

The Good News

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 this winter. We welcome your comments at tpoland@trinitytwincity.org.

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**TRINITY
HOSPITAL
TWIN CITY**

Ministry of Sylvania Franciscan Health
Sponsored by The Sisters of St. Francis
of Sylvania Ohio

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

New Diabetes Wellness Services Improving Lives

About one out of ten Ohio adults have diabetes and nearly one out of twenty have undiagnosed diabetes. Thanks to a three-year grant from the U.S. Health Resources & Services Administration (HRSA) Office of Rural Health Policy, Trinity Hospital Twin City began offering diabetes wellness services in January of this year. So far, more than 100 adults have participated in individual sessions with our certified diabetes educator to learn how to better manage diabetes and reduce its harmful side effects.

Terry Diane Hamilton of Uhrichsville has reduced her Hemoglobin A1C measurement by one point and has also lowered her cholesterol after only one month of meeting with LuAnn Beavers-Willis, certified diabetes educator. Terry has had type II diabetes for about ten years, and her nurse practitioner, Deb Scott, recommended making an appointment with LuAnn.

"I cut out a lot of starches in my diet, and LuAnn has really shown me how much I can eat and still be healthy," shared Terry. "She gave me

a sheet to do my meal planning on, and she really explained things better than a dietician I went to at another hospital."

Terry said Deb was able to lower her cholesterol medication dosage and now she's enjoying walking regularly with a friend. "LuAnn really relates to me and is someone I can talk to easily like a good friend who is on my side. I would recommend LuAnn to everyone."

A free diabetes support group meets at the St. Francis Conference room on the third Monday of each month at 6:30 pm.

Trinity Hospital Twin City offers diabetes wellness services for individuals who are newly diagnosed with diabetes or those who have had diabetes and need an update on controlling diabetes. Support persons such as family and friends are encouraged to attend. People with diabetes and those with pre-diabetes are welcome to contact LuAnn at (740) 922-7450, ext. 2177 to set up an appointment. Physician referral is not required.

LuAnn Beavers-Willis, MSN, RN, Certified Diabetes Educator, (r) discusses meal planning with Terry Diane Hamilton of Uhrichsville as part of Trinity Hospital Twin City's new diabetes wellness services.





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)
 - Ear, nose & throat
 - Family & internal medicine
 - General surgery
 - Gynecology (Women's health)
 - Pediatrics
 - Podiatry
 - Pulmonology (Lung)
 - Urology
- Sleep Medicine**
 - Diagnosis & treatment
 - Sleep lab
- Surgical Services**
 - General surgery
 - Colonoscopy screening
 - ENT surgery
 - Foot & ankle surgery
- Therapy/Rehabilitation**
 - Physical & Occupational Therapy
 - Swing Bed Program
 - Transition Program
- WorkCare**
 - Occupational Health
- Wound Management**

And More!

LETTER FROM THE PRESIDENT

Exciting News at Your Local Hospital...

Dear Friend,

Our first half of 2014 has been filled with exciting news! In March we began work on a construction project that spans all three floors of the original hospital building. The first phase of the project (which consisted of installing a new sprinkler and fire alarm system) was completed at the end of April. The second phase will mostly affect the specialty clinic and Trinity Medical Group areas. The renovations have been designed to enhance your experience as a patient and will include the creation of more inviting waiting spaces, convenient check-in and checkout areas, and new furniture, interior décor and signage. We anticipate this second construction phase will be completed this summer.



For more information about CHI, visit www.catholichealthinit.org

We continue to have great success in recruiting high quality physicians to our group physician practice. We welcomed Dr. Maurice Stutzman, Board Certified Family Practitioner, to Trinity Medical Group's Dover office in March. He provides patient-centered care and is welcoming new patients. Additionally, we are pleased to announce that Dr. Wendy Redmond, Family Practitioner, will be joining our practice in July. She will be welcoming patients at a temporary Coshocton office, then moving to an office in Newcomerstown. We are outgrowing our current physician office space in Newscomerstown, and plans are underway to secure a new location that will accommodate our growth in that area.

In May we announced that our parent company, Sylvania Franciscan Health, plans to join Catholic Health Initiatives, the second largest Catholic Health System in the nation. We are excited to partner with a strong organization that places such high priority on mission and values, especially values that mirror our own. While this affiliation will open up additional resources in regards to best practices, expertise and support, it does not make it any less necessary for you to choose Trinity Hospital Twin City for your healthcare services, whether it is for lab work, imaging, cardiopulmonary, therapy or surgical services.

Many of you have been asking your physicians about having your services completed at our hospital; we have noticed an increase in our outpatient visits. I know this may not be an easy task depending on the location of your physician, but you do have a right to choose where you receive healthcare. Thank you for your support and patronage over the last six months; you are an essential part of our success.

Your opinion is important to us. If you have suggestions for additional services, concerns about a visit, or questions about how to use our hospital or if your insurance is accepted here, we want to know. Please choose us as your partner in health, and give us a call.

May you and your family enjoy a safe summer season!

Kind Regards,

Joseph J. Mitchell, RN, FACHE
President





New Physician at Dover Office!

Our group medical practice, Trinity Medical Group, welcomed Dr. Maurice Stutzman, Board Certified Family Practitioner, to its Dover office located at the Oxford Medical Center behind CVS pharmacy, 340 Oxford Street, Suite 220. He currently welcomes new patients.

Trinity Medical Group offers convenient locations in Coshocton, Dennison, Dover, Gnadenuhthen, Newcomerstown and Uhrichsville to better serve you. New patients are welcome, and most insurances, including AultCare, are accepted. To schedule an appointment with a TMG provider, please call (740) 922-0000. For more information, visit www.trinitytwincity.org/doctors and click on the name of a provider.



Dr. Maurice Stutzman



On Saturday, August 9th, the Trinity Hospital Twin City Employee Auxiliary will host this exciting and fun-filled fundraising event. The double elimination tournament will consist of 12 co-ed teams made up of 10-12 players ages 13

and older. All teams that register by Friday, July 18, 2014 will receive free t-shirts for all of their players. Medals will be awarded to the top two teams.

The tournament will take place at the baseball fields of Midvale Community Park starting with team check-in at 7:00 AM. The cost is \$100 a team (less than \$10 a person for a team of 12). Call (740) 922-7450, ext. 2181 or visit www.trinitytwincity.org for more information.

Trinity Hospital Twin City Recognized for Quality Laboratory Services

This spring our hospital laboratory services department met all criteria for laboratory accreditation by COLA, a national healthcare accreditation organization. Accreditation is given only to laboratories that apply rigid standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency testing, and pass a rigorous on-site laboratory survey. Trinity Hospital Twin City has earned COLA accreditation as a result of a long-term commitment to provide quality services to patients.



Sherri Marcus, MT (HEW), MCT (ASCP), Senior Lab Tech, uses one of the new chemistry analyzers in the lab.

Let your physician know you would like to have your lab testing done at Trinity Hospital Twin City's accredited lab. Our lab professionals work closely with your physician to ensure the best possible care.

Keeley Hutton, Certified Phlebotomist, helps make a patient feel at ease for a blood draw.



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.

Upcoming Events

Now–September 3, 2014

Reserve your space for our next Fit for Life health and wellness 12-week course.

Call (740) 922-7450, ext. 2124 for more information or to reserve your spot today.

Classes start on Tuesday, September 9th.

Saturday, August 9th

2nd Annual Kickball Tournament

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.

10 to 12 hours of fasting recommended.

Third Monday of Every Month

6:30 PM

Free Diabetes Support Group

meeting at first floor

St. Francis Conference Room.

Saturdays,

October 11th and 25th

Dennison Rotary Club Fall Blood Profile Screenings.

Visit our website in September for more details.

October 2014

Free "In the Pink"

Walk by Candlelight and breast cancer awareness event & Annual Blessing of the Pets—dates to be announced soon.



Visit us at

www.trinitytwincity.org
for a complete list of events.



The Gift of Summer and the Beauty of God's Marvelous Creation

By Sister Dorothy Jayne Krupp, OSF, Director of Mission Integration & Spiritual Care



Sister Dorothy takes part in the annual Blessing of the Pets ritual hosted at Trinity Hospital Twin City each October.

As we enjoy the gift of summer and the beauty of God's marvelous creation, let us call to mind the life and holiness of St. Francis of Assisi. During his short life of 45 years, Francis spent many of his days walking around the hills and valleys surrounding Assisi. As he did so, he spent time in prayer and contemplation, praising God for the beauty and gift of creation. Francis spent two years in the wilderness of the forested Mount LaVerna. With this experience, he deepened his affection for God's Creation. He was so enthralled by the beauty of nature everywhere he travelled that he called the various elements his brothers and sisters. There was Brother Sun, Sister Moon and Stars, Brother Fire, Sister Water and Sister Earth whom he referred to as his Mother. One could say that Francis was in deep love with all of God's Creation.

Francis wrote a beautiful Canticle of Praise in the summer of 1225, toward the end of his life when he was nearly blind, deep in pain and experiencing intense suffering. But despite his frailty, he composed what is known as the Canticle of Creation. The first part of the Canticle, up to the verses about pardon and peace, he composed in the garden of the Poor Clares' convent at San Damiano. He composed a melody for it and urged the brothers to sing it when they were out preaching. The second part of the Canticle was composed a short time later in an effort to restore peace between the quarrelling parties in a dispute between the civil and religious authorities of Assisi. Francis added the final verses about Sister Death shortly before his own death.

Following in the footsteps of St. Francis, Franciscans are known for their deep respect and reverence for the gift of creation. It is our duty always and everywhere to give praise to God for the beauty of creation.

As we enjoy the gift and beauty of summer, may we take some time during these lazy days of summer to pray and reflect on Francis' beautiful Canticle of Creation. May each of us deepen our appreciation for the gift of God's creation and may each of us do our part to respect and take care of God's beautiful and marvelous gift of life.

Blessings for a Happy Summer!

Most High, all-powerful, good Lord!

All praise is yours, all glory, all honor and all blessing.

To you alone, Most High, do they belong.

No mortal lips are worthy to pronounce your name.

All praise be yours, my Lord, through all that you have made,

And first my lord Brother Sun,

Who brings the day; and light you give to us through him.

How beautiful is he, how radiant in all his splendor!

Of you, Most High, he bears the likeness.

All praise be yours, my Lord, through Sister Moon and Stars;

In the heavens you have made them, bright and precious and fair.

All praise be yours, my Lord, through Brothers Wind and Air,

And fair and story, all the weather's moods,

By which you cherish all that you have made.

All praise be yours, my Lord, through Sister Water,

so useful, lowly, precious and pure.

All praise be yours, my Lord, through Brother Fire,

Through whom you brighten up the night.

How beautiful is he, how gay! Full of power and strength.

All praise be yours, my Lord, through Sister Earth, our Mother,

Who feeds us in her sovereignty and produces

Various fruits with colored flowers and herbs.

All praise be yours, my Lord, through those who grant pardon

For love of you; through those who endure sickness and trial.

Happy are those who endure in peace,

By you, Most High, they will be crowned.

All praise be yours, my Lord, through Sister Death,

From whose embrace no mortal can escape.

Woe to those who die in mortal sin!

Happy are those She finds doing your will!

The second death can do no harm to them.

Praise and bless my Lord, and give him thanks,

And serve him with great humility.

The Canticle of Creation



Our Mission Statement

Guided by our passion for caring, we continually strive to improve the health and wellness of the community we serve.

*Be still
and know
that I am God.*

- Psalm 46:10

Are you prepared?

By: Debra Wilden, RN, CCRN, BSN

Trinity Hospital Twin City Director of Emergency Services



Summer weather is upon us. We head to the outdoors to enjoy the warmth and fun activities. Although summer weather is nice, it can have dangers. If we are prepared for these dangers, we can relax and enjoy the season.

Summer weather can be unpredictable. Severe storms frequently go along with higher outdoor temperatures. The risk for tornadoes also increases. To be prepared for severe weather events, your first step is to know how to be aware.

Check weather reports before going out, and if you will be out for long periods of time, carry a radio or cell phone for weather alerts.

If severe weather is reported for your area, here are a few things you can do to be safe:

- n Always seek shelter inside at the first signs of lightning.
- n Stay clear of windows.
- n If weather stations issue a tornado warning, or if your local fire siren blows continuously:
 - Go to the lowest part of your home or workplace. A basement is best.
 - If no basement is available, go to an interior room like a closet or bathroom that has rooms around it.
 - Group your family and pets together and cover your heads with pillows or blankets.
 - Don't leave your safe place until all sounds of dangerous weather have passed, or weather radio reports the threat has passed.
 - When assessing damage, be alert to downed power lines, broken gas lines, or possible flooding.

A good idea for all families is to have a "grab and go tote." If you must evacuate your home, you can "grab" this tote.

Important supplies for you, your family, and pets should be in the tote.

The following items are recommended for your "Grab and Go Tote:"

- Bottled water for each family member
- Food that won't spoil, such as granola bars, crackers, canned goods with pull tops
- Battery-operated radio, flashlights, and batteries for all
- A first aid kit
- A whistle to signal for help
- Moist wipes for handwashing, toilet paper, and paper towels
- Infant formula and diapers
- Pet food, water, and a leash
- Important family papers
- Some cash
- Blankets/sleeping bags for warmth
- Jackets, socks, other clothing to keep you warm and dry
- Matches
- Disposable plates and silverware
- Plastic garbage bags
- Paper, pens, pencils, games, etc. for activities to pass the time
- A list of important phone numbers
- Cell phone and portable charger

Trinity Hospital Twin City prepares for such disasters by having several practice drills each year.

We are prepared----are you????



*With God
all things
are possible.*

-Mark 10:27

Join Us Online

Have you "liked" us on Facebook yet? Our Facebook 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 Facebook page. Also, if you enjoyed Debra's story about preparing for emergencies, check out the health tips and learning center on our website for more great health information.

Your Comments are Important to Us

If you have a concern regarding your care/service at Trinity Hospital Twin City or Trinity Medical Group, **PLEASE** let us know. We appreciate the chance to address your concern. To share your concern, please call us at (740) 922-2800 or visit our hospital website at www.trinitytwincity.org and choose "contact us" from the home page. All concerns are reviewed and addressed in a timely manner. We appreciate the opportunity to take better care of you, our valued patients and supporters.

Planning to Have an Orthopedic Surgery?



Stephanie Levengood, LSW, visits with a patient receiving rehabilitation through our Swing Bed Program.

If you or someone you love needs skilled rehabilitation services after an illness, injury or joint replacement surgery, talk to your doctor about our Swing Bed Program. We provide skilled rehabilitative care when a patient is well enough to leave the hospital but not well enough to return home. Through a personalized rehab care plan, our experienced therapists help patients return to home and their normal activities quickly. For more information, please call (740) 922-7450, ext. 2239.



Scio Resident Raves About Her Husband's Wound Care



Still Need Help with the Health Insurance Marketplace?

Help is available through our certified application counselors. Although the open enrollment period has ended, individuals can still apply for Medicaid expansion and those who have experienced a life-changing event (such as the birth of a baby, marriage, or loss of a job) may qualify for a special healthcare marketplace enrollment period.

The next healthcare marketplace open enrollment period (for those who did not enroll before March 31st and who do not qualify for Medicaid expansion or a special enrollment period) is November 15, 2014-February 15, 2015. Our certified application counselors can help you explore every qualified health plan in the area, fill out an application, and compare benefits and prices in order to help you make a choice.

You can find more information at the Healthcare.gov website or by contacting us for assistance. Under the Patient Protection and Affordable Care Act, health insurance coverage is mandatory. The fee in 2014 is 1% of yearly income or \$95 per person for the year, whichever is higher. The fee increases every year. Please contact Trinity Hospital Twin City Financial Assistance at 740-922-2800 to schedule a FREE appointment to help with the Healthcare Marketplace, Medicaid expansion, or with understanding your hospital bill and payment options.



Dr. Jon Oliverio, Medical Director of the Center for Wound Management

Karen Campbell of Scio recently sent a letter to Trinity Hospital Twin City praising the care her husband received through the new Center for Wound Management. Her husband was hospitalized at the beginning of this year and began wound care treatment on the same day as his discharge from the hospital. Below are excerpts from Karen's letter:

"What that doctor has done has been miraculous! Ron's problems started back in late summer or early fall (of 2013), most likely an insect bite, scratched until it opened, and then it became infected with a strange bacteria when Ron power-washed the back walkway of our home. The hospital stay and round-the-clock antibiotics finally took care of the infection, but real damage had been done, and a stubborn wound on his ankle was the result.

After a few months of treatments, including two Apli Grafts and one CelluTome harvest from Ron's own thigh (both procedures truly amazing), the unna boot was discarded and now only a pressure bandage is being used. The area looks almost back to normal and all because of Dr. Oliverio and his particular specialized skills.

...Others should benefit from this fantastic facility and this awesome team (Dr. Oliverio, Pam & Lori) of caring professionals."

Karen's story is one of many success stories from the Center for Wound Management. If you or someone you love needs a higher level of care for the treatment of wounds (such as diabetic foot ulcers, bed sores, abdominal wounds and other open wounds) that are not responding to traditional treatments, call our center at (740) 922-6675 for more information or to schedule an appointment.

Our center is located on the hospital campus near the helipad at 6408 McKee Road, Dennison. Medical Director, Dr. Jon Oliverio; and Clinical Director, Ruthann Belknap, RN, are committed to the goal of helping wound care patients achieve healing within twelve weeks or less.

Pam Stewart, LPN, (middle) and Lori Burdette, RN, (right) provide treatment for a patient's foot wound at the Center for Wound Management.





You Don't Need to Leave the Area for Most Heart Tests



Erica Gallagher, CRT, uses ultrasound technology to conduct an echocardiogram for a patient.

Thanks to the addition of three new services to the Trinity Hospital Twin City Cardiopulmonary Department, most tests used to diagnose heart problems can be done by the experienced professionals right here at Dennison. Let your doctor know you'd like to use our hospital for your testing needs.

Thanks to a partnership with invasive cardiologist, Dr. Ramana Murty of Trinity Health System, we now offer pacemaker insertion and monitoring services for adults who have problems with heart rhythm.

Dr. Murty, a board certified cardiologist with more than 35 years experience, conducts pacemaker (small device used to prompt the heart to beat at a normal rate and rhythm) insertion services at the hospital's surgical suites. Dr. Murty is available to do pacemaker insertions through procedures scheduled in advance as well as through the hospital's emergency department on a case by case basis.

After a patient has a pacemaker inserted, Dr. Mohammad Jan, a board certified non-invasive cardiologist with Trinity Medical Group, can provide follow-up care and monitoring of patients at his office locations within Trinity Hospital Twin City at Dennison or at 232 Cross Street, Newcomerstown.

ABI and PVR exams are also new services. These exams help physicians detect peripheral vascular disease (PVD), an obstruction of the arteries in the lower extremities (legs, ankles, feet) that affects 10 million Americans. Adults at risk for PVD include diabetics, heart patients and people with pain and cramping in the calves, thighs, hips or buttocks while moving. Those who have slow-healing wounds on the legs, ankles and feet can also be at risk.

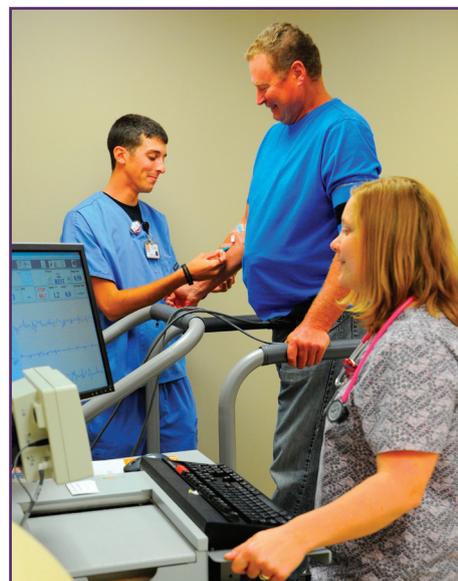
In addition to these new services, the hospital also provides stress testing, echocardiograms, cardiac rehab, cardioversion, blood pressure monitoring, sleep lab testing, tilt table testing and more. Visit our website and click on the health services tab for more information. To see our cardiologist, call (740) 922-7480. To schedule a test, call (740) 922-7405. We look forward to serving you.

Did You Know?

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



Michelle Brown, RN, checks on a patient.



Andrew Penso, CNMT, and Heather Rupert, CRT, monitor a patient during a stress test.

*Let us always
meet each other
with a smile,
for the smile is the
beginning of love.*

-Mother Teresa

Do You Need a Caring Healthcare Provider?

Trinity Medical Group Welcomes New Patients!

Coshocton | Dennison | Dover | Gnadenhutten | Newcomerstown | Uhrichsville



It's our
heart
that sets
us apart.



**TRINITY
MEDICAL GROUP**

*Owned and Operated by
Trinity Hospital Twin City*

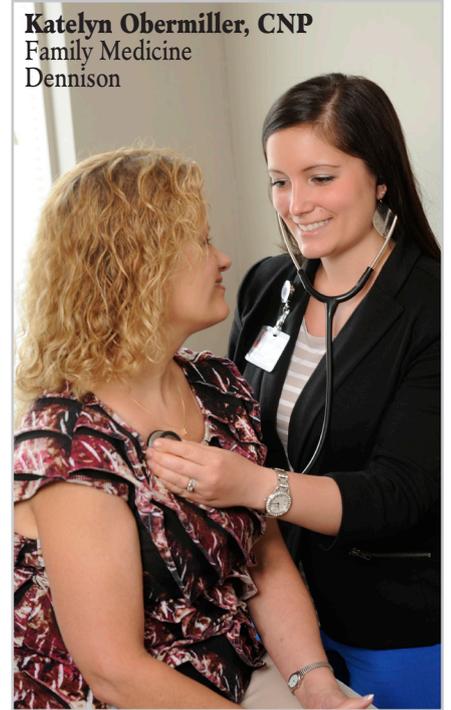
Call 740.922.0000 to
schedule your appointment.



M. Ashraf, MD
Adult Medicine
Coshocton



Maurice Stutzman, MD
Family Medicine
Dover



Katelyn Obermiller, CNP
Family Medicine
Dennison

*Most Insurances Accepted
- Including AultCare*

Visit www.trinitytwincity.org and select "Find a Doctor."



Check out our website at
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Non-Profit Org
US POSTAGE
PAID
Mailer's Choice