

Healthline

Spring 2021

COMMUNITY HEALTHLINE • MEMORIAL HEALTH SYSTEM



**Expect More Cancer Care.
New Center Now Open in Belpre!
Read more on page 6.**

*Pictured: Michael Wang, MD;
Devaki Siva, MD; Kelli Cawley,
MD; & Srinivasan, MD next to the
CyberKnife® system.*



Community · Health · Excellence · Life



FROM OUR CEO



Scott Cantley
President & CEO, Memorial Health System

Dear friends,

2020 brought forth opportunities we had never faced before. The outpouring of support shown by our community to our healthcare providers and system during the pandemic has been phenomenal. The compassion and words of encouragement brought to our teams as they worked to provide quality healthcare for our friends, neighbors, and families reassured our dedication and hard work.

I could not be more proud of our doctors, nurses, therapists, technologists, transporters, housekeepers, cooks, security teams, and all of our other support teams across the system who have been vital to this effort. The pandemic certainly required us to pivot into a new mindset and enhance the way we deliver care. We've demonstrated flexibility, creativity, and resilience as we faced new challenges.

Despite the obstacles brought to us in 2020, we continued to move forward with our open heart program—expanding cardiology to provide faster access to appointments, and

offer services not available here before. We're proud of the development of this program which has already completed over 30 open heart procedures in just a few short months.

We've also moved forward on our new Cancer Center, which just opened on Belpre Medical Campus. You can read and see more highlights on page 6. We're so excited to offer extended treatment options for patients so they can stay near home for care. We're even more excited to offer extended resources and services under one roof.

I'm also pleased to share the work done by our providers to open accessibility to patients even further in our primary care/pediatric clinics. Our providers are making it easier than ever to receive primary care. We offer a network of nearly 70 family medicine and pediatric providers with over 26 locations in the region. Patients can now choose from a regular office appointment or a telehealth visit, same/next day appointments, and now, FREE virtual urgent care. We've taken the stress out of long waits, high

costs, and delayed appointments. You can learn more in this publication and at mhsystem.org/PrimaryCare.

And finally, as I write this letter, we've just learned Governor DeWine announced Marietta Memorial Hospital as a designated location in the Regional Mass Vaccination Clinics for the state of Ohio. I am extremely proud and grateful to our COVID-19 Vaccine Task Force and to everyone who has contributed to this monumental effort. If ever we have stepped up for our workforce and our community, it is now. We look forward to providing vaccinations as quickly as supplies allow and are prepared to offer several thousand a day. If you are eligible for the vaccine, please sign up at mhsystem.org/Coronavirus today.

Thank you for your continued support and interest in local healthcare. We look forward to the coming summer months and the hope vaccinations bring for all. Together we can. Together we will.



IN THIS ISSUE

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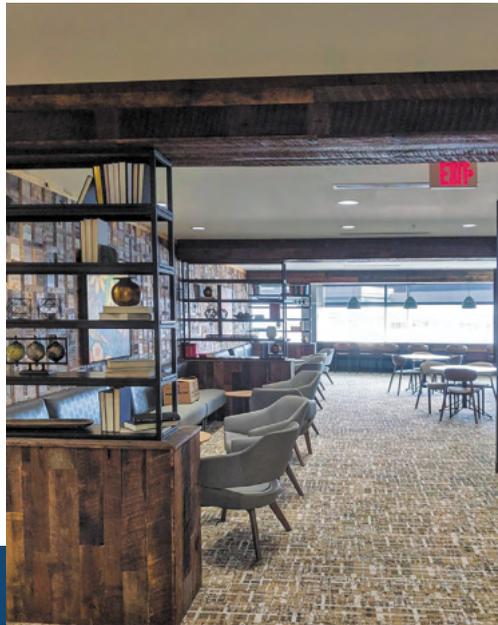
6. New Chapter of Our New Cancer Center

The 80,000-square-foot addition to the 807 building on Belpre Medical Campus is the new home for our cancer services and we couldn't be more excited about this expansion for our patients.



12. The Future of Rehabilitation

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18. Calendar of Events

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HealthLine

Creative Writing Team:
Jennifer Offenberger
Allie Ryan
Austin Weiford

Design/Illustration Team:
Alexis Fazio

Photography Team:
Nathan Reich

Marketing Leadership Team:
Jennifer Offenberger, Associate Vice
President of Service Excellence
(740) 374-1797

Holly Smith Voltz, Marketing Director

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HealthLine is a FREE service to the community. If you or someone you know would like to receive this publication, please visit our website at mhsystem.org/healthline and fill out an online subscription form or contact Marketing at (740) 374-1797. To contact Memorial Health System, call (740) 374-1400.

To unsubscribe from our mailing list, please contact Memorial Health System at (740) 374-1400.

Welcome Our New Providers



MICHAEL WANG, MD

Department of Medical Oncology

Belpre Medical Campus
807 Farson Street, Suite 210
(740) 401-0417

“For me being an oncologist has always been a privilege to care for patients when they face cancer, the ugliest word in the world. My greatest joy is to be able to help them through the toughest times, with my compassion, knowledge, and honesty. I could never imagine a different career.”



ASHLEY MOORE, NP

Department of Gastroenterology

Belpre Medical Campus
799 Farson Street, Suite 212
(740) 568-4590

“After being a floor nurse for the past 12 years for Memorial Health System I am excited about bringing the next level of care for patients in the small town community that I have grown to love and call home.”



BRIAN SHOWALTER, PA-C

Department of Neuroscience

Marietta Memorial Hospital
401 Matthew Street, Suite 101
(740) 568-4150

“In my position, I work each day making a difference in the lives of others by caring directly for patients as they recover or working behind the scenes to ensure excellent care. I believe Memorial Health System serves its community well by placing patient care as their top priority, which drew me to this organization. I’m pleased to serve in neurosurgery with Dr. Vasilakis, just one of our many great departments.”

Need a new provider?

Call our referral line at **(740) 568-5241** or visit **mhsystem.org/findaprovider** to be scheduled with any of our providers, in any specialty!

Memorial Health Foundation Celebrates 40 Years!

For 40 years, Memorial Health Foundation, a not-for-profit organization, has been dedicated to building a healthier community through education, special patient assistance funds, charity care, state-of-the-art medical equipment, and funding to areas where the need is greatest throughout Memorial Health System and our community. Details on our organization can be found at foundation.mhsystem.org. The Foundation welcomes two new leaders to our team. Learn more about our new Executive Director and Development Specialist below.

MEET OUR TEAM



Jarrett Stull
Executive Director

(740) 374-4914
jarrett.stull@mhsystem.org



Jarrett Stull is Memorial Health Foundation's (MHF) Executive Director, leading MHF's fundraising team and philanthropic strategy. Mr. Stull directs MHF's annual, major, and planned giving programs, and cultivates support from grateful patients, corporations, foundations, and other loyal benefactors who share MHF's goals dedicated to building a healthier community.

Jarrett joined MHF and Memorial Health System in October 2020. With more than two decades of fundraising experience, he had most recently served as associate vice president for philanthropy at Guilford College and as executive director of major and planned giving at Marietta College. Jarrett earned a bachelor's degree in business administration from the

University of Louisville, and a master's degree in higher education management from the University of Pittsburgh. He also holds the credential of Certified Fund Raising Executive (CFRE) from CFRE International, the world's only accredited certification for philanthropic fundraising professionals and certificate in fund raising management from the Lilly Family School of Philanthropy at Indiana University-Purdue University Indianapolis (IUPUI).

He is active in the Mid-Ohio Valley community, as a member of the Marietta Noon Rotary, Marietta Area Chamber of Commerce, and Oak Grove Christian School Board of Trustees. Jarrett resides in Marietta with his wife Jillian and their two sons Mills and Parker.



Susie Warman
Development Specialist

(740) 374-4913
suswarman@mhsystem.org

Susie Warman grew up in Belpre, Ohio and has resided in Marietta for the majority of her life. As a long-time resident of the Mid-Ohio Valley and as a patron of Memorial Health System, she is invested in the success of our local healthcare system and was excited for the opportunity to join Memorial Health Foundation as Development Specialist in November of 2020.

Susie is a dedicated development professional with vast experience including donor and volunteer engagement, as well as event planning and execution. She brings 12 years of experience recruiting, motivating, and coaching both individuals and teams in fundraising and sales.

Most recently, Susie was a Major Gift Officer at her alma mater, Marietta College. There, she enjoyed building relationships with fellow alumni and helping them establish a legacy. Previously she spent six years working with two world-wide non-profit organizations. With the Alzheimer's Association and American Cancer Society, Susie coordinated all aspects of multiple large fundraising events such as Walk to End Alzheimer's and Relay For Life.

Additionally, Susie is involved in the community through various Chambers of Commerce, Belpre Rotary, and local businesses. Susie resides in Marietta with her fiancé Larry Hughes.

A NEW CHAPTER FOR OUR NEW CANCER CENTER

A Facility Made for YOU

The 80,000 square foot addition to the 807 building on Belpre Medical Campus is the new home for our cancer services, and we couldn't be more excited about this expansion for our patients. From lab to radiology, chemotherapy to radiation therapy, surgery, and access to support services, patients and their support team have access to it all in ONE location.

We know that moving a service can be concerning, but we know the benefits of our new location far outweigh the additional 15 minutes to receive care. We see this 11 mile change as a way to be even more helpful and provide the world-class care you expect. After all, we often drive to a favorite restaurant or store—why wouldn't we do so for outstanding healthcare?

The new space provides patients and their family with a one-of-a-kind experience individualized to their needs. As a way to create a more cohesive approach to patient care, our providers meet as a team to discuss patient treatment options and provide a customized plan to best support each patient—ensuring that our patients benefit from the collective minds of our experts. In addition to our providers having the ability to collaborate in the same building, we are able to support those with limited schedules or find travel

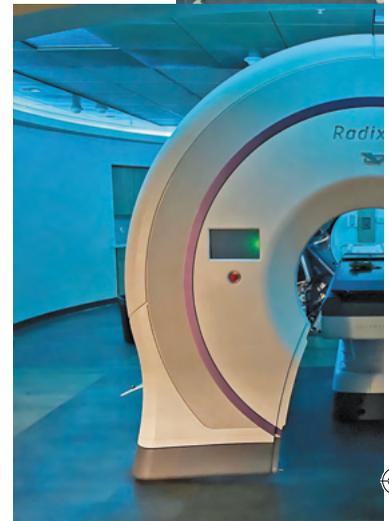
hard with the option to schedule appointments all on the same day. If this route is chosen, patients and their support crew can worry less about taking multiple days off work and more on the care received.

Conveniences such as more accessible parking and the availability to have all appointments and treatments on the same day and at one place allow our team to focus on delivering care with less distractions on wayfinding. The new space will also include a “Market Café” for food and drink, gardens, multiple consult rooms, information kiosks, and might we add, the décor is not just visually pleasing, it has comforts for patients and visitors alike!

Last treatment celebration bell ▶



Radixact® radiation therapy machine ▼



▲ Atrium entry and waiting area



▲ Mike, also known as “The Early Bird” to our team, appreciates that he can get in and out quickly for his phlebotomy. He's pictured here with one of our cancer center RNs, John Kirkbride!



◀ CyberKnife® vault entrance



▲ Isabelle says she's "ready for treatment!" with our RN, Julie Gilkey



▲ Mr. Denver McNemar was our first patient in our new Department of Radiation Oncology at Belpre Medical Campus! Pictured is Mr. McNemar and his wife Melinda, next to our radiation oncology team.

▲ Russel says he is appreciative of receiving "great care, close to home." Here, he is pictured with Becci Thieman, RN in the procedure room.



ONLINE EXTRA

We're excited to be able to provide our cancer patients with the care you expect (and more) in one, central location. Keep a look out for virtual tours on our social media channels and [mhsystem.org/Cancer!](https://mhsystem.org/Cancer)



The Future of Cancer Care Right Here, at Home

Though some of the technology in the new center sounds like it is straight out of a Sci-Fi novel, we are extremely proud to be able to provide the latest treatments in regard to cancer care. Also, more room means we have the ability to expand on and offer additional services. For example, our breast health navigator will be available with expansive support—now in surgical oncology too! Our bigger and more extensive resource center will house a team dedicated to support patients with prosthetics, wigs, makeup, and much more. **Here are some of the services we're proud to offer:**

CLINICAL TRIALS

Memorial Health System is one of the most active clinical trial sites in Ohio. Through ongoing nationally recognized cancer research and trials, we are able to offer treatments that won't be available to the general public for months or even years!

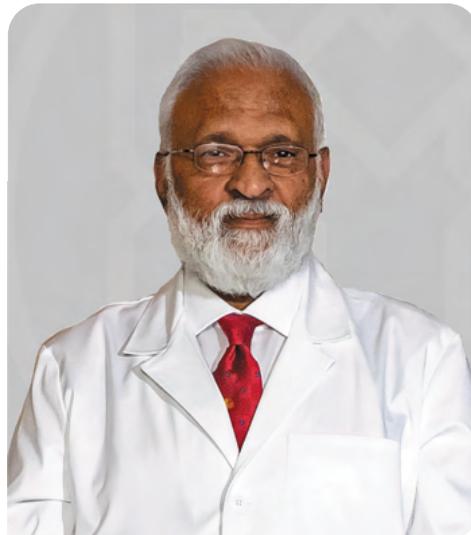


CYBERKNIFE®

Purchased by funds raised by Memorial Health Foundation's 2018 Annual Appeal, the CyberKnife® is the first to be in our region and fourth in Ohio! The CyberKnife® is the first and only fully robotic radiation delivery system. It treats cancerous and non-cancerous tumors and other targets, precisely and accurately delivering radiation anywhere in the body—even when the patient moves. Radiation oncologists and neurosurgeons use the CyberKnife® system when patients prefer a clinically proven, non-invasive procedure or when invasive techniques are deemed ineffective or too risky. Most patients experience minimal side effects and can quickly return to their daily routines with little interruption to their lives.

OUR ON COLOGY TEAM >

**Belpre Medical Campus
Cancer Center**
807 Farson Street
Belpre, Ohio
(740) 401-0417



Srini Vasan, MD
Radiation Oncology



Michael Wang, MD
Medical Oncology



GENETIC TESTING

Do you have a two to three generation involvement or diagnosis at a young age for certain types of cancer? You may want to consider genetic testing. This advanced look into your DNA can give a better picture of your odds of developing certain types of cancers like – breast, colon, melanoma, ovarian, pancreatic, or uterine cancer.

NONCLINICAL CANCER SUPPORT

We offer support for our patients (and their support persons) through every step of their journey. We know how scary it can be alone. Experts for all aspects include social workers, patient financial advocates, genetic counseling, wig fittings, and even nutrition counseling, help support patients with situations even they cannot imagine.



Drs. Vasan & Wang



Wigs in our Resource Center

TOMOTHERAPY®

This machine combines the precision of intensity-modulated radiation therapy (IMRT) with the real-time accuracy of CT scanning (also known as image-guided radiation therapy, or IGRT). Because of its accuracy and ability to shape radiation dose, TomoTherapy® is ideal for tumors that are hard to reach, or next to vital organs. It is often used to treat cancers of the prostate, breast, lung, brain, and other structures in the head or neck. In addition, it can treat multiple tumors at one time.



Devaki Siva, MD
Hematology & Oncology



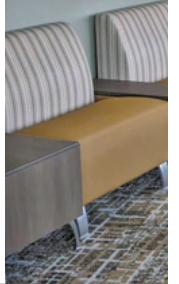
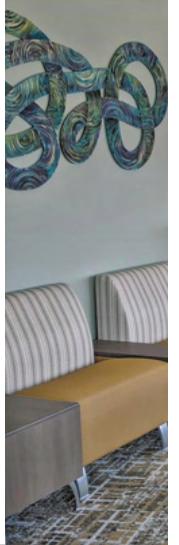
Kelli Cawley, MD
Hematology & Oncology



Rajendra Bhati, MD
Surgical Oncology



WE ARE HERE TO HELP YOU THRIVE



Dianna was our first patient to ring the bell at our new Cancer Center symbolizing her LAST chemotherapy treatment! Congrats Dianna on your AMAZING accomplishment!



STRENGTH

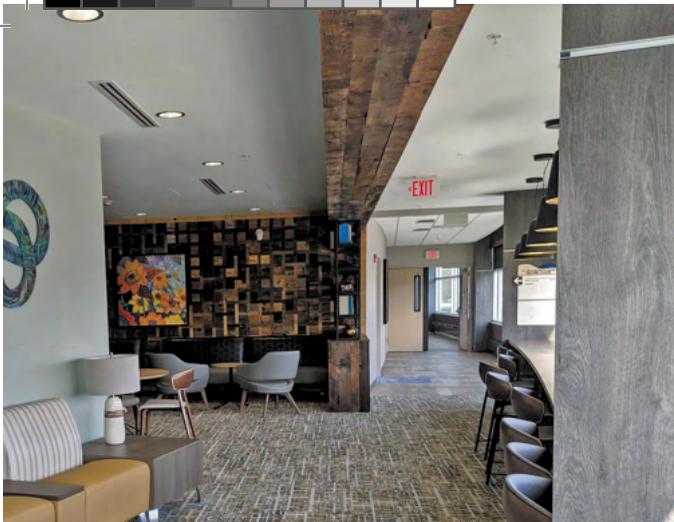


COURAGE

▲ Drs. Siva & Cawley

Artwork inside the Department of Breast Health Services





POSITIVITY

One of our amazing patients Theresa, receives chemo wearing a matching turban and mask from The Turban Project. This organization collects donations and gives homemade headwear to patients experiencing hair loss due to a medical issue. On behalf of the Cancer Center and patients, thanks so much for your support! ▼



SUPPORT



TEAMWORK



ADVANCED TECHNOLOGY



New Tool Helping Patients Walk Again

Memorial Health System is now able to offer our patients access to physical therapy aided by advanced robotics! With Therapy Services new tool from Ekso Bionics, patients who have suffered from a stroke or a spinal cord injury may have their recovery aided by the EksoNR—a robotic exoskeleton that helps guide a patient's movement with precision, improving overall recovery time, increasing step counts, and tapping into muscle memory to aid rehabilitation. Our team recently completed certification for this incredible technology, and we are all excited to be able to offer this treatment option to our patients.

Ann Marie Lowers, senior director of therapy services and rehabilitation center, said since therapists began using the Ekso early this year, the effect on patient outcome has been enormous.

“We use Ekso the most at Frontier, but we’ve been able to do three or four patients here at In-Patient Rehabilitation, too,” Lowers said. “The patients have been able to get up and walk faster, sooner, and the benefits have been pretty profound. We’ve had a lot fewer muscle spasm and neurological cramping and spasms in our patients because they’ve been walking more. We’ve seen more muscular strength, improved balance,

and the increase in the number of steps a patient can take has been huge.”

Lowers says the addition of this machine to our health care system has been the most significant milestone in rehabilitation since attaching computers to leg prosthesis.

“It has been an absolute game-changer,” Lowers said. “This machine is doing something that we’ve never been able to do before. Normally, our therapists can’t pick a patient up and put them in a normal gait pattern. We can do our best to hold them up and slide a leg forward, but it won’t land in an exact pattern every single time. This machine allows us to do that. It doesn’t replace therapists, we still need two to run it, but it’s achieving a result better than what we could do with anything else we have.”

Amy Boles, physical therapist, said many of the patients using the system have seen incredible progress.

“What it’s allowing our patients to do is emulate movement in ways their nervous system doesn’t allow them to do otherwise,” Boles said. “One of our patients is paraplegic and has no motor control below their waist. Since using Ekso, they have started to see some motion in their legs at home. Another patient had a stroke and constantly leaned away



▲ Rehab driving specialist, Rick Headley and physical therapist Amy Boles help Kenny Bush use the robotic exoskeleton.



ONLINE EXTRA
Watch the Ekso Bionics in action at
mhsystem.org/TherapyServices!

“I was excited when they gave me the opportunity to try it out.”

~ Kenny Bush

from their stroke side, but Ekso has helped train their muscle memory and is now able to bear weight on their affected side and stand up straight.”

Boles said the key benefit of the Ekso was to allow patients to feel what normal motion and movement should be like, which helps to retrain their neuromuscular memory with new patterns and helps to improve recovery.

Kenny Bush, who lost feeling and movement in his left leg after an injury during spinal surgery, said the Ekso has improved his recovery beyond what was possible before.

“It’s been beneficial to me,” Bush said. “I was excited when they gave me the opportunity to try it out.”

Bush said the machine has helped him walk farther than he ever has before in his recovery, and has allowed him to work on balancing from one side to the other and stand up straight; he’d been leaning away from his left leg for years, even before his spinal surgery, due to arthritis.

Jennifer Steed, a physical therapist in inpatient rehabilitation, said the machine has given her the confidence to stand patients up and start walking with them sooner, without any fear that they would fall.

“I’ve had patients who may not have been walking when they left In-Patient Rehabilitation before that are now walking with the Ekso and continue to do so in outpatient care,” Steed said. “It’s getting them up earlier, getting them into normal patterns, and it’s accelerating their improvement. It’s been a huge blessing.”

If you or someone you know has suffered from a stroke or spinal cord injury and needs physical rehabilitation, contact our Rehabilitation Center at (740) 374-1407. 📞

New Access for Primary Care Patients

At Memorial Health System, our primary care department has risen to this challenge and helped to ensure that our patients can receive medical attention quickly and from almost anywhere ... even during a pandemic. Patients in our primary care and pediatric practices can now receive free urgent care through our MemorialCareNow app, same/next day appointments, telehealth, new patients' placement with a physician within three days, and more.

With the implementation of telehealth solutions, including the new MemorialCareNow app, primary care has evolved to be able to offer same/next day appointments to our patients that have an urgent need to see their providers right away. This helps us provide consistent, familiar care and support to our patients, not just during their regularly scheduled health appointments, but also in times of emergency. While the goal is to get you seen by a doctor quickly, there are common urgent needs that don't require an in-person visit. For those, our MemorialCareNow express care gives you access to care whenever you need it, wherever you need—from your car, living room, or anywhere convenient. If you are a patient in our system, that service is FREE.

As we continue working to make sure our patients have access to care quickly and easily, we reflect on the circumstances that have sharpened our focus. Dr. Renee Caslow, physician executive director of primary care, said the primary care department has used the pandemic as an opportunity for innovation. "Primary care has really learned from the challenges brought on by COVID," Caslow said. "We have been able to quickly pivot and offer things like telehealth within our offices for individuals who are

quarantined and can't come out of their homes. We've been able to think creatively and continue to provide care safely and efficiently."

Even the process for taking in new patients aims to be as quick as possible. Jessica Cline, director of service excellence, said incoming patients should be attached to a primary care provider within three days. "To make the process really simple, we gather all the information from the patient on the initial call," Cline said. "We make a provider referral within the next 24 hours and then the provider has another 24 hours to accept. When that comes through, we contact the new patient again and schedule the appointment. So it all happens really fast."

"The huge focus for this year is to increase access to make sure patients have the ability to see their primary care provider in a timely fashion," Caslow said. "Or if that's not possible, to see somebody who their provider is partnered with within the realm of primary care, so they're not just seeing anybody, they're seeing somebody who has an established relationship with their provider. "Having a strong group of providers who have pulled together to learn from the challenges of COVID-19 to improve the care we provide to our community has been

"I think the huge focus for this year is to increase access to make sure patients have the ability to see their primary care provider in a timely fashion."

- Renee Caslow, DO

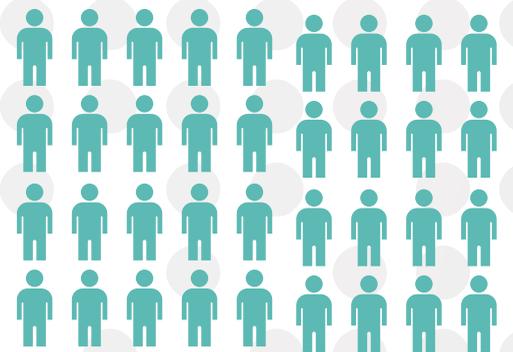


huge,” Caslow said “We, of course, have the COVID testing through Physicians Care Express, but we also have providers who have been testing in their offices or out in the parking lot just for the sake of keeping everyone safe. I had a patient scheduled on a Monday morning at 7 a.m. and their mother called that morning to say they had been quarantined and couldn’t come in. We flipped that child’s appointment to telehealth and I was able to do their ADHD follow-up appointment that way, without destroying their schedule or rescheduling anything.”

Patient feedback has been positive during this time, as well. One patient shared comments about an appointment they were concerned about because they felt sick. “I called into the office around 11 a.m. and they were so kind,” the comment read.

“They called me back with a 4 p.m. parking lot appointment since I was potentially contagious. Dr. Jeremy Waters’ practice goes beyond helping their patients. They are all wonderful and we are blessed to have this practice in our community.” Another patient called into Dr. Nichol’s office for a same day/next day appointment. They were seen just before lunch that day. “Dr. Nichols felt I needed to be seen for surgery,” the patient said. “The staff called the surgery office, and I was sent over there immediately as well!” “There’s so many wonderful things going on in primary care right now,” Caslow said. “The access is unbelievable.” Our primary care network includes over 70 providers at 26 locations, spanning from Athens, Ohio to Sistersville, West Virginia, and as far north as Caldwell, Ohio. 📍

70+
PROVIDERS



26
LOCATIONS



See how you and your family can benefit from being a primary care patient, visit mhsystem.org/PrimaryCare!

Helping Our Communities LiveMemorialWell

Our health initiative, LiveMemorialWell, is ever growing and we couldn't be more excited! We are expanding the program to our community and are even offering free access to our programs. Check out how you can participate and LiveMemorialWell!

Community Partnerships

This element of LiveMemorialWell has been in the works for quite some time and we're enthused to soon rollout the initial stages of our community partnership program with local restaurants! This collaborative project will entail healthy and delicious meals available in the restaurants you frequent. (Eventually we will expand to other establishments other than restaurants with the same intentions and goals of LiveMemorialWell.) Keep an eye out for a list of eateries, healthy foods, and much more!

Lifestyle Medicine Classes

Our Lifestyle Medicine classes have gone virtual and are FREE to attend!! During this series participants learn how to:

- Balance Stress
- Be Physically Fit
- Fill Up with Fiber
- Find Success Away from Home
- Fine Tune Your Life for Health
- Live Long Like the Blue Zones
- Read Labels, Shop Smarter
- Sleep Soundly
- Know Your Numbers (with free lab work to see how your health has improved!)

Learn more and sign up at lifestylemedicine.mhssystem.org.

Virtual Education Resources

Want to learn how you can better manage your diabetes and even reverse your diagnosis? What about learning about "Blue Zones" or how you can stress less and give your tense shoulders a break? Visit our website! At mhssystem.org/lifestylemedicine, you can find resources for an array of health concerns for FREE! So, go, read, watch or listen your way into better health!

Community Health Screenings

Every Friday from 8:30 – 10:30 a.m., our Community Outreach Educator offers free walk-in screenings. Members can stop by 406 Colegate Drive in Marietta to have your blood pressure, blood sugar, and weight tracked.

Memorial Health System Events

Take a moment and see our upcoming community events on page 16 and at mhssystem.org/events!



Share your LiveMemorialWell healthy food or activity by tagging your social media post with [#LiveMemorialWell](https://www.instagram.com/explore/tags/LiveMemorialWell)



LiveMemorialWell
LEARN EAT MOVE SHARE



Marietta Memorial Hospital

Designated

BlueDistinction®
Center+
Bariatric Surgery

Blue Distinction Centers+ are hospitals, doctors and healthcare facilities recognized for their expertise and efficiency in delivering specialty care.

Anthem Blue Cross and Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

“We are so proud of our bariatric services team, led by Dr. Emmanuel Agaba. This designation is a reflection of their hard work. Patients choosing to receive care here now get expert care from a nationally-recognized program recognized as one of the best in the country for its quality and safety measures.”

*~ Scott Cantley, President & CEO
of Memorial Health System*

Learn more at
[mhsystem.org/
Bariatric](https://mhsystem.org/Bariatric)

CALENDAR OF EVENTS



APRIL

Hearing Screening

Wednesday, April 28

9 – 11 a.m.

Department of Audiology
800 Wayne Street, Suite 111
FREE – 55 PLUS members only
RSVP: (740) 568-4731



MAY

Hearing Screening

Wednesday, May 26

9 – 11 a.m.

Department of Audiology
800 Wayne Street, Suite 111
FREE – 55 PLUS members only
RSVP: (740) 568-4731

Skin Cancer Screenings

Tuesday, May 18

Belpre Medical Campus
5 – 7 p.m.

Thursday, May 20

802 Wayne St.

5 – 7 p.m.

Cost is \$10 per person; must call to schedule (740) 568-4731



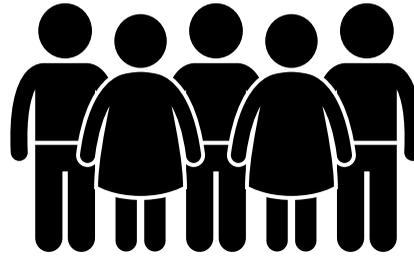
JUNE

Hearing Screening

Wednesday, June 23

9 – 11 a.m.

Department of Audiology
800 Wayne Street, Suite 111
FREE – 55 PLUS members only
RSVP: (740) 568-4731



MONTHLY EVENTS

A.W.A.K.E. Sleep Apnea Support Group

Please call (740) 568-5310 or email awake@mhsystem.org for information.

Bariatric Education Program

Call (740) 434-0565 for information about support groups and educational sessions.

Bariatric Support Group

Call (740) 434-0565 for information about support groups and educational sessions.

Bodies That Flow

Chair Yoga: May and June. Restorative movement exercises performed in oversized, stable chairs. All levels of ability encouraged to attend. Call for information about class days and times. (740) 568-5380. Free for cancer patients and survivors, community members pay \$5 drop-in fee per class.

Cancer Support Group

Due to current circumstances our support groups have been cancelled. Please call (740) 568-5632 for information.

Diabetes Education Center Classes

Diabetes Education Center
803 Farson Street, Belpre, Ohio
(740) 568-1702
Individual counseling and group classes for people with diabetes and their families.

Diabetes Support Group

Diabetes Education Center
803 Farson Street
Belpre, Ohio
(740) 568-1702
Individual counseling and group classes for people with diabetes and their families.

Diabetes Youth Support Group

3rd Tuesday of each month

6 p.m.

Diabetes Education Center
803 Farson Street
Belpre, Ohio
(740) 568-1702
FREE - No RSVP needed



Please note: Scheduled events are subject to change based on circumstances on COVID-19, weather, etc. Call the listed contact if you would like to know if the activity is still taking place.



Facebook Live Exercise Classes

Memorial Health System
Facebook Page (@mhsystem)

Every Friday

11 - 11:45 a.m.

Classes can be accessed afterwards in the "Videos" section under the playlist: "Move!" on the Facebook page.

Grief & Mourning for All Losses

Due to current circumstances please call (740) 374-9100 for more information.

GriefShare Support Groups

Griefshare is a grief recovery support group where you can find help and healing for the hurt of losing a loved one. Offered at multiple locations around the MOV. Visit griefshare.org for details.

Group Exercise Classes

Broughton Medical Building
7th Street, Marietta

Mondays & Wednesdays

8:30 - 9:30 a.m.

& 4:15 - 5:30 p.m.

Classes are drop-in style (you can come late or leave early as needed to suit your schedule) and include: Pound, Zumba, Yoga, Tai Chi, strength training/body weight training, and more!
Cost: \$10 per month unlimited classes or \$5 per class drop-in fee



SPRING 2021

Health Screening

Every Friday

8:30 – 10:30 a.m.

406 Colegate Drive, Marietta

Free/Walk-in

Blood pressure, blood sugar, and weight.

Lung Cancer Screening Program

To schedule a screening, talk to your primary care provider to see if this is the right screening for you. We will send a referral and our lung health care navigator will contact you to schedule an appointment.

Matter of Balance

Evidence-based falls prevention class. four-week program.

Mondays and Wednesdays

10 a.m. – 12 p.m.

No cost to participate! Must call to register (740) 374-1799.

More Than a Makeover

Due to current circumstances please call (740) 401-0417 for information about class schedules.

Prosthetic Support Group

This group focuses on helping amputees create a network of support, participate in activities, and listen to local speakers. Visit PUGMOV.com for updates on classes and activities or call (740) 568-8124

SB Connect of Parkersburg

Fosters connections among people with Spina Bifida and their families. Join the SB Connect Facebook Group at: by searching "SB Connect of Parkersburg" on Facebook. You may also contact the group at huckjessica7@gmail.com

Stroke Support Group

Due to current circumstances please call (740) 374-1463 for information.

Vastrac Vascular Screening Program

Marietta Memorial Hospital

401 Matthew Street, Marietta

Call (740) 374-1750 to schedule.

Free, one hour, non-invasive vascular screenings. May be performed every five years.

Weekend Childbirth Class

Due to current circumstances, please call (740) 374-1448 for information about class schedules or to learn about our new online childbirth class option.





MEMORIAL HEALTH SYSTEM

Marketing Department
401 Matthew Street
Marietta, Ohio 45750

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Mass Vaccination

REGIONAL CLINIC

Sign up now to get a no-cost
COVID-19 vaccine at
gettheshot.coronavirus.ohio.gov
or by calling **1-833-4-ASK ODH**
or **1-833-427-5634**.

APPOINTMENTS OPEN NOW

MARIETTA

Wayne Street Medical Campus
330 E. 8th St.
Marietta, OH 45750

CLINIC DATES AND TIMES

Starting Thursday, April 1
Thursdays and Saturdays
Thursday: 5 p.m. - 8 p.m. | Saturday: 9 a.m. - 6 p.m.



MIKE DEWINE
GOVERNOR OF OHIO



Department
of Health