest pain/heart failure coordinator at Genesis Heart & Vascular Services. They determined she had suffered a massive heart attack, so she had a cardiac catheterization that showed her right coronary artery was 100% blocked. Angioplasty and stenting fixed the problem. Other blockages and a leaking heart valve were also found, and those are being treated with medicine. Barbara is now going through cardiac rehabilitation at Genesis to get her heart and vascular system back in shape.

Very Lucky

Barbara learned all of these details after she woke up in the CCU – three days after she initially passed out. "Doctors told me I was very lucky," she said. "The left side of my heart took over for the right side."

Barbara – and her physicians – believe genetics played a role in her heart attack. "I don't smoke," she said. "I haven't had any previous heart conditions. I didn't have any chest pains or other symptoms. My cholesterol level has always been good. But, we lost my mom a few years ago to heart disease."

It took a team effort to make sure Barbara pulled through – something that was noticed by everyone involved.

"The personnel and agencies involved connected all of the links to save this patient's life," Chief Hanning said. "From the beginning of her heart attack to the moment she was able to go home, this is a positive result of proper training, caring people, up-to-date equipment, proper protocols, radio communications and everyone working together."

"Her co-workers at Avon were the heroes because if they hadn't responded so quickly, she may not have recovered," Huggins added.

"Saying 'thanks' just doesn't seem like enough – along with the EMTs and the staff at Genesis, they saved my life."

– Barbara Miller, Heart Patient

Avon has two AEDs, and was inspired to get a third one after this. Their goal is to have an AED within 15 seconds of any area within the facility.

"I owe them (my co-workers) my life," Barbara said. "They were there from the beginning and many of them stayed at the hospital until they knew I was alive and okay. Saying 'thanks' just doesn't seem like enough – along with the EMTs and the staff at Genesis, they saved my life."

What Is an AED?



An automated external defibrillator (AED) is a computerized medical device. It can check a person's heart rhythm and recognize a rhythm that requires a shock. And it can advise the rescuer when a shock is needed. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take.

Source: American Heart Association

WELCOME TO NEW PHYSICIANS

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

Michael Huang, M.D., Radiology



Dr. Huang is a radiologist who recently joined Radiology Associates of SEO and the Genesis medical staff. He earned his Doctor of Medicine degree at the University of South Florida College of Medicine in Tampa, Fla. Dr. Huang completed his transitional residency at Carilion Health System in Roanoke, Va., and his diagnostic radiology residency at the University of Virginia School of Medicine Health System in Charlottesville, Va. His musculoskeletal imaging fellowship was done at Indiana University in Indianapolis, Ind. Dr. Huang's address is P.O. Box 250, Zanesville, and his phone number is 452-9319.

Maneesh Lall, M.D., Hospital Medicine



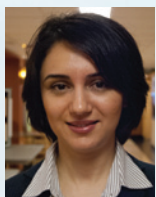
Dr. Lall earned his Doctor of Medicine degree at the Ross University School of Medicine in Dominica. He completed his residency in family medicine at the Anniston Family Practice Residency Program NE Alabama Regional Medical Center in Anniston, Ala. In addition, he obtained a Master of Public Health degree in Hospital and Molecular Epidemiology from the University of Michigan-Ann Arbor. Dr. Lall's office is located at Genesis-Good Samaritan, and his phone number is 454-5398.

Kaye Linke, M.D., Oncology/Internal Medicine



Dr. Linke recently joined Oncology/Hematology Associates of SEO, Inc., and the Genesis medical staff. She received her Doctor of Medicine degree at The Ohio State University College of Medicine and Public Health in Columbus. Dr. Linke completed her internal medicine residency at Riverside Methodist Hospital in Columbus, and completed her oncology fellowship at the University of Texas MD Anderson Cancer Center and Tumor Institute in Houston, Texas. Her office is located at MAB II, 751 Forest Ave., Suite 201, Zanesville, and her phone number is 455-8506.

Liana Nikoghosyan, M.D., Hospital Medicine



Dr. Nikoghosyan earned her Doctor of Medicine degree at the Yerevan State Medical University, Yerevan, Armenia. She completed her residency in internal medicine at the Lincoln Medical and Mental Health Center in Bronx, N.Y. Dr. Nikoghosyan's office is located at Genesis-Good Samaritan.

Marc Roman, M.D., Nephrology



Dr. Roman is a nephrologist who recently joined the practice of Dr. Jeffrey Austen and the Genesis medical staff. He received his Doctor of Medicine degree from the University of the East Ramon Magsaysay Memorial Medical Center in the Philippines. Dr. Roman completed his residency at the Montefiore Medical Center in Bronx, N.Y., and his fellowship at the University of Virginia Medical Center in Charlottesville, Va. His office is located at 3237 Maple Ave., Zanesville, and his phone number is 450-3400.

Sarah Grace Sisbarro, M.D., Emergency Medicine



Dr. Sisbarro earned her Doctor of Medicine degree at Duke University in Durham, N.C., and she completed her residency in emergency medicine at The Ohio State University in Columbus. Dr. Sisbarro's office is located at Genesis-Good Samaritan.

Dawit M. Wubishet, M.D., Hospital Medicine



Dr. Wubishet recently joined Genesis Inpatient Specialists. He earned his Doctor of Medicine degree at the Jima University in Jima, Ethiopia. He completed his residency in internal medicine at St. John's Episcopal Hospital in Far Rockaway, N.Y. Dr. Wubishet completed his Master of Science in International Public Health at the Institute for Tropical Medicine Charite-Humboldt University, Berlin, Germany. His office is located at Genesis-Good Samaritan.



CONSTRUCTION UPDATE

Final Stages of Designing New Medical Center

We're now in the final stages of designing the new Genesis medical center. We are carefully planning and designing around the way health care is delivered today ... with the flexibility to easily adapt as needs evolve and change.

We're creating mock rooms to test our plans in a real-life way. The use of mock rooms is a standard best practice because it helps prevent mistakes that could be very costly to correct after construction.

Nurses, physicians, technicians and other support staff will test how well the room designs work by moving around the space as though they were caring for patients. The mock rooms will allow us to freely move around furniture, equipment, head walls, and even the location of plugs, lighting, etc. It's a lot cheaper to test the design and make changes in a mock room than it is to make changes after construction is done, and furniture and equipment has been purchased.

We have very talented architects, planners and designers for our project, and we have worked hard to create the right design on paper. But there are thousands of details to plan ... thus thousands of opportunities to make small errors that could have huge consequences. Our planners have overseen the design of hundreds of hospitals, and they have always used mock rooms as part of the design process. It's a best practice step and one that is critical to designing a new medical center that meets your needs.

We have a great opportunity to build a new medical center to support us in providing you with the highest quality of care at the lowest possible cost. We only get one chance to do this, and we'll take every reasonable step to make sure we get it right. It's what you and your family deserve, and we wouldn't have it any other way.



Chat Online About the New Medical Center

Matthew Perry, Genesis' president and CEO, and Al Burns, Genesis' chief development officer, will take your questions about the new medical center during an online chat with the Zanesville Times Recorder in January. You'll find the date and time of the online chat on the home page of our website at genesishcs.org.

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Zanesville, OH 43701

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LiveWell is a quarterly publication of
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FOR YOUR LIFE... FOR YOUR HEALTH

2013
WINTER ISSUE

EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS



Pull out this section and keep as a guide to what's coming this winter.



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

HEALTHCARE SYSTEM
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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.

A Little Fib Can Lead to a Big Problem

Thursday, Feb 7 • 5 to 7:30 p.m.
Genesis HealthPlex Conference Center
Presenters: Magdy Migeed, M.D., FACC, FHRF, and Laura Garret, RN, BSN, Stroke/A-fib Navigator

What's the fib? It's atrial fibrillation or A-fib for short. What's the problem? A-fib puts you at five times greater risk for a stroke. Come to this important program to find out if you're at risk and how you can prevent an A-fib-related stroke.

Day of Dance

Saturday, Feb. 23 • 8 a.m. to 1 p.m.
Colony Square Mall, Zanesville
Free Event

Day of Dance brings together women and men of all ages for a day of education, physical activity, community, celebration and fun. Free screenings include lipid profile and glucose (first 300 people), blood pressure, body mass index, cardiac risk assessment, peripheral artery disease screenings and more. Fasting for 5 hours is required for lipid and glucose screening.

Registration is only required for higher-level screenings. Reduced fee higher-level heart and vascular screenings are available for \$100 (savings of \$45): stroke/carotid artery, abdominal aortic aneurysm and atrial fibrillation. Please fast for 5 hours.

Recipes for a Healthy Lifestyle: Brain Food!

Thursday, March 14 • 5:30 to 7:30 p.m.
Genesis HealthPlex Conference Center

You'll learn about causes, symptoms and risk factors for common problems affecting neurological health, including dementia. Early diagnosis and treatment for neurological disorders and the various management and treatments will be covered. You'll also learn about the importance of healthy sleep.

Spirit of
Women



Childbirth & Parenting



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. We also have special events for parents.

For more information, call Lauren Wood at (740) 450-6262. You can register for classes on our website at genesishcs.org; select "Education & Events" or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Other Events

Walk With a Doc!

Saturday, Jan. 12
Firas Eladounikdachi, M.D., Surgeon
Genesis HealthPlex

Saturday, Jan. 19
Hall Canter, M.D., Family Practice Physician
Somerset City Park, Somerset, Ohio

Saturday, Feb. 9
Frank Susser, D.O., Cardiologist
Genesis HealthPlex

Saturday, Feb. 16
Mark Scott, D.P.M., Podiatrist
Somerset City Park, Somerset, Ohio

Saturday, March 9
Amanda Fisher, D.O., Chiropractor
Gorsuch Fitness Trail, Genesis-Bethesda

Saturday, March 16
Somerset City Park, Somerset, Ohio

The walks start at 8:30 a.m. and last about an hour. After a 10-minute presentation from the doctor, you're invited to walk about a mile with the doctor at your own pace, and you can walk farther if you want. 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.

Lifesaving Screenings

Wednesday, Jan 16. • 9 a.m. to 3 p.m.
Genesis HealthCenter-New Concord
Cost – \$120 (savings of \$25)

Heart and vascular screenings include peripheral artery disease, stroke/carotid artery ultrasound, abdominal aortic aneurysm ultrasound (please fast for 5 hours), and atrial fibrillation (EKG) at the Genesis HealthCenter in New Concord. 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.

Respiratory Support Group

Better Breathing Club

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

Tuesday, March 12 • 1:30 to 3 p.m.
Genesis HealthPlex Conference Rooms A & B

Cancer Support Groups

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

Support Buddies – Breast Cancer

Wednesday, Jan. 2 • 6 to 8 p.m.

Topic: Chemo Brain

Genesis Breast Care Center,
Genesis HealthPlex

Wednesday, Feb. 6 • 6 to 8 p.m.

Topic: Hormone Therapy

Genesis Breast Care Center,
Genesis HealthPlex

Monday, March 6 • 6 to 8 p.m.

Topic: The Best Bras for Lumpectomy
or Mastectomy

Genesis Breast Care Center,
Genesis HealthPlex

I Can Cope Classes

Classes are 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're interested in a speaker for your group, call Shannon White at (740) 454-5014.

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 800-395-5665 (LOOK).

Tuesday, Jan. 15 • 5 p.m.

Tuesday, Feb. 19 • noon

Tuesday, March 19 • 5 p.m.

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

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."

Man to Man – Prostate Cancer

Call Shannon White at (740) 454-5017 for more information.

Monday, Jan. 7 • 6 to 7 p.m.

Genesis-Bethesda Meeting Room 4

Topic: What is radon and is it in my house?

Speakers: Andy Tabler, Radon Mitigator

Monday, Feb. 4 • 6 to 7 p.m.

Genesis-Bethesda Meeting Room 4

Topic: Palliative Care and

Pain Management

Speaker: Erin Remster, D.O.

Monday, March 4 • 6 to 7 p.m.

Genesis-Bethesda Meeting Room 4

Topic: Colon Cancer Awareness

Speaker: Maria Jamiolkowski, D.O.

Young Women Survivors Network

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

Tuesday, Jan. 29 • 6 p.m.

Tuesday, Feb. 26 • 6 p.m.

Wednesday, March 27 • 6 p.m.

Genesis HealthPlex Conference Room F

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

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 on Northside Pharmacy wellness services, call (740) 455-2417.

Leg Health Days

Do you have tired, aching legs; swollen ankles or feet; or large, unsightly or painful varicose veins? You could have chronic vein problems. Northside Pharmacy and Northside Oxygen & Medical Equipment will host Leg Health Days in February from 9 a.m. to noon at the following Northside Pharmacy locations:

Monday, Feb. 4 • Bell Street

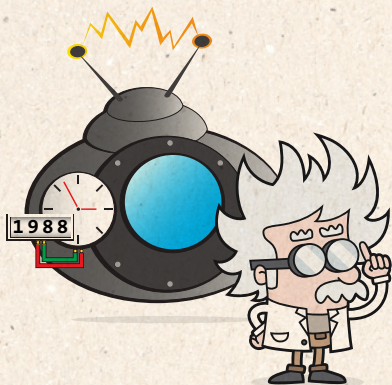
Wednesday, Feb. 6 • Maysville

Wednesday, Feb. 13 • Northside Oxygen & Medical Equipment, 702 Wabash Ave., Zanesville

Friday, Feb. 15 • Northside Oxygen & Medical Equipment, 61353 Southgate Parkway, Suite 2, Cambridge

Monday, Feb. 18 • Northside Pharmacy-Somerset





Are We There Yet?

GENESIS HOSPICE & PALLIATIVE CARE
ZANEY FOLLIES 2013

25 Years of Follies

You won't want to miss this year's Zaney Follies. It's the 25th anniversary of the fun-filled show that features singing, dancing and lots of laughs. For more details or ticket information, call (740) 454-5364 or go to genesishcs.org and click on "Education & Events."

Saturday, March 23
7:30 p.m.

Sunday, March 24
2:30 p.m.

Secrest Auditorium
Zanesville

All proceeds benefit Genesis Hospice & Palliative Care.



Day of Dance.com

FOR YOUR HEALTH

Get Your Dance On!
Saturday, February 23
Colony Square Mall

Across the United States and in your community —
dance, learn simple ways to stay healthy, enjoy music and participate in health screenings