

LiveWell

2015 WINTER ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION



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HEALTHCARE SYSTEM
GENESIS
Where you're treated well

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A Miracle for Mariah

Mariah Swingle's life changed in an instant when she was severely injured in a motorcycle accident. But she hasn't let that dampen her positive spirit. Read her inspiring story of survival and recovery, thanks in part to the team at the Genesis Trauma Center.

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Back to Work and Plays

Rehabilitation plays a large role in helping many patients regain full function after accidents or illness. Rich Tolliver knows this well after a fall off a scaffold left him with vertigo and other problems. Now he's back to work and community theater with the help of Genesis rehab therapists.

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A New Life for Patty

Daily seizures made it nearly impossible for Patty Hickey to leave her home, let alone get much enjoyment out of life. That was before neurosurgeon Victor Awuor, M.D., performed a procedure that lessened her seizures. Life looks a lot brighter to Patty these days.

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Construction Update

We are moving closer to the completion of your new Genesis Hospital. Read about the Genesis Cancer Care Center opening in January, the hospital's private patient rooms, local culture being incorporated into the hospital, and more.

INSERT

For Your Life ... For Your Health

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

TRANSFORMING HEALTH CARE IN 2015



The New Year will bring a transformation in how health care is delivered in our community. The new Genesis Cancer Care Center will open in January, and the new Genesis Hospital will be complete in the summer. We are so excited to bring a modern hospital to the community to match the high quality care our physicians and staff already offer. Catch up on the latest developments in the Construction Update in this issue of LiveWell.

Our mission is to provide compassionate, quality health care so you and your family can enjoy life. In this issue of LiveWell, you'll find stories about people in our community who are enjoying life once again, thanks to care they received from the professionals at Genesis.

Mariah Swingle suffered life-threatening injuries in a motorcycle accident. She was fortunate the Genesis Trauma Center was nearby. You'll read about the timely, expert care from our physicians and staff who helped save Mariah's life. The courage she has shown is truly inspiring.

You'll also learn about Rich Tolliver's road to recovery and rehabilitation from a serious fall from a scaffold. The skilled and compassionate therapists at Genesis Rehabilitation Services helped him make a full recovery. Read Rich's story to see what he's up to today.

Patty Hickey is able to get outside and enjoy life, thanks to a surgical implant available for the first time in our area. For years she was confined to her home due to epileptic seizures she suffered daily. Now she has a new outlook on life because of the life-changing surgery that lessens her seizures.

As we approach the New Year, we understand the significance of what it will bring for our community. Our resolution in 2015? To keep you and your family at the center of every decision we make and give you the best possible experience, so you can enjoy life. And a new, modern hospital will make that a little easier to do.

Matthew J. Perry

President & CEO



WELCOME TO NEW PHYSICIANS



Jason Allen, D.O., *Interventional Pain Management*

Dr. Allen joined the Genesis Interventional Pain Management Clinic. He earned his Doctor of Osteopathic Medicine degree from Ohio University College of Osteopathic Medicine in Athens. He completed his internship at Riverside Methodist Hospital in Columbus, and his anesthesiology residency and interventional pain management fellowship at the University of Michigan in Ann Arbor, Michigan. Dr. Allen's office is located at 2945 Maple Ave., Zanesville, and his phone number is (740) 454-4712. He is accepting new patients by referral.



Mohammad Annaba, M.D., *Hospital Medicine*

Dr. Annaba is a board-certified internist who practices hospital medicine and recently joined Genesis Inpatient Specialists. He earned his Doctor of Medicine degree at Damascus University in Damascus, Syria. Dr. Annaba completed his internal medicine residency at St. John Hospital and Medical Center in Detroit, Michigan.



Eric Fete, D.O., *Emergency Medicine*

Dr. Fete joined Genesis FirstCare. He earned his Doctor of Osteopathic Medicine degree from the Chicago College of Osteopathic Medicine in Downers, Illinois. Dr. Fete completed a one-year special emphasis internship in emergency medicine and a three-year residency training program in emergency medicine at Doctors Hospital in Columbus. He is board-certified by the American Osteopathic Board of Emergency Medicine.



Andrew Freeman, M.D., *Radiation Oncology*

Dr. Freeman joined Genesis Cancer Care Services. He earned his Doctor of Medicine degree at West Virginia School of Medicine in Morgantown, West Virginia. Dr. Freeman completed a one-year transitional medicine internship at West Virginia University Hospital and a four-year radiation oncology residency training program at the University of Louisville in Louisville, Kentucky. He is board-certified by the American Board of Radiology-Radiation Oncology. He is practicing at the Genesis Radiation Cancer Care Center at 751 Forest Ave., Zanesville.



Clayton T. Gibson, M.D., *Orthopedic Surgery*

Dr. Gibson joined the Genesis Orthopedic Group. He earned his Doctor of Medicine degree from Northwestern University Medical School in Chicago. He completed his residency in orthopedic surgery as well as his hand surgery fellowship at Washington University in St. Louis, Missouri. He also completed a hand and micro vascular surgery fellowship at the Christine M. Kleinert Institute in Louisville, Kentucky. Dr. Gibson specializes in surgery of the hand. His office is located at 1246 Ashland Ave., Suite 105, Zanesville, and his phone number is (740) 586-6828. He is accepting new patients by referral.



Hassan Kahi, M.D., *Hospital Medicine*

Dr. Kahi is a board-certified internist who practices hospital medicine and joined Genesis Inpatient Specialists. He earned his Doctor of Medicine degree at Damascus University in Damascus, Syria. Dr. Kahi completed his internal medicine residency at Western Reserve Care System in Youngstown.



Inam Khan, D.O., *Hospital Medicine*

Dr. Khan is an internal medicine physician who joined Genesis Inpatient Specialists. He earned his Doctor of Osteopathic Medicine degree from the Ohio University College of Osteopathic Medicine. He completed his internal medicine residency at Akron City Hospital in Akron. Dr. Khan is board-certified by the American Board of Internal Medicine.



Aasim Rehman, M.D., *Rheumatology*

Dr. Rehman is a rheumatologist who is board-certified in rheumatology and internal medicine. He earned his Doctor of Medicine degree from Khyber Medical College in Peshawar, Pakistan. Dr. Rehman completed his residency in internal medicine at St. Louis University Hospital in St. Louis, Missouri, and a fellowship in rheumatology at the University of South Florida in Tampa, Florida. He is practicing at the Genesis Rheumatology Care Center, 2525 Maple Ave., Zanesville, and his phone number is (740) 453-6554. He is accepting new patients.

MEET JASON COX, D.O. ORTHOPEDIC SURGEON

We are pleased to welcome Jason Cox, D.O., an orthopedic surgeon who has joined the Genesis Orthopedic Group. He specializes in general orthopedic surgery including total knee and total hip replacements; knee arthroscopy; ACL reconstruction; meniscus repair/resection; shoulder arthroscopy; rotator cuff repair; labrum repair; biceps tenodesis; fracture fixation; carpal tunnel, cubital tunnel and trigger fingers; and joint and soft tissue injections.

Dr. Cox's path to orthopedic surgery began early. "Growing up, I took classes in woodworking and did a few jobs in construction. I enjoyed working with my hands and using tools," he said. "In medical school I was interested in human anatomy. This prompted me to do an anatomy fellowship, and I tutored other students in anatomy and physiology. When it was time to choose a specialty, I realized orthopedic surgery was the perfect blend of my interests."

Having his patients as members of their own health care team is important to Dr. Cox. "I keep my patients informed about their conditions," he said. "This way we can take a team approach to deciding whether surgical or non-surgical options are the best for their specific situations."

Dr. Cox earned his Doctor of Osteopathic Medicine degree from Nova Southeastern University in Fort Lauderdale, Florida. He completed his internship and orthopedic surgery residency at Rowan University in Stratford, New Jersey.

Zanesville feels a lot like home to Dr. Cox. "I grew up in Ripley, West Virginia. When I was considering where to practice, I wanted a medium-size city with friendly people, rolling hills and woods, and outdoor activities," he said. "Working at a regional hospital that is continually improving to achieve the ultimate goal of providing quality care to patients was a priority. Genesis fit the bill."

Dr. Cox's office is located at 1246 Ashland Ave., Medical Arts Building 1, Suite 105, Zanesville, and his phone number is (740) 586-6828. He is accepting new patients by physician referral.



A MIRACLE FOR MARIAH

Mariah Swingle enjoys playing with her niece, hanging out with friends, and driving around town – typical activities for a 20-year-old. However, Mariah is not your typical young adult after a motorcycle accident nearly took her life.

It happened in May 2014. Mariah lost her leg at the scene. She was transported by local EMS to Genesis-Good Samaritan. Her injuries were life-threatening, so a trauma code was called. The trauma team was ready when Mariah arrived at the Emergency Department (ED).

“We knew before she arrived this was the highest possible trauma,” said John Zimmerman, M.D., an emergency medicine specialist and medical director of Genesis Emergency Services. Dr. Zimmerman and Jan Elston, M.D., surgeon, were on hand to offer immediate care for Mariah.

Mariah had a collapsed lung, her blood pressure was barely readable, and she needed a massive blood transfusion – the most Dr. Zimmerman had seen in his 30-year career. The team went into action; the trained specialists knew what to do to save Mariah’s life.

Trauma Team Was Ready

Neil Vining, M.D., an orthopedic trauma surgeon at Genesis, stabilized Mariah’s pelvis and controlled the bleeding from her leg. Dr. Vining spent three years in Iraq and Afghanistan, and had experience caring for serious injuries like Mariah’s. “The whole trauma team was clearly prepared to deal with an injury as severe as Mariah’s. Having people on board experienced and trained in trauma made a big difference in the timeliness and level of her care, and probably saved her life,” Dr. Vining said.

Storms prevented a life flight helicopter from flying, so Mariah had to be stabilized before she was transported to a Columbus Level I Trauma Center by the Genesis Mobile Intensive Care Unit (MICU). Dr. Zimmerman remembers the day well.

Like Our Own Daughter

“Before Mariah left, I remember Kelly Mallett, an R.N. and MICU nurse, talking to Mariah’s parents, explaining how serious and life-threatening Mariah’s injuries were,” Dr. Zimmerman said. “Kelly took their hands and said, ‘We will take care of her as if she were our own daughter.’ That’s one of those things you don’t forget. This is an example of how extraordinary the people on the trauma team are.”

With the help of physicians and staff trained for these types of situations, Mariah survived her life-threatening injuries. “Had we not been a Level III Trauma Center, I don’t think she would have survived,” Dr. Zimmerman said.

Mariah doesn’t remember the Genesis ED because she was unconscious, but her parents do and are grateful for the compassionate care.

Mariah spent six weeks in a Columbus hospital and returned to Genesis for continued care and rehabilitation. She appreciated the nurses who cared for her. She also looked forward to physical therapy. “I loved them. They let me take one day at a time and let me do a little more each day. They didn’t push me to do more than I was capable of doing.”

“Having people on board experienced and trained in trauma made a big difference in the timeliness and level of her care, and probably saved her life.”

– Neil Vining, M.D.
Orthopedic Trauma Surgeon

Remarkable, Can-do Attitude

Today Mariah is making a remarkable recovery. She has undergone 17 surgeries, looks forward to completing her degree in criminal justice, walks with forearm crutches, and plans to get a prosthetic leg in early 2015. Mariah realizes she’s fortunate but doesn’t see herself as anything special. Even so, her recovery has impacted many lives. She has more than 7,000 likes on her Facebook page from as far away as Australia and England.

Dr. Zimmerman is quick to credit Mariah’s recovery with her can-do attitude. “Mariah’s outlook helped her get better,” Dr. Zimmerman said. “She was thrown a hard curve ball. She has a remarkable attitude of getting past this, getting better and not letting it keep her down. She’s bound and determined to heal.”

Thanks to the compassionate and expert care at Genesis – she’s on her way.



“Had we not been a Level III Trauma Center, I don’t think she would have survived.”

– John Zimmerman, M.D.
Medical Director, Emergency Services

BACK TO WORK & PLAYS

Rich Tolliver was putting the last piece of siding on a house for a construction job in the fall of 2013. That's when something went terribly wrong. The scaffolding he was standing on moved, and Rich fell 10 feet, hitting his head on the corner of a concrete sidewalk.

Rich was transported to the Trauma Center at Genesis-Good Samaritan and treated for a skull fracture, bleeding in his brain and strains in his back. He was in and out of consciousness and had immediate surgery to repair a large cut on his scalp that exposed his skull.

"Having a high level of skilled care close to home means patients don't always have to be transported to a larger city and enables patients' family and friends to be close by," said Susie Piecynski, N.P., a nurse practitioner who helped care for Rich.

"I wondered if I'd ever be able to get out of the easy chair, but thanks to the expert care I received here, I'm back performing."

Rich Tolliver

Close to Family and Friends

Rich and his wife Shelley were glad he was able to receive expert care closer to family and friends throughout his recovery. He spent eight days in Genesis-Good Samaritan and during this time, he had lots of visitors. "People from throughout the community would visit and ask me how I was doing. It was amazing and meant a lot to me," he said.

"Rich was able to be treated by people he knew from the community, which put him and his wife at ease and helped in his recovery," said Katie Garrett, physical therapist at Genesis Rehabilitation Services. "He made great progress."

Rich went from not being able to stand up without getting dizzy to moving on his own before he left the hospital. "By learning to walk with our therapists soon after the accident, he was able to keep from losing strength from the week-long hospitalization," Garrett said.

The therapists spent time with Rich and his family practicing daily activities like walking without a walker and balancing. "Our team of therapists spends a lot of time with patients and family members, so they have an opportunity to ask questions and participate in therapy before they leave the hospital," Garrett said.

Vestibular Therapy Helped Dizziness

When Rich first started therapy, he couldn't even move his head without getting dizzy. "I had a lot of vertigo; it felt like I was jumping out of an airplane and spinning several times a day," he said. He had vestibular therapy to clear the crystals that were floating in his inner ear, making him feel as if he were spinning. The therapists performed maneuvers to free the crystals.

"I have recommended Genesis Rehabilitation Services to others in our community. We have the best care right here."

— Rich Tolliver

After leaving the hospital, Rich went through outpatient physical, occupational and recreational therapy at Genesis Rehabilitation Services two times a week for six months. His goal was to get back to work in his construction business and be able to perform in community theater again.

"Before the accident I had just started working on a script, so writing dialogue and practicing speaking was a big part of my mental therapy. After the accident, it was hard to focus because I kept wondering if my mental capabilities would ever come back," Rich said. The skilled therapists helped him by doing memory exercises, word association and other therapies.

Best Care Right Here

Less than a year later, Rich is doing the things he loves to do like performing in community theater and golfing. "I wondered if I'd ever be able to get out of the easy chair, but thanks to the expert care I received here, I'm back performing," he said. "Working on theater projects as part of my therapy kept me going. I have recommended Genesis Rehabilitation Services to others in our community. We have the best care right here."

With the help of the skilled experts close to home, Rich is back to work — and his plays.



"Rich was able to be treated by people he knew from the community, which put him and his wife at ease and helped in his recovery."

— Katie Garrett
Physical Therapist



“When I received the implant, it completely changed my life.”

Patty Hickey

A NEW LIFE FOR PATTY

Patty Hickey wasn't able to do the everyday activities most of us take for granted. She didn't go shopping very often or even take a walk. The 42-year-old woman has had epilepsy since she was a child and had seizures nearly every day. “You're afraid to do daily activities or even cross the street, because you're afraid you'll have a seizure and fall down,” Patty said.

Because of the seizures, Patty seldom left home – but even her own house wasn't a safe haven. A couple of years ago she had a seizure, fell, hit her head, suffered a concussion, was hospitalized, and went to a nursing home for rehabilitation.

Today Patty has a new life thanks to a procedure available at Genesis. Victor Awuor, D.O., a neurosurgeon at Genesis, is the first in our area to perform it. In the procedure, a vagus nerve stimulator is implanted under the skin near the collarbone to lessen the seizures. The device is similar to a pacemaker and works by sending mild electrical signals from the device to the vagus nerve to the brain. Vagus means wandering, and the nerve wanders from the brain to the heart and other organs.

Daily Seizures Lessened

“This procedure changed my life completely,” Patty said. “It has been remarkable.” Since receiving the implant, Patty is able to enjoy shopping with friends, riding her bicycle, and walking. She even plans to pursue a job as a nursing assistant. “I've had seizures nearly every day all my life. Now I only have about one a week.”

Compassionate Care

Her friends notice the difference in Patty's attitude and outlook. “It's really made a difference in her life,” said Karen Thompson. “She's able to go into stores without worrying about falling.”

Patty is grateful for the life-changing surgery and compassionate care she received at Genesis. “Before the implant, Dr. Awuor explained everything about the procedure,” Patty said. “He's very compassionate. He even called the other day and asked how I was doing.”

Patty recommends the procedure to others in the community. The vagus nerve stimulator reduces the need for medication, so Patty is able to cut back the medications she takes daily. She's also able to lessen or prevent a seizure when she feels it coming by putting a wristband with a magnet next to the stimulator device to turn it on.

Her smile reveals the outcome. “When I received the implant, it completely changed my life.”

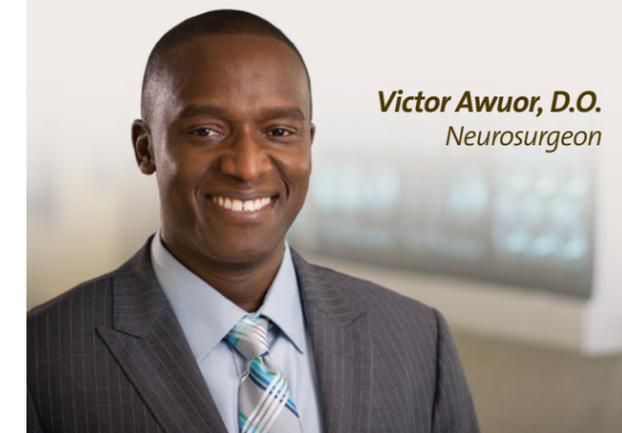
FIRST IN OUR AREA

Patty Hickey is the first to receive the vagus nerve stimulator at Genesis. Since her procedure, Victor Awuor, D.O., a neurosurgeon at Genesis, has done other implants. Dr. Awuor became interested in helping people with epilepsy after a friend he grew up with wasn't able to attend school regularly due to seizures. When Dr. Awuor came to Genesis, he looked forward to bringing the procedure to southeastern Ohio.

“I'm pleased to be able to offer the device so people in our area don't have to travel to a far-away city,” Dr. Awuor said. The surgery takes about an hour, and the patient stays overnight and goes home the next day.

Patty was a prime candidate for the implant. “She'd had seizures her whole life – even while she was on multiple medications,” Dr. Awuor said. She'd have grand mals – seizures that caused her to pass out and have violent muscle spasms – about once a month. Petit mals – seizures that caused brief loss of consciousness – would sometimes happen several times a day. Brain surgery wasn't a likely option because a Magnetic Resonance Imaging (MRI) of her brain didn't explain the source of her seizures.

“She was basically disabled because sometimes she'd have multiple seizures a day,” Dr. Awuor said. Since having the procedure, Patty is able to enjoy daily activities. “It's really a life-changing procedure for selected patients. Each severe seizure has the potential for detrimental consequences including death – so if you can eliminate even one seizure, it's a huge benefit for the patient,” Dr. Awuor said.



Victor Awuor, D.O.
Neurosurgeon

CONSTRUCTION UPDATE

The new year will bear witness to a transformation in the way health care is delivered in our community. The Genesis Cancer Care Center will open in January, and the new Genesis Hospital will be completed in late spring. Also opening next year will be the new medical office building. The excitement is building as years of planning and hard work are realized. What we're most excited about is the ability to match our facilities to the compassionate, quality care our physicians and staff already provide.

Genesis Cancer Care Center to Open

The Genesis Cancer Care Center will bring most Genesis cancer services under one roof in a warm, healing environment. It's about more than the building and technology, though. The new facility was designed with input from patients and staff. The goal has been to create a comforting space for patients and their families while our staff gives them compassionate, high-quality care.

Individual infusion pods where patients receive chemotherapy are an example of involving patients in the design. The concept of the pods was tested by patients, physicians and staff while the new center was being planned. The pods face a glass window overlooking the beautiful campus and fitness trail. Patients will have privacy, and supplies will be conveniently located within the pod. That means caregivers can stay close by patients while they care for them. And to help patients pass the time, iPads will be available with each pod.

When the rest of the hospital is completed this summer, a glass-enclosed walkway will connect the new cancer center to the hospital for convenient access. While the environment in the new center is comforting for patients, the equipment and technology are state-of-the-art. Two new linear accelerators were installed in the radiation therapy area, and other equipment has been upgraded.

Services in the Genesis Cancer Care Center include:

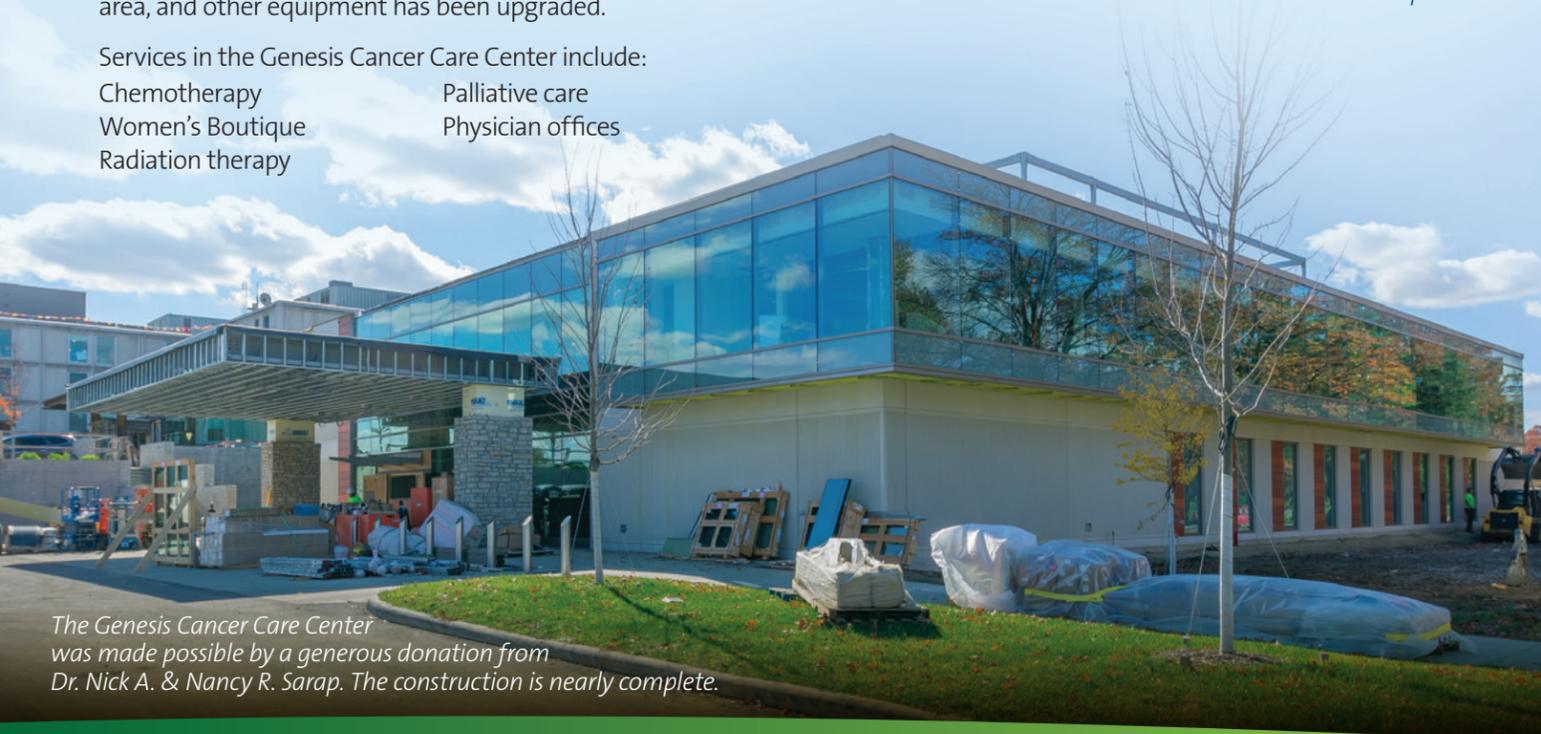
Chemotherapy	Palliative care
Women's Boutique	Physician offices
Radiation therapy	



Infusion pods will provide a relaxing and scenic environment.



Glass-enclosed walkway will connect the cancer care center to the hospital.



The Genesis Cancer Care Center was made possible by a generous donation from Dr. Nick A. & Nancy R. Sarap. The construction is nearly complete.

NEW HOSPITAL PROGRESS



Private Patient Rooms

The new patient rooms, like this one already in use on 4 South, will all be private and include bathrooms with showers. Patients appreciate the privacy, and the smartly designed space makes it easier for staff to care for patients.



New Helipad in Use

The new helipad is now in use for transporting patients by helicopter. It is located on the south side of the building near the Emergency Department ambulance entrance.



Terra Cotta Window Trim Adds a Touch of Local Culture

You may have noticed the terra cotta trim that has been added to the windows of the new hospital tower. The terra cotta blends a traditional aspect of the local community culture into the modern design of the new hospital.



Medical Office Building Shapes Up

From the front of the hospital, it's easy to see the progress of the new patient tower as you drive by. Not so visible is the work being done behind the hospital to build a new medical office building. The building connects to the Physicians Pavilion and the hospital so it will be easy to move between the buildings. The first floor will include outpatient neuroscience and orthopedic services, as well as physician offices. The second floor will be physicians and outpatient services for heart and vascular care. The new medical office building will open in 2015.

To Learn More » Visit genesishcs.org and select "Construction Update" for an interactive virtual tour, videos and a webcam that shows real-time photos of construction.

FOR YOUR LIFE... FOR YOUR HEALTH

2015
WINTER ISSUE

EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS

Spirit of Women Program

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

Day of Dance

Everybody Dance Now

Saturday, Feb. 28 • 8 a.m. to 1 p.m.
Colony Square Mall, Zanesville
Free Event

Everybody dance now for good health! Be a part of the biggest dance party for better health in the United States. Bring your family and friends to dance, listen to music, participate in free health screenings, and learn about simple and fun ways to stay healthy.

Free screenings include lipid profile and glucose (first 300 people), blood pressure, body mass index, cardiac risk assessment, peripheral artery disease (PAD) screenings and more. Fasting for 5 hours is required for lipid and glucose screening. A higher level screening is available for \$99 (savings of \$46) and includes stroke/carotid artery, abdominal aortic aneurysm and atrial fibrillation. Please fast for 5 hours for the higher level screening.



Other Events/Programs

Walk With a Doc

Saturdays, Jan. 10, Feb. 14 & March 14
8:30 to 9:30 a.m.
Go to genesishcs.org for locations.

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

SLIP – Senior Lifestyles and Injury Prevention

SLIP is an interactive presentation covering fall prevention safety for seniors who live on their own. Genesis physical therapists provide a free fall risk assessment for each attendee. The program can be scheduled for 10 to 50 people. Call Rebecca Geyer, Emergency & Trauma Services, at (740) 455-7670 to schedule.

Cancer Support Groups

Call Shannon White, Genesis Cancer Services, at (740) 454-5014 for more information on cancer support groups.

Man to Man – Prostate Cancer

Meetings are at 6 p.m. at the Genesis Cancer Care Center.
Monday, Feb. 2
Tour the Genesis Cancer Care Center
Monday, March 2
Topic to be announced

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.

Support Buddies – Breast Cancer

Meetings are at 6 p.m. at the Genesis Cancer Care Center.
Wednesday, Feb. 4
Tour the Genesis Cancer Care Center
Wednesday, March 4
Topic: Get a Good Night's Sleep

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.

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. All meetings will be at the Genesis Cancer Care Center.

Tuesdays
Feb. 17 • Noon
March 17 • 5 p.m.

Childbirth & Parenting

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. You can also go to genesishcs.org and select "Education & Events" or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.



Respiratory Support Group

The Better Breathing Club support group is open to anyone in the community with breathing problems. The group meets monthly and is free. Call the Genesis Black Lung & Respiratory Health Clinic at (740) 454-4328. You can also go to genesishcs.org and select "Education & Events" or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Diabetes Exercise

This program is for anyone who has Type 1 or 2 diabetes or is prediabetic. Friends and family 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
Genesis-Bethesda Physicians Pavilion

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. You can also go to genesishcs.org and select "Education & Events" or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002.

Northside Pharmacy Wellness

For more information or for locations, dates and times, visit Northside's website at northsiderx.com or call (740) 454-5666, ext. 8405.

Cholesterol Screening

Cholesterol screenings will be available for \$20 on Fridays in February for Heart Health Month. Please fast for 8 to 12 hours prior to testing.

Blood Drive

Wednesday, March 11 • 11:30 a.m. to 5:30 p.m.

An American Red Cross Blood Drive will be held at Northside Pharmacy on Bell Street. To reserve a time, call (740) 453-0508.

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 1-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.

Aquatic Program – Parkinson's Exercise Class

Thursdays • 10 to 11 a.m.
Muskingum Recreation Center
1425 Newark Road, Zanesville
Free

This is a weekly pool exercise class for managing Parkinson's disease. You may join any Thursday. Call (740) 455-5151 for more information.

Pain Partnership Support Group

The support group is open to anyone in the community dealing with chronic pain. There's no cost to attend. For more information, call (740) 454-4721.

Wednesdays, Jan. 28, Feb. 25 & March 25
6 to 7:15 p.m.

Genesis Interventional Pain Management Clinic
2945 Maple Ave., Zanesville

Stroke Support Group

This group is open to the public and meets monthly to provide educational, recreational and social opportunities for stroke survivors and their families. For dates, times and locations, go to genesishcs.org and select "Education & Events" or call the Genesis Event Registration Line at (740) 454-4002 or 800-322-4762, ext. 4002. For more information on the support group, call (740) 454-4241 or 800-225-7957, ext. 4241.

Support Groups

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

Community AHA Classes

Genesis and Zane State College partner to provide American Heart Association (AHA)-certified CPR and first aid training. The classes are held at Zane State College Campus Center Room T400 (PTA lab) and at Cambridge campus Room EPIC 513. The costs are:

Heartsaver CPR – \$50
Healthcare Provider CPR – \$65
First Aid – \$40

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



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CHANGE SERVICE REQUESTED



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