

# LiveWell

**2018**  
WINTER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION



## SURVIVING THE WIDOW MAKER

Excellent Heart Care Saves  
Woman's Life

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**Genesis**  
HEALTHCARE SYSTEM

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Find out what’s happening at Genesis. Learn more about OneCall™, a new program to help you find a family doctor; our 4-Star rating; Genesis’ recognition for healthy worksite practices and more.



## **HELPING YOU AND YOUR FAMILY**

### **Find Doctors, Provide Expert Care and Avoid Opiates**

The beginning of a new year is often when we make plans to improve our health. Having a family doctor is a proven way to help you keep on track with your health goals. We’ve made it easier to find a family doctor with OneCall™. You can phone (740) 455-7500, and our trained specialists will help you find a family physician close to your home or work. Having a family doctor is essential to good health, and at Genesis it’s our mission to create the access to physicians that busy, working families need.

To have the capacity to see you sooner, we recruited more primary care physicians in 2017 than in any previous year in the history of Genesis. We have family doctor locations in Crooksville, Dresden, New Concord, New Lexington and Zanesville. Services include extended hours at some locations, same-day appointments, vaccinations and wellness and medical care for all ages except newborns.

We’ve also recruited many exceptional new specialists, including three OB/GYN physicians, our first midwife, electrophysiologists, a gastroenterologist, a hematologist/oncologist, an orthopedic surgeon, a cardiologist, emergency medicine physicians and hospitalists. You can learn more about some of our new physicians on the next page.

In this edition, you’ll find articles highlighting National Heart Month in February and the life-saving procedure Penny Higgins received after suffering a heart attack. The retired, local teacher helps you learn about heart attack symptoms and the experienced heart care she received from Abdulhay Albirini, M.D., and the heart care team at Genesis. Our heart care team has top-notch physicians from all over the United States. Genesis Heart & Vascular Services’ outcomes and patient experience scores rank among the highest in the state and nation, and you can read about our ratings inside this edition.

We have expert teams available at Genesis to care for you. Herb Ater was thankful our dedicated and skilled trauma team was able to provide timely care after he suffered serious injuries in a car crash. The Morgan County man underwent an eight-hour emergency surgery by Ian Alexander, M.D., Genesis orthopedic surgeon specializing in trauma. Herb is recovering, back to work and enjoying time with his family after receiving expert care from our board-certified orthopedic surgeons specializing in trauma.

You’ll also find an article inside this edition about a pain pump that eliminates the need for potentially habit-forming opiates following surgery. Robert Reicher, a 19-year-old athlete, had shoulder surgery and was glad he could avoid pain pills.

At Genesis we’re continually providing innovative ways to care for you and your family. I look forward to updating you in future issues of *LiveWell* as we continue to help you on your health journey.

*Matthew J. Perry* | Matthew J. Perry, President & CEO



## MEET TREVOR SHORT, M.D.

### *Internal Medicine*

Trevor Short, M.D., started working at PrimeCare of Southeastern Ohio in high school in medical records and returned in summer 2017 – this time practicing internal medicine. “The opportunity to come back and work as a physician now is exciting to me,” Dr. Short said.

Internal medicine includes disease diagnosis, prevention and management in adults. Dr. Short wanted to be a primary care physician because of the opportunity to build and maintain lifelong relationships with patients. “Part of the reason I find general internal medicine so appealing is the wide variety of problems that I care for,” he said. Dr. Short most commonly treats high blood pressure, diabetes, COPD, osteoporosis and high cholesterol. “As a primary care provider, you are often the first provider patients encounter.”

Dr. Short earned his doctor of medicine at Wright State University Boonshoft School of Medicine in Dayton. He completed his internal medicine residency at The Ohio State University Wexner Medical Center in Columbus.

“My father is a primary care physician in Zanesville, and I was born and raised here,” Dr. Short said. “I am excited for the opportunity to start my career in my hometown and give back to the community that shaped me.”

In his free time, Dr. Short enjoys spending time with his family, being outdoors, watching sports and playing video games. “My parents both still live in Zanesville, and my siblings both live in Columbus so spending time with them is easy,” he said.

Dr. Short’s office is at PrimeCare of Southeastern Ohio, 1210 Ashland Ave., and his office phone number is (740) 454-8551. He is accepting new patients.



## MEET PHU TRAN, M.D.

### *Genesis Cancer Services*

Phu Tran, M.D., hematologist/oncologist, joined Genesis in August 2017 because of the compassionate staff and the advanced technology. “They provide care for the whole patient – which is why I chose to work here,” Dr. Tran said. “The whole institution works together with one goal: to deliver the best possible care for patients. It is an ideal place for any physician to practice medicine.” Dr. Tran was practicing in California when he interviewed with Genesis.

Genesis leads the charge in treating and compassionately caring for patients with cancer. “A cancer diagnosis is a life-changing event. I have a lot of compassion for patients who suffer from cancer,” said Dr. Tran. “At Genesis, all physicians work together to not only help patients feel well, but to help address the needs of their families and significant others.”

Dr. Tran treats a wide variety of cancers, with special interests in treating lung, colon and pancreatic cancers. He also treats benign and malignant blood diseases. “The incidences of cancer have been rising,” Dr. Tran said. Multiple causes can explain this trend, which include aging, pollution, smoking, diet, inactivity and infection. However, lifestyle modifications such as smoking cessation, exercise, healthy diet and weight loss could reduce cancer development by one third, he noted.

Dr. Tran earned his doctor of medicine at Creighton University in Omaha, Nebraska. He completed his internal medicine residency at the University of Pittsburgh Medical Center in McKeesport, Pennsylvania, and his hematology/oncology fellowship at the University of California Irvine Medical Center in California.

In his free time, Dr. Tran enjoys traveling and spending time with his wife. “The people of Zanesville are very nice,” Dr. Tran said. “I’m enjoying what I’m doing in helping people any way I can.” Dr. Tran’s office is located at the Genesis Cancer Care Center at 2951 Maple Ave., and his office phone number is (740) 454-5271.

## WELCOME TO NEW PHYSICIAN



### **Salman Siddiqui, M.D.** *General Cardiology*

Salman Siddiqui, M.D., has joined the Genesis Heart, Lung & Vascular Group, specializing in cardiology. Dr. Siddiqui received his doctor of medicine at the Aga Khan University Medical College in Karachi, Pakistan. He completed his residency in internal medicine at the University of Texas Health Science Center at Houston; a fellowship

in cardiovascular diseases at the University of Cincinnati College of Medicine and a fellowship in advanced heart failure, cardiac transplantation and pulmonary hypertension at Temple University School of Medicine in Philadelphia, Pennsylvania. Dr. Siddiqui’s office is located in the Heart & Vascular Center at 955 Bethesda Drive, Zanesville, and the office number is (740) 454-0804.

# SURVIVING THE WIDOW MAKER

Excellent Heart Care Saves  
Woman's Life

It felt like indigestion, and she blamed a milkshake. The discomfort faded away and then returned with a vengeance. She also felt extremely tired, but chalked that up to being so busy. After a few days, Penny Higgins, 70, requested an appointment with her primary care physician. She described her symptoms to a nurse, who instructed her to go directly to the hospital because the symptoms matched those of a heart attack. "I didn't think it could be a heart attack – I didn't feel that bad," Penny remembers. "It wasn't like a heart attack in a movie scene."

Heart attacks in women often look and feel much less dramatic than the stereotypical elephant-on-the-chest scenario. Symptoms can include shortness of breath, light-headedness, cold sweats, nausea and neck, jaw or back pain.



*Penny Higgins is able to exercise again after suffering a heart attack and is grateful to the Heart & Vascular team at Genesis for saving her life.*

Penny didn't go directly to the hospital. She pressed on. That evening, at a board meeting for a local school foundation, new symptoms surfaced. Pressure tightened around her chest like rubber bands pulling, a stinging sensation shot down her arm, and her stomach pain caused vomiting. Yet she stubbornly drove herself home to get her husband before heading to the Genesis Emergency Department (ED).

## Minutes Matter

Within minutes of arriving at the ED, Penny realized just how serious the situation was. "Nine or ten people gathered around and began working with extreme efficiency. They told me I was indeed having a heart attack, and they had to work fast to save my life," Penny said.

The ED and interventional cardiology teams collaborated at full speed. Penny had a complete blockage at the beginning of her main artery down the front of the heart. As far as heart attacks go, this is a biggie – often referred to as the widow maker.

"When it comes to heart attacks, every minute counts, and time is heart muscle," said Abdulhay Albirini, M.D., interventional cardiologist with the Genesis Heart, Lung & Vascular Group. "Literally, every minute a blockage in an artery stops blood flow, more of the heart muscle dies. When care is delayed, significant permanent damage can result. On the other hand, if we can open the artery right away, heart muscle damage can be minimal and the majority of patients go on to live normal lives."

## Life-saving Procedure

Dr. Albirini and his team rushed Penny into the Cardiac Catheterization Lab for diagnosis and treatment. Through a tiny, two millimeter catheter, Dr. Albirini maneuvered a hair-thin wire through the clot and inflated a balloon to bust the blockage. Then he deployed a small, wire mesh stent to hold the artery permanently open. "They saved my life," Penny said. "I hope at least one person learns from my story. Don't be foolish like I was; get to the hospital right away."



**Abdulhay Albirini, M.D.**

Interventional Cardiologist, Genesis Heart, Lung & Vascular Group

**"I'm getting stronger daily. I feel like I've been given a chance to continue living a good life. The care at Genesis made all the difference. I know they saved my life."**

– Penny Higgins

In severe cases like Penny's, excellent, local medical care is vital for survival. "In the old days, before Genesis had a heart program doing these procedures, patients were transferred to Columbus – 60 miles from here – which delayed treatment," recalls Dr. Albirini. "Now, our communities have access to outstanding care close to home – it makes a big difference in outcomes."

In fact, Genesis Hospital provides superior heart and vascular care compared to the majority of the heart centers around the nation, according to national quality indicators collected by the American College of Cardiology. "We are successful because we have the expertise and the technology, and we work so well together. The ED team, the cardiologists, the technicians and nurses – everyone knows their role and treats the patient promptly," Dr. Albirini said.

Penny agrees and noted that even rehabilitation from her heart attack began soon after. "I was still in the hospital, and it was 12 or 14 hours after the procedure that they began talking with me about how to improve and sustain my life," Penny said.

## Learning to Make Changes

Penny takes her recovery and lifestyle changes seriously. In addition to improving her diet, Penny participated in Heart & Vascular Rehabilitation three times a week for three months. Combining exercise, education and support, the rehabilitation program strengthens individuals and solidifies lifestyle changes.

"Genesis' rehabilitation program is wonderful," Penny said. "We talked with pharmacists, had support groups and learned from nutritionists. I've built my strength by using the exercise machines too. Plus, I'm lucky because I have my husband. We've been married 51 years, and his support helps me get through this."

Next up for Penny? She's slowing down her lifestyle, eating out less and cooking more low-salt, low-fat foods. She has returned to water aerobics and will continue serving West Muskingum Schools, First Christian Church and the Salvation Army Women's Auxiliary.

"I'm getting stronger daily. I feel like I've been given a chance to continue living a good life," Penny said. "The care at Genesis made all the difference. I know they saved my life."

# TAKING QUALITY TO HEART

## Team Approach Leads to Success for Heart Care

High-quality heart care – at Genesis, it’s all about teamwork to meet patients’ needs. The team includes board-certified general and interventional cardiologists, electrophysiologists, cardiothoracic vascular surgeons, anesthesiologists, advanced practice providers, specially trained nurses and technicians along with critical care physicians.



## Nationally Recognized for Quality

Genesis Heart & Vascular Services has earned several national accreditations and recognitions in the treatment of chest pain, congestive heart failure and atrial fibrillation. Our outcomes and patient experience scores rank among the highest in the state and nation.

“Our team continuously works to improve the care of our patients. For example, Grant Chow, M.D., one of our electrophysiologists (EP) (specialists in heart rhythm management), has reduced the X-ray time of EP procedures to significantly below the national average,” said Tabitha McKenzie, R.N., B.S.N., director of Genesis Heart & Vascular Services.

*Genesis Heart, Lung & Vascular Services offers pillows to help with healing. Heart, Lung & Vascular Services physicians pictured bottom row left to right are Ariane Neyou, M.D.; Abdulhay Albirini, M.D.; Samar Khoury, M.D.; and Selomie Kebede, M.D. Middle row from left to right are Grant Chow, M.D.; Duane Pool, M.D.; and Christopher Genco, M.D.; and top row left to right are John Van Gilder, M.D.; Keith Brantley, M.D.; and Anwar Din, M.D.*

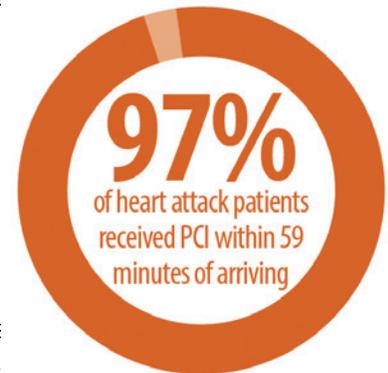
## The Right Size

Genesis has brought top-notch physicians from all over the United States to its heart team. And the state-of-the-art facility built in 2015 – the Genesis Heart & Vascular Center – is the perfect size to serve Southeastern Ohio.

“We are the optimal size for this community,” said Philip Bongiorno, M.D., cardiothoracic vascular surgeon. “Bigger isn’t necessarily better when it comes to health systems. Genesis is a manageable size where patients get to know their physicians and don’t feel overwhelmed.”

## Better Than National Standards

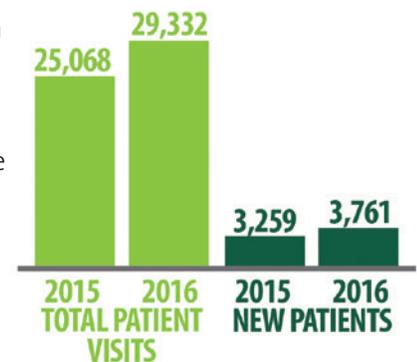
Genesis provides expert care to patients with chest pain quickly, beating national standards. For example, from October 2016 to September 2017, 97 percent of Genesis heart attack patients received potentially lifesaving percutaneous coronary intervention (PCI) within 59 minutes of arriving at the hospital when the national standard is 90 minutes. PCI is a non-surgical method to open narrowed arteries that supplies the heart with blood.



## More Patients and Still Growing

The Genesis Heart & Vascular Center is a busy place as the volume of visits and new patients steadily increases, as you can see from this graph.

Dr. Bongiorno said Genesis can accomplish virtually every procedure right here at home other than heart transplants. “Our physicians come from the finest academic centers from all over the nation,” he said. “We bring it to Genesis.”



# REDUCING PRESCRIBED OPIATES

Robert Reicher was glad he could use a pain pump following shoulder surgery and avoid taking pain medications.

## Young Patient Prefers Pain Pump

When a way to reduce opioid pain medication following surgery is available, both doctors and patients take notice. Robert Reicher, a college freshman, was excited to learn he could have surgery without taking opioid pain medication. The 19-year-old is a thrower on a college track team who was facing shoulder surgery.

The day of surgery, Howard Robinson, M.D., anesthesiologist, Zanesville Anesthesia Physicians, gave Robert the option of pain medication or using the ON-Q pain pump, a non-narcotic alternative for pain relief after surgery. Robert had been through a couple surgeries before so he chose the pain pump because of the zero risk of becoming addicted and not having the side effect of drowsiness he experienced with pain medication for other surgeries. "Having shoulder surgery was definitely easier than having my appendix or wisdom teeth out. This time, I felt normal while I was recovering."

## Patient in Control

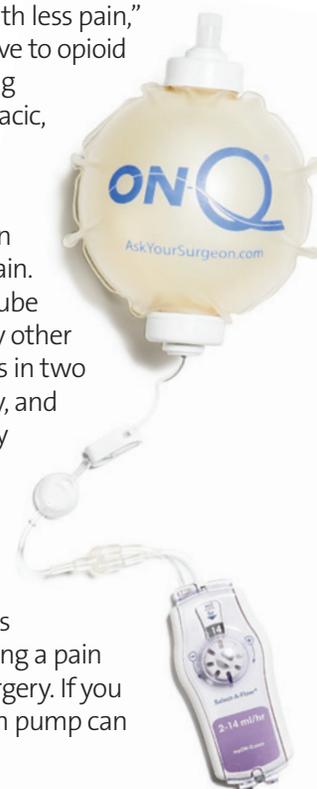
Before surgery, an anesthesiologist places a small tube near the nerves of the surgical site. Following surgery, a small pump, about the size of a tennis ball, clips to the patient's clothing or is carried in a small carrying case. "The pump releases medication every minute and provides exceptional pain relief avoiding opioid use altogether," said Dr. Robinson. "The pain pump is clinically proven to manage post-operative pain better than narcotics alone with fewer side effects." Narcotics are typically prescribed to help manage pain after surgery, but the side effects can make patients feel dizzy, drowsy, constipated or nauseated.

## Faster Recovery, Less Pain

Samuel Finck, D.O., Genesis orthopedic surgeon, performed Robert's arthroscopic labral repair. Dr. Finck finds the pain pump works on any age patient and many types of surgeries. "Pain management is a critical element of recovery for all of our surgical patients. Many patients are unaware of alternatives to narcotics for postoperative pain management," he said. "The ON-Q pain pump enables our clinicians to reduce the reliance on narcotics for treating surgical pain while helping our patients recover faster, with less pain," he said. The pain pump is an alternative to opioid pain medication for surgeries including orthopedic, cardiovascular/cardiothoracic, OB/GYN and general surgery.

Robert was enthused about the pain pump and the outcome. "If ON-Q is an option, I will never take pain meds again. It didn't make me drowsy, I took the tube out myself and not once did I take any other medicine for pain." The pump empties in two to five days, depending on the surgery, and the tube is removed and thrown away by the patient. Because the pain pump is used one time, infections are rare.

Genesis is helping reduce opiate use and the addiction epidemic Ohio faces and is the only hospital in the area using a pain pump to replace opiates following surgery. If you have surgery scheduled, ask if the pain pump can be used for your type of surgery.



# FROM BROKEN AND BUSTED TO WHOLE AND HEALING

Genesis Orthopedic Trauma Surgeons Provide 24/7 Care



*Herb Ater appreciates being able to spend time with his family after being severely injured in a car crash. The Genesis orthopedic surgeons specializing in trauma provided expert care, enabling Herb to get back to work and enjoy his family. Pictured left to right are cousin Collin Jackson, Herb, Shannon and Tresta Ater and kneeling Tre Ater.*

On a regular morning during his routine drive to work toward Zanesville, the horrific happened. In this life-altering, life-threatening moment, an oncoming vehicle veered out of its lane and pounded into the driver's door where Herb Ater, 39, of McConnelsville, was sitting.

Herb doesn't remember the emergency services team cutting through the roof of his vehicle to reach him. He doesn't remember the Genesis Community Ambulance trip or being whisked into trauma surgery at Genesis. But he does remember waking up the next day in Genesis Hospital. "They said I was very lucky to live through this," Herb said. "It was just a normal day, but it could have been my last day."

The crash caused a vast list of painful injuries: Herb's left femur snapped and protruded through his leg; his left arm shattered in three places; and he broke an ankle and the lower part of his right leg. Several of his ribs cracked; he suffered a third-degree burn on his right arm; and he had several lacerations across his face and hands. "I was a train wreck, and Genesis put me back together," Herb said.

## Immediate Care for Traumatic Injuries

During the eight-hour surgery, one of Genesis' orthopedic trauma surgeons, Ian Alexander, M.D., repaired Herb's left femur by placing a metal rod through the middle of the bone. He also used a metal plate and 13 screws to hold together Herb's arm. Then, Dr. Alexander set and cast Herb's right leg and ankle. "The surgery went very well, and we were able to get to his injuries right away," said Dr. Alexander. "Timeliness of care is a big issue. When we get a call from the Emergency Department that a trauma patient is on the way, we can be at the patient's bedside in a timely fashion and provide surgery as soon as medically possible after the patient arrives at the hospital. It's a real advantage of Genesis' dedicated trauma team and their expertise."



**Ian Alexander, M.D.**

Orthopedic Surgeon, Genesis Orthopedic Group

To ensure such timeliness, a board-certified orthopedic surgeon with a specialty in trauma remains on call 24 hours a day, seven days a week at Genesis Hospital. Each of these orthopedic trauma surgeons has expertise in acute care/trauma and has extensive experience before joining the Genesis team. "Knowing that we are a well-vetted, highly-trained, seasoned orthopedic team, dedicated to providing the optimal care for the area's patients, brings our patients comfort," said Amy Tucker, M.D., orthopedic surgeon specializing in trauma at Genesis. "We follow best practices in the management of orthopedic injuries, and our response time is excellent."

Dr. Tucker and physicians on the team provided the post-operative and follow-up care for Herb. "He had multiple injuries but with excellent care is recovering well and is resuming regular activities," Dr. Tucker remembers. After eight weeks of being in a wheelchair to relieve pressure on his broken ankle and right leg, Herb is now walking and working again. He admits that his injuries make serving as a general maintenance laborer more difficult. He's on his feet all day, can't lift much with his recovering arm, and is still healing. Yet with an ever-positive outlook, Herb sings praises of the Genesis teams that collaborated to save him and provide his broken, busted body with the best care possible.

## Skilled Physicians

"The whole group of doctors was awesome," Herb said. "They explained everything in detail, kept us up-to-date, answered our questions and helped my wife, mom and sister all feel comfortable. I was in safe hands, and they did an amazing job."

Throughout the healing process, Herb said his focus has been on his loved ones. As father to a 16-year-old son and 12-year-old daughter, and husband to his wife Shannon, Herb says the accident strengthened and renewed their family bonds.

"It has helped me appreciate the little things, because you might not be here tomorrow," Herb said. "I spend a lot of time with my children. We are a close family, and we have a great time together." His wife, Shannon, noted how the traumatic event greatly impacted each person in the family – and proved that they can come together during the storms of life.

"You definitely realize how quickly things can change. I wouldn't know what to do without him," Shannon said. "You realize how much someone means to you. It's so important to be together, and family really comes together in tough times. We're so thankful to Genesis for being there when he desperately needed help."

You can find more information about the care offered at the Genesis Neuroscience & Orthopedic Center at [genesishcs.org](http://genesishcs.org).

# HAPPENINGS



## Genesis Earns 4-Star Rating

Genesis recently received a 4-Star rating from the Centers for Medicare & Medicaid Services (CMS) for Overall Hospital Quality. The Star Rating System is designed to help you compare hospitals in an easy, understandable way. It uses inpatient and outpatient quality reporting to determine the star ratings.

“Achieving a 4-Star rating validates the efforts of our entire health care team who focus on improving the quality of care we provide for families and friends,” said Daniel Scheerer, M.D., chief medical affairs officer for Genesis HealthCare System. “This transparent assessment from CMS is a signal to our community that we are committed to being a health care system with an emphasis on quality and safety.”

Twenty-five percent of our nation’s hospitals have a 4-Star rating. Only seven percent have a 5-Star rating. For more information about our 4-Star rating, go to [genesishcs.org](http://genesishcs.org).

*Displaying stars for the 4-Star rating are Carlie Woodard, R.N., Nursing Care Team; Talena Barnhart, R.N., Step-down Unit; Janet Hittle, Environmental Services; and Anna Embrey, R.N., Step-down Unit.*

## Samuel A. Finck, D.O.



### Joins Genesis Orthopedic Group

Samuel A. Finck, D.O., has joined the Genesis Orthopedic Group. Dr. Finck is a board-certified orthopedic surgeon and fellowship-trained sports medicine specialist. He has been a member of the Genesis Medical

Staff and full-time physician in the area since 2010. Dr. Finck completed his doctor of osteopathic medicine at Ohio University College of Osteopathic Medicine in Athens. He completed his orthopedic surgery residency at Doctor’s West Hospital in Columbus and then completed an orthopedic sports medicine fellowship at Wellington Orthopedic/University of Cincinnati Program in Cincinnati. Dr. Finck’s office is located in the Genesis Neuroscience & Orthopedic Center, 955 Bethesda Drive, Zanesville. He is accepting new patients. The phone number is (740) 586-6828.



## Let Us Help You Find a Family Doctor

### OneCall™ Does it All

Having a family doctor is essential to good health, and at Genesis it’s our mission to create the access to physicians that busy, working families like you need. The hustle and bustle of kids’ after-school activities, sports, working late and errands can leave limited time to care for you and your family.

We now have one phone number that you can call to establish a family doctor who fits your individual need. All you have to do is call (740) 455-7500, and our scheduling specialists will find the right doctor for you in the location that is close to your home or work. Our representatives listen to you and help find the family doctor who will be the best fit for you.

Chances are that you or someone you know has had difficulty when trying to find a local family doctor. In the past, you had to make several calls to find out who was accepting new patients, who had an opening that fit your schedule, and sometimes you had to wait weeks to get that appointment. We have recruited new primary care physicians, including family and internal medicine practitioners, to have the capacity to see patients sooner.

### Our Family Doctors Offer:

- Compassionate, quality health care for you and your family
- Same-day appointments depending on availability
- Extended hours
- Vaccines
- Care for all ages except newborns

### Convenient Locations

Genesis has family doctors who are accepting new patients where you work or live:

- Crooksville
- Dresden
- New Concord
- New Lexington
- Zanesville

If you don’t have a family doctor, it’s easier to find one than ever before. Give us a call to see how we can help your family today.



## Wellness Team Earns Silver

### Genesis Honored for Healthy Worksite Practices

Genesis HealthCare System has been recognized for the third year in a row by the Healthy Business Council of Ohio (HBCO) for healthy worksite practices and commitment to the health and well-being of its employees. The Wellness team offers employee programs that encourage physical activity, weight loss, better nutrition and preventing or stopping tobacco use.

The popular Weight is Over program includes weigh-ins, weight loss charts and tips on exercise, nutrition and adopting healthy behaviors. In 2017, 497 employees from 31 departments participated and lost over 5,000 pounds.

*Pictured with the award are Genesis Wellness Wins staff, left to right, Lori Lindsey, R.N., and Kelly Zumbro, R.N.*



## Gift of Life Event

Genesis and Lifeline of Ohio had record attendance at an event to honor the heroes of organ, eye and tissue donation. The Gift of Life event was held for donor families and recipients to decorate ornaments in honor of their loved one who gave the gifts of life through organ donation.

Genesis has been recognized for helping its employees and the community learn about the impact and importance of being an organ, eye and tissue donor. For more information about organ donation, go to [genesishcs.org](http://genesishcs.org). To register to become a donor, go to [lifelineofohio.org](http://lifelineofohio.org).

*Participating in the Gift of Life event are Addison, Kortney and Matthew Witherow, whose father, Daniel Witherow, died in May and enhanced lives through tissue and eye donation.*



## Volunteers Support Our Patients and Families

Genesis has more than 370 volunteers who donate their time to help patients and staff. Volunteers make a difference in the lives of others by escorting patients and visitors, transporting items throughout the hospital, doing office work and working the information desk and Genesis Hospital Gift Shop. Their time in the hospital gift shop and at the annual fundraising events totaled 40,772 hours in 2016. You can make a difference in the lives of others by becoming a Genesis Volunteer. Call (740) 454-4700 or go to [genesishcs.org](http://genesishcs.org).

*Pictured above are Genesis Volunteers Carole Sowards, front, and Delores Sechrist, back, stocking shelves in the gift shop.*



## Free Addiction Support Group

Ohio ranks as one of the top states for drug addiction, and you or someone you know might be directly impacted. Genesis Behavioral Health offers a free community support group for family and friends of those battling addiction. The Genesis Addiction Support Group meets the second Thursday each month from 6:30 to 7:30 p.m. at Genesis Behavioral Health, 2951 Maple Ave., in the outpatient area.

The Genesis Addiction Support Group participants share openly or listen as the common struggles and concerns of a family member or friend suffering from addiction are discussed. Registration is not required. For more information, call Denise Williams, manager, Behavioral Health, at (740) 454-4366.

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CHANGE SERVICE REQUESTED

## LiveWell

is a quarterly publication of  
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**If you would like to be added to or removed  
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You can also find *LiveWell* on the Genesis  
website at [genesishcs.org](http://genesishcs.org).

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# WHAT LEGACY WILL YOU LEAVE?

We all desire significance – to lead happy and fulfilled lives surrounded by family and friends.

For many of us, there is a compelling need to make a difference ... to leave a lasting impact on the people most dear to us and the world in which we live. The search for significance and desire to plan for the future leads many to ponder their legacy. What kind of legacy will you leave?

Please contact us to learn how you can make a difference in the lives and causes you love.



Genesis HealthCare  
**Foundation**

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