

August 2011



Bradi Rex with her grandmother Judy find answers with Shaping Futures

LiveWell



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HEALTHCARE SYSTEM
GENESIS
Here & Now, Every Day.

SHAPING FUTURES

One Child at a Time

Bradi Rex of Blue Rock is an active 8-year-old. Saturday she has a softball game, Wednesday she takes horseback riding lessons, and Thursday she attends Shaping Futures, a Genesis exercise and nutrition program.

“The reason we joined the program was because I heard on the news that 20 percent of children ages 5 to 11 are obese,” said Bradi’s mother, Cherie. “Bradi always came out a little high on the growth charts, and we wanted to come up with some ideas to help.”

The helpful ideas included age-appropriate exercises, meal planning tips and portion control information from Shaping Futures. “We know about portion size, but sometimes we need reminded,” said Cherie, a preschool teacher at Morgan Local Schools.

Bradi is reminded about portions by using a kid-friendly plate that pictures vegetables the size of a tennis ball. “Instead of filling the whole plate with fettuccini Alfredo, she learned to put a portion the size of a CD on her plate,” Cherie said.

Before starting the sessions, Bradi had a physical and met with a dietitian to identify risk factors and set reasonable health and behavior goals. The lifestyle/behavior change program is designed for children ages 5 to 11 who struggle with weight, and it concentrates on improving eating habits and exercise. “We don’t focus on losing weight, but instead concentrate on improving lifestyles and setting goals,” said Shelley Zimmerman, M.S., manager of risk intervention and disease management at Genesis.

Bradi Rex shows how much fun exercising can be – something she learned in Shaping Futures, a nutrition and fitness training program for families.

Bradi’s goals also include waiting 20 minutes before getting a second helping and increasing her exercise time. She enjoyed learning new exercises. “I learned you can work out while having fun,” she said. “I run to the music on that little digital thing.” The “little digital thing” is Rhythmatics, a smartphone application that tracks a child’s exercise programs and length. The exercise sessions, held at the Genesis Lifestyle & Fitness Center, include physical activities along with support from Genesis health professionals and other families in the program.

Bradi now pays more attention to the distance she walks the family’s Border collie to her grandmother’s house. Grandmother Judy, who lives a half-mile down the road, also attended Shaping Futures with Bradi. Judy is experienced making healthy choices because her husband, Jim, has been a diabetic since childhood. “Even though I have done it all these years, I still learned from the program,” Judy said. “The plate made Bradi more aware of portion size. Instead of us telling her what to eat, she knows the foods and portions to put on the plate.”

A Family Affair

Attending the sessions was a family affair. Grandpa Jim also went with Bradi as well as dad, Jason. “We got ideas of things we could do to help Bradi – anything we can do to stay ahead of it,” said Jason, a Morgan High School teacher.

With a family history of diabetes, they were looking for answers from their pediatrician. “We had discussed our concern about the growth chart with Dr. Tuck, (Richard Tuck, M.D., PrimeCare of Southeastern Ohio Pediatrics). We had been wondering what to do and he helped us find the answer,” Cherie said.



Rhythmatics is a smartphone application used in shaping futures to track a child’s exercise programs and length.

Genesis Program Makes a Difference

Childhood obesity is a U.S. epidemic. More than 9 million children, or one out of every seven, are overweight. Overweight children are more likely to develop health problems typically associated with adults such as cardiovascular disease.

The Shaping Futures program was developed by the Genesis Diabetes and Nutrition Education department to help create healthy habits. The one-hour sessions provide nutrition and exercise training for children and their parents. At the end of six weeks, follow-up visits with the child’s physician assess progress.

Shaping Futures is making a difference. Recently, an 8-year-old girl attending a community health fair accurately measured portions and food groups. When asked how she knew the right answer, the child replied that she was in a special program at the fitness center.

“That’s our goal,” Shelley Zimmerman, M.S., manager of risk intervention and disease management, said. “We want to teach children healthy habits and keep them out of the diabetes education program.”

The fall session of Shaping Futures starts Thursday, Oct. 6 at 7 p.m. For registration information, call (740) 454-4568.

IN GOOD HANDS

Top 100 Hospital Award Proves It



Ashley Caw was 8 months pregnant and looking forward to four more weeks preparing for the birth of her child. That is, until she visited her obstetrician with her feet and legs swelling, and her blood pressure high. She was admitted immediately to Genesis-Bethesda, where she and her unborn infant were watched closely.

The next day, it was apparent the baby was in some distress as his heart rate dropped, so Ashley's doctor decided to do an emergency C-section. Within a half hour, Ashley was whisked away to bring her baby into the world – a whole month early.

Avery Lee Devoll arrived at 10:03 a.m. on Friday, June 17, weighing 4 pounds and 10 ounces ... and perfectly healthy. He only needed to spend a couple of hours in the intermediate care nursery before being moved to the well-baby nursery.

It was a happy ending to a scary start for Ashley, husband Jeremy Devoll, and baby Avery. But Ashley and Jeremy, who are both employees at Genesis, knew they were in good hands with the physicians and staff, especially since Genesis was named as one of the nation's best health care organizations with its recognition as a Thomson Reuters 100 Top Hospital®.

"Everyone was wonderful," said Ashley. "They were so kind and always asked what they could do for me. I was worried in the beginning, but the doctors and nurses knew what they were doing. The quality of care has been excellent, and I would recommend Genesis to anyone."



Among the Best

As a winner of the Thomson Reuters 100 Top Hospitals® award, Genesis meets the highest national quality-care standards and has one of the highest patient perceptions of care. Genesis and other 100 Top Hospital award winners are recognized for providing top-notch medical care and are seen as a guide for health care leaders across the country.

"This honor was made possible by the excellence of our physicians and dedication of our employees," said Matt Perry, Genesis president and CEO. "The award demonstrates our commitment to providing compassionate, quality health care and recognizes the value Genesis provides to both patients and the community. It's a reason to be proud."

Even though fearful of having their baby a month early, Ashley Caw and husband Jeremy knew they were in good hands at Genesis. The 100 Top Hospitals award proves it.

"The quality of care has been excellent."

– Ashley Caw with her healthy baby boy, Avery, and Mary Labaki, R.N.

THOMSON REUTERS
100 TOP HOSPITALS 2011

IT PAYS TO THINK FIRST

Program Teaches Injury Prevention



Matt Amicone of Nashport was driving home one night on SR 146, traveling about 55 m.p.h. when he reached for his iPod. "I looked down and started digging around, and when I looked up there was a truck in front of me," Matt said.

To avoid hitting the truck, he veered his car off the road and struck a tree. The 17-year-old, who was not wearing a seat belt, sustained a moderate concussion.

Matt was fortunate that he avoided more serious head and spinal cord injuries. Other teens aren't so lucky. Motor vehicle crashes are the leading cause of traumatic brain injury in young people ages 15 to 24, according to the Centers for Disease Control.

"It's not worth it to jeopardize what you have planned for the rest of your life."

– Matt Amicone
standing at the spot of his accident caused by distracted driving

To lessen the numbers, Genesis recently became a chapter of the ThinkFirst National Injury Prevention program. Genesis is only one of five hospitals in Ohio designated as a chapter, and the main goal is to provide free education to schools and the community. The program was developed 25 years ago by two neurosurgeons to reduce head and spinal cord injuries. ThinkFirst urges drivers to think first before changing songs on an iPod, talking on their cell phone or sending a text.

Making a Difference

Lori Cody, B.S.N., R.N., is the Genesis ThinkFirst chapter director, a mother of teen drivers and a trauma nurse who treats victims of distracted driving. "Texting while driving is dangerous because the cognitive, visual and manual skills needed for driving are impaired. It's similar to driving after drinking," she said. "This is a great opportunity to stress the importance of safe driving for teens and adults. I see the program making a difference in people's lives."

Matt shares his story to help other teens stay safe. "Think before you do it," he said about reaching for the iPod. "It's not worth it to jeopardize what you have planned for the rest of your life."

The Tri-Valley High School senior plans to play football in college. "If I would have had a serious head injury, all my plans for kicking and college would be trashed. Now I put the iPod on shuffle and let it play."



Reading, Writing & Helmet Safety

Lori Cody demonstrated the importance of wearing a helmet to 300 Nashport Elementary students in May by dropping a fresh egg on the floor. "This is what could happen to your brain if you wreck your bike and are not wearing a helmet," Cody told the wide-eyed students. "If you break your arm or leg, we can fix that. But we can't always fix your brain."



Cody wrapped the egg in a helmet (Styrofoam cup), dropped it from the same height and held up the unscathed egg – reinforcing the importance of wearing a helmet while riding a horse, bike, four-wheeler or skateboard.

Eight-year-old Laine Welker of Nashport got the message. "If you don't wear a helmet you could get hurt, and your brothers will have to take care of you and stuff," she said wrinkling her nose.

For more information on the Genesis ThinkFirst programs and education that helps meet the state's requirements for health and science, call Genesis Trauma Services at (740) 454-5638.

Welcome to New Physician



Scott Watamura, M.D., M.S.
Anesthesiology

Scott Watamura, M.D., M.S., is an anesthesiologist who recently joined the Genesis medical staff and Zanesville Anesthesia Physicians. Dr. Watamura earned his Doctor of Medicine degree at The Ohio State University College of Medicine in Columbus. He completed his anesthesia residency at Mayo Clinic College of Medicine in Jacksonville, Fla. Dr. Watamura's office is located at 945 Bethesda Dr., Suite 200B, Zanesville, and his phone number is (740) 455-4932.

Has the Economy Impacted Your Charitable Giving?

If you feel like you have less to give this year, or are waiting until the economy recovers, we want to let you know about some creative gift options that won't cost you a dime this year.

- **Designate Genesis as the beneficiary of all or a percentage of your IRA.**
- **Make Genesis a beneficiary of a percentage of your estate or a specific asset.**
- **Leave what's left of your estate to Genesis after your loved ones are cared for.**

Making a bequest commitment is the easiest way to make a gift this year without impacting your savings or investments. To learn more about the benefits of making a charitable bequest, please call or click today.

(740) 454-5052 • www.giftforgenesis.org
e-mail: foundation@genesishcs.org

GENESIS HEALTHCARE
FOUNDATION

Spirit of Women

Back to School With Spirit – Keep Your Children Safe

Wednesday, Aug. 3 • 5 to 7:30 p.m.
Genesis-Bethesda Shelterhouse
(behind Bethesda Hospital)
Free

We're helping parents and children get ready to head back to school. We'll have tips to help you deal with stress, provide nutritional snacks, and keep your children safe from abductors. See ad on back cover for more details.

To register, call the Genesis NurseLine at (740) 455-4949 or 1-800-948-4949, or go to www.genesishcs.org; click on "Events & Classes."



P.A.D. Screenings

Thursday, Sept. 8 or Tuesday, Sept. 27
5 to 7 p.m.
Genesis HealthPlex

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, call the Genesis NurseLine at (740) 455-4949 or 800-948-4949 to register for a free screening (open to women and men). Physician consults will be available.

Spirit of Pink – Hope, Laughter & Positive Thinking

Friday, Oct. 7 • 5:30 to 8:30 p.m.
Ohio University-Zanesville/
Zane State College Campus Center
Dinner will be provided.

Plan to wear your pink and hear Anna Cluxton tell her story of survival. Cluxton was diagnosed with breast cancer in April 2001 at age 32, five days after returning home from her honeymoon. You'll also enjoy our Pink Ribbon Style Show featuring local breast cancer survivors as models as they share their stories of hope, courage and inspiration. Register by Sept. 29 by calling the Genesis NurseLine at (740) 455-4949 or 800-948-4949, or go to www.genesishcs.org; click on "Events & Classes."

Spirit of Women Girls' Night Out – Your Best Health Is in the Bag

Friday, Oct. 28 • 6 to 9:45 p.m.
Ohio University-Zanesville/
Zane State College Campus Center
Cost: Spirit of Women members – Free
(must show key tag)
Non-members – \$10
(receive Spirit of Women membership)

Girls' Night Out will feature free screenings; a nationally recognized motivational speaker; short, fun presentations on women's health; pampering; shopping with our business partners; and much more. Register by calling the Genesis NurseLine at (740) 455-4949 or 800-948-4949, or go to www.genesishcs.org; click on "Events & Classes."

Wheelchair Wash & More

Saturday, Aug. 13 • 10 a.m. to 3 p.m.
Northside Oxygen & Medical Equipment
702 Wabash Ave., Zanesville
Free

Bring your wheelchair to be washed, and while you're waiting, you can learn more about manual and power wheelchairs from Ed Guy, RRTS, and other experts. At 1 p.m., Ed will present a program "Will Medicare Buy Me a Power Wheelchair or Scooter?" Call Northside Pharmacy Wellness Services for more information at (740) 455-2417.

Flu Shots

Tuesday, Oct. 4; Wednesday, Oct. 6;
& Thursday, Oct. 7
9 a.m. to 5 p.m.
All Northside Pharmacy locations
Cost: \$25 (Bring your insurance card)

A Northside pharmacist will be on hand to give you a flu shot. Appointments are not necessary – stop by between 9 a.m. and 5 p.m.

Coal Miners Appreciation Day

Friday, Sept. 16 • 10 a.m. to 3:30 p.m.
Muskingum County Fairgrounds
Veterans Building
1300 Pershing Rd., Zanesville

This free event is designed for past and present coal miners, their families and friends. Doors open at 9:30 a.m. There will be a health fair with free screenings and a social time from 10 a.m. to noon. The speakers and lunch will begin at noon. Registration is required by Sept. 8 by calling (740) 454-4337, (740) 454-4328 or (740) 454-4718.

Walk to Remember

Sunday, Oct. 9 • 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.

Ethics Symposium

Thursday, Oct. 13 • 6 to 8 p.m.
North Terrace Church of Christ

Speaker: Christina Maria Puchalski, M.D., M.S., F.A.C.P.

Sponsored by Genesis Hospice & Palliative Care and Genesis Ethics Committee

Save the date for this annual symposium on medical ethics; refer to our website at www.genesishcs.org for updates.

Annual Perry County Breast Cancer Vigil: Light a Candle to Honor & Remember

Thursday, Oct. 20 • 6:30 to 7:30 p.m.
Perry County Courthouse Main Entrance
Registration is not required.

Call Michele Hankinson at (740) 454-5973 for more information.

Cholesterol Screenings

Northside Locations in October
Cost: \$10

Northside Pharmacy is offering cholesterol screenings throughout September to help you monitor one of the major risk factors for heart disease. It's best if you don't eat for 8 to 12 hours before testing, but you can drink water and take medicine. 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.

Cancer Support Groups & Classes

HOPE – Healthy Options for Promoting Exercise

Second Thursday of every month 5:30 to 6:30 p.m.
Genesis Center for Outpatient Occupational Rehabilitation (COOR)
Call 455-5151 to register or for more information.

This is an exercise class for anyone going through cancer treatment as well as cancer survivors and family members. A different exercise is discussed and everyone leaves with an exercise program. A speaker also presents a healthy lifestyle topic.

I Can Cope

Call Shannon White at (740) 454-5014 for more information.
September – Call for times and locations.

Cancer patients and their families can learn more about diagnoses, treatments, side effects, how to communicate with doctors and nurses, and how nutrition can help improve outcomes.

Look Good ... Feel Better

Registration is required by calling the American Cancer Society at 888-227-6446; dial "0".
Tuesdays, Aug. 16, Sept. 20 or Oct. 18 6 p.m.
Genesis Hematology & Cancer Treatment Center

This program teaches female cancer patients beauty techniques to help restore appearance and self-image during chemotherapy and radiation treatments.

Support Buddies – Breast Cancer

Call Michele Hankinson at (740) 454-5973 for more information.

Wednesday, Sept. 7 • 6 p.m.
Genesis-Bethesda Meeting Room 3
Breast Reconstruction: What Are Your Options?
Presenter: Firas Eladoumikhachi, MD, Surgeon

Wednesday, Oct. 5 • 6 p.m.
Genesis-Bethesda Meeting Room 3
Breast Cancer Risk Assessment: What Are the Risks for Your Loved Ones?
Presenter: Michele Hankinson, R.N., B.S.N., cancer risk/genetics nurse

Young Women Living With Cancer Network

This group is open to women with cancer who are age 49 or younger.
Call Michele Hankinson at (740) 454-5973 for more information.

Tuesday, Aug. 23 • 7 to 8:30 p.m.
Genesis-Bethesda Shelterhouse
Zumba!
Speaker: Becky Weir, Genesis Lifestyle & Fitness Center

Tuesday, Sept. 27 • 7 to 8:30 p.m.
Genesis HealthPlex Conference Room F
Managing Treatment Side Effects: What Are Your Options?
Speaker: Elizabeth S. Lear, PharmD, BCPS, clinical pharmacist oncology

Tuesday, Oct. 25 • 7 to 8:30 p.m.
Genesis HealthPlex Conference Room F
Sensuality, Sexuality, Survival

Man to Man – Prostate Cancer

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

Mondays, Sept. 12 & Oct. 3 6 to 7 p.m.
Bethesda Meeting Room 4

Type 1 and 2 Diabetes Support Group

Thursday, Sept. 15 • 5 to 6:30 p.m.
Genesis-Bethesda Meeting Rooms 1, 2 & 3
Diabetes and Vision
Speaker: Ross Bloomberg, M.D., Ophthalmologist

Call the Genesis NurseLine to register at (740) 455-4949 or 800-948-4949.

Diabetes Exercise Program

Call Kay Eicher at (740) 454-4568 or 866-351-6688 for more information.
Mondays & Wednesdays
Call for dates and times.
Genesis-Bethesda Physicians Pavilion
\$100 for 8-week session; financial aid available.

Better Breathing Club

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

Wednesday, Aug. 3 • 1:30 to 3 p.m.
Genesis HealthPlex Conference Rooms A & B
Foods that Irritate Breathing Problems
Speaker: Beth Pingle, R.D., L.D., Genesis Diabetes & Nutrition Education

Wednesday, Sept. 7 • 1:30 to 3 p.m.
Genesis HealthPlex Conference Rooms A & B
Relaxation Reduces Shortness of Breath
Speaker: Jim Henceroth, CHT, ATR-BC, LICDC, Genesis Complementary Medicine

Friday, Oct. 7 • 1:30 to 3 p.m.
Genesis HealthPlex Conference Rooms A & B
Medicare Changes
Speaker: Becky Hayward, OSHIIP

Childbirth & Parenting Programs

For more information on locations or to register, call the Genesis NurseLine at (740) 455-4949 or 800-948-4949 or online at www.geneshcs.org: click on "Events & Classes."

H.A.I.L. (Healing After Infant Loss) Support Group
Tuesday, Aug. 2 • 7 to 8 p.m.
Genesis-Bethesda Meeting Rooms 4 & 5

Breastfeeding Support for Success
Every Monday • 10 a.m. to noon

Childbirth Preparation
Weekly Evening Classes • 7 to 9 p.m.
Sessions start for 5-week evening class sessions on:
Thursdays, Aug. 4, Sept. 15 & Oct. 27
Tuesdays, Aug. 16 & Sept. 27
Mondays, Aug. 22 & Oct. 10
Saturdays • 8:30 a.m. to 12:30 p.m.
2-week sessions held on:
Aug. 6 & 13; Aug. 20 & 27;
Sept. 10 & 17; Oct. 8 & 15

Childbirth Preparation – Perry County
Genesis Health Center - Perry County 7 to 9 p.m.
5-week evening class sessions start on Aug. 22 & Oct. 10

Childbirth Refresher
8:30 a.m. to 12:30 p.m.
Saturdays, Aug. 6, Aug. 20, Sept. 10, Oct. 8 or Oct. 22

Breastfeeding Preparation
7 to 9 p.m.
Wednesdays, Aug. 10, Sept. 14 or Oct. 12

Breastfeeding for Working Moms
1 to 3 p.m.
Wednesdays, Aug. 3, Sept. 7 or Oct. 5

Baby Basics
7 to 9 p.m.
Wednesdays, Aug. 17, Sept. 21 or Oct. 19

Mommy and Me Support Group
10 a.m. to noon
Wednesdays Aug. 17, Sept. 14 or Oct. 11

Bellies, Bottoms and Backs
Saturday, Aug. 6 • 1 to 3 p.m.
Wednesday, Sept. 7 • 5 to 7 p.m.
or Saturday, Oct. 1 • 1 to 3 p.m.

Rehabilitation Support Groups

Call (740) 454-4324 or (800) 225-7957, ext. 4324, for more information.

CVA Stroke • 6 p.m.
Monday, Aug. 1
Genesis Lifestyle & Fitness Center
Topic: *Exercise*

Monday, Sept. 5 • Labor Day
No Meeting

Monday, Oct. 3
Genesis-Bethesda Rehab 3 South PT Gym
Topic: *Movie Night*

Brain Injury • 6 p.m.
Monday, Aug. 15
Genesis-Good Samaritan Meeting Rooms 1 & 2
Topic: *Shaken Baby Syndrome*

Brain Injury • 6 p.m.
Monday, Aug. 15
Genesis-Good Samaritan Meeting Rooms 1 & 2
Topic: *Shaken Baby Syndrome*

Monday, Sept. 19
Genesis-Bethesda Shelterhouse
Topic: *Celebrate Rehabilitation Week/Walk the Walk for Fitness*

Monday, Oct. 17
Genesis-Bethesda Rehab 3 South PT Gym
Topic: *Movie Night*

Genesis Hospice & Palliative Programs

Most of these groups meet at Morrison House and are for adults. For more information, call Genesis Hospice & Palliative Care at (740) 454-5353 or (800) 953-7673.

- Especially for Men*
- HUGS (Helping Us Grieve Successfully)*
- Rainbow Group*
- Survivors of Suicide*
- Morgan County Support Group*
- Perry County Support Group*
- Social Gatherings*
- Living Through Loss*
- Individual Counseling*

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 "Events & Classes."

CPR HeartSaver – Adult & Pediatric
Aug. 8 • 3 to 6 p.m.
Sept. 13 • 1 to 4 p.m.
Oct. 10 • 3 to 6 p.m.
Nov. 14 • 1 to 4 p.m.
Dec. 12 • 3 to 6 p.m.
\$35 per person

CPR HeartSaver – Pediatric
Sept. 14 or Dec. 14 • 5:30 to 8 p.m.
\$15 per person

CPR Health Care Provider
Sept. 16, Oct. 14 or Nov. 18
8:30 a.m. to 12:30 p.m.

Sept. 26, Oct. 24 or Nov. 28
2:30 to 4:30 p.m.
\$40 per person

E-learning Option

If you have a current American Heart Association HealthCare Provider CPR card, there is an e-learning option to renew. For information, call Greg Hecllo at (740) 586-6541.

2529 Maple Ave.
Zanesville, OH 43701

CHANGE SERVICE REQUESTED



Wednesday, Aug. 3 • 5 to 7:30 p.m.

Genesis-Bethesda Shelter House

(located behind Bethesda Hospital)

Cost: Free

Registration: Genesis NurseLine at
(740 455-4949 or 800-948-4949)

Children, Moms, Dads, Grandmothers, Grandfathers – Join Us

This Spirit of Women event is focused on helping parents and children get ready to head back to school. We will have tips to help moms deal with stress, provide good nutritional snacks and keep their children safe from abductors. We are offering a program that every child and parent should attend – KidEscape. This is a nationally recognized program to teach children how to escape from a potential abductor with easy-to-use techniques. Beyond this important education, there will be numerous activities, refreshments and great door prizes – including 2 bicycles, donated by the Genesis Lifestyle & Fitness Center.



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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