

# LiveWell 2012

AUTUMN ISSUE

A GENESIS HEALTHCARE SYSTEM PUBLICATION

## A LIFE SAVED

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



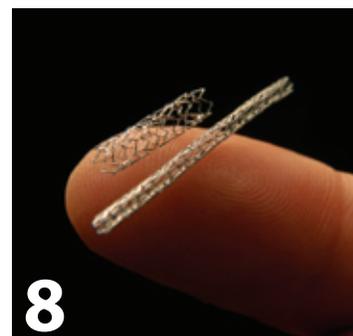
# ERIN REMSTER, D.O.

*Bringing a New Specialty – Palliative Medicine*

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# Quality Health Care Here at Home



Quality health care in our community is important for many reasons. It's more convenient for patients and families, and it's often less expensive than the care at hospitals in larger cities. You may even know some people who work at Genesis, and when you come here, you realize you're among friends and family.

There's one more reason it's important – closer to home sometimes means the difference between life and death. In this issue of LiveWell, you'll read about a boy whose life was saved here, and that likely would not have happened if he'd had to go to a hospital farther away.

The story is proof of the outstanding care our trauma team delivers every day. The trauma program manager at Nationwide Children's Hospital even recognized our efforts to save the young boy's life. But we don't do this for pats on the back – we do it because this is our community – our relatives, neighbors and friends – and we understand how important it is to have trauma care closer to home.

This issue also tells the tale of a man whose life was saved by our heart team. When Jim Beisser was brought to our doors, our expert team worked quickly to give him the best chance to survive. We not only meet national guidelines for heart attack care – we often exceed them, as Jim's story shows.

One of the common things you hear from people who've had cancer is how challenging it can be to keep track of everything – from doctors' appointments, to tests, to surgery, and beyond. Our cancer navigators are here to help patients through all the phases of care. You'll read about one woman's brave cancer journey, and how our breast care navigators helped her through this challenging time in her life.

Though you may not be seeing much action yet, our plans for the new medical center are in full swing. I hope you'll take a few minutes to read the Construction Update on page 11. It'll show you one of the ways we're designing the medical center with patients at the center of our plans.

While we're planning the new medical center, we remain focused on today. And we work each day to give you the compassionate, quality health care you deserve – right here at home.

Matthew J. Perry

President & CEO



# A LIFE SAVED

## By Level III Trauma

*Garret Biedenbach, front right, and mom Tara, dad Doug and brother Casey, still enjoy one of their favorite pasttimes – football – because Level III trauma was close by.*

Garret Biedenbach was a normal 8-year-old boy looking forward to a fun afternoon riding mini bikes. Garret and his dad Doug loaded their bikes and safety gear and headed to a private track in New Concord. Then the carefree Sunday afternoon took a different turn.

Garret crashed on the dirt track, and the handlebar of the bike hit him in the abdomen. He felt out of breath but tried to get back on the bike. That's when Doug noticed the area on Garret's stomach with the outline of the handlebar.

Another parent, Dr. Jeff Lee, an oral and maxillofacial surgeon, suggested Doug take Garret to the emergency department to have the injury checked.

Doug rushed Garret to the Genesis-Good Samaritan emergency department. The young boy was in and out of consciousness on the way to the hospital, and he stopped breathing within five minutes after arriving in the ER. It turns out the impact of the handlebar caused blunt force trauma to his abdomen, tore his liver and caused internal bleeding.

**“If Garret would have had to travel farther from home for care, he might not be alive today.”**

– Tara Biedenbach, Garret's Mother

## Saving Patients in More Ways Than One

What does it mean to have a trauma center closer to home? For the Biedenbach family in this story, it meant a life was saved. For many, the savings may be in a different form.

Before we had a trauma center in the community, patients with traumatic injuries were transferred to Columbus or other larger cities, either by ambulance or helicopter. Since the beginning of our Level III trauma center, we have treated 1,499 patients, and 81 percent of those patients were able to receive all their care at Genesis.

The big picture? If we didn't have trauma care at Genesis, patients would have spent an estimated \$1.4 million being transferred by ambulance and \$13.8 million by helicopter. These estimated costs are based on an average transfer cost to a Columbus hospital of \$1,600 per ambulance trip and \$16,000 per helicopter trip.

Along with saving lives, having trauma services closer to home has helped lower health care costs in our community.

*To learn more about Genesis Emergency and Trauma Services, go to our website at [genesishcs.org](http://genesishcs.org).*

The Level III trauma team, with physicians, nurses, advanced practitioners and other staff specially trained to deal with life-threatening injuries, immediately sprang into action. There were more than a dozen people in the trauma room working to save Garret's life.

“The emergency staff didn't lose any valuable time,” said Doug. “If I would have had to travel farther, Garret would have died in our vehicle. Having a Level III trauma center close by means life to us. Until you have something like this happen to your family, you don't realize how important every minute is in saving a life.”

The trauma team resuscitated and stabilized Garret before he was flown by MedFlight to Nationwide Children's Hospital in Columbus where he spent 22 days in January. A few days after Garret arrived at the children's hospital, Stuart Chow, D.O., medical director of trauma, at Genesis, received a phone call. “The trauma program manager at Children's called to congratulate the trauma team at Genesis for saving Garret's life,” said Dr. Chow.

Genesis is the only Level III trauma center in southeastern Ohio, receiving the designation from the American College of Surgeons in 2011. “When someone comes in with a life-threatening condition like Garret's, we give them the best chance of survival,” Dr. Chow said. “That's what we bring to our community – making a difference for those who are critically ill.”

The Biedenbachs were so grateful, they returned to Genesis to thank the trauma team. “I met all of them, and told them thanks for saving my life,” Garret said.

Garret's mom Tara gets teary-eyed when she talks about her son's recovery. “Having this level of care is a real asset for the community,” she said. “If Garret would have had to travel farther from home for care, he might not be alive today,” she said.

Today Garret is back to normal, playing football, having fun with his 12-year-old brother Casey, and riding bikes. “We had our miracle – thanks to Genesis,” Tara said.

**“When someone comes in with a life-threatening condition like Garret's, we give them the best chance of survival.”**

– Stuart Chow, D.O.  
Medical Director, Trauma



# NAVIGATING THE CANCER MAZE

## Breast Care Navigators Make It Easier for Patients

*With the help of breast care navigators and cancer treatment at Genesis, Karen Swinderman enjoys activities precious to her – like taking her granddaughter to a playground.*



When Karen Swinderman found out she had breast cancer, she didn't realize the role breast care navigators would play in getting her on the road to recovery. "What do I need them for?" she thought. "But I didn't know how crazy everything would get," said Karen.

A bus driver for Northern Local Schools, (Sheridan), Karen found a lump in her breast a few days before school started in August 2011. The lump was suspicious on the mammogram and ultrasound, and the biopsy results showed cancer.

"When Dr. Eladoumikhachi told me the tumor was cancer, I was terrified," she said. Firas Eladoumikhachi, M.D., a breast surgeon and medical director of the breast care program at Genesis, told Karen, "It's going to be all right. We'll work through this."

The breast care navigators at Genesis helped Karen work through the maze of appointments, tests, scheduling, radiation, a surgery to remove the tumor, and chemotherapy. "I don't know what I would have done without the breast care navigators. I probably wouldn't have showed up for half of my tests on time," Karen said. "When you have cancer, you don't feel like keeping track."

Karen didn't have to worry about keeping track. The breast care navigators scheduled her appointments for treatments and tests and called to remind her of the date, time and place. "They were great," said Karen. "They would schedule my appointments between the morning and afternoon bus route. By the time I got home, my next appointment would be on my answering machine." Karen was able to continue her school bus route throughout much of her 10 months of treatment.

### Whatever a Patient Needs

Wendy Long, R.N., B.S.N., is one of the two breast care navigators at Genesis who helped Karen throughout her treatments. Along with scheduling appointments, the breast care navigators answered Karen's questions after hours and offered a shoulder to cry on.

"The what-ifs kept running through my head," said Karen. "I was terrified. I called Wendy and I just talked and talked, and she listened. When I started chemo, Wendy was there every day I went."

"We're the one person patients can call with questions or concerns," Long said. "We can talk to patients on a personal level and explain the medical terms in everyday language. They have so much going on, it's hard to remember everything."

Dr. Eladoumikhachi agrees. "The patients have a personal assistant who will help them navigate through all their care from surgeons, medical and radiation doctors or oncologists in a very timely and efficient manner," he said.

Karen is glad she could get timely care close to home. After her chemotherapy treatments, a lymph node biopsy showed no cancerous cells, and now she returns to the Genesis Breast Care Center every six months for a checkup.

A mother of three grown children, Karen is thankful she can get back to babysitting her 7-month old granddaughter during the summer. She is also grateful for the care she received at Genesis. "Everybody was so nice and caring," said Karen. "They treated me like I was the only patient they had all day. If I had to go through this experience, I'm glad I went through it here."

*You can find out more about the breast care navigators and other cancer services at Genesis by going to our website at [genesishcs.org](http://genesishcs.org).*



**"The patients have a personal assistant who will help them navigate through all their care from surgeons, medical and radiation doctors or oncologists in a very timely and efficient manner."**

*– Firas Eladoumikhachi, M.D.  
Medical Director, Breast Care Program*

# THE RIGHT PLACE for Heart Care

The day started like any other for Jim Beisser. He got out of bed and began to walk down the hallway in his home. All of a sudden, his legs buckled underneath him, and he couldn't move. His wife Marilyn immediately called 911, and the Falls Township/Fire Emergency Medical Services (EMS) squad took him to Genesis-Good Samaritan.

The diagnosis? **A severe heart attack.**

Fortunately, Jim was in the right place. Abdulhay Albirini, M.D., an interventional cardiologist and medical director of Genesis' cath lab, quickly performed a heart catheterization and cleared one large artery in Jim's heart that was 100 percent blocked.

The door-to-balloon time, or the time of Jim's arrival at the emergency department until the artery was opened, was 41 minutes – significantly faster than the American Heart Association's guideline of 90 minutes. The field-to-balloon time, or the time from the EMS arrival at Jim's home until the artery was opened, was 72 minutes – also better than the 90-minute goal.

Genesis Heart & Vascular Services consistently performs better than the national guidelines. In the first two quarters of 2012, 100 percent of patients had a door-to-balloon time of less than 90 minutes. "The more in compliance with guidelines we are, the better the outcome will be," said Dr. Albirini.

Receiving treatment quickly is critical to prevent damage to the heart. "The door-to-balloon time is a very important quality indicator in heart attack patients," Dr. Albirini said. "We're way above the average of the rest of the hospitals in the nation."

"It's a well-oiled machine," said Jim about the expert care he received. "Everybody from the local EMS to the cath lab team knew what to do." The entire team – from the local emergency personnel to the heart care team at Genesis – has advanced training to recognize and treat heart attacks. The emergency personnel are trained to read EKGs and relay the information to the specialists at Genesis so the heart care team is ready when the patient arrives at the hospital – just like in Jim's case.

Genesis has been recognized nationally for heart care and is the only health care system in southeastern Ohio to be a fully accredited chest pain center with PCI (percutaneous coronary intervention). This means Genesis has dedicated interventional cardiologists, cardiology specialists and emergency personnel trained to rapidly respond to and treat heart attacks.

"We continue to offer the same care as the big cities, and our goal is to prevent permanent heart damage by getting patients treated quickly," said Cathy Huggins, M.S.N., R.N.-C, CNL, CCRN, chest pain/heart failure coordinator at Genesis. "We want to get patients back to their lives."

Jim is thankful he's been able to get back to his life. After two days in Genesis-Good Samaritan, he was back enjoying retirement and returning to his woodworking and metal shop.

He's also grateful for the expert care he received. "They were ready for me when I arrived at the hospital," Jim said. "If they wouldn't have worked that fast, I definitely would have had heart damage, and I don't know if I would have made it."

*For more information about Genesis Heart & Vascular Services, go to our website at [genesishcs.org](http://genesishcs.org).*

**"The door-to-balloon time is a very important quality indicator in heart attack patients. We're way above the average of the rest of the hospitals in the nation."**

– Abdulhay Albirini, M.D.  
Medical Director, Cath Lab



## Genesis Heart Attack Care Excels

	DOOR-TO-BALLOON TIME	FIELD-TO-BALLOON TIME
Genesis HealthCare System	55 minutes*	86 minutes*
American Heart Association Guidelines	90 minutes	90 minutes

*Based on patients' charts through mid-year 2012.  
\*Average times*

*Stents like the ones shown here are mesh tubes used to treat narrow or weak arteries that can lead to heart attacks. The interventional cardiologist clears the artery, and then places the stent to help support the artery's inner wall.*

## MEET ERIN REMSTER, D.O. | **New Palliative Medicine Physician**



Erin Remster, D.O., brings a new specialty – palliative medicine – to our community. The word palliative means “to provide comfort” and that is exactly what the palliative care team does. Patients in the hospital and in the community are often faced with life-changing illnesses or are dealing with

serious medical problems. Palliative medicine is specialized medical care for these patients to help deal with the symptoms and stress of serious illness and complex medical issues.

Dr. Remster works with a palliative care team that includes physicians, nurses, social workers and chaplains. The team helps to make sure pain and other symptoms are controlled; they also work with patients to better understand their conditions and the choices they have about their medical care.

“I’m excited to join the Genesis team, and we’ll continue to give patients exceptional and compassionate care,” said Dr. Remster. “Our goals are to give patients the best possible quality of life and offer comfort to them and their loved ones. We can help people at any age and any stage in a serious illness, along with the treatment they may be getting.”

Originally from Ohio, Dr. Remster completed medical school at Ohio University College of Osteopathic Medicine in Athens. She finished an internal medicine residency at East Tennessee State University in Johnson City, Tenn., and returned to Ohio for fellowship training in hospice and palliative medicine at Summa Health System in Akron.

Dr. Remster and the palliative care team can help patients with serious illness by:

- Managing pain and symptoms like shortness of breath, tiredness, constipation, nausea, not wanting to eat, sleep problems and others.
- Helping patients make medical decisions by exploring what their wishes (*also called goals of care*) are.
- Working with patients’ entire health care team to provide them with the best possible care.
- Making sure patients have the care and support they need at home and helping them move into hospice care, if appropriate.
- Giving emotional and spiritual support to patients and families.

Dr. Remster’s office is located at 945 Bethesda Dr., Suite 300 B, Zanesville, and her phone number is (740) 455-4925. She is accepting new patients by physician referral.

Palliative care can help patients and their loved ones feel better, feel supported and have more control over their medical care.

## WELCOME TO NEW PHYSICIAN

We are pleased to welcome the following new physician to the Genesis medical staff.



**Jonathan M. Tongson, M.D.**  
*Pathology*

Dr. Tongson earned his Doctor of Medicine degree at the American University of the Caribbean School of Medicine in Sint Maarten, Netherlands Antilles. He completed his residency in anatomic and clinical pathology as well as his fellowship in cytopathology at the Indiana University School of Medicine in Indianapolis, Ind.



# CONSTRUCTION UPDATE

## Testing Nurse Servers

Calm and quiet are important to help patients get well faster. That's why we're placing nurse servers in patient rooms in the new Genesis medical center to help us create a calm, healing environment.

Nurse servers are locked cabinets built into the walls so they can be opened from inside and outside the rooms. When staff need to stock items in the nurse server – like bandages, towels and personal health care items, they'll pull open the server from the hallway without even entering the room. When an item is needed for a patient, the server is pulled open from inside the room. It will make patients' rooms a little less hectic, and it'll cut down the time nurses have to leave the room to gather supplies when caring for patients.



*Opens inside the room ...*



*... or outside the room*

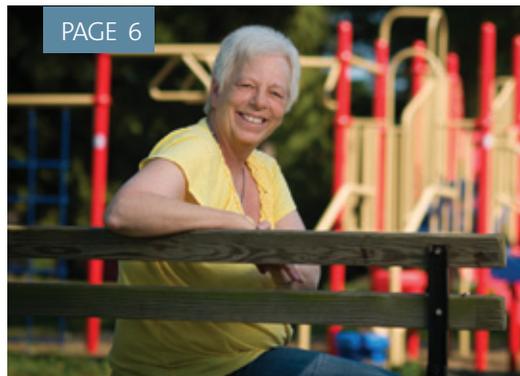
*If you're a local contractor or subcontractor interested in the new medical center, go to our website at [genesishcs.org](http://genesishcs.org) and select "Medical Center Updates" to learn how you might become involved.*



*Standing beside a test model are (left) George Ullinsky, vice president and chief operating officer of Mock Woodworking Co., a local business that built the models, and Brian Krieg, project manager for Turner Construction Company, the firm overseeing the construction of the new medical center.*

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# FOR YOUR LIFE... FOR YOUR HEALTH

2012  
AUTUMN ISSUE

EDUCATIONAL PROGRAMS, SUPPORT GROUPS & EVENTS



**Pull out this section** and keep as a guide to what's coming this fall.



Capture this QR code with your smartphone app to learn more about our programs and classes.

HEALTHCARE SYSTEM  
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## 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 NurseLine at (740) 455-4949 or 800-948-4949.

### Girls' Night Out – Be Dazzling!

Friday, Oct. 26 • 5:30 to 9:30 p.m.  
OU-Z/Zane State College  
Campus Center

Calling all girls: Grab your mother, daughter, sister and friends for an evening of fun, laughter, pampering, shopping and helpful health information. Girls' Night Out features free screenings, fun presentations on women's health, pampering and much more! A highlight will be our acclaimed speaker, Christine Cashen, author of "The Good Stuff," which was named 2011 motivational book of the year by Next Generation Indie Book Awards. Visiting and shopping with our numerous business partners and great door prizes round out the evening.

#### Cost to attend:

Spirit of Women members – free  
(*must show key tag*)

Non-members – \$10

(*receive Spirit of Women membership*)

Free screenings include peripheral arterial disease, pulse oximetry, bone density, blood pressure and body mass index.

Higher level screenings available for \$100 on this night only include abdominal aortic aneurysm, atrial fibrillation and stroke/carotid artery. Please fast for 4 to 6 hours for the higher level screenings.

### Downsize Diabetes

Thursday, Nov. 8 • 5:30 to 8 p.m.  
North Terrace Church of Christ, Zanesville

Join us to learn how to downsize diabetes and sample healthy holiday recipes. Rev. D. Scott Johnston, retired pastor, will share his inspirational presentation "Wrestling with Giants" – ways to overcome diabetes in our lives, and will share his own struggles and triumphs with the disease.

### Hand in Hand® Cancer Program

Wednesday, Nov. 14 • 5:30 to 8 p.m.  
Genesis HealthPlex Conference Center

As a couple, you face a lot of things hand in hand, including the birth of a child, watching your children grow, traveling and more, so why should your health be any different? Hand in Hand® is a unique program where couples join together to participate in education, screenings and early detection of gender-specific cancers. You and your partner will also enjoy some fun at this special Spirit event. Visit the Spirit of Women section on [genesishcs.org](http://genesishcs.org) to find out the latest updates to this program.

*Spirit of*  
**Women**

## Other Events

### Walk With a Doc!

Saturday, Oct. 13  
Mark Scott, D.P.M., Podiatric Surgeon  
Gorsuch Fitness Trail at Genesis-Bethesda

Saturday, Nov. 10  
Michael Zimmerer, M.D., Family Practice Physician  
Gorsuch Fitness Trail at Genesis-Bethesda

Saturday, Dec. 8  
Terry Campbell, M.D., Surgeon  
Genesis HealthPlex

The walks start at 8:30 a.m. and last about an hour. After a 10-minute presentation from the doctor, you're invited to walk about a mile with the doctor at your own pace, and you can walk farther if you want. You can also ask the doctor general health questions before and during the walk. Call Tara Poorman or Sharon Francis, Genesis Heart & Vascular Rehab, at 454-4336, or Cathy Blair, Employee Wellness, at 586-6880, for more information.

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

Thursday, Oct. 18 • 6:30 p.m.  
Perry County Courthouse Main Entrance  
Registration is not required.  
Call Shannon White, Genesis Cancer Services, at (740) 454-5014 for more information.

### Ethics Symposium

Thursday, Nov. 1 • 6 to 8 p.m.  
Speakers: Erin Remster, D.O., Genesis palliative care physician, and Dr. Steven M. Radwany  
Genesis HealthPlex Conference Center

This annual medical ethics symposium is sponsored by Genesis Hospice & Palliative Care and Genesis Ethics Committee.

### Coal Miners Health Fair

Wednesday, Nov. 28 • 9 a.m. to noon  
Muskingum County Center for Seniors  
201 Sunrise Center Lane, Zanesville

This event is geared toward active or retired coal miners and anyone who's ever 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.



## Cancer Support Groups

Call Shannon White at (740) 454-5014 for more details unless otherwise noted.

### Support Buddies – Breast Cancer

Thursday, Oct. 4 • 6 to 8 p.m.

Topic: Breast Cancer Q & A  
Genesis Breast Care Center at the  
Genesis HealthPlex

Wednesday, Nov. 7 • 6 to 8 p.m.

Topic: Dealing with Depression  
Genesis Breast Care Center at the  
Genesis HealthPlex

Monday, Dec. 3 • 6 to 8 p.m.

Holiday Celebration Social Time & Buffet  
(location and cost to be determined)

### I Can Cope Classes

Classes are for anyone with cancer and their families to learn more about cancer care. Topics include: managing fatigue, relieving pain, nutrition, physical activity, exploring self-esteem and more. To schedule a personal meeting, or if you're interested in a speaker for your group, call Shannon White at (740) 454-5014.

### Look Good ... Feel Better

Female cancer patients learn beauty techniques to help restore appearance and self-image during chemotherapy and radiation treatments. Registration is required by calling the American Cancer Society at 800-395-5665 (LOOK).

Tuesday, Oct. 16, Nov. 20, or Dec. 18  
6 to 8 p.m.

Genesis Hematology & Cancer Care  
Center, 1246 Ashland Ave., Suite 205,  
Zanesville

### Man to Man – Prostate Cancer

Call Mark Schube at (740) 454-5014 for more information.

Monday, Oct. 1 • 6 to 7 p.m.

Topic: New Genesis Medical Center  
Speakers: Genesis Lean Six Sigma Team  
Genesis-Bethesda Meeting Rooms 4 & 5

Monday, Nov. 5 • 6 to 7 p.m.

Topic: Updates on Navigation  
and Survivorship  
Speaker: Kristin Miller, R.N.,  
nurse navigator

Bethesda Meeting Room 4 & 5

Monday, Dec. 3 • 6 to 7 p.m.

Holiday Celebration: To be determined

### Young Women Survivors Network

Women age 49 or younger with cancer learn more about the disease and issues unique to them.

Wednesday, Oct. 3 • 6 p.m.

Topic: Breast Cancer Q & A  
Genesis HealthPlex Conference Room F

Tuesday, Nov. 27 • 6 p.m.

Special Holiday Celebration  
Location to be determined

## Respiratory Support Group

### Better Breathing Club

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

Monday, Oct. 15 • 1:30 to 3 p.m.

Topic: Understanding Medicare  
Speaker: Becky Hayward, outreach  
specialist, Ohio Senior Health Insurance  
Information Program  
Genesis HealthPlex Conference  
Rooms A & B

Tuesday, Nov. 6 • 1:30 to 3 p.m.

Topic: Medicare Part D  
Speaker: Linda Bishop, Genesis  
Resource Counseling  
Genesis HealthPlex Conference  
Rooms A & B

Joyce Bates, Rambo Memorial, will provide flu shots if available. If you'd like a flu shot, register by Nov. 1 by leaving a message when you call the number above.

Friday, Dec. 14 • Noon to 2:30 p.m.

Topic: Laughter Is the Best Medicine  
Speaker: Rhonda Forrestal, PT, Genesis  
Rehabilitation Services  
Genesis HealthPlex Conference Center

This is our awards program. Remember to bring your favorite holiday covered dish for the potluck and a canned food if you want to participate in our charity food drive. Register by Dec. 6 by leaving a message when you call the number above.

## Diabetes Programs

To register for diabetes programs, go to [genesishcs.org](http://genesishcs.org) and click on "Education & Events" or call the NurseLine at (740) 455-4949 or 800-948-4949.

### Diabetes Exercise Program

Mondays & Wednesdays

Call (740) 454-4568 or 866-351-6688 for dates and times.

Genesis Physicians Pavilion

Cost: \$100 for 8-week session; financial aid available

Kay Eicher, R.N., combines her expertise as a certified group exercise instructor with her diabetes knowledge to lead this exercise program.

## HOLIDAY SEASON GLOWS IN TREE OF LOVE

Tree of Love Lighting Ceremony  
Friday, Nov. 16 • 6 p.m.  
Genesis-Bethesda Main Entrance

The spirit of the holiday season glows in the Tree of Love, an annual fundraiser by Genesis Volunteers. You won't want to miss the tree lighting ceremony. It's 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 & Events."



Tree of Love

## Childbirth & Parenting

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. We also have special events especially for parents.

For more information, call Lauren Wood at (740) 450-6262, or the Genesis NurseLine at (740) 455-4949, 800-948-4949. You can also register for classes on our website at [genesishcs.org](http://genesishcs.org); select "Education & Events."

### Walk to Remember

Sunday, Oct. 14 • 1 p.m.

Genesis-Bethesda Gazebo

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.

### H.A.I.L. Holiday Ornament Decorating

Wednesday, Dec. 5 • 7 to 9 p.m.

Genesis-Bethesda Meeting

Rooms 1, 2 & 3

Free • Refreshments will be provided.

The holidays can be a difficult time if you've lost a baby. We're inviting you to this special H.A.I.L. (Healing After Infant Loss) support group to help you through the holidays, while remembering and paying tribute to your baby. Each person may decorate two bulbs – one to take home, and one to be placed on a tree dedicated to the memory of your lost little one at the Genesis-Bethesda Gazebo. You're welcome to invite a family member. Call (740) 450-6262 and leave a message to let us know how many people will be attending so we can purchase enough bulbs.

### Grandparents' Class

Wednesdays, Sept. 26, Oct. 31, Nov. 2 or Dec. 19 • 7 to 9 p.m.  
Childbirth Education Classroom  
Genesis-Bethesda 2nd Floor  
Free

This new 2-hour class gives new or expectant grandparents an idea of what to expect when the new grandbaby arrives. You'll learn tips on how to help the new parents, what has changed in child-care recommendations in recent years, advice and information on new baby care items and products, and a brief instruction on infant CPR.

### Community Baby Shower

Saturday, Oct. 20 • 10 a.m. to noon

Genesis HealthPlex

Free

This is open to any expectant mother and one guest. Come hear about important and interesting topics from a variety of presenters and agencies about pregnancy, birth and newborn care. We'll have lots of giveaways, door prizes and refreshments.

## Community AHA Classes

Through a partnership between Genesis and Zane State College, American Heart Association CPR, first aid and bloodborne pathogen classes are held on the campus of Zane State College.

#### Costs are:

Heartsaver CPR – \$45

Healthcare Provider CPR – \$60

First Aid – \$35

Bloodborne Pathogens – \$20

To sign up for CPR, first aid or bloodborne pathogen classes, call Zane State College at (740) 588-1288.

## Rehabilitation Support Groups

Genesis Rehabilitation Services offers a variety of support groups, including stroke, brain injuries, and pain and fibromyalgia. Call (740) 454-4324 or 800-225-7957, ext. 4324, for more information.

## Grief Support Groups

Genesis Hospice & Palliative Care offers a variety of support groups to help you deal with feelings and emotions of grief. Individual counseling sessions are also available. For more information, call Genesis Hospice & Palliative Care at (740) 454-5353 or 800-953-7673 or visit our website at [genesishcs.org](http://genesishcs.org), select "Education & Events."

## Northside Pharmacy Wellness

For more information on Northside Pharmacy wellness services, call (740) 455-2417.

### October: Kick the Flu

Monday, Oct. 1, Wednesday, Oct. 3, and Friday, Oct. 5 • 9 to 5 p.m.

Adults can get flu shots 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.) We'll also have light refreshments and information on other vaccinations for those over age 50.

### November: American Diabetes Month A1C Testing

A1C testing will be available at all Northside Pharmacy locations in November for a \$5 charge. A1C is a simple blood test and does not require fasting. The American Diabetes Association recommends the A1C test to diagnose diabetes and identify pre-diabetes.

### Medicare Part D 2013 Open Enrollment

Open enrollment is Oct. 15 to Dec. 7. If you participate in the Medicare Part D Drug Benefit Program, you should review your plan every year because the plans change, including covered medications, premiums and co-pays. It's also a great time to sit down with your pharmacist and review your medication regimen. We offer free comparisons; simply call or stop in at Northside Pharmacy and request a "Medicare Part D Plan Comparison."