

# LiveWell

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**Genesis**  
HEALTHCARE SYSTEM

Better Begins Here



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## MID-YEAR UPDATE

I hope this message finds you in good health.

Recently, news nationwide has highlighted the increasingly complex landscape all healthcare systems are navigating. Genesis HealthCare System is not immune to these challenges, which include dramatically rising supply costs and significant labor shortages leading to much higher wage costs. Unlike most businesses, we cannot raise our prices to cover the higher costs.

These financial realities spurred us to make many changes. We quickly developed a comprehensive plan to streamline operations, reduce costs and maximize efficiency while safeguarding the quality and safety of patient care. At the same time, we opened the Genesis Coshocton County Medical Center to expand access to care and help us grow. To serve you faster, we launched several programs that reduced the time it takes to get appointments with our specialists. We are seeing progress in higher patient numbers and revenues.

I assure you that our long-term plan is to continue to innovate in ways that result in better care for patients and ensure the long-term stability of the Genesis HealthCare System. We are making good progress to grow and operate more efficiently.

We are committed to transparency and will continue to update you and our many community partners with announcements online and in the media.

We are grateful for the trust and support you place in us. The healthcare industry is facing an extremely difficult financial environment. However, we are made of strong stuff in Southeastern Ohio. I am proud of how we work together to give you what you deserve – local, top-rated medical care for you and your families.

Matt Perry  
President and CEO

A handwritten signature in blue ink that reads "Matt Perry". The signature is stylized and fluid.

Matthew J. Perry  
President & CEO



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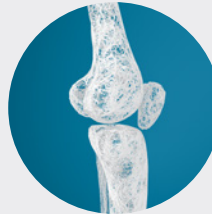
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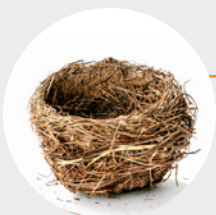
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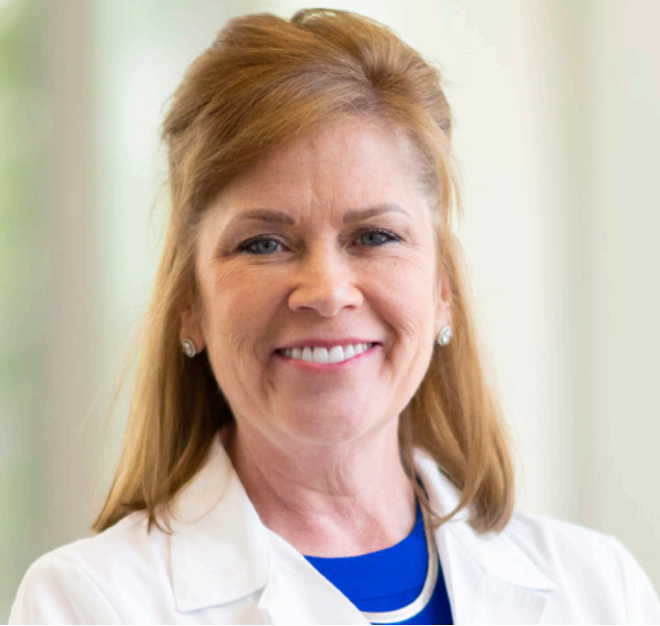
Surviving and thriving when your children leave home.



#### WELLNESS

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## SPOTLIGHT ON KELLI GEVAS, M.D.

### Gynecology, Women's Health and Obesity Medicine

Kelli M. Gevas, M.D., joined Genesis Women's Health Specialists-Perry County in May 2023, specializing in gynecology, women's health and obesity medicine.

Dr. Gevas was recently retired from practicing obstetrics and gynecology in Northeast Ohio and studying to become board-certified in obesity medicine because the specialty interested her. "There is a need for a greater understanding of how obesity is affected by and affects all other aspects of health, especially in women," she said.

The opportunity to relocate to this area and use that board certification came from a conversation with a Genesis team member about the need for a women's health specialist in Perry County. "I like small town living and being able to get to know my patients," she said. "I want to be able to narrow down what their needs are and find what works for them."

There are family ties to this area too. Her parents were born and raised in Zanesville and moved the family to Canton, Ohio, shortly after they married. Dr. Gevas' daughter, Anastasia Gevas, D.O., is an internal medicine physician with Genesis Primary Care in Zanesville.

Dr. Gevas said she has an evidence-based and patient-centered philosophy on healthcare that requires educating her patients. "My patients are typically more on board with their healthcare when they understand how and why to prevent complications."

Her interest in medicine grew from caregiving as a child. "I think you're born with that gene in your DNA," she said. "I loved animals, babysat a newborn when I was nine and was always rescuing or taking care of something."

Recently Dr. Gevas was able to save a patient the time and expense of a trip to the hospital by performing a procedure in her office. "I love the opportunities here," she said. "I guess I failed retirement."

When she is not working, Dr. Gevas said she enjoys making designer cookies, woodworking, reading and spending time with family. She and her husband have three grown children and six grandchildren, with number seven due in October, and a very spoiled Yorkie named Dr. Cooper. She has also written several children's books.

Dr. Gevas is accepting new patients at her office in the Genesis Medical Group Perry County Specialty Clinic, 301 Mike Clouse Drive, Suite 2A, Somerset, Ohio. Call 740-900-0066 to make an appointment.

#### Doctor of Medicine:

University of Medicine and Health Sciences  
Basseterre, Saint Kitts

#### Residency:

Obstetrics and Gynecology  
Georgetown University  
MedStar Franklin Square Medical Center  
Baltimore, Maryland

#### Board-certified:

American Board of Obstetrics and Gynecology  
American Board of Obesity Medicine



# TAKE THE SCENIC ROUTE

## Lace up your boots and go

Close your eyes. Feel the warmth of the sun on your face. Listen to the sound of the wind softly whooshing through the trees. Take a deep breath and inhale the smell of honeysuckle. Delightful imagery like this is real when you spend time walking or hiking outdoors.

Ohio is home to 75 state parks with trails that span more than 7,680 miles. With thousands of miles to explore, you can start a new hobby. Pretty soon, you'll begin to experience all the benefits of trail walking.

## Physical benefits of trail walking

No matter your age or fitness level, staying active is important to your overall health. Walking comes with a long list of positive side effects. According to the National Institute on Aging, staying active helps:

- Reduce your risk of heart disease.
- Improve arthritis.
- Increase energy levels.

## Mental benefits of trail walking

A Stanford University study found that people who walked for 90 minutes in a natural area showed decreased signs of depression. Through this study, researchers show a link between nature and improved mental health. Walking can:

- Reduce anxiety and depression.
- Regulate your sleep.
- Improve your memory.

## Trail walking tips

Before you hit the trail, there are a few things you should keep in mind. Most importantly, you need to stay hydrated. Bring water to sip on throughout your walk.

Protect your skin and eyes from the sun. Apply sunscreen before you head out. For extra protection, consider wearing a hat and sunglasses.

A good pair of shoes will make a big difference in your ability to hit the trail and stay on it. Find a pair that provides comfort and stability. This will help you tackle hills and uneven sections with ease.

While you're on the trail, keep an eye out for native plants and wildlife. Taking in the sights and sounds of the outdoors can help keep you motivated.

Finally, go at your own pace. Any amount of movement is good for you. If you need to, start slow. Once you feel comfortable, you can add distance to your walks. Find your local state park or nature preserve and enjoy your time outdoors.

Before you begin a new exercise routine, be sure to talk it over with your primary care provider.

## Safety tip

Prevent exposure to the infected ticks that transmit Lyme Disease. Listen to Jignesh J. Modi, M.D., a Board-certified and Fellowship-trained Infectious Disease Specialist at Genesis HealthCare System's Infectious Disease Clinic, discuss symptoms, treatment and prevention of Lyme Disease in our podcast, "Avoid getting ticked off by Lyme Disease."

# GENESIS IS ONE OF AMERICA'S TOP 50 HEART HOSPITALS

This is just the **beginning**



In the spring, *Fortune Magazine*/PINC AI, a healthcare improvement technology company, announced Genesis was one of America's top 50 heart hospitals. It was a great day for our team and community.

It was a moment to reflect on the advancements our team has made in recent years. One milestone was the creation of the Genesis Heart & Vascular Institute. This model formed a foundation for future success and increased collaboration among heart physicians and team members to discuss and implement the best solutions for heart patients.

In addition, our heart team introduced several innovative heart care techniques. Our doctors became experts in minimally invasive and robotic-assisted procedures to provide the best care, reduce healing time and minimize disruption to our patients' lives.

As our community continued to trust us with their heart care and trust us with their lives, the results were noticed and acknowledged by *Fortune Magazine*/PINC AI.

## Where we are going next

In support of our mission to help each patient achieve optimal health, we continually improve our services. We recently moved our Coshocton Heart & Vascular care into our new Genesis Coshocton Medical Center so surrounding community members would have access to the best heart care in a modern facility.

We continue to recruit experienced doctors who were educated at the best universities in the world to our award-winning teams. Trevor Ellison, M.D., Ph.D., MBA, a Board-certified and Fellowship-trained Cardiothoracic Surgeon who trained at Johns Hopkins University and Hospital, joined the Genesis Heart & Vascular Institute as Medical Director of Cardiothoracic Surgery. Edmund Kassis, M.D., a Board-certified and Fellowship-trained Thoracic Surgeon who also studied at Johns Hopkins University, joined the Genesis Heart & Vascular Institute as Medical Director of Thoracic Surgery.

We will continue to add innovative services as they become available and ensure our doctors have the training to be experts. We believe it is vital that our communities have the best care, and the best doctors, close to their homes.

Most importantly, we thank our team for their desire to be the best and our community for their trust. Without you, this achievement would not be possible.

Visit [genesishcs.org/heart](https://genesishcs.org/heart) to learn more.





# EMPTY NEST

## SYNDROME

If your child is a member of the class of 2024, full speed ahead is the only speed they go. They're with their friends at every party, movie, game, concert and more. And even though you'd love to spend some time with them, you're not fighting them on this because they're "never going to see these friends again after senior year."

Since when do you hesitate to say no?

### What is happening to you?

Chances are you're in the early stages of Empty Nest Syndrome, the adjustment period parents go through when their last child leaves the nest. It affects both men and women. Some parents try to adjust early while others hope for business as usual all year. Some don't feel the full brunt until after the child has moved out. Most people report feeling sad. Some are angry. Others are thrilled. It's complicated.

Here are some common symptoms of empty nest syndrome:

- **Loss of purpose.** You miss the structure and the timetable of parenting. What are you going to do with all this free time?
- **Loss of control.** You're wondering if your child is safe and taking care of themselves. It can be hard to let them figure it out.
- **Loneliness.** You miss your child's companionship.

- **Emotional distress.** You might find yourself sobbing in your vehicle after the final goodbye. It's a common reaction. Pat yourself on the back for reaching your vehicle.

### Prepare yourself

How you feel when the child that qualifies you to join the empty nest club leaves depends on many factors. If you're married, is your marriage stable? Were you a stay-at-home parent? How are your finances? Are you employed, and is it fulfilling work? Decide what you want in life. The more balance you can create in your life before your nest empties, the more successful the transition.

### The one tip to follow

Stay connected. Keep in touch. Say "you've got this" often. Send texts or cards to let them know you're thinking of them. Don't expect to hear from them daily, or even weekly. Trust that absence really does make the heart grow fonder.

Most importantly, if you find yourself struggling with this transition, you're not the only one. Reach out to a counselor for support and strategies to manage this new phase of life.

P.S. You've got this.



# A TEACHER GETS A LESSON IN BODY MECHANICS

Bob Froelich has been an elementary school teacher for almost 32 years, a part-time painter for 25, a regular fixture at the gym and a pretty active golfer. All that movement screeched to a halt on an afternoon in 2022 when an event at the gym ended in incredible pain.

## Time for help

A call to a friend who worked at Genesis Orthopedics resulted in a referral to Thai Trinh, M.D., a Board-certified and Fellowship-trained Orthopedic Surgeon and Sports Medicine Physician with Genesis Orthopedic Sports Medicine.

"Bob came in with the classic symptoms of a rotator cuff tendon tear – progressive pain and weakness especially when performing overhead activities like lifting, pushing or pulling," said Dr. Trinh. "Many patients also report difficulty sleeping."

## Orthopedics 101 is in session

Dr. Trinh scheduled an MRI, after which he told Bob that he had torn three tendons and surgery was a requirement. "Most rotator cuff repairs are performed arthroscopically using minimally invasive techniques," he said. "The torn tendon is reattached to the bone using anchors, or less commonly through drill holes."

As a teacher, Bob liked learning that the anchors were bio composite and would dissolve in the body naturally over time. "That's the kind of information kids find interesting."

When he woke up after surgery, Dr. Trinh told him it had been successful, but the damage was severe, and he would have to wait until he received clearance to start physical therapy.

Bob said he was eager to start physical therapy but soon discovered that despite his overall good health and activity level, it required effort. Every therapy session, he'd ask questions, and the therapists and their assistants would answer and explain their answers. "They encouraged my interest and that helped with my recovery," he said.

**"Safe lifting practices, shoulder-friendly exercises, rotator cuff strengthening programs and avoiding repeated steroid injections are the key to avoiding this type of surgery."**

— Thai Trinh, M.D.

## Surgery makes the grade

Bob vividly remembers each milestone of his recovery: the increase in range of motion, the first time he could golf again and when he was released from restrictions. Since the surgery, he's learned to trust his body. "The shoulder is an amazing joint," he said. "I even shoot a basketball a little better than before." He works out in the gym three times a week and golfs as often as he can.

He's been pleasantly surprised to realize that some of the limitations he attributed to aging, such as decreased range of motion, have lessened.

That might be the best news of all. "I want to be able to hold and comfortably play with my future grandchildren," Bob said. "I want to live my best life with my wife, Amy."



## Thai Trinh, M.D.

Board-certified and Fellowship-trained Orthopedic Surgeon and Sports Medicine Physician  
Genesis Orthopedic Sports Medicine

Watch Bob share his story in a video. Use the camera on your smartphone to take a picture of the QR code, or visit [genesishcs.org](https://genesishcs.org).



**Post surgery, Bob works out in the gym three times a week and golfs as often as he can. "I even shoot a basketball a little better than before."**

— Bob Froelich



# TRUSTED SPECIALIZED CARE IN COSHOCTON

The medical providers of the Genesis Medical Group in Coshocton provide expert care in their specialties. They are highly trained physicians and advanced practice providers using the latest technology and procedures. They are accepting new patients at their offices in Suite F of the Genesis Coshocton Medical Center, 48439 Genesis Drive, Coshocton, OH 43812.

## Genesis Coshocton Medical Center

### Cardiovascular Medicine



**Mahmoud Farhoud, M.D.**  
Heart Failure,  
General Cardiology



**Ahmed Habib, M.D.**  
General Cardiology



**Elston Johnson, D.O.**  
Invasive Cardiology

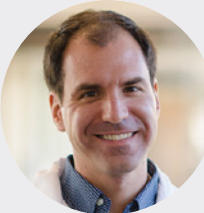


**Getachew Zeleke, M.D.**  
General Cardiology



**Christy Zigo, APRN-CNP**  
General Cardiology  
Certified Nurse Practitioner

### Ear, Nose & Throat



**Max Pusz, M.D.**  
Ear, Nose & Throat Surgery



**Jeremy Rich, M.D.**  
Ear, Nose & Throat Surgery



**Loren Biggs, PA-C**  
Ear, Nose & Throat  
Certified Physician Assistant

### Gastroenterology



**Emmanuel Ugbarugba, M.D.**  
Gastroenterology



**Jody Roach, APRN-CNP**  
Gastroenterology  
Certified Nurse Practitioner

### General Surgery



**David Barbara, M.D.**  
General Surgery



**Thomas Diehl, M.D.**  
General Surgery



**Matthew Phillips, M.D.**  
General Surgery

### Obstetrics & Gynecology



**Ashley Hothem, M.D.**  
Obstetrics & Gynecology  
Genesis Physician Plaza,  
Suite A, 23599 Airport Rd.,  
Coshocton



**Walter Randolph, M.D., MS**  
Gynecology & Women's Health  
Genesis Women's Health Specialists  
1417 Kaderly St., NW  
New Philadelphia  
Appointments: Call 330-602-5678



**Kelly Wycinski, APRN-CNP**  
Obstetrics & Gynecology  
Certified Nurse Practitioner  
Genesis Physician Plaza, Suite A,  
23599 Airport Rd., Coshocton



**Erin Burris, WHNP-BC**  
Obstetrics & Gynecology  
Certified Nurse Practitioner  
Genesis Primary Care-  
Main Street, Coshocton

### Orthopedic Surgery



**Clayton Gibson, M.D.**  
Orthopedic Surgery  
Genesis Physician Plaza,  
Suite B, 23599 Airport Rd.,  
Coshocton

### Foot & Ankle



**Mark Scott, DPM**  
Podiatry  
Genesis Physician Plaza,  
Suite B, 23599 Airport Rd.,  
Coshocton

### Urogynecology



**Mitesh Parekh, M.D.**  
Urogynecology  
Genesis Physician Plaza,  
Suite B, 23599 Airport Rd.,  
Coshocton



**Betty Gwinn-Hall, APRN-CNP**  
Urogynecology  
Certified Nurse Practitioner  
Genesis Physician Plaza, Suite B,  
23599 Airport Rd., Coshocton

## Accepting new patients

To make an appointment with these providers or to learn more, call 740-722-9555 or visit [genesishcs.org/find-doctors](https://genesishcs.org/find-doctors).

# TRUSTED PRIMARY CARE IN COSHOCTON

Having a family doctor – one who can help you manage you and your family’s overall healthcare – is important. Genesis Primary Care now has two offices in Coshocton to support area residents.

## Genesis Primary Care



**Brandon Hill, M.D.**  
Primary Care



**Brenda Lozowski, D.O.**  
Primary Care



**David Lozowski, D.O.**  
Primary Care



**Audrey Onuzo, M.D.**  
Primary Care



**Sameera Rahman, M.D.**  
Primary Care



**Elise Sadoun, M.D.**  
Primary Care

## Accepting new patients | Two ways to schedule

To schedule your appointment, call 740-722-9555 or  
book online at [genesishcs.org/schedule](https://genesishcs.org/schedule).

410 Main Street, Suite A, Coshocton, OH 43812  
23599 Airport Road, Suite A, Coshocton, OH 43812



# BONE—A FIDE

## ADVICE ON OSTEOPOROSIS

Osteoporosis is a skeletal disorder that occurs when a body loses too much bone or doesn't make enough bone. Bone tissue deteriorates, leading to an increased risk of fracture. The Bone Health and Osteoporosis Foundation states that 54 million Americans have osteoporosis, most of them elderly.

Osteoporosis is often called a "silent" disease since the first symptom is often a broken bone. However, if you experience any of the following, share your concerns with your primary provider. They may refer you to a orthopedic physician.

### Symptoms

- Sloping shoulders
- Curvature of the back
- Height loss
- Back pain

### Testing

Osteoporosis is confirmed with a bone density test. The U.S. Preventive Services Task Force recommends that women aged 65 and older and postmenopausal women with an increased risk of osteoporosis have a bone density test. A conversation with your doctor will help you decide when to have the testing done.

Thankfully, the test is painless. It's like having an X-ray. The test will measure your bone density and compare it to the bones of an average, healthy adult. Your result is called a T-score. The T-score will let your doctor know whether you have healthy bones, osteoporosis or osteopenia, which is low bone density, but not as severe as osteoporosis.

### Treatment

Based on your T-score, your doctor may propose a treatment plan.

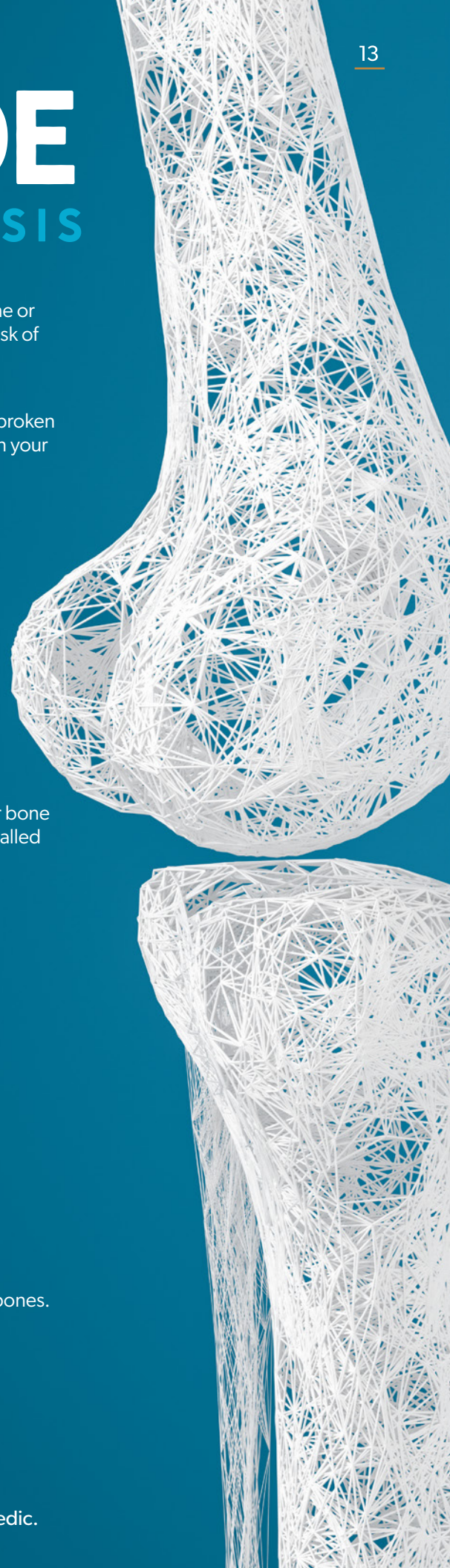
- Possibly prescribe medications to build bone mass and prevent bone loss.
- Increase your calcium.
- Make sure you are getting enough vitamin D.
- Encourage physical activity.

The same things your doctor recommends for treatment are also ways to prevent osteoporosis.

### Prevention

- Maintain a healthy weight.
- Eat foods that support bone health, like calcium, vitamin D and protein.
- Choose more low-impact activities like walking, swimming and biking over high-impact activities.
- Cut back on smoking and drinking. Chronic use of both is proven to weaken bones.

Talk to your primary care physician about the best ways to avoid this disease.





# - Summer - fruit salad



## Ingredients:

- 3 cups spring mix lettuce
- 2 ½ cups pecans, coarsely chopped
- 2 or 3 fresh shallots, minced
- 1 teaspoon granulated sugar
- 2 teaspoons red wine
- ¼ cup dried apricots
- ¼ cup fresh red raspberries
- ¼ cup fresh blueberries
- ¼ cup blue cheese, crumbled

## Make the chipotle-candied pecans

- ½ cup granulated sugar
- ½ cup water
- 2 ½ cups pecan pieces
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon chili powder
- Preheat oven to 375° F. Line a baking sheet with parchment paper.
- In a small saucepan on the stovetop, combine sugar and water. Bring to a boil, whisking to dissolve the sugar.
- Remove from the heat, stir in the pecans and toss to coat. Spread the nuts on a single layer on the prepared baking sheet. Toast in the oven for about 8-10 minutes, or until toasty.
- While still warm, sprinkle the nuts with a mixture of cinnamon and chili powder.
- Set aside to cool completely. Once cool, you can store the candied nuts in an airtight container at room temperature for up to a month.

## Make the dressing

- In a small bowl, whisk together the minced shallots, sugar and red wine.
- Heat the saucepan to low heat and add the mixture. Cook for 5 minutes or until shallots are tender.
- The minimum internal temperature should be 140 degrees F. or above. Cool quickly to an internal temperature of 40 degrees F. or below.
- Store in an airtight jar in the refrigerator at 40 degrees F. or below for up to 1 week.

## Assemble the salad

- Put the lettuce in a stainless-steel serving bowl.
- Add the blue cheese, raspberries and blueberries.
- Top with candied pecans and apricots.
- Just before serving, drizzle the dressing over the salad, to taste.

## Nutritional information:

Serving size: 1 salad (about 3 cups)  
 Calories per serving: 300  
 Total Fat: 15 g  
 Cholesterol: 20 mg  
 Sodium: 230 mg  
 Carbohydrates: 13 g  
 Fiber: 3 g  
 Sugar: 17 g  
 Protein: 3 g

Approved by:  
**Clay Simmons**  
 Executive Chef  
 Genesis Food and Nutrition Services





# Sweet treats

## OF THE SEASON

Nothing screams summer quite like fresh fruit. From juicy watermelons to plump peaches to a rainbow of fresh berries, summer recipes featuring fruit look and taste delicious. Make sure your fruit-based recipes are top-notch with these tips for choosing the best fruits this summer.

### The selection process

Whether you're visiting the grocery store, farmers market or roadside stand, it's important to know how to choose fresh fruits. Some signs of poor-quality fruits are obvious, like brown spots or cuts. However, each fruit has its own checklist to ensure you get the freshest, most delicious option.

### Peaches

Look for brightly colored peaches. Avoid peaches with green skin as this is a sign they were picked too soon. Once you've identified a peach with the right coloring, squeeze it gently. If it's firm, it might need more time to fully ripen. If it's soft, it's ready to eat.

#### Storage:

Store peaches at room temperature stem side down.

### Watermelons

Experts recommend using the "Look, lift and turn" strategy when choosing a watermelon.

**Look** – Choose a watermelon that is firm and doesn't have any bruises or dents.

**Lift** – Pick the watermelon up to gauge its weight. It should feel firm and heavy.

**Turn** – Turn the watermelon over and check for the ground spot. Make sure the spot is yellowish in color instead of white.

#### Storage:

You can store a whole watermelon on your counter at room temperature. Once it's been cut, the halves or slices should be stored in the refrigerator.

### Blackberries

Look for berries with a deep color, and make sure to double-check for any crushed or bruised berries in your package.

#### Storage:

Store your blackberries in the refrigerator. They should stay fresh for two to three days. Wash them before using them.

### Strawberries

If you're buying your strawberries from the grocery store, make sure to smell them to get the freshest and most flavorful batch. Choose berries that are bright red with green leaves. Avoid berries that are green or white as strawberries don't ripen after they have been picked.

#### Storage:

Strawberries won't stay fresh for longer than 24 hours if you leave them on your counter, so make sure to pop them in the refrigerator for maximum shelf life. Don't wash your berries until you're ready to use them.



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## Summer reading

We have traditionally offered our *LiveWell* magazine in print and digital format for your computer or tablet. This summer and fall, however, we will not be printing the magazines.

If you want to receive an email containing *LiveWell*, email us at [livewell@genesishcs.org](mailto:livewell@genesishcs.org).

### Stay connected, stay healthy

Keep current on Genesis and health information by following us on Facebook and subscribing to our quarterly publication *LiveWell*. We also post additional information at [genesishcs.org](http://genesishcs.org).

To be added to or removed from our lists, contact:  
Genesis HealthCare System  
Marketing & Public Relations  
740-454-5913  
Email: [livewell@genesishcs.org](mailto:livewell@genesishcs.org)