

The Good News

Volume Five • Issue Two
December 2016

A TRINITY HOSPITAL TWIN CITY BI-ANNUAL COMMUNITY PUBLICATION

We at Trinity Hospital Twin City's Marketing & Community Outreach Department are pleased to bring this community newsletter and report to you as part of our commitment to keep you informed of activities at your local hospital. We hope you will find helpful information in this issue. Please look for another edition in your mailbox during the summer of 2017. We welcome your comments at tpoland@trinitytwincity.org.



Inside this Issue

Letter from the President.....	2
Help for People with Chronic Diseases	3
Walk-In Lab Testing	3
Upcoming Events.....	3
Living Our Mission	4
Tips for Reducing Arthritis and Joint Pain	5
Serving Our Community	6
Thank You	7



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



Rx



TRINITY HOSPITAL TWIN CITY

For 2017, We Prescribe that You Take Good Care of YOU!

As the new year begins, it's the perfect time to resolve to take good care of yourself throughout 2017. When you take care of your own health needs, you will feel better and have more energy as you tackle daily tasks and care for loved ones. Of course, aiming to improve eating and exercise habits is an excellent step toward improving health. But, did you know that your doctor or medical provider can also help with your resolutions?

Your medical provider can help you at an annual wellness visit (these are covered by most insurance plans, including Medicare and Medicaid) for adults. Just like your vehicle needs a tune up, your body also needs regular health maintenance to operate smoothly. At an annual health visit, your medical provider will talk to you about the items on the list below. When you complete the items on the list, you can achieve optimal health to enable you to focus on the things that are most important to you.



Annual Wellness Visit

- Blood Pressure, Cholesterol, Diabetes, & Weight

Health Screenings

- Colonoscopy (every 10 years starting at age 50)
- Mammogram (annually for women starting at the age recommended by your medical provider)
- Osteoporosis (bone density study for all women 65 and older)
- Prostate Cancer (PSA for men as recommended by your medical provider)

Immunizations

- Tetanus, Diphtheria, & Whooping Cough (every 10 years)
- Influenza (annually)
- Pneumonia (once after age 65)
- Shingles (once after age 60)

If you have not completed the above checklist, contact your doctor or other medical provider today to set up your annual wellness visit. If you do not have a medical provider, our Trinity Medical Group physicians and advanced practice providers would be happy to help you. Call (740) 922-0000 to schedule an appointment. Make 2017 the year you take charge of YOUR health.



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

Infusion Clinic

- Coumadin clinic & IV therapy

Lab & Blood Draw

Physician Specialties

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

Sleep Medicine

- Diagnosis & treatment
- Sleep lab

Surgical Services

- General surgery
- Colonoscopy screening
- ENT surgery
- Foot & ankle surgery
- Women's Health Surgery

Therapy/Rehabilitation

- Physical Therapy
- Swing Bed Program
- Transition Program

Vibrant Living

WorkCare

- Occupational Health

Wound Management

And More!

LETTER FROM THE PRESIDENT

Thankful for a Good Year

December 2016

Dear Friend,

I always look forward to this time of year. It provides an opportunity to reflect on the past year and plan for the upcoming year. I especially enjoy sharing with you the good news of our community hospital. We ended our 2016 fiscal year in June with our best ever financial performance. Thank you for your continued loyalty and faith in us. This accomplishment was possible because you continue to allow us the privilege of caring for you and your families.

I'd also like to take this opportunity to thank our employees, physicians, advanced practice providers, and volunteers who are dedicated to living our mission and values each and every day. Healthcare is not an easy business. We ask a lot of our people—to do their work as efficiently as possible; to consistently look for ways to improve performance; and to be good financial stewards of our resources—all the while, asking them to prioritize delivery of exceptional patient care. I am grateful for the personal sacrifices they make to always show up and be the best possible versions of themselves.

One of the things that can have the biggest effect on anyone's life is the power of gratitude, simply giving thanks. Here are some additional accomplishments that we are thankful for this year:

- In July, the Dennison Rotary Club, along with over 50 community residents, re-dedicated the hospital's helipad to honor Ray Ross (former Uhrichsville Police Chief and Rotarian) who spearheaded the project in conjunction with the Rotary in 1992. Father Ty Tomson offered a Blessing of the helipad before a monument was unveiled to the crowd. Ray's memory will live on as residents of the community continue to have access to quick emergency care via the hospital's helipad.
- Additionally, in July 2016, we were notified by the Health Resources & Services Administration (HRSA) Office of Rural Health Policy (ORHP) that we had been awarded a quality improvement grant of \$522,324 across three years (August 1, 2016 – July 31, 2019) to develop a chronic care management (CCM) program to improve the health of our patients with two or more chronic diseases. This is the hospital's 8th funded grant award from HRSA's ORHP.
- This year also brought about changes in our free care policies. While the hospital has always provided free care to those who are at or below the federal income poverty level, and discounted care for those not qualifying for free care, the new policy provides free care for those at 300% of the federal income poverty level. Through June 2016, we had provided over \$1.1 million in free and reduced healthcare to residents of our community.
- THTC was recognized in August by the Studer Group for exemplary results in discharge planning. This is a testament to our medical/surgical, social services, and utilization review staff for ensuring that our patients have all of the resources and education they need to make a smooth transition home after a hospital stay.
- In November, we were recognized by iVantage Health Analytics and the National Organization of State Offices of Rural Health (NOSORH) for overall excellence in Patient Outcomes and Patient Satisfaction reflecting top quartile performance among all rural acute care hospitals in the nation.



I recently read an article that talked about the benefits of being grateful in advance. With the new year quickly approaching, we are grateful in advance for all of the patients who will come to us for care next year; for our expanding relationship with our sister hospital, Trinity Health System in Steubenville; for the new providers and staff who will join our organization over the next year; and for the changes in healthcare that will challenge us to think differently about our role in fulfilling our mission.

May you and your loved ones have a safe and happy Christmas and a blessed New Year!

Warm Regards,

Joe Mitchell, RN, FACHE
President



Pictured are (l to r) Cindy Unrue, LSW; Stephanie Levensgood, LSW; Michelle Brown, RN; and Tui Wanosisik, RN, proudly displaying the Studer Award we received for excellence in discharge planning to ensure patients have a smooth transition to home.



TMG Offers Extra Help for People with Chronic Diseases

Thanks to our new quality improvement grant from the Health Resources and Services Administration, our Trinity Medical Group offices are now making Chronic Disease Management (CDM) services available for *all* patients who have been diagnosed with two (2) or more chronic conditions such as diabetes, high blood pressure, high cholesterol, heart disease, COPD, arthritis, obesity, and etc. CDM services are available to patients of Trinity Medical Group doctors and advanced practice providers, and these services are also available to any area adult who has two or more chronic diseases and does not have a regular medical provider.

Patients who participate in our chronic disease management program will receive special benefits including increased access to a healthcare provider to address illnesses; personalized attention; coordinated care between specialists, testing centers, and hospitals; monthly phone calls from our caring staff; assistance with medication management; and helpful strategies for maintaining energy, managing moods, working on relationship challenges, overcoming sleep problems, and handling stress and worry.

There is little to no cost to receive CDM services. Patients who feel they meet the criteria for CDM services are encouraged to talk with their medical provider or call us at (740) 922-0000 and ask about chronic disease management.

Walk-In Lab Testing Now Available at Dover & Newcomerstown

If you appreciate the friendliness of our staff and the low waiting times for lab testing appointments, you will be happy to hear that walk-in lab testing services are now available at our Trinity Medical Group Dover and Newcomerstown offices. Those who live and/or work in the Dover area can access lab testing on Wednesdays between the hours of 8 am and 1 pm at Trinity Medical Group's Dover office at 340 Oxford Street, Suite 220. Those who live and/or work in the Newcomerstown area can access lab testing on Thursdays between the hours of 9 am and 2 pm at Trinity Medical Group's Newcomerstown office at 232 Cross Street.

To receive a lab test, those who have a doctor or medical provider's order can simply bring the order and walk-in to have their tests. No appointment is necessary. Certified lab testing services are provided by our experienced Trinity Hospital Twin City laboratory services department staff. Most insurances are accepted, as well as Medicare and Medicaid.



Phlebotomist Keeley Hutton works with a patient to conduct a blood test.

Upcoming Events

Now:

Reserve your space for our next Fit for Life health and wellness session. Call (740) 922-7450, ext. 2124 for more information or to reserve your spot today. Classes start on January 17th, and the class is filling up fast. Our community class will meet at the hospital on Tuesday evenings.

Every Tuesday at 7 PM:

Celebrate Recovery: This Christian Lighthouse and Road to Freedom addiction support group is free to anyone struggling with an addiction and for family members and friends of those who have addictions. For more information, call (330) 275-2217. Meetings are held at THTC's second floor Trinity Medical Group reception area.

Wednesday, January 4th at 6 PM:

Weight Loss & Diabetes Prevention Free Mini Seminar: The Tuscarawas County Public Library at 121 Fair Ave NW in New Philadelphia is hosting this free event featuring Fit for Life Director, Dr. Tim McKnight. To register, call the library at (330) 364-4474, ext. 101.

Monday, January 16th at 1:30 PM:

Free Diabetes Support Group at THTC second floor St. Raphael Conference Room: Learn how to prevent and manage the flu when you have diabetes. Call (740) 922-7450, ext. 2177 for more information.

Saturday, January 21st 10 AM to 2 PM:

Free Hemoglobin A1C Screenings at Tusky Winterfest: Join us at the Village of Tuscarawas Hall for this free screening and festival event.

Second Friday of Every Month, from 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 8th and 22nd 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.



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.



HAPPY NEW YEAR

You crown the year with

Your goodness,

And Your paths drip with abundance.

~ Psalm 65:11 NKJV

A Blessing of Solitude

by John O'Donohue

May you recognize in your life, the presence, power and light of your soul.

May you realize that you are never alone,

That your soul in its brightness and belonging connects you intimately with the rhythm of the universe.

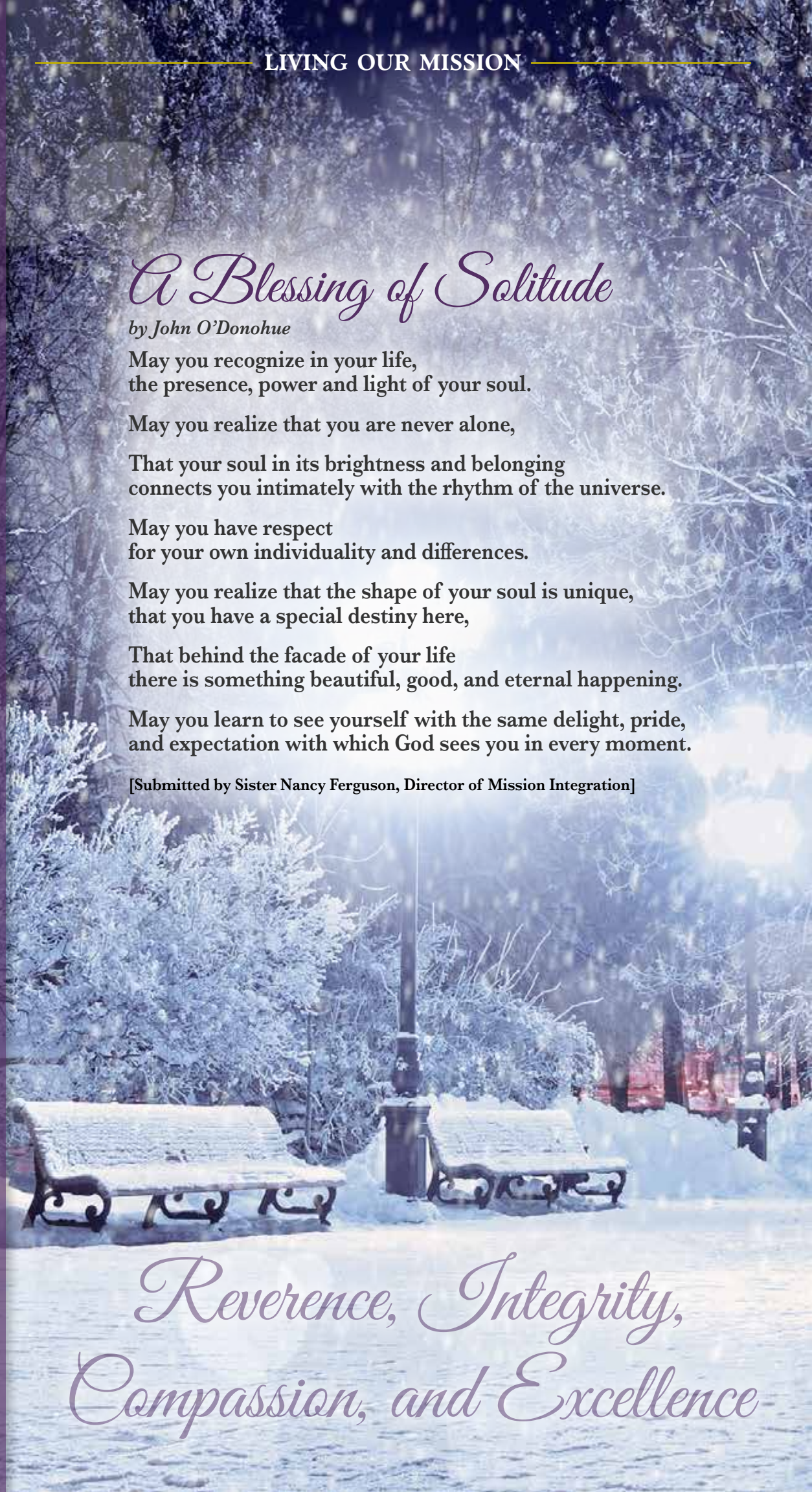
May you have respect for your own individuality and differences.

May you realize that the shape of your soul is unique, that you have a special destiny here,

That behind the facade of your life there is something beautiful, good, and eternal happening.

May you learn to see yourself with the same delight, pride, and expectation with which God sees you in every moment.

[Submitted by Sister Nancy Ferguson, Director of Mission Integration]



Reverence, Integrity,
Compassion, and Excellence

Tips for Reducing Arthritis and Joint Pain

By Johnna Bear, PT, DPT, THTC Director of Therapy Services



During the holiday and winter seasons, we have many patients who complain of increased pain, whether it be related to arthritis, or increased back pain from decorating and transporting presents, or from shoveling snow.

As the weather becomes colder, there is a change in the barometric pressure that leads to arthritic pain. Arthritis pain can be distinguished by increased stiffness in the morning and increased pain in the evenings after a day of activity. This pain typically occurs most frequently in the knees, hands, hips, and spine.

To keep arthritis pain at bay, it is important to follow the following steps:

- Eat a healthy diet consisting of protein, fruits, and vegetables.
- It's important to participate in low intensity exercise. A basic principle of physics explains that a body in motion stays in motion. To help alleviate joint pain, you must keep your muscles strong to reduce the amount of pressure placed on your bones and joints. Walking, stretching, and light strengthening exercises are all great ways to reduce pain.
- Apply heat. The use of heat applied to the joint will help reduce pain by warming the structures. Heat can be left on the area for twenty minutes. It may be used two to three times per day. It is important to make sure heat is not applied directly to the skin, as it can lead to burns.
- Rest and use ice. If your pain is more constant and severe, it may be related to injury. Pain varies from person to person. It may feel like an aching pain or a sharp pain with movement. Ice may be applied to the area for twenty minutes, multiple times per day.

The above methods for pain reduction will likely help with most types of pain; however, if the pain does not subside within a few days, it is recommended you call your doctor or advanced practice provider for further evaluation. Your doctor or other medical provider may recommend physical therapy at this time to help reduce your pain through a variety of treatment options.

To help reduce the risk of back pain and injury this winter season, make sure to use proper lifting techniques, and ask for help when needed. Preventing injury is the best way to avoid pain.



Join Us Online

Have you "liked" us on Facebook yet? Our friends can view regular postings of health tips, upcoming hospital events, hospital news and more. Visit our hospital website at www.trinitytwincity.org and click on the Facebook icon on the lower left corner to find our page.



Your Comments Are Important To Us

If you had an excellent experience or you have a concern about the care you received at Trinity Hospital Twin City, we want to know. It is important to us to recognize our employees who are doing a good job. It is equally important that we have the chance to address your concerns. To share information about your visit, please call us at (740) 922-2800 or visit our hospital website at www.trinitytwincity.org and choose "Contact Us" on the home page. All comments are reviewed and addressed in a timely manner. We appreciate the opportunity to take care of you, our valued patients and supporters.





Outpatient Services

You can use Trinity Hospital Twin City outpatient services even if your medical provider is from out of town. We have over 400 physicians and providers listed in our database, and we can easily send your lab, imaging, stress test, lung function, and other test results quickly to your medical provider, no matter where his/her office is located. Choose Trinity Hospital Twin City for all your healthcare needs.




Pre-Registration Available!

We have a patient appointment phone line set up for your convenience. To schedule all outpatient services for lab tests, cardiopulmonary and imaging, just call 740-922-7405 between the hours of 8 am and 4:30 pm, Monday-Friday. Thank you for choosing Trinity Hospital Twin City.



SERVING OUR COMMUNITY




Trinity Hospital Twin City hosted the 6th Annual In the Pink Breast Cancer Awareness, Education, & Survivor Recognition event on Thursday, October 27th. Katelyn Obermiller, CNP, was one of the featured speakers for the crowd of about 100 people. 24 local breast cancer survivors received special recognition at the event. Thanks to all who supported this moving program.





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

Contributions to the Spacelabs Heart Monitoring Equipment Campaign:

250 Antique Mall
 Anna Marie Abel
 Blair & Jodi Hillyer
 Bob & Donna Karl
 Brad Hillyer
 Brian & Tara Baxter,
 In Memory of Harold Bloom
 Classic Glass Corvette Club
 Connolly, Hillyer & Ong
 Debra Gardner
 Denny Bauer
 Donald L. Rideout,
 In Memory of Patricia (Farner) Rideout
 Doris Kimble
 Dr. & Mrs. Daniel W. Peck,
 In Memory of Florence Wardell Peck
 Dr. & Mrs. M. A. Williamson,
 In Memory of John F. Williamson
 Dr. Mohammad Jan
 Duane & Deborah Lukens
 First Presbyterian Church
 Glenn B. Burroway,
 In Memory of Betty Jane Burroway
 Greg L. DiDonato,
 In Memory of Lois I. DiDonato
 Jack & Connie Bolitho
 Jan Thomas
 Jane G. Hubert,
 In Memory of Dr. & Mrs. Thomas V. Glosser
 Jeff & Cathryn Neidig
 Jerry & Barb Besozzi
 Jerry & Kim Piccin
 Joanne Obermiller,
 In Memory of Edward A. Schumacher

Joe & Barb Bollon,
 In Memory of Dolores Bollon
 Joseph Schwartz
 Joyce Milliken,
 In Memory of William Milliken
 Kate C. Thompson
 Kathryn Cryder
 Kathy Lint
 Kay A. Scott
 Leland & Linda Simpson
 Linda Ohler
 Loraine Durmann
 Mark & Irene Heil,
 In Memory of Anonymous
 Mark & Melinda Willard
 Mark Willard
 Marsha Addison
 Mary & Bob Grimm
 Mike Ruffini
 Nancy Rufener
 Norma J. Phillips
 Orville & Pat Hartline,
 In Memory of June Milliken
 & Harold Willard
 Paul Fanti
 Ralph Demuth
 Rev. Mark & Cindy Unrue
 Rich & Beth DiDonato
 Richard Lentz
 Rita Brainert
 Rod & Diane Rafael
 Rodney Wilson
 Rose Silke
 Sandra Kay Welsh
 Truck Sales & Service
 Wanda E. King
 Wm. E. Donehue Post #7943 VFW

Contributions to the Summer 2016 Overall Campaign:

Alison Kerns
 Anna Marie Abel
 Arthur DiDonato
 Becky Hillyer,
 In Memory of Hudson
 & Marie Hillyer
 Carpenter's Local Union #285
 Clyde Volpe,
 In Memory of Albert & Julia Volpe
 Daniel Peck
 Donald L. Rideout,
 In Memory of Patricia (Farner) Rideout
 Dorothy Johnson,
 In Memory of Dale Johnson
 Dr. & Mrs. Maurice Williamson,
 In Memory of
 Dr. & Mrs. Thomas Ogden
 Duane & Deborah Lukens
 First National Bank
 Francis Boring,
 In Memory of Claire Boring
 Greg DiDonato
 Irene Marstrelli
 Jacqueline & Ralph Baumberger,
 In Memory of Henry
 & Roxy Baumberger
 Jerry & Barb Besozzi,
 In Memory of Marsha Henderson
 Jerry & Patty Reed,
 In Memory of Jeff Reed
 John & Lisa O'Hara
 Joseph Schwartz
 Joyce Milliken
 June Mathias
 Kathy Lint
 Kathryn Cryder

Kay A. Scott
 Leland & Linda Simpson
 Lorena Costa,
 In Memory of Bill Costa
 Marsha Addison
 Mary & Bob Grimm
 Merry McGuire
 Michele Rickey
 Mildred Castello
 Mr. & Mrs. Robert Martinelli,
 In Memory of Howard & Marjorie Schumacher
 Myrtle Treacle
 Nancy Rufener
 Norma Phillips,
 In Memory of Mr. & Mrs. Roy White
 Orville & Pat Hartline
 Ralph Demuth
 Ralph Quillen Sr. Family,
 In Memory of Eleanor Quillen
 Rich & Beth DiDonato,
 In Memory of Lois DiDonato
 & Ruth Schnittke
 Richard & Sara Lentz
 Staley Technologies
 Truck Sales & Service
 Wanda King
 Wm. E. Donehue Post #7943 VFW

Overall Contributions In Memory Of Mary Lou McCluskey:

Irene & Charles Riley
 Shaker Heights Fraternal
 Order of Police #23



A Season of Giving

I am writing you today on behalf of the Trinity Hospital Twin City Foundation, and would like to extend a heartfelt thank you for your continued support of local healthcare in our community. Over the last several years we have raised thousands of dollars to support Trinity Hospital Twin City. These funds are being used to improve the lives of our family, friends and neighbors on a daily basis.

In 2015 we were able to raise over \$67,000 toward equipment to enhance heart care services. Heart disease is the leading cause of death in Tuscarawas County. This year we would like to continue to support the provision of heart

services at Trinity Hospital Twin City by raising \$120,000 for additional medical equipment. For this need, the Trinity Hospital Twin City United Volunteer Auxiliary (thanks to their hard work to raise funds for the hospital through fundraisers and Coffee Bar & Gift Shop sales) has already contributed \$35,000. We can use your help to make the difference.

It is my hope that you will consider making a tax-deductible gift to the Foundation this year. Your monetary gift will help to ensure future successes in our efforts to provide local healthcare for our community. Your gift can

be completed with the form below. Thank you for your consideration of this request. May you and your family enjoy a blessed holiday season.

Sincerely,
 Blair Hillyer

President,
 Trinity Hospital Twin City Foundation

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! 7



LET OUR FAMILY CARE FOR YOURS

Call (740) 922-0000
 To Schedule Your Appointment Today!

Convenient Office Locations Near You
 Coshocton Dennison Dover Gnadenhutten
 Newcomerstown Uhrichsville
www.trinitytwincity.org



**TRINITY
 MEDICAL GROUP**

*Owned and Operated by
 Trinity Hospital Twin City*

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



819 N. First Street
 Dennison, Ohio 44621



Non-Profit Org
 US POSTAGE
 PAID
 Mailer's Choice