

# LiveWell

2014  
AUTUMN ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

## ON THE PATH TO BETTER HEALTH

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HEALTHCARE SYSTEM  
**GENESIS**  
Where you're treated well

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Kevin Williams has had Type 1 diabetes for years, but he didn't always manage his disease well. Find out what motivated him to make changes in his lifestyle so he can enjoy bike rides and more for many years to come.

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## The Power of Paws

Max isn't your average volunteer. In fact, his helping hands are actually paws. Learn more about Max and how the Genesis Caring Canines are making a difference for patients like Tom Bardall.

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## Expert Team Saves Mom and Baby

A leisurely afternoon drive turned into much more for mom-to-be Kelsey Walters and her boyfriend Quinn. They were involved in a car accident that prompted her to go into labor. Thanks to the Genesis Trauma Team, everyone – including baby Easton – is healthy and happy today.

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## Construction Update

Your new Genesis Hospital is taking shape. Read about the new Behavioral Health opening its doors, the south wing of Bethesda welcoming patients, and changes to the campus happening now.

## INSERT

### For Your Life ... For Your Health

Keep this handy guide to this autumn's programs and events.



[genesishcs.org](http://genesishcs.org)

# CREATING NEW WAYS TO CARE FOR YOU



We have a long history of creating new ways to care for you and your family. The latest way – building your new Genesis Hospital – is one of the biggest and most comprehensive in our 120-year history.

In this issue of LiveWell, our Construction Update gives you details on the new Genesis Behavioral Health center that opened this summer. This is the only center in southeastern Ohio that has inpatient and outpatient mental health and substance abuse programs for

adults and children. We're committed to making sure our community receives this kind of care without having to travel long distances.

We're also committed to providing advanced emergency and trauma care. The Trauma Center at Genesis recently became verified again as a Level III center. The sooner you receive care for a traumatic injury, the more likely you'll have a good outcome. Having this level of trauma care locally means you can get the care you need quickly. This issue of LiveWell tells the story of one young woman who is glad there is a Trauma Center here. Kelsey Walters and her unborn child survived a serious car accident, thanks to the skilled Emergency and Trauma team and other expert caregivers at Genesis.

Saving lives doesn't just mean being treated when you're injured or sick. Your life could be saved by learning how to take better care of yourself. In this issue, you'll read how our diabetes education team helped Kevin Williams monitor his blood glucose levels and diet to avoid complications from diabetes.

You'll also find a story inside about new volunteers providing a different type of compassionate care. A therapy dog program was recently started to help patients and their families relax while in the hospital. You'll learn how patients like Tom Bardall feel better – physically and emotionally – after a visit from a Genesis Caring Canine.

We're committed to finding innovative ways to provide compassionate care, whether that care comes in the form of a canine or a new hospital. We've been doing it for more than 120 years. And we pledge to continue our mission for many years to come.

Matthew J. Perry

President & CEO



# WELCOME TO NEW PHYSICIANS



## **Stephen Adcock, M.D., Orthopedic Trauma Surgery**

Dr. Adcock is a board-certified orthopedic surgeon who has joined the practice of Genesis Orthopedic Trauma Surgeons. He earned his Doctor of Medicine degree from the Medical University of South Carolina in Charleston, South Carolina. Dr. Adcock completed his residency in orthopedics at the University of Louisville in Louisville, Kentucky.



## **Brooke Donaldson, M.D., Emergency Medicine**

Dr. Donaldson is an emergency medicine physician who recently joined Genesis Emergency Physicians. She earned her Doctor of Medicine degree at The University of Toledo College of Medicine in Toledo, Ohio, and completed her emergency medicine residency program at Akron General Medical Center in Akron, Ohio.



## **Andrew Espenlaub, D.O., Palliative Medicine**

Dr. Espenlaub is a palliative medicine physician who has joined the practice of Erin Remster, D.O., and the palliative care team at Genesis. He is board-certified in internal medicine. He earned his Doctor of Osteopathic Medicine at Ohio University College of Osteopathic Medicine in Athens, Ohio, and completed his internal medicine residency and palliative medicine fellowship at Geisinger Medical Center in Danville, Pennsylvania. Dr. Espenlaub's office is located in Medical Arts Building I, Suite 202, 1246 Ashland Ave., Zanesville, and his phone number is (740) 455-4925.



## **David Giammar, M.D., Trauma Surgery**

Dr. Giammar is a trauma surgeon who is board-certified in general surgery and colon and rectal surgery. He joined Genesis Trauma & Acute Care Surgical Services. Dr. Giammar earned his Doctor of Medicine degree at Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. He completed his general surgery residency at Riverside Methodist Hospital in Columbus, Ohio, followed by his colon and rectal surgery fellowship at Grant Medical Center in Columbus, Ohio. Dr. Giammar completed fellowship training in trauma and surgical critical care at Michigan State University in Lansing, Michigan. His office is located in Medical Arts Building II, Suite 402, 751 Forest Ave., Zanesville, and his phone number is (740) 455-7670.



## **Andrew Smock, M.D., Urology**

Dr. Smock is a urologist who has joined the practice of Benjamin Gibson, M.D., and the Genesis Urology Group. He earned his Doctor of Medicine degree from The University of Toledo College of Medicine in Toledo, Ohio, and completed his surgical internship and urology residency at The Ohio State University Wexner Medical Center in Columbus, Ohio. Dr. Smock's office is located in Medical Arts Building I, Suite 106, 1246 Ashland Ave., Zanesville, and his phone number is (740) 455-4923.

## MEET VICTOR AWUOR, D.O. NEUROSURGEON

We are pleased to welcome Victor Awuor, D.O., a neurosurgeon who recently joined the practice of Albert Camma, M.D., and Jeffrey Lobel, M.D. He specializes in the following surgeries: complex brain and spine; minimally invasive brain and spine; epilepsy; peripheral nerve; and neuro-oncology.

"I became a neurosurgeon because I've always been fascinated by the central nervous system. The procedures and medications we use to treat this mysterious and complex system are constantly advancing," said Dr. Awuor. "I knew I could help patients who are often critically ill."

Dr. Awuor earned his Doctor of Osteopathic Medicine degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. He completed his general surgery internship at Peninsula Hospital Center in Far Rockaway, New York. His residency was done at Grant Medical Center in Columbus, Ohio.

"I was happy to come to this community and to Genesis," said Dr. Awuor. "My colleagues and I provide quality neurosurgical care to those who would otherwise have to travel a distance to other cities. It's gratifying to care for them here, close to their families and friends."

Not only is Dr. Awuor committed to our community, but he's also devoted to helping those in his native country of Kenya. "Being a neurosurgeon allows me to give back to Kenya. I volunteer there every year. I also train neurosurgery residents in East Africa. I feel it's my duty to help others," he said.

Dr. Awuor's office is located in Medical Arts Building II, Suite 202, 751 Forest Ave., Zanesville, and his phone number is (740) 588-9120. He is accepting new patients by physician referral.

# ON THE PATH TO BETTER HEALTH

## Helping Those With Diabetes

Kevin Williams was diagnosed with Type 1 diabetes in 1991 while living in a large city where he didn't receive much support. "The doctors basically said, 'You have diabetes, here's your insulin,'" Kevin said. When he moved back to Ohio, he had a much better experience at Genesis learning how to manage his diabetes.

In Type 1 diabetes, your body doesn't produce insulin – a hormone needed to convert sugar, starches and other foods into energy. Throughout the years Kevin didn't pay much attention to his blood glucose levels. "I'd get busy and say I'd check my blood sugar later," he said. "But I never did." He checked his blood sugar levels about once a month, guessed the amount of insulin he needed, and often forgot to take his insulin shots.

Because he didn't manage his diabetes well, Kevin ended up in hospital emergency departments a couple of times. Both times his blood sugar level reached nearly 600 – more than three times the recommended level.

*Kevin Williams*

*Kevin enjoys bike riding near Buckeye Lake now that he's managing his diabetes.*

## More Energy to Do What He Loves

Kevin feels better and has more energy. He recently bought bicycles for the family and has a goal of riding from Portsmouth to Columbus – a trip he wouldn't have considered a few months ago when he couldn't even ride a bike to the end of the street. "I'd always dreamed of making this trip but wouldn't have been able to before I got my diabetes under control," Kevin said. "Now I look forward to doing something like this, thanks to Kay and the diabetes team at Genesis."

In April 2014, Kevin's life changed when he was admitted to Genesis-Good Samaritan for an infection in his knee. An A1C blood test was ordered by Kevin's family doctor, Jeffrey J. Haggenjos, D.O. The A1C test measures the average level of glucose (sugar) in your blood over 2 to 3 months, and the results showed Kevin's A1C was at 12.6 percent, which meant his daily average blood sugar was about 316. He was significantly increasing his risk for complications of diabetes such as blindness, kidney disease, amputation, heart attack or stroke.

Kay Eicher, R.N., diabetes navigator at Genesis, met with Kevin in the hospital. "Kay asked me if I wanted to be able to enjoy my wife and 10 grandkids. She really got me thinking and motivated me to change," Kevin said.

## Reality Sets In

That's when reality hit Kevin. He needed to manage his diabetes if he wanted to avoid serious health complications – or even continue to live. Kevin's wife, Jacki, credits Eicher with turning her husband's life around. "She saved his life, because he was heading down a bad path," Jacki said.

Eicher helped Kevin understand the importance of checking his blood sugar and making sure the amount of insulin he takes balances with the type and amount of food he eats. After he got home, Kevin and Jacki enrolled in the Genesis Diabetes Self-management classes taught by certified diabetes educators, Doris King, R.N. and Sarah Brauning, registered dietician. "I really learned a lot about diabetes, the importance of counting carbohydrates, and the impact carbs have on my blood sugar," Kevin said.

## Savvy Shoppers

The couple has become savvy shoppers, looking at total carbohydrates before buying food. "We look at labels and figure carbs," Kevin said. Choosing the right kind of carbohydrates and spacing the foods evenly during the day keeps his blood sugar from rising. Kevin checks his blood sugar at least three times a day – before every meal and snack.

A blood glucose meter helps him calculate his insulin dose based on his blood glucose and carbohydrate intake. His blood glucose now averages about 200 and his A1C about 6 percent. "I'm a very good diabetic," Kevin said. Jacki added, "I'm proud of him. He's completely different now – he wants to be healthier."

## SUPPORT FOR MANAGING DIABETES

"Managing your diabetes is a very hard thing to do without continued support," said Kay Eicher, R.N., diabetes navigator at Genesis. "It's like quitting smoking or losing weight – you know what you need to do – but you need that support to make changes in your life."

The programs at Genesis provide tools to support, educate, and empower patients and families to live healthy with diabetes. Genesis has the only programs in our area recognized by the American Diabetes Association for providing quality self-management education. This includes diabetes management, nutrition education, insulin pump education and management, exercise classes, and support groups.

Having these services closer to home helps people with diabetes get healthier and avoid the complications resulting from the disease, according to Jeffrey J. Haggenjos, D.O. "Providing diabetes education in the patients' hometowns helps them make the daily changes with their treatment to get them on the road to better health," Dr. Haggenjos said.

*Kay Eicher, R.N.  
Diabetes Navigator*





*Tom Bardall*

## THE POWER OF PAWS

Tom Bardall was having a bad day and not feeling well after a multiple heart bypass surgery. That was before one of the newest members of the volunteer team at Genesis reached out to shake his hand. Tom returned the greeting, and he and the new volunteer instantly became friends. “I was glad to see him. He helped get my mind off my troubles,” Tom said.

His new friend has long, dark hair and goes by the name of Max. It just so happens that Max is a shepherd and a member of Genesis Caring Canines. Genesis has had therapy dogs in the hospital for many years, but

recently expanded the program to help reduce stress for more patients and families. Clinical studies prove that therapy dogs can decrease anxiety, and as a result, lower pain, blood pressure and heart rate.

Daniel Scheerer, M.D., chief medical affairs officer at Genesis, sees the difference dogs make in patients and families. “If you follow a Caring Canine throughout the hospital, you’ll see the dog create smiles. And smiles can bring less tension,” Dr. Scheerer said. “Pleasant interactions with these dogs are great stress relievers, and there’s much evidence that stress reduction helps to promote healing.”

Tom felt better after getting a visit from his furry friend, and the difference in his morale was evident. “My wife noticed right away the dog and I had become friends, and I was more relaxed,” Tom said.

### A Day in the Life of a Therapy Dog

Max’s outstretched paw also helped Shirley Workman relax in the recovery room at Genesis-Good Samaritan after having surgery on her wrist. “Oh look,” she smiled as Max strolled into the room. Max climbs on a chair beside Shirley’s bed and gives her a high-five on her good hand.

After visiting patients and families in the recovery room, Max and his handler, Kathy Lighthizer, an R.N. at Genesis Behavioral Health, go to the surgery waiting lounge. Eileen and Nan Nolder are anxiously waiting for Jerome, their husband and father-in-law, to get out of surgery for a broken hip.

“When we saw the dog coming down the hallway, we had an immediate connection – even before we met him,” Nan said. “As soon as we saw Max, he brought a smile to our face. He was a great distraction from thinking about the surgery of our loved one. It was also soothing to be able to pet Max,” she said.

### A Positive Impact

Karen Green, R.N., director of Genesis Behavioral Health, notices the positive impact the dogs have on patients and families. “They carry out the Genesis mission of compassionate care through their unconditional love for everyone,” Green said. “The dogs provide patients with a healing touch and ask for nothing in return. They’re able to help calm fears of waiting families during anxious moments,” she said.

Bringing dogs to help patients in the hospital has been so successful, Genesis decided to expand the program. Dr. Scheerer is glad to see it. “I had already seen how valuable dog therapy had been on some units at Genesis,” Dr. Scheerer said. “I had a personal two-week hospitalization elsewhere, and one of the highlights of my day was a visit to a large aquarium in the lobby of the hospital. A visit with a dog would have been so much better.”

Dogs and handlers are certified by Therapy Dogs International ([www.tdi-dog.org](http://www.tdi-dog.org)), which means the dogs receive extensive training and pass strict tests to ensure the canines are calm and friendly. And the handlers always ask patients and families if they want a four-legged visitor before approaching them.

**“The dogs provide patients with a healing touch and ask for nothing in return. They’re able to help calm fears of waiting families and help during anxious moments.”**

**– Karen Green, R.N.**  
Director of Behavioral Health

Touching, petting and talking with animals have made a difference in the lives of patients and families at Genesis – just like in Tom’s situation. Max reminded him of his mixed breed shepherd and black lab dog back home, and that put him at ease. “I was glad to see the dog. He helped me relax, and his visit meant a lot to me,” Tom said.



*Nan and Eileen Holder visit with Max and Kathy Lighthizer, his handler, as they wait for a loved one in surgery.*



*Kelsey Walters*

## EXPERT TEAM SAVES MOM AND BABY

Kelsey Walters and her boyfriend Quinn were taking a leisurely afternoon drive in May when they were in a car accident. Kelsey was nearly 38 weeks into her pregnancy, and her water broke upon impact. “The first thing I thought about was the baby being OK. I didn’t even know I was hurt until I couldn’t get out of the car,” Kelsey said.

Genesis Community Ambulance arrived quickly at the scene. Then Kelsey was taken to the Trauma Center at Genesis-Good Samaritan Hospital where the emergency and trauma team were ready to care for Kelsey and her unborn child. “I was so scared because I couldn’t feel the baby move,” Kelsey said. “The Emergency Department (ED) staff was great and did an amazing job. They kept me calm when I kept asking questions about the baby.”

The team also helped comfort Quinn. “The staff in the ED was really helpful. They told us everything that was going on and would update us every couple of minutes,” he said.

The baby boy was in danger because the placenta was detached, and the umbilical cord was coming before the baby. A team of ED and trauma physicians and nurses, along with critical care intensivists and other trained specialists, sprang into action. Kristina Loomis, M.D., obstetrics and gynecology, performed an emergency cesarean section in the trauma center assisted by Brandice Alexander, D.O., trauma surgeon. “At that moment, everybody was focused on Kelsey and the baby,” Dr. Alexander said. “About 30 people were involved – from the CAT scan technician to the trauma doctors – and every single person had a role in mom and baby’s care,” she said. Kevin Miller, M.D., pediatrician, and nurses from the Neonatal Intermediate Care Unit cared for the newborn before he was transported to a children’s hospital because his oxygen supply had been restricted before birth.

Kelsey’s injuries included a dislocated hip that was also fractured. Pooya Hosseinzadeh, M.D., medical director of Genesis Orthopedic Trauma Surgeons, stabilized the hip so Kelsey could be transported to a Level I trauma center in Columbus to repair the shattered bone.

### Welcome Home

Kelsey woke up in the hospital by herself. “I didn’t get to see the baby for a week. It was awful. I had pictures – that was it,” she said. After spending five weeks in a children’s hospital, Quinn and Kelsey were relieved to have their baby boy transported back to the Neonatal Intermediate Care Unit at Genesis-Bethesda Hospital.

Kelsey stayed in the Mom’s Bed & Breakfast at Genesis – a program that enables mothers who are discharged to stay close to their babies who still need to be in the hospital. “I was in a wheelchair so I was able to easily get down the hall to see him whenever I wanted,” Kelsey said. “And I could call to find out how he was doing,” Quinn said.

Today Easton is a healthy baby, and Kelsey and Quinn are thankful the trauma team and expert specialists were nearby to save their son. “If it would have been a few minutes more, Easton might not have made it,” Quinn said.

### TRAUMA CENTER CLOSE TO HOME

Survival rates increase dramatically when trauma-related injuries are treated at a trauma center as quickly as possible. Trauma refers to any injury caused by physical force such as motor vehicle accidents. “Genesis is a verified Level III Trauma Center, and being a trauma center means we can take care of these injuries in a timely fashion,” said Stuart Chow, D.O., medical director, Genesis Trauma Services.

Being a trauma center means there are high standards in place – the team is trained to respond to emergencies quickly. “It involves a lot of specially trained staff from emergency medical services personnel to emergency room physicians to specialists and experts in the field of trauma, critical care, neurosurgery and orthopedics,” Dr. Chow said. The nurses also receive extensive training to care for trauma patients. “If you or someone in your family has a traumatic injury, you want to be cared for in a timely manner. We have that capability at Genesis,” he said.



*The Genesis Trauma Team recently received Level III re-verification.*

# CONSTRUCTION UPDATE

## Behavioral Health Center Opens

One of the first parts of the new hospital project to be completed is Genesis Behavioral Health, located behind Bethesda Hospital at the former Forest View Health Campus. The renovated facility opened in July and brings together all our behavioral health services in one convenient location. It was designed with patient input and has private rooms, open spaces with natural lighting, new exercise equipment, quiet areas and more. These features offer a healing place for patients. This is the only center of its kind in Southeastern Ohio. Children, adolescents and adults from 33 counties come to us for help. This new facility shows our commitment to making sure those who need behavioral health care get it.



*New Exercise Room*



*Courtyard for patients*



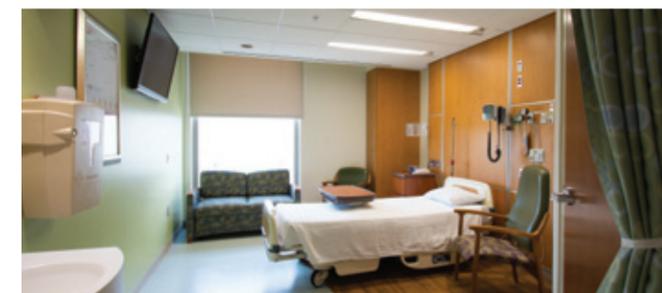
*Adult Activity/Dining Area*



## Renovated South Wing Welcomes Patients

We have completed renovations to the south wing of Bethesda, and patients are being cared for on the wing's second, third and fourth floors. These patients and their families and visitors are experiencing what the new Genesis hospital will be like when finished.

Patient care areas from the west, east and north wings of Bethesda have moved to the south wing. Labor and delivery, newborn nursery, pediatrics, outpatient surgery and orthopedics are among the services that are temporarily located in the south wing. Work is now being done to renovate the rest of Bethesda, and the new patient care addition on the south end of the hospital gets closer to completion.



## Campus Work Continues

As new structures go up, a few older ones behind Bethesda are coming down. Maintenance buildings, a picnic shelter and a trail shelter at the back of the campus were torn down in August. This is making room to expand employee parking.



## Fitness Trail Remains Closed

For your safety, the fitness trail on the campus of Bethesda Hospital will remain closed until the end of the year. We know this is a popular walking destination; however, the site work that needs to be completed poses safety concerns for anyone who would use the trail. We feel it is in the best interest of the community to close the trail while work in that area of the campus is completed. The fitness trail will remain a part of the campus after the project is complete.

If you're coming to Bethesda, please remember to drive with caution around the campus and be on the alert for changes in traffic flow and construction vehicles. We appreciate your support and patience as we create your new hospital.

# FOR YOUR LIFE... FOR YOUR HEALTH



2014  
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EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS

## Spirit of Women Programs

To register for Spirit of Women programs, go to [genesishcs.org](http://genesishcs.org); select "Education & Events," or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

### Girls' Night Out

*Good Health Looks Good on Everyone*

Friday, Oct. 24 • 5:30 to 9 p.m.

Ohio University Zanesville/Zane State College

Speaker: Reneé Rongen

Cost: Spirit of Women Members – Free  
(*must show key tag*)

Non-members: \$10 (*receive Spirit of Women membership*)

Just like the classic little black dress, vibrant health is always in style. You're cordially invited to a remarkable affair. Put on your favorite black attire, and we'll show you how health is your best accessory. The night includes visiting with our business partners, wine tasting, health screenings and much more! Highlights of the evening are our physician presenters and motivational speaker and author Reneé Rongen.

### Passport to Your Adventure

#### Against Diabetes – Spain

Thursday, Nov. 20 • 5:30 to 8 p.m.

North Terrace Church of Christ

1420 Brandywine Blvd., Zanesville

When it comes to diabetes, you have power! By making some simple changes, you can help prevent diabetes – or if you already have it, you can cut your risk of complications. Our experts will present current information on the many steps you can take to boost your overall health. The evening will be filled with a Spanish flair!

### Battle of the Blah-zzz

Wednesday, Dec. 3 • 5:30 to 8 p.m.

Genesis HealthPlex Conference Center

Do you feel fatigued during times of the day when you used to have energy? This program will discuss ways for sleeping better and why sleeping well can help prevent other health issues.

*Spirit of*  
**Women.**



For updates on programs or events, go to [genesishcs.org](http://genesishcs.org).

## Cancer Support Groups

Call Shannon White, Genesis Cancer Services, at (740) 454-5017 for more information on cancer support groups.

### Man to Man – Prostate Cancer

Meetings are at 6 p.m. Go to [genesishcs.org](http://genesishcs.org) and select "Education & Events" for locations of the meetings.

Monday, Oct. 6

Topic: How to Prepare for Flu Season

Monday, Nov. 3

Topic: Using MyChart®

Monday, Dec. 1

Holiday fellowship; cost to be determined.

### Young Women Survivors Network

Women age 49 or younger with cancer can learn about the disease and issues that are unique to them, such as fertility and pregnancy, impact of hormones, intimacy and self-esteem, and psychological and social aspects of dealing with cancer.

### I Can Cope Classes

These classes are for anyone with cancer and their families. Learn about diagnosis, treatments, side effects, ways to communicate with your doctors and nurses, and more. Topics include managing fatigue, relieving pain, nutrition, physical activity and self-esteem. To schedule a personal meeting or a speaker for your group, call Shannon White at (740) 454-5014.

### Support Buddies – Breast Cancer

Meetings are at 6 p.m. at the Breast Care Center in the Genesis HealthPlex.

Wednesday, Oct. 1

Speaker: Shalini Gupta, MD

Topic: Breast Cancer Q&A

Wednesday, Nov. 5

Speaker: Amy Little, RN, Cancer Services

Topic: Tobacco Cessation

Wednesday, Dec. 3

Holiday Celebration

Cost to be determined. Go to [genesishcs.org](http://genesishcs.org) and select "Education & Events" for the location.

### Look Good ... Feel Better

Female cancer patients learn beauty techniques to stay positive and maintain self-confidence through treatments. Each participant receives a free makeup kit worth \$300. Participants are encouraged to bring a support person. Registration is required by calling the American Cancer Society at 800-395-LOOK. For location details, please call (740) 454-5014. Go to [genesishcs.org](http://genesishcs.org) and select "Education & Events" for locations of these meetings.

Tuesdays:

Oct. 21 • Noon

Nov. 18 • 5 p.m.

Dec. 16 • Noon

## Childbirth & Parenting

### Walk to Remember

Sunday, Oct. 12 • 1 p.m.

Ohio University Zanesville/Zane State College  
Fitness Trail

H.A.I.L. (Healing After Infant Loss) is a program dedicated to the memory of infants lost to miscarriage, ectopic pregnancy, stillborn and newborn death. Join us for this free walk to honor and remember.

### Holiday Ornament Decorating

Wednesday, Dec. 3 • 7 p.m.

Genesis-Good Samaritan Meeting Rooms 1 & 2

Parents and families who have lost an infant are invited to come together to show support for one another, and to decorate holiday bulbs in remembrance of their little ones. Each family is welcome to make two bulbs: one for a special remembrance tree at Genesis and one to take home with them. Decorating materials and light refreshments will be provided.

### Classes

Genesis offers childbirth and parenting classes to help you navigate the joys and challenges of being a parent. Whether you're a first-time parent or one with a little more experience, we have a class to fit your needs. For more information, call Lauren Wood at (740) 450-6262 or go to [genesishcs.org](http://genesishcs.org), and select "Education & Events." You can also call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

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## Other Events

### Walk With a Doc

Saturdays, Oct. 11, Nov. 8 & Dec. 13  
8:30 to 9:30 a.m.  
Check Genesis website for locations.

Walk about a mile with a local doctor. Learn fitness tips, get health advice, and ask the doctor general health questions. Call Tara Poorman or Sharon Francis at (740) 454-4336 for more information.

### Perry County Breast Vigil Light a Candle to Honor & Remember

Thursday, Oct. 16 • 6:30 p.m.  
Perry County Courthouse

We invite breast cancer survivors, family and friends to join us as we celebrate the joy of life and survival. Registration is not required. Call Shannon White at (740) 454-5017 for more information or to request a luminary in honor or in memory of a loved one.

### Annual Ethics Symposium

#### *Ethical Issues in the Treatment of Persons with Substance Use Disorders*

Thursday, Nov. 6 • 6 to 8 p.m.  
North Terrace Church of Christ  
1420 Brandywine Blvd., Zanesville

Speaker: Geneva Sanford, MSW, LSW,  
LICDC-CS, substance abuse coordinator,  
Grant Trauma Program  
Registration and refreshments begin at 5 p.m.  
For more information, call (740) 586-6535.

### Coal Miners Health Fair

Wednesday, Nov. 12 • 9 a.m. to noon  
Muskingum County Center for Seniors  
201 Sunrise Center Drive, Zanesville

This event is geared toward active or retired coal miners and anyone who's been exposed to coal dust through employment, but it's open to any adult. Free screenings will be available, and a nurse practitioner will review results with you. The Department of Labor will help fill out applications and answer questions about black lung benefits. Registration is not necessary. For more information, call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328.

### SLIP – Senior Lifestyles and Injury Prevention

SLIP is an interactive presentation covering fall prevention safety for seniors who live on their own in senior apartments or in assisted living. Genesis physical therapists provide a free fall risk assessment for each attendee. This can be scheduled for 10 to 50 people. Call Rebecca Geyer, RN, Emergency & Trauma Services, at (740) 455-7670 for more information on trauma injury prevention programs.

### Baby Safety Shower

Saturday, Oct. 25  
10 a.m. to 1 p.m.  
Genesis HealthPlex Conference Center

This event is for new and expectant mothers. Learn ways to keep you and your baby safe. There will be refreshments, games and a chance to win door prizes. For more information, contact Lauren Wood at (740) 450-6262, or Rebecca Geyer at (740) 455-7659.

## Northside Pharmacy Wellness

### Cholesterol Screening

Cholesterol screenings will be available for \$20 in September. Please fast for 8 to 12 hours prior to testing.

### Flu Shots

Adult flu shots are available at all Northside Pharmacy locations. There is no cost for Medicare Part B recipients, and Northside Pharmacy can bill most insurance companies. Please bring your Medicare and other insurance cards.

### Medicare Part D

Oct. 15 to Dec. 7

Northside pharmacists offer free Part D plan comparisons. Plans change, including premiums, covered medications and co-pays. Your plan may no longer be a part of the program for 2015. Stop in to see a pharmacist.

### A1C Testing

Northside will be offering blood sugar tests in November that reflect your average blood sugar level for the past 2 to 3 months and how well your blood sugar is controlled. A1C tests are returned in 5 minutes, and fasting is not required.

## Diabetes Exercise

This program is for anyone who has Type 1 or 2 diabetes or is prediabetic. Friends and family members may join the program at the same price if coming as a support person or an exercise buddy. Call (740) 454-4336 or 866-351-6688 to register. The cost is \$100 for a 16-class session; reduced fee of \$60 for payment before classes begin. Financial aid is available.

Mondays & Wednesdays • 3 to 6 p.m.  
Tuesdays & Thursdays • 10 a.m. to noon  
Physicians Pavilion

## Community AHA Classes

Genesis and Zane State College partner to provide American Heart Association (AHA)-certified CPR and first aid training. The classes will be held at Zane State College Campus Center, Room T400 (PTA lab). The costs are:

Heartsaver CPR – \$45  
Healthcare Provider CPR – \$60  
First Aid – \$35

To sign up for classes or for more information, call Zane State College at (740) 588-1288.

## Grief Support

Genesis Hospice offers a variety of support groups to help you share, heal and grow during this time in your life. Individual counseling sessions are also available. For more information, call (740) 454-5353 or 800-953-7673, or go to [genesishcs.org](http://genesishcs.org) and select "Education & Events."

## Respiratory Support Group

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

### Better Breathing Club

Wednesday, Oct. 8 • 1:30 to 3 p.m.  
Genesis HealthPlex Conference Rooms A & B  
Speaker: David Painter  
Topic: OSHIIP (Ohio Senior Health Insurance Information Program)

Thursday, Nov. 13 • 1:30 to 3 p.m.  
Genesis HealthPlex Conference Rooms A & B  
Topic: Symptoms, Prevention and Treatment of Flu

Joyce Bates from Rambo Memorial Health Clinic will give flu shots. R.S.V.P. by Nov. 11 to receive a flu shot.

Thursday, Dec. 4 • Noon to 2:30 p.m.  
Genesis HealthPlex Conference Center  
Speaker: Kristi Warner, CRT, Northside Oxygen & Medical Equipment  
Bring your favorite covered dish. R.S.V.P. by Nov. 28.

## Rehabilitation

### Back to Basics – Back Pain Program

Classes are on the first and third Thursdays of each month at Genesis Outpatient Rehabilitation, 740 Adair Ave., from 5:30 to 6:30 p.m. The program includes six one-hour sessions conducted by licensed therapists. The cost is \$5 per session or \$25 for all six sessions. If you complete all six sessions, you'll get a free one-month membership to the Muskingum Recreation Center. To register, call (740) 455-5151.

### Delay the Disease – Parkinson's Exercise Class

Tuesdays • 10 to 11 a.m.  
North Terrace Church of Christ  
1420 Brandywine Blvd., Zanesville  
This is a weekly exercise program for managing Parkinson's disease. Cost is \$50 for 10 weeks. You may join any Tuesday. Call (740) 455-5151 for more information.

### Pain Partnership Support Group

Wednesdays, Oct. 29 & Dec. 17  
6 to 7:15 p.m.  
Genesis Interventional Pain Management Clinic  
2945 Maple Ave., Zanesville

### Support Groups

Genesis Rehabilitation Services also offers a variety of support groups including stroke, brain injuries and pain and fibromyalgia. Call (740) 454-4712 or 800-225-7957, ext. 4712, for more information.

2503 Maple Ave., Suite A  
Zanesville, OH 43701

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### Tree of Love Lighting Ceremony

Friday, Nov. 21 • 6 p.m.  
Genesis-Good Samaritan Main Entrance

The spirit of the holiday season glows in the Tree of Love, an annual fundraiser by Genesis Volunteers. The ceremony is free and open to the public, and includes holiday music, entertainment and refreshments. Find out more information and how to donate a tree or bulb by going to [genesishcs.org](http://genesishcs.org); select "Education and Events."