

The Good News

A TRINITY HOSPITAL TWIN CITY BI-ANNUAL COMMUNITY PUBLICATION

Our Mission Statement

The Mission of Trinity Hospital Twin City and Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.



New Look, Same Great Care!

You may have noticed that our hospital logo has changed. Even with the new look, you receive the same high quality care from the same compassionate professionals here at Trinity Hospital Twin City. Our brand image was changed to identify our hospital with our parent organization, Trinity Health System of Steubenville and our sponsor, Catholic Health Initiatives (CHI). Being part of Trinity allows us to build on the strength of the health system and better support the expanding healthcare needs of the communities we serve.

We will continue to care for you and welcome you as one of the family. We offer a full range of services including 24-Hour Emergency Care, Heart & Lung Services, Lab Testing, Imaging/X-Ray Services, Routine Medical Care, Injection & Infusion Center, Surgical Services, Physical Therapy, and more! When you need outstanding care, choose Trinity. With us, you're not just another patient.



Breathe Easy This Winter What You Need to Know about Third-Hand Smoke

by Erica Mesler, Certified Respiratory Therapist & Community Outreach Coordinator



The term secondhand smoke has been around for years, but have you ever heard of third-hand smoke? The data supporting this term is fairly new, but definitely worth talking about. In our most recent health assessment survey, current adult smokers in our county have increased from 16% in 2015 to 20% in 2018. In southern Tuscarawas County alone it actually increased from 16% to an alarming 27% for adult smokers.

By definition, third-hand smoke is a term used to describe the particles and gases that are left over after a cigarette is extinguished. These particles land and remain on virtually any surface in an area where smoking has occurred--on clothes, in hair, on furniture, and on flooring. Swabs taken from homes in which smoking has taken place still have measureable levels of toxins after being left vacant for two whole months!

So why are these toxins so dangerous? Aren't most of the toxins gone after the cigarette smoke has disintegrated? The answer is unfortunately, "no." The chemicals left over can be inhaled, ingested (especially by infants), and even absorbed through the skin. Some of which are carcinogens which cause cancer, along with nicotine, cyanide, lead, arsenic, and butane, which are all poisonous.

Researchers have determined that third-hand smoke can be harmful to health in the following ways:

- Interfere with the healing of wounds
- Cause molecular changes in cells which lead to insulin resistance, which increases your risk of having diabetes
- Raise the risk considerably for cancer
- Cause fatty liver disease, which in turn may lead to cirrhosis and heart disease
- Cause biological changes in cells that predispose fibrosis of the lungs, which can result in COPD (chronic obstructive pulmonary disease) and/or asthma
- Change how platelets combine resulting in blood clots and heart disease

It is thought that children are likely at greater risk than adults. The carcinogens and toxins tend to settle

on the floor where children are sitting and playing. Children are also more likely to put their fingers into their mouths after touching contaminated surfaces.

As a parent, all of this data is pretty alarming. So how can we avoid third-hand smoke? Here are some tips you can use:

- Have a zero tolerance policy for smoking in your home and in your vehicle.
- Shower, washing your hair and skin if you've been exposed to third-hand smoke.
- When possible, clean surfaces and materials exposed to smoke with vinegar. Most household cleaning substances are not acidic enough to eliminate all of the toxins left behind. Keep in mind that this is not always practical, and may permanently stain and/or discolor certain fabrics and surfaces.
- As far as getting rid of third-hand smoke on carpet or furniture, the only true way to get rid of ALL toxins is to get rid of all furniture and carpets exposed to smoke.
- Educate your friends and family. Studies have found that if smokers realize their smoking affects others, they are more likely to enforce a household smoking ban.

Third-hand smoke is relatively new in the world of cigarette smoke research. However, the known negative effects of smoking are anything but new. If you're a smoker and need help quitting for the sake of you and your loved ones' health, talk to your doctor or medical provider for advice or call 1-800-QUIT-NOW.



819 N. First Street | Dennison, Ohio 44621
740.922.2800 | www.trinitytwincity.org

We at Trinity Hospital Twin City's Marketing & Community Outreach Department are pleased to bring this community newsletter to you as part of our commitment to keep you informed of activities at your local hospital. Please look for another edition in your mailbox this summer. We welcome your comments at jdemuth@trinitytwincity.org.



Trinity Hospital Twin City is a not-for-profit 501(c)3, Catholic, hospital that offers you a trusted resource for healthcare.

MEDICAL CAMPUS SERVICES

Cardiology & Cardiopulmonary

- Heart & lung imaging & testing
- Cardiac & pulmonary rehab
- Heart disease prevention & management
- Stress tests

Emergency Care 24/7

Diabetes Wellness

Health Education & Outreach

Imaging & X-Ray

- Bone density
- CT scan
- Digital mammography
- MRI
- Nuclear medicine
- Ultrasound

Injection & Infusion Center

Lab & Blood Draw

Physician Specialties

- Cardiology (Heart)
- Family medicine
- General surgery
- Gynecology (Women's health)
- Podiatry
- Pulmonology (Lung)

Sleep Medicine

- Diagnosis & treatment
- Sleep lab

Surgical Services

- General surgery
- Colonoscopy screening
- Foot & ankle surgery
- Women's health surgery

Therapy/Rehabilitation

- Physical therapy
- Swing Bed Program

Vibrant Living

WorkCare

- Occupational health

Wound Management

and More!

UPCOMING EVENTS

Every Saturday at 8 PM: Narcotics Anonymous: This fellowship is free to anyone who thinks they may have a problem with drugs/alcohol. For more information, call the NA helpline at 1-888-GET-HOPE or visit www.na.org.

Second Friday of Every Month, 7:30 to 11:30 AM: Free blood pressure screening at Mako's Market & Pharmacy at Uhrichsville. Total cholesterol, lipid panel, and glucose screenings available for \$10. Hemoglobin A1C tests available for \$5. 10 to 12 hours of fasting recommended.

Saturdays, April 13th and 27th from 5:15 AM to 10:30 AM: Dennison Rotary Club Spring Blood Profile Screenings. Visit our website in early March to register.

Visit us at www.trinitytwincity.org for a complete list of events.

LETTER TO THE COMMUNITY

Happy New Year!



Dear Friend,

Happy New Year! As we all have come to appreciate, time is a precious commodity. Often wasted, time cannot be taken back or saved for a rainy day. There are milestones in one's life that mark the passing of time such as births, graduations, weddings, and deaths.

There are also milestones in healthcare that are indications of where we were and where we are now. Some of today's common procedures that were once part of "science fiction" include heart transplants, open heart procedures, and radiation therapy. Milestones have also been identified on how care is provided and reimbursed.

I recently came across a hospital bill that was for my maternal grandfather's hospitalization around 1964. The bill was \$345.00 for a several day stay. Like many people of that era, my grandparents did not have hospitalization insurance, and my grandmother was making payments on the bill. Since the 1960's, health insurance has changed dramatically.

One of the most noticeable changes in recent years is the switch from treatment-focused to wellness-focused healthcare. Research demonstrates that it is more beneficial to focus on what can be done to prevent diseases versus treating the disease. Prevention measures such as diet control, weight management, and limiting tobacco and alcohol use are all behaviors that can improve overall health.

In addition, it is beneficial to see your health care provider when you are well, rather than waiting until you are ill. Preventive testing such as mammograms, colonoscopies, PSA testing and blood tests are invaluable when it comes to detecting a potential disease in its early stages. Many insurances, including Medicare, are promoting the wellness aspect and paying for these services with minimal cost to the patient. It is NOT O.K. in today's health environment to just wait until you are ill before seeking healthcare. I can attest to that statement regarding my own health.

As we begin the New Year, make sure that one of the resolutions that you keep is a commitment to being healthier in 2019. Make that commitment to lose weight, quit smoking, and have preventive tests done and this time next year, YOU will be a healthier, happier YOU.

Happy, Healthy New Year, and thank you for your support of Trinity Hospital Twin City.

Kind Regards,

Teresa A. Gagliardi

Teresa A. Gagliardi, MSN
Vice President of Hospital Operations
& Site Administrator
Trinity Hospital Twin City



Deacon Ron Onslow of Sacred Heart Church conducted THTC's annual Blessing of Pets Ceremony in October. 17 local residents and 19 pets participated.



We were able to recognize 13 breast cancer survivors at our annual In the Pink breast cancer awareness event.

TMG Welcomes New Nurse Practitioner to Dennison Office



Jennifer Thomas, FNP-BC

Trinity Medical Group (TMG), a group medical practice that is owned and operated by THTC, is pleased to welcome Jennifer Thomas, FNP-BC, to its medical office on the second floor of Trinity Hospital Twin City.

Thomas has more than 18 years of experience in the nursing field, including nine years as a nurse practitioner. She earned her bachelor of science in nursing from Malone University and her master of science in nursing from the University of Akron. Thomas also completed her wound care certification training through Maryville University. Thomas resides at New Philadelphia with her husband and daughter.

Trinity Medical Group accepts most insurances. Jennifer Thomas welcomes new adult patients. To make an appointment, call 740-922-0000. For more information, visit www.trinitytwincity.org/doctors.

Do You or a Loved One Need Infusion Therapy?

When oral medications fail, or they're not powerful enough, your physician may recommend infusion therapy. For specialty infusion health services, there's no need to drive outside of the area. Talk to your specialty physician today about the Injection & Infusion Center services here at Trinity Hospital Twin City. We can work with your specialist to help obtain the care you need locally and conveniently. Call us at (740) 922-7450, ext. 2252 from 8am-3pm, Tuesday-Friday, for more information.



The Trinity Hospital Twin City Foundation Gratefully Acknowledges the Following Contributors to the Hospital

A Season of Giving

Dear Hospital Supporter,

I am writing to you on behalf of Trinity Hospital Twin City and the Trinity Hospital Twin City Foundation.

As 2019 begins, we are asking that you please consider a tax-deductible contribution toward the purchase of state-of-the-art laboratory and imaging equipment. This equipment is used daily by emergency and primary care physicians and providers to monitor, screen, diagnose, and treat disease.

We know you will do what you can for this current need, and your donation in any amount would be greatly appreciated.

May you and your family enjoy a blessed New Year!

Sincerely,

Blair Hillyer
President, Trinity Hospital
Twin City Foundation

Contributions to the Mammography Campaign:

- Angela Jones
- Anna Marie Abel
- Bill & Melinda Rainsberger
- Blair Hillyer
- Bob & Donna Karl
- Bowerston Shale Co.
- Brad & Kim Hillyer, *in memory of Hudson & Marie Hillyer*
- Charlottee Stilgenbauer Estate
- Chuck Vorhees
- Clayland Lions Club
- Clyde Volpe, *in memory of deceased members of the Suma and Albert Volpe Family*
- Deborah Scott, *in memory of Jo Ann Stewart*
- Delecta Ditcher, *in memory of Jason West*
- Dennison Railroad Festival
- Dennison Rotary Club
- Donald L. Rideout
- Doris & Floyd Kimble Foundation
- Dover-Phila Credit Union
- Dr. Mohammad Jan
- Duane & Debbie Lukens
- Dwain & Connie Colvin

- Ed Benninghoff
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- Greg DiDonato
- Jack & Connie Bolitho
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- Jane Russell
- Jerry & Barbara Besozzi, *in memory of Brother Bill Henderson*
- Joanne Obermiller, *in memory of Ed Schumacher*
- John & Lisa O'Hara
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- Josephine Hrabley
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- Linda Ohler
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- Mark & Melinda Willard, *in memory of Becky Chini*
- Mary & Bob Grimm
- Mary K. Barnabi
- Michael Oberholzer
- Midvale United Methodist Church
- Midvale United Methodist Women
- Mike Ruffini

- Nancy L. Rufener
 - Orville & Pat Hartline
 - Paul & Nancy Cerana, *in memory of Norma Cerana*
 - Paul Fanti
 - Rev. Mark & Cindy Unrue
 - Richard & Sara Lentz
 - Rita Brainerd
 - Rodney M. Wilson
 - Sandra Welsch
 - Shirley Bonamico, *in memory of Carmen Bonamico*
 - Stephenson, Stephenson & Carrothers
 - Steve & Jennifer Demuth
 - Tana Edwards
 - Teresa Gagliardi, *in memory of Stephen M. Gagliardi*
 - Twin City Chamber of Commerce
 - Tyler & Molly Abbuhl
 - VFW Post 7943
 - Wendy Evans
- Contributions to the Summer 2018 Overall Campaign:**
- Anna Marie Abel
 - Betty Chrest
 - Carol Coutts
 - Carol Kochte

- Dan & Dee Peck
- Dover Phila Federal Credit Union
- Duane & Debbie Lukens
- First National Bank
- Francis Boring, *in memory of Claire Boring*
- Greg DiDonato
- Irene Marstrelli
- Jane R Russell
- Jerry & Barb Besozzi
- Jerry & Kim Piccin
- Joseph Schwartz
- June Mathias
- Kate C. Thompson
- Kathryn Cryder
- Kathy L. Pietro, *in memory of Gino Martinelli*
- Kay Scott
- Leland & Linda Simpson
- Linda Ohler
- M. A. Jan, MD, Inc.
- Marsha Addison
- Mary & Bob Grimm
- Mary K. Barnabi, *in memory of Lynn Barnabi*
- Merry Jo McGuire
- Michael Wade
- Mildred Castello
- Mr. & Mrs. Jerry Reed, *in memory of Jeff Reed*

- Nancy L. Rufener
 - Orville Hartline
 - Rev. Mark & Cindy Unrue
 - Rod & Diane Rafael
 - Ruth Baluch
 - Sandra Welsch
 - Sara Lentz
 - Staley Technologies
 - Truck Sales & Service
 - Twin City Chamber of Commerce
 - Women's Ministries
- Overall Contributions:**
- Amy Bardall Memorial
 - First National Bank of Dennison
 - Jr Sorosis
 - Josephine & Edgar Miles, Jr.
 - Myrtle Treacle
 - Norma Ross
 - Rosenberry Foundation (for Mammography machine)
 - Teresa Gagliardi
 - THTC United Volunteer Auxiliary

PLEASE PRINT

Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Enclosed is a gift of \$ _____ Please designate my gift: _____

I pledge \$ _____ to be made in payments of \$ _____ over 12 months.

I would like my gift to be publicly recognized and listed as (EXAMPLE: Mr. & Mrs. _____ or In Memory of _____)

Mr. & Mrs. _____ In Memory of _____

Through a check made payable to **Trinity Hospital Twin City Foundation**



Please mail this completed form with your donation to:

**TRINITY HOSPITAL
TWIN CITY FOUNDATION**
P.O. Box 7
Dennison, OH 44621

Thank You!



A part of
**Catholic Health
Initiatives**

819 N. First Street
Dennison, Ohio 44621

Non-Profit Org
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Check out our website at
[www.trinitytwincity.org!](http://www.trinitytwincity.org)



REVERENCE | INTEGRITY | COMPASSION | EXCELLENCE



For compassionate care, choose Trinity.

Looking for great medical care where you are welcomed as one of the family? That place is Trinity Hospital Twin City. At Trinity, you're not just another patient.

- 24-Hour Emergency Care
- Heart & Lung Services
- Lab & Blood Draw Services
- Injection & Infusion Center
- Imaging/X-Ray Services
- Routine Medical Care
- Surgical Services
- Wound Care
- Physical Therapy and more

To learn more about
Trinity Hospital Twin City's full range of services.
VISIT www.trinitytwincity.org | CALL 740.922.2800



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