

I'M LIVING

Donelle Bookless,
partial knee replacement patient
– page 2

PAIN-FREE

MAY 2010

LiveWell

ALSO IN THIS ISSUE ...

Robotics-assisted Hysterectomy
Developing Genesis Trauma Program
Genesis Spine Center Opens



HEALTHCARE SYSTEM
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Partial Knee Replacement Surgery Offers High-impact Results

Skipping, jumping, crawling and hopping were all in the job description for Donelle Bookless. For nearly 30 years, Donelle taught physical education to elementary school students in West Muskingum Local School District, and she taught aerobics during 11 of those years.

Teaching others about physical health came naturally to Donelle, but after many years, the high-impact moves added up. She suffered from chronic arthritis pain of the knee, which had her undergoing occasional scoping and draining procedures, as well as receiving Cortisone shots for pain.

"As time passed, my pain got worse and the Cortisone shots wore off in shorter amounts of time. Plus, the arthritis pain began interfering with life too much. I went on vacation but couldn't walk with everyone else; it just wasn't fun anymore," Donelle said.



Surgeons at Orthopaedic Associates of Zanesville told Donelle that because her arthritis was isolated to the inner aspect of her knee, she was a good candidate for partial knee replacement surgery. The minimally invasive procedure came with major perks: a small incision, short hospital stay, less pain, quicker recovery and successful, long-term results.

"I was happy to learn that the implant for a partial knee replacement surgery lasts longer than a total knee replacement, the recovery is faster, and if I want to, I can even crawl around on my knees," Donelle said.

During partial knee replacement surgery, surgeons exchange the worn-out, dysfunctional part of the joint for a smooth metal implant, preserving the remaining healthy knee areas.

Patients begin rehabilitation just days after surgery, and quickly resume an active lifestyle with normal knee motion and function.

"Patients don't have to live with daily knee pain from arthritis that makes them dread everyday activities," said Steven Kimberly, M.D., orthopedic surgeon at Orthopaedic Associates of Zanesville. "Many people I see think they're too young or too old, or think recovery and surgery will be too hard. But if they're suffering on a daily basis, then this hour-long operation and two-day hospital stay can return them to a normal life."

The number one requirement for partial knee replacement surgery is that a patient's arthritis stays confined to one area of the knee. Usually, one in three knee arthritis patients qualify for a partial replacement surgery, bypassing a total knee replacement.

"If just one of the parts of the knee is worn out, we can just replace that part and leave the normal parts alone," explained Dr. Kimberly. "We offer a smaller operation to replace the isolated problem area, and we now offer it in Zanesville."

Donelle is thankful that because of the orthopedic surgeons and Genesis, she can get back to leading an active, healthy lifestyle.



Steven Kimberly, M.D.
Orthopedic Surgeon

"We offer a smaller operation to replace the isolated problem area, and we now offer it in Zanesville."

Steven Kimberly, M.D., Orthopedic Surgeon

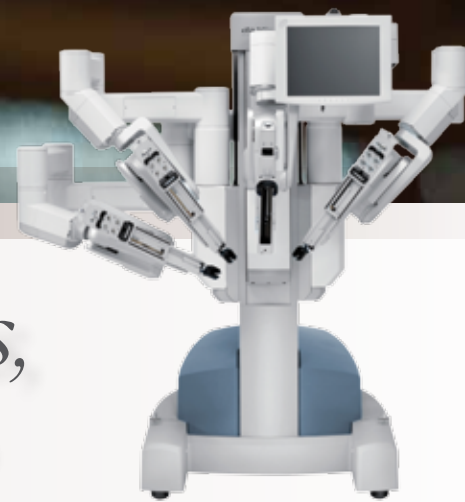
Donelle Bookless, partial knee replacement patient



Learn more about orthopedic care at www.genesishcs.org, click on "Orthopedic Care."



Susan Lasure, *hysterectomy patient*



For Hysterectomy Patients, the Future Is Here

Ironically, the surgeon behind the operating room’s console – the one staring at a 3-D screen and manipulating joystick-like controls and foot pedals to maneuver her robot assistant – wishes she had had the same opportunity as the one her patient has.

Her patient, lying on an operating table across the room, directly under the robot’s instrument-clad arms, is one of the first women to receive a robot-assisted, minimally invasive hysterectomy at Genesis.

“This new way of performing hysterectomies was approved just 6 months before I had my traditional hysterectomy,” Linda Swan, M.D., OB/GYN, said openly. “As a physician, I hadn’t even known about it; but if I had, when it was my turn, I would have raised my hand and jumped at the chance to have it done. This truly is the wave of the future.”

The robot-assisted surgery may seem like something out of *The Jetsons*, but the futuristic, cutting-edge technology is reality; and it comes with benefits that patients and physicians could only dream about in the past.

“When we use the da Vinci Surgical System®, I can tell a woman she will have only four small incisions on her abdomen versus a 6 to 8 inch incision,” said Dr. Swan. The patient requires little, if any, narcotics; can be back to work in two weeks instead of six; and only spends one night in the hospital, not three. Overall, it’s safer, there’s less pain and patients can get back to their life faster – you can’t beat that.”

“It’s safer, there’s less pain and patients can get back to their life faster.”

- Linda Swan, M.D., OB/GYN



Patient and Zanesville resident Susan Lasure agrees. When Susan learned she needed a hysterectomy and heard about the robot-assisted option, the benefits kept adding up.

“Dr. Swan explained how the surgery worked and said I’d be a good candidate for it. The shorter recovery time was the real selling point to me, because I just couldn’t imagine taking six weeks off work,” Susan said. “Plus, I wholeheartedly trust and respect Dr. Swan. She sat down and talked to me like a friend; sharing her personal experience with having a hysterectomy and then saying, ‘If this was my body, here’s what I would do.’”

Now, five months post-surgery, Susan feels extremely grateful that she could be one of the first three women to benefit from robot-assisted surgery at Genesis; and she shares the experience with her friends, touting the new ease associated with undergoing a hysterectomy the da Vinci way.

“People who saw me just a week or so after the surgery were amazed that I was up and about and had nothing but a few little cuts on my stomach – I highly recommend it! It’s wonderful that in our town, we have the skilled doctors and state-of-the-art technology to provide this service for us,” Susan said.

Bijan J. Goodarzi, M.D., PrimeCare of SEO OB/GYN, is another surgeon who uses the da Vinci robot for hysterectomies. For more information about robotic surgery at Genesis, go to www.geneshcs.org.



Developing Trauma Care Closer to Home

Stuart Chow, D.O.
Trauma Surgeon & Surgical Intensivist

When members of our community suffer from a serious, traumatic injury, they need immediate, quality health care – not a 50-mile ambulance or helicopter ride to a hospital. That’s why Stuart Chow, D.O., trauma surgeon and surgical intensivist, recently joined Genesis with the mission of leading a designated trauma program in Zanesville.

“We’re going to develop a trauma system here for our community and surrounding communities because Genesis has the capability to do it, and because it’s the right thing to do,” Dr. Chow said. “When traumatic injuries occur and a patient has to travel for care, there are a lot of factors that need to be taken into consideration; like loss of time for treatment, transportation expenses and added family concern to an already stressful situation. This community truly needs and deserves its own trauma system.”

Dr. Chow hopes Genesis can achieve provisional Level 3 trauma designation and begin serving trauma patients by the end of the summer. He plans to meet that goal by integrating and organizing Genesis’ expertise, resources and infrastructures during

“We’re going to develop a trauma system here for our community and surrounding communities because Genesis has the capability to do it, and because it’s the right thing to do.”

the next few months, making sure to closely follow American College of Surgery trauma guidelines and criteria. He’ll also lead training with mock events and will work with Genesis staff to reach out to the community with efforts designed to educate people on how to prevent traumas.

With more than 12 years of trauma experience and recently serving as an attending trauma surgeon, intensivist

and general surgeon; medical director of surgical intensive care; and associate medical director of patient care services at Grant Medical Center in Columbus, Dr. Chow is prepared and enthusiastic about developing the Genesis trauma program.

“Zanesville is such an endearing community – the people are down to earth and very welcoming,” he said. “I look forward to serving them. I am thrilled to be a part of this opportunity to provide high-quality trauma care here.”

In addition to leading the development of the trauma program, Dr. Chow serves as its medical director. He will oversee the care of trauma patients throughout their hospitalization. He is board-certified in surgical critical care and general surgery and performs surgery on critically ill patients who might otherwise have to be transported to Columbus or elsewhere.

William Chang, M.D., Joins Genesis as New Spine Center Opens

William Chang, M.D.,
Physical Medicine & Rehabilitation



Detective work – not something you’d immediately associate with back pain. But that’s how William Chang, M.D., physical medicine and rehabilitation physician who recently joined Genesis, views it.

“I feel a little bit like a detective as well as a doctor,” said Dr. Chang. “I make sure I’m detail-oriented, I give time and attention to my patients, and I help solve the mystery by giving correct diagnoses along with a plan to get back to their normal quality of life.”

Dr. Chang sees patients at the newly opened Genesis Spine Center, and often helps patients with neck or back pain, two difficult-to-diagnose and common spinal symptoms that cause significant distress and disability. Yet in his 15 years of experience with rehabilitation and spine-related pain and conditions,

Dr. Chang has seen a wide-variety of spinal disorders and symptoms; so he prides himself on completing thorough, comprehensive evaluations to correctly diagnose and treat spinal pain and disorders.

“A problem of the spine might manifest itself outside the spine, so I focus on treating the entire disorder, and not just a specific spinal symptom.”

“A problem of the spine might manifest itself outside the spine, so I focus on treating the entire disorder, and not just a specific spinal symptom,” Dr. Chang said. “As a rehabilitation physician, I look at a disease in regards to its impact on patients’ daily activities. Therefore, my goal of treatment is to improve patients’ functions so they can have their life back again. Plus, we point our patients in the correct direction if they need specialty care.”

After a thorough examination and diagnostic work-up, Dr. Chang can treat patients or advise on treatment options in specialties he works closely with, like neurology, neurosurgery, pain management and other fields.

Dr. Chang and the highly qualified Genesis Spine Center team, which comprises of physical therapists and a specialized rehabilitation nurse, also prescribe and provide rehabilitation treatment, necessary medications, on-site physical therapy assessment and treatment plan development, ongoing monitoring of treatment effectiveness and follow-up evaluations. New patients are being accepted at the spine center with a physician’s referral.

Dr. Chang earned his Doctor of Medicine degree from the State University of New York Health Science Center at Brooklyn, New York, where he also completed his residency in participation with King’s County Hospital Center.

Learn more about Dr. Chang and the Genesis Spine Center at www.geneshcs.org.

Genesis is making progress in its commitment to recruit new physicians.

In 2009, 31 new physicians joined the medical staff and we are actively recruiting more. Shown here are the physicians who have joined the medical staff in 2010.



Thomas E. Baker, M.D.
Emergency Medicine

Thomas E. Baker, M.D., is a board-certified emergency medicine physician. Dr. Baker earned his Doctor of Medicine degree from Wright State University School of Medicine in Dayton, Ohio. He completed his residency at Christ Hospital and Medical Center in Oak Lawn, Illinois.



William Chang, M.D.
Physical Medicine & Rehabilitation

William Chang, M.D., is a board-certified physical medicine and rehabilitation physician. Dr. Chang earned his Doctor of Medicine degree from the State University of New York Health Science Center at Brooklyn, New York. He also completed his residency there in participation with King's County Hospital Center. Dr. Chang's office is located at the Genesis Spine Center, 2945 Maple Ave., Zanesville, and his phone number is (740) 454-4712. See the related article in this issue of LiveWell.



David M. Barbara, M.D.
General Surgery

David M. Barbara, M.D., F.A.C.S., is a board-certified general surgeon. Dr. Barbara is a graduate of University of Kentucky College of Medicine in Lexington, Ky. He finished a one-year predoctoral honors fellowship in surgical pathology at the University of Kentucky Medical Center, and completed his residency at Hennepin County Medical Center in Minneapolis, Minn. Dr. Barbara has received several awards and honors such as the Excellence in Teaching Award in 1998 at the Ivy Tech College, awarded by the surgery students. His office is located at 2916 Vangader Dr., Zanesville, and his phone number is (740) 455-3311.



Stuart J.D. Chow, D.O.
Trauma and Acute Care Surgery

Stuart J.D. Chow, D.O., is a trauma surgeon and surgical intensivist. Dr. Chow is leading the development of the Genesis Trauma Program and is serving as its medical director. He is board-certified in surgical critical care and general surgery. He most recently served as an attending trauma surgeon, intensivist and general surgeon; medical director, surgical intensive care; and associate medical director of patient care services at Grant Medical Center in Columbus. Dr. Chow has held numerous administrative and academic leadership positions throughout his career, including chairman, section of trauma at Grant Medical Center and program director of the surgical intensive care fellowship. His office is located at 751 Forest Ave., Suite 200, Zanesville, and his phone number is (740) 455-7670. See the related article in this issue of LiveWell.



Bryan Bjornstad, M.D.
Neurology & Sleep Medicine

Bryan Bjornstad, M.D., is a neurologist with three board certifications in neurology, clinical neurophysiology and sleep medicine. Originally from Canton, Ohio, Dr. Bjornstad completed his undergraduate and medical school education at the University of Cincinnati. He then completed his internship, neurology residency training and fellowship training at the Mayo Clinic in Rochester, Minn. Following his training, Dr. Bjornstad was in private practice in Tennessee for approximately six years. He then moved back to Ohio two years ago to be closer to family. He has been in private practice in Beavercreek, Ohio, for an additional two years. Dr. Bjornstad is now working in the office of Michael Somple, M.D., at 751 Forest Ave., Suite 400, Zanesville, and his phone number is (740) 452-4053.



Edward Umlauf, D.O.
Hospital Medicine

Edward Umlauf, D.O. is a hospitalist. Dr. Umlauf earned his Doctor of Osteopathic Medicine at the Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed his residency at Western Reserve Care System of Northeastern Ohio Universities College of Medicine in Youngstown, Ohio.

For Your Life ... For Your Health

Programs

For more details about these programs, check out www.genesishcs.org and click on "Events & Classes" or call the Genesis NurseLine at (740) 455-4949 or 800-948-4949.



Babysitter's Training

Cost: \$35 includes training book, first aid kit, CPR training, lunch and snacks

Genesis HealthPlex Conference Center
8 a.m. to 4 p.m.
Wednesdays, June 16, June 30, July 14 & July 28

Perry County District Library, New Lexington
8 a.m. to 4 p.m.
Wednesday, Aug. 4

Through hands-on activities, videos, demonstrations, role-play and lively discussion, a team of Genesis registered nurses will teach youth ages 11 to 15 how to make decisions and solve real-life problems when babysitting.

Registration: Genesis NurseLine (740) 455-4949; 800-948-4949; or online at www.genesishcs.org; click on "Events & Classes."

Diabetes Exercise Program



Cost: \$100 for the 8-week session, financial aid available
Genesis-Bethesda Physicians Pavilion
Mondays & Wednesdays
– Call for dates and times

Kay Eicher, RN, combines her expertise as a certified group exercise instructor with her diabetes knowledge as both a registered nurse and a person who has lived with Type 1 diabetes for 28 years.

To find out more, including class times and dates, call (740) 454-4568 or toll free at 866-351-6688.

Coal Miner's Health Fair

Wednesday, May 26 • 9 a.m. to Noon
Coshocton Senior Center
201 Browns Lane, Coshocton

This event 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. Free screenings will be available, and a nurse practitioner will review results with you. The Department of Labor will help fill out applications and answer questions about black lung benefits. Registration is not necessary. Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328 for more information.



Spring Into Women's Health With Spirit

Wednesday, May 19 • 5:30 to 7:30 p.m.
Genesis HealthPlex

We are celebrating women with an event all about women. A focus of the event will be our first ever Spirit Baby Shower.

Guys, Grills & Good Health

Tuesday, June 15 • 5:30 to 7:30 p.m.
Genesis HealthPlex

Grills, Guys and Good Health is a fun program to help men understand which medical screenings they need and when. Unlike diagnostic tests, screenings help check for problems before there are symptoms.

The Confidence Factor – Loving and Laughing Through Life

Thursday, July 22 • 5:30 to 7:30 p.m.
Genesis HealthPlex

You'll learn important information about pelvic health, urinary incontinence, cervical cancer and how to enjoy life more.

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

Registration for programs and support groups is not necessary unless otherwise indicated.

Support Groups

Better Breathing Club – Genesis Black Lung & Respiratory Health Clinic

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

Learn About Walking Trails

Friday, May 7 • 1:30 to 3 p.m.
Genesis HealthPlex Rooms A & B
Speaker: Bonnie Daily, Muskingum Valley Park District

Summer Picnic

Friday, June 11 • Noon to 2:30 p.m.
Genesis HealthPlex Conference Center
Speaker: Dawn Huth, Northside Oxygen & Medical Equipment
Bring your favorite picnic covered dish; meat and condiments will be provided.
Registration Deadline: June 4 by calling (740) 454-4328.

Learn About the Genesis NurseLine

Friday, July 9 • 1:30 to 3:00 p.m.
Genesis HealthPlex Rooms A & B
Speaker: Connie Hardcastle, R.N., M.S.N.

Man to Man Prostate Cancer Support Group

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

Complementary Choices to Enhance Your Health

Monday, May 3 • 6 to 7 p.m.
Genesis-Bethesda Campus Meeting Rooms 4 and 5

Celebration Potluck Picnic

Monday, June 7 • 6 to 7 p.m.
Bethesda Shelter House

Support Buddies – Breast Cancer Survivors

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

Taking Time for Yourself

Wednesday, May 5 • 6 to 8 p.m.
Genesis HealthPlex Rooms A & B

An Evening of Friendship, Food & Fun

Wednesday, June 2 • 6 to 8 p.m.
Genesis-Bethesda Shelter House
Bring your favorite picnic food or dessert; drinks will be provided.

Look Good... Feel Better

Wednesdays, May 19, June 16 or July 21
6 to 7:30 p.m.
Genesis-Bethesda Meeting Room 3
Registration: American Cancer Society, 1-888-227-6446, dial "0"

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

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.

Tuesdays, May 25, June 22 & July 27
7 to 8:30 p.m.
Genesis HealthPlex Conference Room F

Diabetes

Registration: Genesis NurseLine (740) 455-4949; 800-948-4949; or online at www.geneshcs.org; click on "Events & Classes."

Type 1 and 2 Diabetes Discussion Panel

Thursday, May 20 • 6 to 7:30 p.m.
Genesis HealthPlex Conference Rooms A & B
Share your success stories and learn how to build your own support system.

Rehabilitation Support Groups

For more information, call (740) 454-4324 or 1-800-225-7957, ext. 4324.

Autism

Thursdays, May 27, June 24 & July 29
6 to 8 p.m.
Genesis HealthPlex Conference Rooms A & B

Stroke (CVA)

Mondays, May 3, June 7 & July 5 • 6 to 8 p.m.
Genesis-Bethesda 3 South Gym/Lounge Area

Wheelchair Bound – Spinal Cord/Bifida, Amputee & Cerebral Palsy

Monday, June 14 • 6 to 8 p.m.
Genesis-Bethesda Room 323

Brain Injury

Monday, May 17 – Genesis-Good Samaritan Meeting Rooms 1 & 2
Monday, June 21 – Fun and Games at Sunrise Bowling Center
Monday, July 19 – Potluck Picnic at Bethesda Shelter House
All meetings are 6 to 7:30 p.m.

Pain Management/Fibromyalgia

Monday, May 24 & July 26 • 6 to 8 p.m.
Genesis-Good Samaritan Meeting Room 1

Hospice Grief Support Groups

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

Especially for Men

4th Tuesday every month • 6:30 to 8 p.m.

HUGS – Helping Us Grieve Successfully

5-session grief support and education series for children 5 to 12
Various times during the year

Rainbow Group

4th Monday every month • 6 to 7:30 p.m.

Survivors of Suicide

1st Tuesday every month • 6:30 to 8 p.m.

Morgan County Support Group

4th Thursday every month • 4 to 5:30 p.m.
Kate Love Simpson Library, Main Street, McConnelsville

Perry County Support Group

4th Tuesday every month • 5:30 to 7 p.m.
First United Methodist Church, High Street, New Lexington

Social Gatherings

Men – 2nd Wednesday every month • 9 a.m.
Genesis-Bethesda Cafeteria
Women – 1st Tuesday every month • 11 a.m.
Golden Corral, Zanesville

Living Through Loss

5-week series held three times a year at various times

Individual Counseling

Meetings with a grief facilitator are available to examine the feelings and emotions of grief.

For more details about these programs, check out www.geneshcs.org and click on "Events & Classes" or call the Genesis NurseLine at (740) 455-4949 or 800-948-4949.

Childbirth & Parenting Programs

Registration: Genesis NurseLine (740) 455-4949; 800-948-4949; or online at www.geneshcs.org; click on "Events & Classes."

Spirit of Women New Mom's Tea

Wednesdays, May 19 & June 23
10 a.m. to Noon
Tuesday, July 13 • 10 a.m. to Noon
Genesis HealthPlex Conference Room A

Childbirth I – Early Pregnancy

Wednesdays, May 26 & July 28 • 7 to 9 p.m.

Baby Basics I

Wednesdays, May 19 & July 21 • 7 to 9 p.m.

Baby Basics II

Wednesday, June 16 • 7 to 9 p.m.

Childbirth II Birth Preparation Classes

Mondays, May 24-June 28 or July 12-Aug. 9
7 to 9 p.m.
Tuesdays, May 11-June 8 or June 22-July 20
7 to 9 p.m.
Thursdays, May 13-June 10 or June 24-July 22
7 to 9 p.m.
Saturdays, May 8 & 15; June 12 & 19, or July 10 & 17 • 8:30 a.m. to 12:30 p.m.

Refresher Childbirth II

Saturdays, May 8, June 12 & July 10
8:30 a.m. to 12:30 p.m.

Breastfeeding Classes

Wednesdays, May 12, June 9 & July 14
7 to 9 p.m.

Breastfeeding Support for Success

Mondays, May 3-24, June 7-28 & July 5-26
10 a.m. to Noon

Breastfeeding for Working Moms

Wednesdays, May 5, June 2 & July 7
1 to 3 p.m.

Sibling Classes

Wednesdays, May 12, June 9 & July 14
7 to 8:30 p.m.

Bellies, Bottoms and Backs: A Prenatal / Postpartum Program

Wednesdays, May 5 & July 7 • 6 to 8 p.m.
Saturday, June 5 • 1 to 3 p.m.

H.A.I.L. Healing After Infant Loss

Tuesday, June 1 • 7 to 8 p.m.
Genesis-Bethesda Meeting Rooms 4 & 5

Registration for programs and support groups is not necessary unless otherwise indicated.

CPR Classes

Cardiopulmonary resuscitation (CPR) classes are held at Genesis HealthPlex. To register, call the Genesis NurseLine to register at (740) 455-4949 or 1-800-948-4949.

CPR HeartSaver – Adult & Pediatric

\$35 per person
Monday, May 10 or Wednesday, July 7
4:30 to 7:30 p.m.
Monday, June 14 • 1 to 4 p.m.

CPR HeartSaver – Pediatric

\$15 per person
Wednesday, June 16 • 5:30 to 8 p.m.

CPR HealthCare Provider

\$40 per person
Fridays, May 21, June 25 or July 23
8:30 a.m. to 12:30 p.m.

CPR HealthCare Provider

\$40 per person
Mondays, May 24, June 28 or July 26,
3 to 7 p.m.

For those with a current American Heart Association HealthCare Provider CPR card, there is an e-learning option to renew. For information on using this option including online and manikin skills check-off requirements, call Greg Heclro at (740) 586-6541.

What Kind of Legacy Will You Leave?



For more information on how to create a lasting legacy through a bequest, please contact the Genesis HealthCare Foundation or log on to our website at www.geneshcs.org/foundation. We look forward to helping you.

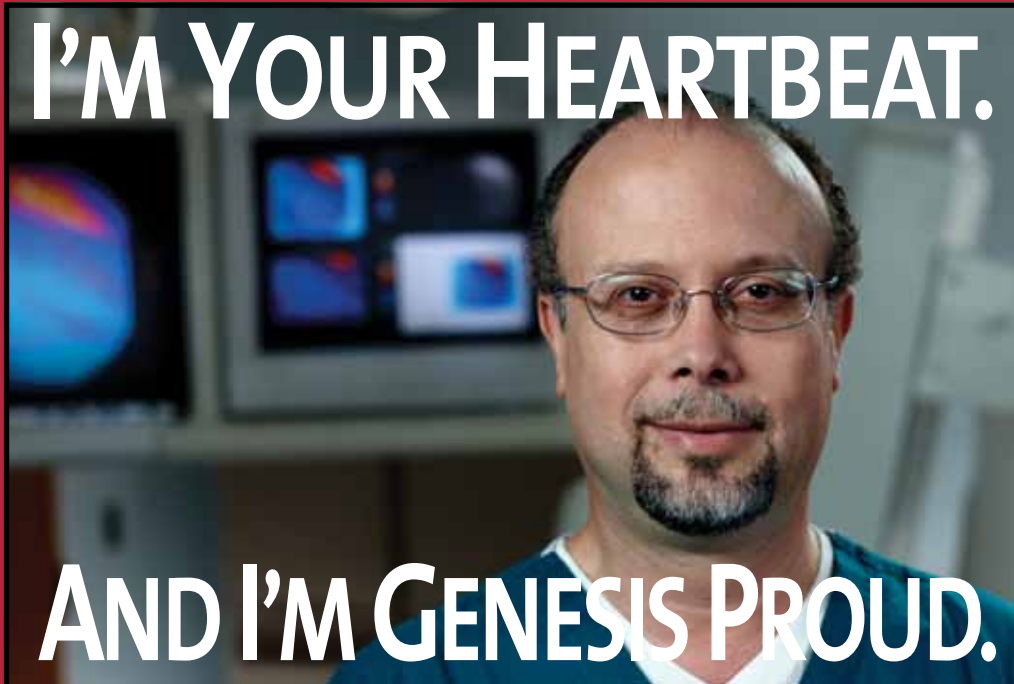
We all have a desire for significance. For many of us, significance comes through creating a legacy during our lives – something for which we will be remembered in the future. A bequest is perhaps the easiest and most tangible way to leave a lasting legacy to the people and charitable organizations that mean the most to us.

A bequest is a gift made through your will or trust. There are several ways to make a bequest:

- Specific dollar amount
- Percentage of your estate
- Specific asset
- Residue of your estate

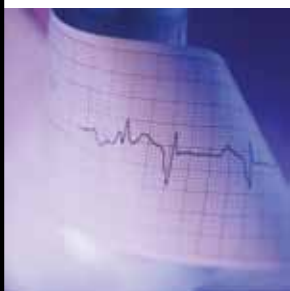
GENESIS HEALTHCARE
FOUNDATION

Change Service Requested



ELECTROPHYSIOLOGY HEART SERVICES.

Electrophysiology has to do with the monitoring and control of the electricity that regulates heart rhythm. Here at Genesis, our heart rhythm services include the latest in comprehensive electrophysiology technology, which is an important part of our full-service heart care program. We are proud to provide this specialized heart care service, here and now, for our community, family and friends.



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