

LiveWell

A SPECIAL EDITION

GENESIS IS ONE OF AMERICA'S TOP 50 HEART HOSPITALS

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Genesis
HEALTHCARE SYSTEM

Better Begins Here



OFF TO A GREAT START

In the past month, *Fortune Magazine/PINC AI*, a healthcare improvement technology company, ranked Genesis as one of America's top 50 heart hospitals. We also opened the Genesis Coshocton Medical Center. Wow, what a month.

These milestones are the result of many years of recruiting and supporting the best people, implementing innovative technology and, most importantly, the support we received from you. You trusted us to care for you when you were in need. Your faith in us made these achievements possible.

We thank you and applaud the efforts of everyone at Genesis. Their work has and will continue to save lives. According to *Fortune Magazine/PINC AI*, if all hospitals performed at the top 50 heart hospital level, an additional 7,600 lives could be saved each year nationally.

With the Genesis Coshocton Medical Center providing local access to high-quality care, more families and neighbors can live longer, healthier and more enjoyable lives.

New to Genesis Heart & Vascular Group

We continually invest in technology and recruitment of physicians with the skills, experience and knowledge to advance the care we provide. In this issue, you can learn about our new medical director of thoracic surgery.

Power restored

Some patients do not return to life as it was. They improve. In this issue, a Coshocton native tells us how the support of his medical team after he suffered two heart attacks helped him change his life.

You'll also meet a patient who benefited from a therapy using platelet-rich plasma. He is pain-free and enjoying his lifelong hobby, restoring vintage cars.

Community Benefit Report

Genesis HealthCare System annually provides no- and low-cost services, screenings, classes and events to help our communities get and stay well. These programs, investments and outcomes are reported in the *Community Benefit Report*, which is included in this special edition of *LiveWell*. These services are just some of many ways Genesis gives back to our communities every year.

In good health,

 | Matthew J. Perry
President & CEO

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Awarded by *Fortune*/PINC AI.

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Now open! Find out what services are available at our new medical center.



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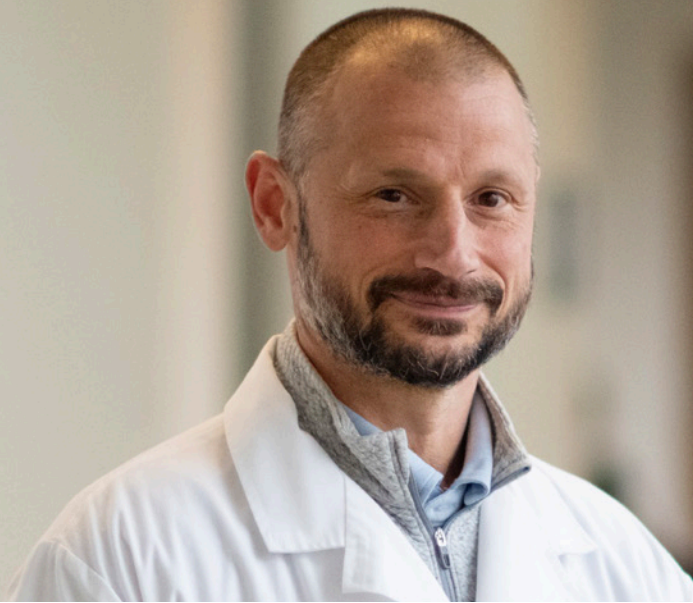
Every issue of *LiveWell* includes articles containing information and tips on staying healthy. Visit genesishcs.org or our Facebook page for podcasts, blogs, quizzes and web stories featuring more ways to keep you and your family well.

2023 ISSUE

COMMUNITY BENEFIT REPORT

This special issue of *LiveWell* includes our *Community Benefit Report*. The report highlights our investment in community health in 2022 as part of living our mission and upholding our nonprofit status.

Learn more about Genesis at genesishcs.org.



SPOTLIGHT ON EDMUND KASSIS, M.D.

Thoracic Surgery

Edmund Kassis, M.D., a Fellowship-trained and Board-certified Thoracic Surgeon, brings both clinical experience and leadership skills to his new position with Genesis HealthCare System.

In addition to performing surgeries at Genesis Hospital, Dr. Kassis serves as medical director of thoracic surgery within the Genesis Heart & Vascular Group.

Dr. Kassis specializes in the surgical removal of lung cancer, esophageal cancer and mediastinal tumors. He performs a full range of traditional and minimally invasive procedures, and optimizes patient benefits by frequently utilizing innovative robotic-assisted technologies in the treatment of thoracic cancers.

"Robotic-assisted technology allows outstanding visualization of the chest," he said. "The instrumentation is like working with your hands but doesn't require spreading a patient's ribs and uses much smaller incisions. Patients who are candidates benefit from shorter hospital stays, less pain and the ability to return to work and normal activities faster."

Initially inspired to pursue medicine by family members who passed away from lung cancer, Dr. Kassis aims to help others facing similar diagnoses. He takes a direct approach to educating patients and strives to provide top-quality surgical care. "I always have my patients' best interests in mind and want them to understand their treatment," he said.

When asked about his most rewarding professional moments, Dr. Kassis said they include the satisfaction of an operation well done, seeing patients thriving in the hospital post-surgery and congratulating patients at the five-year mark when they are declared cancer-free.

Outside of work, Dr. Kassis enjoys taking his body to the extreme. Always moving, he has completed multiple Ironman competitions and is training for a 36-hour endurance hike. He also golfs and scuba dives.

Doctor of Medicine:

University of Pittsburgh, Pittsburgh, Pennsylvania

General Surgery Residency:

The Johns Hopkins University,
Baltimore, Maryland
Chief Resident

Fellowships:

Surgical Oncology, National Cancer Institute,
Bethesda, Maryland
Cardiothoracic Surgery, The University of Texas,
Houston, Texas

Board-certified:

American Board of Surgery, American Board of
Thoracic Surgery

GENESIS IS ONE OF **AMERICA'S TOP 50** HEART HOSPITALS.

AWARDED BY *FORTUNE/PINC AI*



For more than 70 years, heart disease has taken more American lives than any other illness or injury. That is why Genesis HealthCare System created the Genesis Heart & Vascular Institute. It is why we recruit the best heart doctors and invest in the most innovative technology to perform advanced heart procedures.

"Achieving this national recognition as one of the top 50 heart hospitals in America is a huge honor for the entire team at Genesis," said Matt Perry, President and CEO of Genesis HealthCare System. "This level of exceptional care our team provides each patient is the result of many years of building an exceptional team of physicians, nurses and technicians, and implementing the latest, innovative technologies. You trusted us to care for you when you were in need of heart care, and your faith in us made this achievement possible."

When *Fortune Magazine/PINC AI*, a healthcare improvement technology company, rated hospitals across the United States for 2023, Genesis ranked number seven in the community heart hospital category, the highest community ranking in Ohio.

Rankings were based on results for treating patients with a wide range of heart conditions and the cost of that care. According to *Fortune Magazine/PINC AI*, the winning hospitals achieved the following successes compared to non-winning hospitals:

- Significantly higher inpatient survival rates (19.0 to 40.6% higher).
- Fewer patients with complications (13.2 to 15.4% fewer complications).
- Higher 30-day survival rates for acute myocardial infarction (AMI), heart failure (HF) and coronary artery bypass grafting (CABG) patients (0.4 to 0.9% points higher).
- Lower 30-day readmission rates for AMI, HF and CABG patients (0.5 to 1.0% points lower).
- Average lengths of stay varied between patient groups from 0.6 (AMI, HF, PCI) to 0.8 (CABG) shorter length of stay.
- \$860 to \$5,076 less in total costs per patient case (the smallest dollar-amount difference was for HF, and the largest was for CABG).
- Lower average 30-day episode of care payments for AMI and HF (\$1,493 and \$781 less per episode, respectively).
- Patients had a better experience at benchmark hospitals compared to peer hospitals, with a top-box HCAHPS score of 75% versus 70%.

"The recognition of being one of the top 50 heart hospitals is an outstanding accomplishment," said Tabitha McKenzie, R.N., BSN, MBA, Director of Genesis Heart & Vascular Services. "The team continues to do a phenomenal job. They are dedicated to bringing the best heart care to our patients and community."

If all hospitals performed at top 50 heart hospital levels, each year there would be more than:

- 7,600 lives saved.
- 6,700 complication-free heart patients.
- \$1 billion saved.

According to *Fortune Magazine/PINC AI*.





A platelet-rich plasma injection restored John Rusinko's hamstring, and he's back to restoring vintage cars.

"Where there was a grimace on their face from pain with certain movements, there's now a smile as they show off what they can do."

— Brenton Bohlig, M.D.

RESTORED: MUSCLE CARS AND TORN MUSCLES

Taking a worn-down, broken muscle car and transforming it into a flashy fresh ride takes time, skills and finances, but John Rusinko and his wife Haddi say it's worth it. They spend retirement side by side, saving vintage vehicles from rusty fates by restoring them into gorgeous, roaring rides.

Last year, John's attention broadened from restoring muscle cars to restoring muscle when he was thrown from his lawn mower after sliding down a steep hill on his property.

"I believe that's when I hurt my hamstring," he said. "A month later, I went hunting and fell."

For the next several months, John lived with a sharp, stabbing pain. An MRI revealed a partially torn hamstring muscle. Despite steroid injections and physical therapy, the pain remained. Then he met Brenton Bohlig, M.D., a Fellowship-trained and Board-certified Physical Medicine and Rehabilitation Specialist at Genesis Orthopedic Sports Medicine, who recommended a platelet-rich plasma (PRP) injection.

Accelerate healing by fueling up

PRP treatments use the patient's blood cells to accelerate healing. To create the platelet-rich plasma, a sample of whole blood is usually drawn from the arm and then placed into a device called a centrifuge. The centrifuge spins until the platelets separate and become concentrated within the blood's plasma. This platelet-dense precious plasma can fuel and accelerate healing when injected directly into an injured area.

"Using platelet-rich plasma harnesses the body's natural healing ability," said Dr. Bohlig. The injection utilizes the patient's blood as the activating agent, so patients sidestep adverse reactions that may come with medications or foreign substances.

"It's a more natural way. Harnessing the proteins and growth factors that promote healing lets your body do what it's meant to do. We simply direct where the healing takes place. It's wonderful to see how this treatment benefits people with partially torn tendons and ligaments," Dr. Bohlig said.

PRP injections deliver results

On the day of the injection, Dr. Bohlig told John not to anticipate results for about six weeks. John waited patiently, and relief came right on cue.

"Within the seventh week, I was walking fine. Before, it felt like someone had stuck a knife in me and never pulled it out, but after those six weeks, I had no pain. All because of my blood," he said. "No medications, no therapy, just my blood."

Guiding patients on the road to recovery

With his hamstring healed, John returned to living his best life. He remains pain-free more than a year after the PRP injection. He hunts, chops wood and cares for his land. On most days, John uses his restored hamstring to twist and turn around the vehicles he and his wife enjoy restoring.

For Dr. Bohlig, success stories like John's fuel his desire to restore people to their best quality of life. "It's great to see people return after treatment," he said. "Where there was a grimace on their face from pain with certain movements, there's now a smile as they show off what they can do. I'm thrilled that we can provide the care they need on the road to recovery."



Brenton Bohlig, M.D.

Fellowship-trained and Board-certified Physical Medicine and Rehabilitation Specialist
Genesis Orthopedic Sports Medicine

PORTION CONTROL AND POWER WALKING

A few years ago, Tim Lewis of Coshocton, Ohio, had trouble doing most things. He was morbidly obese, suffered from emphysema and had trouble sleeping. He was constantly out of breath and could barely walk from room to room in his house.

Tim knew he had to do something about his health because he is a single father to a preteen daughter. "It was hard for me to go to school and athletic events and fun things she enjoys, like shopping," he said. "I had to find a way to take better care of myself, so I could take care of her."

"He was so dedicated to following both regimens that he lost 190 pounds in 13 months."

A transformation takes root

Unfortunately, his health was so poor that Tim suffered two heart attacks in the summer of 2021. After the second heart attack, he had stents put in at Genesis Hospital, which he said helped with his breathing. After his discharge, Tim was worried about recovery. "I knew I needed to eat better and exercise to get back on track, but I didn't feel like I had the energy to do anything. I felt so fragile," he said.

Then he noticed something that turned out to be the key to a complete transformation in his health and life. "I got home and saw that I'd lost 20 pounds during my hospital stay. I was happy about it but couldn't figure out how it happened."

At his first check-up with Christy Zigo, APRN-CNP, Nurse Practitioner at the Genesis Heart & Vascular Group in Coshocton, Tim told her about his fear of not being able to recover fully.

Zigo took the time to discuss his treatment, recovery plan and the future at length. Reassured about many of his concerns, Tim asked how he could have dropped 20 pounds so quickly.

"When Tim came to the office, he was motivated to improve his health and unsure how he had made such progress while in the hospital," said Zigo. "I explained that while in the hospital, Genesis dietitians planned his meals to follow the portion, caloric and nutritional guidelines for his illness. In a nutshell, portion control."

Half his size and completely whole

At home, Tim adopted the hospital menu. "Portion control and encouragement from the Genesis nurses and specialists worked wonders for me," said Tim. He also started walking daily. He was so dedicated to following both regimens that he lost 190 pounds in 13 months. "Walking is my number one hobby now," he said. He leaves his house every day before noon and walks a few different routes he's created throughout the city of Coshocton.

Since he started working with the Genesis Heart and Vascular team, Tim said that everything has improved for himself and his daughter. He feels better, and she is happy to have a more active dad. "I want to tell my story to everyone," he said. "I am so grateful to Genesis for getting the ball rolling for me."



Christy Zigo, APRN-CNP
Nurse Practitioner
Genesis Heart & Vascular Group



"I had to find a way to take better care of myself, so I could take care of my daughter."
— Tim Lewis



Watch Tim share his story in a video. Use the camera on your smartphone to take a picture of the QR code, or visit genesishcs.org.

Tim credits his daily walk and portion control for getting healthy.



Recognizing depression

Occasional sadness is a normal part of life. We all experience things that upset us or make us angry. However, if you or someone you care for is persistently sad, irritable or angry, you or they could be suffering from depression.

What is depression?

Depression is a common and serious medical illness. Also known as major depressive disorder, it negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable.

According to the National Institute of Mental Health, if you, a family member or friend report the following for more than two weeks, a visit to a doctor is a good idea.

- Feeling sad, anxious or empty
- Feeling hopeless or pessimistic
- Feeling irritable, frustrated or restless
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in hobbies and activities
- Feeling tired all the time or feeling like you are moving slowly
- Difficulty concentrating, remembering or making decisions
- Difficulty falling asleep, staying asleep or sleeping too much
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps or digestive problems without a clear physical cause and that do not ease with treatment

Next steps

Untreated depression can lead to a variety of emotional and physical problems and can decrease the ability to function at work and at home.

If you're concerned that you or someone close to you is depressed, you're not alone. Let your primary care provider know what you are thinking and feeling, and urge your family and friends to do the same.



THREE SNEAKY WAYS

to add protein to your diet if you don't like meat

Protein. You know you need it, but if you don't like meat or are opposed to eating it, it might feel like your options are limited. After all, you can only dip apples in peanut butter so many times before it starts to get old. It's tempting to ignore, but protein is crucial for a healthy diet.

According to the National Library of Medicine, protein can help you heal more quickly, support healthy weight loss and lower your blood pressure.

If the thought of a big juicy steak doesn't make you salivate, don't worry. Whether you're on a plant-based diet or can't bear another bite of greasy ground beef, here are a few delicious ways to get more protein into your diet.

Add snacks to your rotation

Have you ever grabbed a snack to appease your grumbling stomach, only to still feel hungry? According to the National Library of Medicine, a protein-rich diet can help you feel fuller longer. Fend off the midday munchies with one of these snacks.

- Keep sunflower or pumpkin seeds, edamame or string cheese on hand for a quick pick-me-up.
- Cottage cheese is a protein powerhouse. It's a great snack on its own or with fruit.

Swap an ingredient in one of your go-to meals with a protein-rich alternative

If an ingredient isn't crucial to the structure of the meal, try switching it out with a protein-fueled substitute. Experiment to find the best fit for your dish. It might take some trial and error, but it will be worth it in the long run.

- Switch up your spaghetti dinner by using whole-grain pasta. If you don't like the taste of whole-grain noodles, try chickpea pasta instead. Both are protein-rich options.
- Is plain Greek yogurt too bitter for you on its own? Try using it in place of sour cream instead. You probably won't notice the difference during your next taco night.
- Making a rice dish? Use quinoa or lentils as a base instead.

Boost your favorite meals by adding protein

Adding protein to a meal doesn't have to mean adding a piece of grilled chicken to your plate. Adding an extra ingredient (or two) can enhance the flavor of your meal while making it healthier. You never know, you might find a new way to prepare your favorite dish.

- Next time you pour yourself a bowl of cereal, toss in some cashews or peanuts for an extra crunch and boost of protein.
- Love ramen? Add an egg, mushrooms or high-protein vegetables like cooked spinach or peas to your noodles.

- Insta pot - lentil soup



Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 4 medium carrots, diced
- 3 stalks celery, diced
- 4 sprigs fresh thyme
- 1 teaspoon kosher salt
- ¾ teaspoon smoked paprika
- ½ teaspoon black pepper
- 1 ½ cups French green lentils
- 4 cloves garlic, minced (about 4 teaspoons)
- 1 can fire-roasted tomatoes, diced (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 4 cups low-sodium vegetable broth
- Fresh parsley for serving, chopped
- Parmesan cheese, freshly grated, optional
- Crusty bread, optional

Nutritional information:

- Serving size: 1 ½ cups
- Number of servings: 6
- Calories per serving: 236
- Total fat: 12 g
- Saturated fat: 5 g
- Cholesterol: 135 mg
- Sodium: 516 mg
- Carbohydrates: 12 g
- Fiber: 16 g
- Sugar: 10 g
- Protein: 36 g

Instructions:

Drizzle the oil into the pot. Set to sauté. Once the oil is hot, add the onion and stir. Continue to cook the onion, stirring often, until it is very soft, beginning to lightly brown and break down, about 8 minutes.

Dice carrots and celery and add to the pot. Sauté until the carrots and celery are barely soft, about 2 minutes. Bundle the thyme sprigs together to make them easier to pull out later. Add salt, smoked paprika and pepper.

Add the lentils and garlic to the pot and stir to coat them in the spices. Let cook 30 seconds until the garlic is fragrant. Add the diced tomatoes, crushed tomatoes and vegetable broth.

Cover and seal the instant pot. Set to cook on high pressure for 15 minutes, then allow the cooker to release pressure naturally. This will take about 10 to 15 additional minutes.

Open the lid and stir the soup. Remove the thyme stems, leaving the leaves in the soup. If the soup is too thick for your liking, thin with a bit of water or additional stock until you reach your desired consistency. Taste and adjust the seasonings as desired.

Serve hot with a sprinkle of parsley, Parmesan cheese and bread for dipping.

Storage:

Place leftover soup in an airtight container in the refrigerator for up to five days, or freeze for up to three months. Let thaw overnight in the refrigerator before reheating.



Approved by:
Maurine Maneely
Genesis Registered Dietitian

GENESIS COSHOCTON MEDICAL CENTER

The new 60,000-square-foot center brings together 200+ employees, including the region's best physicians, advanced practice providers, nurses, multi-skilled technicians, technologists, therapists, and other clinical and support staff.

The Genesis Coshocton Medical Center offers:

Emergency Department open 24 hours a day, 7 days a week

- 10 patient rooms
- Specialized rooms for major medical resuscitation and behavioral health needs
- Genesis Community Ambulance Service medical transport

Outpatient Surgery

- 9 pre/post rooms, 2 surgical suites and 1 minor procedure room
- Surgeries and procedures: examples include orthopedics and orthopedic sports medicine; podiatry, ENT, urogynecology, OB/GYN, endoscopy and general surgery

Overnight Observation Unit

- 10 patient rooms

Imaging

- Magnetic Resonance Imaging
- Computed Tomography (CT) scans
- X-ray
- 3D Mammography
- Ultrasound

Laboratory for patient testing such as blood draws open 24/7

- Cardiac diagnostics such as echocardiograms, stress tests, vascular ultrasound, EKGs, Holter monitors and cardiac computed tomography scans (CTs)
- Respiratory therapy, including pulmonary function tests and arterial blood gases
- Physical, occupational and speech therapies
- Medical offices for physician specialists
 - Surgeons
 - General and Invasive Cardiologists
 - Gastroenterologists
 - Ear, Nose and Throat Specialists



High-quality healthcare throughout Coshocton

In addition to the Coshocton Medical Center, Genesis offers other healthcare services in the Coshocton area, including:

- Primary Care, 410 Main Street, Suite A & 23599 Airport Road
- Orthopedics, 23599 Airport Road
- Urogynecology, 23599 Airport Road
- OB/GYN, 23599 Airport Road
- Podiatry, 23599 Airport Road
- Occupational Health, 23599 Airport Road

Celebrating the opening

Before the Genesis Coshocton Medical Center officially opened its doors, multiple events were held to celebrate what this new healthcare facility means to the residents of Coshocton and surrounding counties.

Here is a look at the festivities:



Ribbon-cutting ceremony

Genesis board and team members and Coshocton community leaders gathered for a ribbon-cutting ceremony on Thursday, March 16.

Family Fun Day

Community members of all ages toured the new facility on Saturday, March 18. They met their future caregivers, viewed new diagnostic and treatment equipment, and enjoyed refreshments and a door prize drawing.





TAKE TIME TO REFLECT

Do you feel like something in your life is off, but you're not sure what? Maybe you feel like your brain is racing all the time. If you think of thoughts and feelings like these as warning signs, learning to practice reflection is a holistic approach to bettering your overall health.

What is reflection?

Reflection looks like different things to different people. Some people call it mindfulness. Maybe it's thoughts of gratitude. Reflection can be a mantra you repeat. It can be a time to focus on your breathing. If you'd like, it can be an affirmation of your faith or prayer.

What's important is you take time for yourself. Take a step back from your ongoing tasks. Turn your attention to yourself. Listening deeply to your mind, body and soul comes with many health benefits.

What are the benefits?

Researchers at the University of Cambridge found that learning to pause and reflect can reduce anxiety, depression and stress. Taking five to 10 minutes to reflect has physical benefits as well. According to the *Journal of the American Heart Association*, calming meditation may play a role in reducing the risk of heart disease. With these facts alone, you may be ready to jump into this practice.

How can you reflect?

Sit quietly with your eyes closed. Start to inhale and exhale deeply. Relax your muscles. Settle your body and mind. Begin your reflection for the day.

This can be as simple as one word: peace, love or kindness. You can recite a prayer. Ask yourself a question. No matter your focus, try to center your thoughts around only that. If your mind starts to wander, take another deep inhale. Bring your thoughts back to your reflection. Give yourself grace. This requires practice. You will get better in time.

When you first begin practicing, you may feel uncomfortable with silence. If you normally put others' needs ahead of your own, it can feel strange. Set aside any bad feelings. Remember, to serve others, you must also tend to your needs. Your body and mind will thank you.

As always, talk with your primary care provider if you are experiencing any health issues.

Want more breathing tips? Read our Daily Breathing article at genesishcs.org/breathing.

2023 ISSUE

COMMUNITY BENEFIT REPORT

BASED ON 2022 RESULTS

Imagine a community where numerous health problems are prevented through knowledge.

When illnesses and injuries are unavoidable, they are treated quickly by professionals and specialists using innovative medical equipment to minimize recovery time and get you back to your life faster.

Imagine a community where everyone receives the healthcare they need, regardless of their background or ability to pay.

Imagine a community thriving because local healthcare is there to support community members, schools and businesses.

This is the community Genesis is striving to provide.

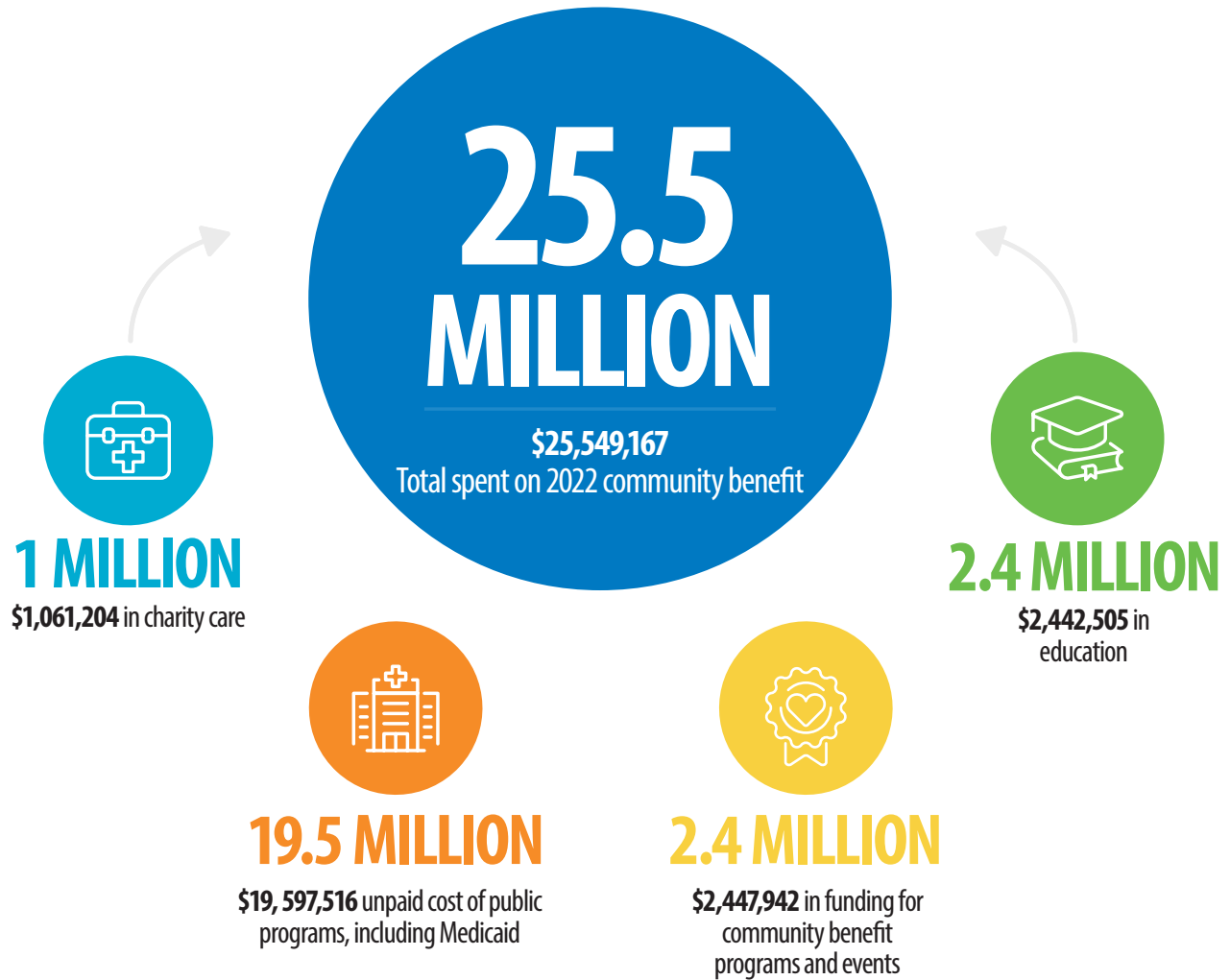
The following pages share how your nonprofit Genesis HealthCare System gave back to our community in 2022.

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MAKING A DIFFERENCE IN OUR COMMUNITY: 2022 RECAP



Genesis is devoted to caring for you and your loved ones, even if you cannot cover the cost of treatment. We pledge a portion of our earnings to cover the cost of care if you qualify for free or discounted care and if your insurance does not cover the total cost of your medical bill.



405,777

Lives impacted by our community benefit programs

MEETING OUR COMMUNITY'S HEALTH NEEDS

STAYING ACTIVE AND WELL

3,815

OPPORTUNITIES CREATED TO
BE MORE ACTIVE

1,792

GRIP* EXERCISE
CLASS ATTENDEES

507

GRIP DIABETES EXERCISE
CLASS ATTENDEES

107

GRIP CANCER EXERCISE
CLASS ATTENDEES

528

FREE SPORTS PHYSICALS FOR
LOCAL STUDENT ATHLETES

1,002

PARKINSON'S EXERCISE
CLASS ATTENDEES

**GRIP stands for Genesis Risk Intervention Program, a medically supervised program for individuals who want or need to improve their lifestyle. Patients are evaluated by a team of dietitians, pharmacists, exercise physiologists and behavioral counselors. Patients receive educational counseling on cardiac disorders, exercise, anxiety, stress, depression and nutrition.*

HONORING LIFE AND LEGACY

2,102

PEOPLE IMPACTED BY
OUR HOSPICE TEAM

1,977

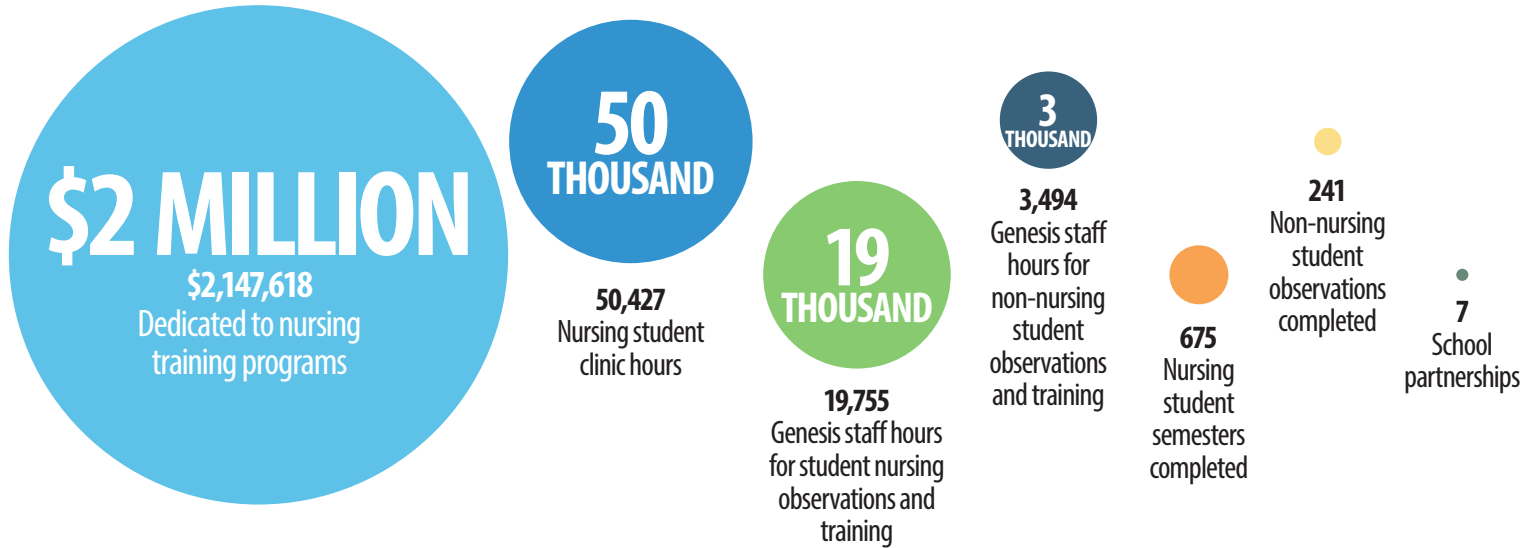
PEOPLE RECEIVED HOSPICE
INFORMATION AT EVENTS

125

VETERANS HONORED WITH A
SPECIAL HOSPICE CEREMONY

YOUR FUTURE CAREGIVERS

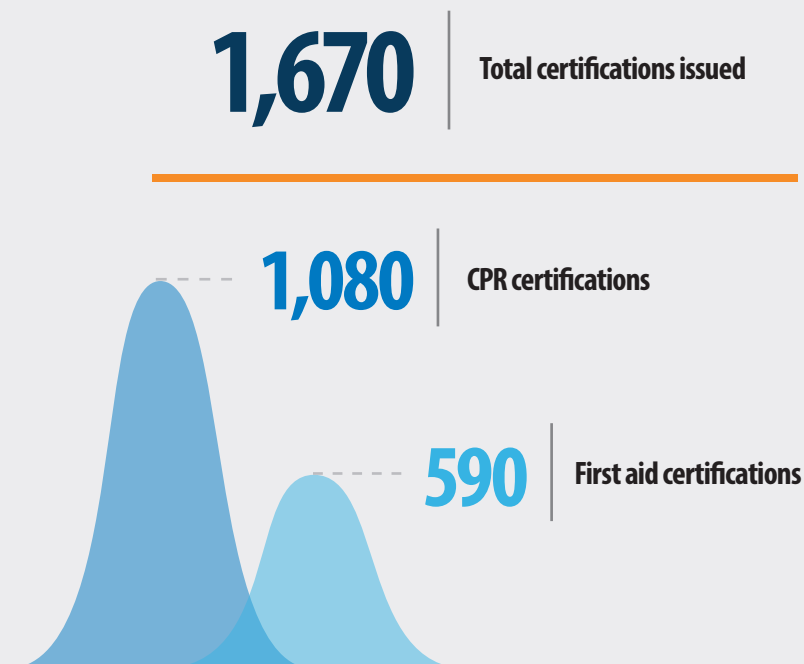
In addition to taking care of you today, we know how important it is to prepare the next generation of caregivers to take care of your children and grandchildren. Therefore, we work with Ashland University, Central Ohio Technical College, Eastland-Fairfield Career and Technical Schools, Mid-East Career and Technology Centers, Mount Vernon Nazarene University, Muskingum University, Ohio University Zanesville and the United States military to provide clinical education. Genesis nursing staff also provide one-on-one time to students.



Healthcare education specialties beyond nursing included Behavioral Health, Case Management, Emergency Department, Emergency Medical Technician, Outpatient Rehab, Pharmacy, Phlebotomy, Physical Therapy, Physicians, Radiology, Respiratory Therapy, Sonography, Speech Pathology and more.

LIFESAVING CERTIFICATIONS

Genesis Educational Services monitor community CPR and first aid classes and provide certification cards through a partnership with Zane State College.



GENESIS 24-HOUR NURSELINE

Registered nurses with emergency medical experience respond to any community member with immediate health questions or concerns. Most callers use the NurseLine to help make informed decisions about the health of a family member after regular office hours.



\$1,673,116

Financial dedication to the NurseLine program



30,200

Staff hours dedicated to the service



21,000

Community calls answered

SUPPORT FOR WOMEN, CHILDREN AND INFANTS

1,061

Educational encounters for new families, including the following:

- Baby Basics Class
- Childbirth Prep Class
- Breastfeeding Support Class
- Prenatal Breastfeeding Support Class
- Lactation Counseling
- Safe Sitter, Babysitting Class
- Sibling Class
- Yomingo App for new parents, online birth preparation courses

40

Families who lost infants to miscarriage, ectopic pregnancy, stillborn and newborn deaths took part in our Walk to Remember event.

82

Hours spent contacting community members eligible for free mammograms.

92

New mothers supported through community baby shower events.

64

Mammograms provided for free in coordination with the Coconis Mammogram program.

PHYSICIANS WELCOMED TO GENESIS HEALTHCARE SYSTEM IN 2022



Puneetpal Bains, M.D.
Endocrinology



Kethelyne Beauvais, M.D.
Family Medicine



Nina Couette, D.O.
Rheumatology



Trevor Ellison, M.D.
Cardiothoracic Surgery



Kinan Kassir, M.D.
Interventional Cardiology



Clifford Maximo, M.D.
Urology



Joshua Moore, D.O.
General Surgery



Sameera Rahman, M.D.
Family Medicine



Elise Sadoun, M.D.
Family Medicine



Shaina Schochat, M.D.
Internal Medicine



Getachew Zeleke, M.D.
Cardiology

SHARING INFORMATION

We're always here when you need medical care. We are also your partner in keeping you healthy, so we share health information in blogs, articles, podcasts, infographics, videos and our quarterly magazine, *LiveWell*. Find tips on genesishcs.org and our Facebook page.



250,110

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DISTRIBUTED THROUGHOUT THE
COMMUNITY



22,214

TOTAL DIGITAL VIEWS/LISTENS FOR
OUR HEALTH INFORMATION



11,443

BLOG VIEWS

7,892

LIVEWELL DIGITAL VIEWS

1,622

PODCAST STREAMS

800

HEALTH LIBRARY PAGE VIEWS

457

WEBSITE ARTICLE VIEWS

WELLNESS IN ALL AREAS OF LIFE

Genesis took the following actions to address a wide range of factors that impact our community's health.

71,409

Surveys completed

To help identify social health needs in our community. Results revealed needs around healthy food, access to transportation, safe housing, financial and utility needs, exercise regimen, stress levels, social support, mental health and substance use.

\$75,308

Environmental wellness

Contributed to our cardboard recycling program. Our Environmental Services team used \$67,628 to operate this program, which produces \$7,680 in donations to our local Emergency Management Agency and keeps the cardboard we use out of landfills.

\$27,722

Transportation support

Provided by our Patient Experience team to help community members who need transportation to and from medical appointments.

3,800+

Resource counseling

Hours spent connecting community members to local and national resources.

4,900

Community members

Received resource counseling and were connected to additional community resources.

200+

Staff hours

Dedicated to community collaboratives addressing social needs in the community. Key projects include shelter, nutrition and transportation.

74

School staff members

At John Glenn High School, Larry Miller Intermediate School and Tri-Valley School District trained in diabetes and nutrition education.

49

Tobacco-cessation

Counseling calls conducted.

SUPPORT SERVICES

Addressing mental health needs and supporting sexual assault survivors.

1,300

program encounters

Improving and supporting mental health through

- Library presentations
- Health fairs
- Community events
- Resource fairs
- Presentations to higher education
- Podcasts

570

people helped through

- Counseling calls for sexual assault and abuse survivors
- Training for healthcare providers and child advocates
- Education and advocacy addressing human trafficking and domestic violence



PERRY COUNTY EVENTS, EDUCATION AND OUTREACH

Team members at our Genesis Perry County Medical Center participate in local collaboratives with the Perry County Health Alliance, Chamber of Commerce and Perry County Housing Coalition.

An example is a project with Perry County Transit and local leaders to build a new bus stop shelter near our medical facility. The result filled a critical need for increased ease of transportation to medical care. Grant funds helped cover this project's costs.

Our team further supported community health by:

- Sponsoring the Perry County Senior Expo and Health Fair
- Providing coverage at the Perry County Fair's first aid booth
- Volunteering at the Southeast Ohio Food Bank
- Training local EMS teams through our Medical Intensive Care Unit nurses
- Leading disaster planning exercises with local EMS and fire department teams

EMERGENCY CARE AND PREPAREDNESS

Community Ambulance and Trauma Services support

600

First responders and medical personnel received 360 hours of emergency care training from our Trauma Services team. Their training topics included:

- Emergency care during heart attacks and strokes
- Agricultural trauma
- Neurological trauma
- Environmental emergencies
- Stop the Bleed preparedness
- Spinal trauma

829

Free rides home provided for patients by the new Community Ambulance Shuttle program. This program was developed to support community members who otherwise would not have transportation home after receiving medical care.

130

Staff hours of medical coverage provided at the Zane Trace Commemoration community events.

500

Community members learned about working ambulances at the “Touch a Truck” event.

3,997

Patient heart-rate transmissions sent from ambulances to emergency facilities, alerting care teams to a patient’s status prior to their arrival. Genesis invested in this technology to support an identified community need for more advanced heart care.

480

Students and community members trained in safety and prevention programs by our Trauma Services team. Including:

- Stop the Bleed Training
- Safety Town for individuals with disabilities
- Distracted driving prevention

Trauma Services also worked with community organizations to improve well-being for:

- Aging populations, through a county-wide Elder Advocacy Team.
- Those with Autism, by providing education on Autism Spectrum Disorder.
- Those suffering addictions, by creating a NARCAN distribution plan for at-risk Perry County residents.

500

Collective hours spent providing medical coverage at the Muskingum County Fair.



\$37,300

Dedicated to the Community Ambulance Shuttle program.

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Are you ready to go digital?

If you also read online, email us at livewell@genesishcs.org to receive a digital version of *LiveWell*.

- Read *LiveWell* anywhere
- Share health tips from each issue
- Watch patient videos



Aging Smart

June 27, July 25, Aug. 29 and Sept. 26

Genesis HealthCare System invites you to attend Aging Smart, a four-part educational series on areas of mature living to help you or a loved one thrive in the second half of life.

To learn more and register, visit genesishcs.org/events.

Stay connected, stay healthy

Keep current on Genesis and health information by following us on Facebook, subscribing to our quarterly email and receiving *LiveWell*. We also post additional information at genesishcs.org.

To be added to or removed from our lists, contact:

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