

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

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

Trouble sleeping? We can help!



Our friendly sleep lab professionals will help you feel comfortable as you enjoy a Sleep Number bed. You will receive breakfast in bed in the morning after your sleep study test is complete.



It's the middle of the night, and the sound of loud snoring pierces the night silence. Nobody is getting a good night's sleep. This situation can be concerning as the snorer may have a potentially serious disorder called Sleep Apnea or SA. The good news is that the sleep professionals at Trinity Hospital Twin City are here to help.

Mike Besozzi of Stillwater had a great experience at our Sleep Lab. Prior to having his sleep study test, he was sleeping less than two hours a night. He said the test is nothing to be afraid of as the hospital sleep technician explained the process really well and helped him feel comfortable. "I had a good feeling from the time I walked in to have the sleep study, and the breakfast in the morning was a nice, refreshing end to the visit."

Besozzi was able to receive help for his sleep apnea and has had wonderful results. "I went from getting 2 hours of sleep to getting 7 hours of sleep (a night) with the apparatus immediately. Nobody has to be stuck snoring and gagging each night. I had a very good experience and treatment, and I would recommend the hospital's sleep lab to anyone."

SA affects over 22 million people in the United States. You or a love one might be at risk for a sleep disorder if the answer is yes to one or more of the following questions (this is not a complete list, please talk to your healthcare provider to go over your symptoms):

- Do you snore more than three days a week?
- Has someone told you that you snore, pause/stop breathing, or gasp when sleeping?
- Is your neck size 17 inches or larger for a man or 16 inches or larger for a woman?
- Do you frequently experience daytime sleepiness or doze during the day and/or while driving?

Talk to your doctor or nurse practitioner to see if a sleep study test is recommended for you and then call Trinity Hospital Twin City at 740-922-7405 (physician referral is required) to schedule your sleep study test. We are here to help you get a better night's sleep.



Happy New Year!





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

- Occupational Therapy
- Physical Therapy
- Swing Bed Program
- Transition Program

WorkCare

- Occupational Health

Wound Management

And More!

LETTER FROM THE PRESIDENT

2014 Was a Year Worth Celebrating...



Dear Friend,

With the new year upon us, I am once again reminded how important it is to reflect on the many blessings in my life, here at our hospital, and in our community. Christmas is a time for hope – whether that hope is based on the good news of Scripture or the good news of your community hospital.

Over the past year, Trinity Hospital Twin City (THTC) has made great strides to become a thriving organization in an ever-changing healthcare environment. Sylvania Franciscan Health, our corporate sponsor, provided significant financial support to renovate Trinity Medical Group (TMG), a group physician practice owned and operated by THTC. Improvements were made in the TMG waiting and registration areas, the specialty clinic waiting and exams areas, and in the hospital's cafeteria, now named the Stillwater Creek Café. These renovations will benefit our patients by providing brighter hallways and additional private waiting spaces. Also, patients will find it is easier to find physician offices through improved signage.

Most importantly, THTC has seen considerable service growth compared to 2013. We experienced a 14% increase in outpatient services (lab, imaging, surgery, cardiopulmonary), a 5% increase in emergency services, and a 12% increase in physician/provider visits (thanks to the addition of four new providers). I believe this is a reflection of your efforts. As supportive community members, you have been advocates for our hospital, requesting that your health services be performed here in your local community. Because of your support, we can now share that we will, for the first time in a very long time, meet our financial targets.

In November 2014, THTC was recognized as one of the top 16 of Ohio's 77 rural hospitals for excellence in patient satisfaction by the National Organization of State Offices of Rural Health. It is with much pride that I am also able to announce that we will be recognized in January as the Studer Group's Healthcare Organization of the Month for creating and sustaining outstanding results in clinical, service and operational excellence. To be chosen by our peers, one of 800 hospitals of all sizes, is a testament to the dedication of our employees and physicians in providing the community high quality healthcare.

We are also thankful to say that through our sponsorship by Sylvania Franciscan Health, THTC is now a part of Catholic Health Initiatives, the second largest Catholic healthcare system in the nation. This joining of two strong organizations will provide us additional expertise and resources to grow our hospital and utilize best practices in delivering care to our patients.

While we have come a long way from the struggling hospital that emerged from bankruptcy in 2011, we still have areas of improvement on which we can focus. We know that 59% of our community continues to seek health services elsewhere. Thus, in 2015, we will continue to strengthen partnerships within our region to expand services and recruit specialists to adequately meet the needs of residents, allowing healthcare to be obtained without driving outside of the area. We are looking forward to the advancements this exciting New Year will bring!

I encourage you to request that your physicians have your testing, rehab, lab work, etc. done here at your local hospital. YOU are the key to our success. If you have questions about how to use our hospital to its fullest or have insurance coverage questions, we are always eager to help.

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

Warm Regards,

Joseph J. Mitchell,
RN, FACHE
President





Best Wishes to Dr. Bhairappa



At the end of October, after serving Trinity Hospital Twin City for about 14 years, Board Certified Pediatrician, Dr. Vijay Bhairappa officially retired. He and his wife have moved to New Jersey to enjoy retirement while living close to their family. They look forward to spending time with their grandchild, with another on the way. Dr. Bhairappa also plans to continue volunteering his time to travel to India on a regular basis to provide healthcare for the poor.

In a letter to his patients, Dr. Bhairappa shared, "Before starting at Trinity Hospital Twin City in 2000, I had practiced medicine in mostly big cities all over the world, and I wanted to practice medicine in a small town community. You and your family have provided me with a memorable and friendly small town experience that I will always treasure. Being named hospital physician of the year in 2004 is an honor that meant so much to me, but the greatest honor was being able to see the smiling faces and happiness of the many children I've helped to feel better over the years."

We wish nothing but great happiness and blessings for Dr. Bhairappa and his family, and we thank him for serving tirelessly to meet the healthcare needs of more than 3,000 children during his years of service in our local community. Furthermore, we are grateful that he personally helped us recruit an excellent physician to staff our pediatric office (see information about Dr. Vimal Jayswal below).

New Providers at Trinity Medical Group!



Dr. Vimal Jayswal



Dr. Wendy Redmond



Amy Bardall, FNP-BC

Our group medical practice, Trinity Medical Group, recently welcomed two new physicians and a nurse practitioner.

Dr. Vimal Jayswal is a Board Certified Pediatrician. He welcomes new patients to the Uhrichsville Trinity Medical Group (TMG) Office at 204 East Third Street. Call (740) 922-7477 to make an appointment.

Dr. Wendy Redmond is a Family Practitioner. She welcomes new patients to the Coshocton TMG office at 433 Walnut Street, Suite 2. To make an appointment, call (740) 304-0694.

Amy Bardall is a Certified Nurse Practitioner who specializes in family medicine. She welcomes new patients to the TMG offices located within the hospital at Dennison.

Trinity Medical Group offers convenient locations in Coshocton, Dennison, Dover, Gnadenhutten, 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.



**TRINITY
MEDICAL GROUP**

*Owned and Operated by
Trinity Hospital Twin City*

Upcoming Events

Fit for Life

Now-January 9, 2015

Reserve your space for our next Fit for Life health and wellness class session. Call (740) 922-7450, ext. 2124 for more information or to reserve your spot today. Classes start on Tuesday, January 13th.

**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 are available for \$10. Fasting for 10 to 12 hours is recommended.

**Third Monday
of Every Month
6:30 PM**

Free Diabetes Support Group meeting at first floor St. Francis Conference Room.

February 2015

The Hospital United Volunteer Auxiliary will be taking orders for their annual Hanging Basket Plant Sale. Ordering information will be available at the Coffee Bar and Gift Shop near the hospital's main lobby.

Love Your Heart

Free heart health seminar will be offered. Date to be announced soon.

Dennison Rotary Club Spring Blood Profile

Saturdays, April 11 and 25
Visit our website in March for more details.

Visit us at

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



Our Mission Statement

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

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.

The stars may fall, but God's promises will stand and be fulfilled.

– J.I. Packer

St. Francis and the Christmas Crib

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

St. Francis encouraged the people to remember the true spirit of Christmas and is responsible for promoting the tradition of placing the crèche (the crib) where everyone could see Jesus, who came to be the Savior of the world.

In an effort to help the people have a visual image, Francis recreated the manger scene in a cave in the hills above the small town of Greccio in Italy. About 15 days before Christmas in 1223 (3 years before Francis died), Francis decided to celebrate the memory of the birth of the Child Jesus at Greccio with the greatest possible solemnity. He asked and obtained permission from the Pope for the ceremony, so that he would not be accused of being an innovator.

The story is told that Francis called a noble citizen of the town named John, who was a great friend of Francis. Francis asked him to prepare a manger scene by bringing a real ox and a donkey to stand beside the rock that was to serve as the altar for the celebration of the Midnight Mass of the Nativity.

Then on Christmas Eve, the friars and the townspeople were invited to gather at the cave for the celebration. With glad hearts the people carried candles and torches to the small cave that looked very much like what Francis had imagined the cave of Bethlehem to be like. When Francis arrived at the cave, he found the manger prepared with hay and the ox and donkey standing nearby. The cave of Greccio had become a new Bethlehem. Francis stood before the crib and his heart overflowed with tender compassion, and he was overcome with joy.

Mass was celebrated there and Francis, who was a deacon, sang the Gospel. He preached to the people about the birth of the poor King, whom he called the Babe of Bethlehem.

One of the biographers of Francis has said that John, who had prepared the manger scene, claimed that he saw a beautiful child asleep in the crib, and that St. Francis took the child in his arms and awoke him from a deep sleep. It was here at Greccio that Francis truly experienced the humanity and humility of the Child Jesus and to this day, St. Francis is remembered for bringing back the true meaning of the Christmas Crib.



The miracle of Greccio began the tradition of the Christmas Crib.

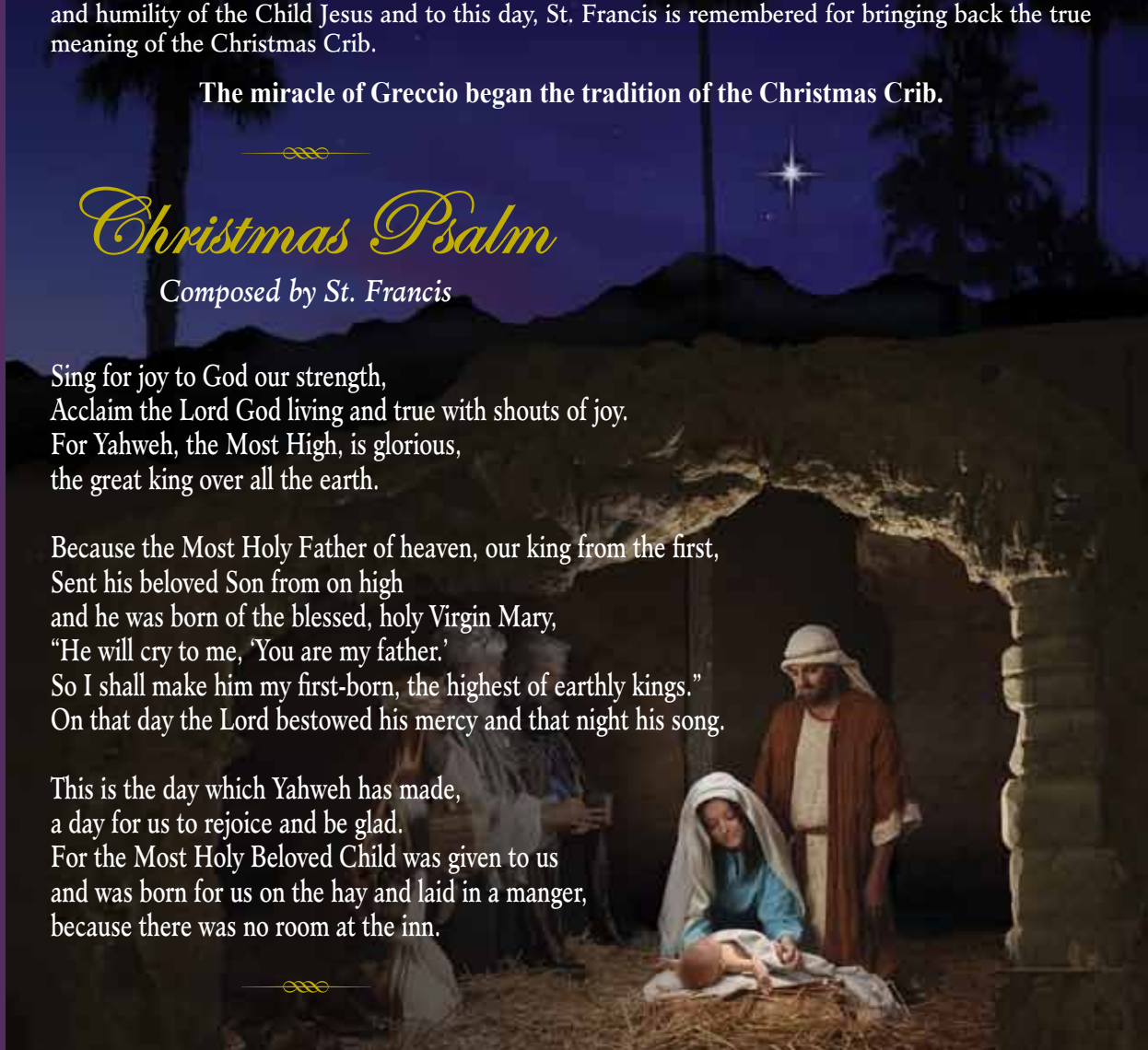
Christmas Psalm

Composed by St. Francis

Sing for joy to God our strength,
Acclaim the Lord God living and true with shouts of joy.
For Yahweh, the Most High, is glorious,
the great king over all the earth.

Because the Most Holy Father of heaven, our king from the first,
Sent his beloved Son from on high
and he was born of the blessed, holy Virgin Mary,
"He will cry to me, 'You are my father.'
So I shall make him my first-born, the highest of earthly kings."
On that day the Lord bestowed his mercy and that night his song.

This is the day which Yahweh has made,
a day for us to rejoice and be glad.
For the Most Holy Beloved Child was given to us
and was born for us on the hay and laid in a manger,
because there was no room at the inn.





CARDIAC REHABILITATION: An Important Investment in Your Life

By Joni Baumberger, RRT, Trinity Hospital Twin City Cardiopulmonary Services Department

During our lifetime some of us will invest in a retirement program, invest money toward our children's college years, and even write personal notes to keep our schedules running smoothly. Your personal note could read, "Go to the grocery store after work, take son to baseball game, and suffer a heart attack." Surprised? Some people have no warning signs of a heart attack. In the blink of an eye, life suddenly changes because you may be facing heart catheterization, bypass surgery or placement of stents.

After your heart procedure, you may have doubts and fears about whether or not you can return to an active, normal life. You may have many unanswered questions about heart disease, exercise, and changing your diet. The best investment you can make at this time is cardiac rehabilitation.

Cardiac rehabilitation is an important step to resuming an active lifestyle for people who have had a heart attack, heart disease, coronary bypass, and angina. Cardiac rehabilitation has so many benefits, starting with an exercise program that is tailored specifically for you.

When recovering from a heart attack or surgery for heart disease, it is important to rebuild your system, which has received a traumatic blow physically and mentally. Participating in a cardiac rehab program will improve the quality of your life through exercise. Also, you will benefit from educational and supportive programs created to improve your cardiovascular system and reduce depression and anxiety. The foremost benefit of cardiac rehab is improving heart health which allows you to gain the confidence to enjoy life again and reduce the fear of another heart attack.

Knowing a doctor is available nearby and that a healthcare professional is closely monitoring your heart during cardiac rehab exercises gives



you the confidence to start strengthening your heart muscle. Cardiac rehab patients remain under constant care of the rehab technicians, who are skilled at recognizing any abnormal heart rates. The technicians also have advanced cardiac life saving certification. Blood pressures are monitored before, during and after exercises. Our staff questions patients frequently during exercise to see if they are experiencing chest pain and shortness of breath by using a rate of perceived exertion scale. Patients are also asked about their medications each session to see if they are taking prescribed medicines as recommended by the doctor.

In addition to exercise, cardiac rehabilitation includes educational classes that are designed to provide information about heart disease and stress management. Rehab teams provide counseling on nutrition and exercise and help patients understand why physical activity and proper diet are vital for cardiovascular health.

After completing a 12 week session of 36 rehab visits, many patients continue their visits on a maintenance exercise program at a lower cost than most professional gyms.

If you are interested in learning more, call 740-922-2800-ext 2243 or ext. 2238.

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. Also, if you enjoyed Joni's story about the importance of cardiac rehab, check out the health tips and learning center on our website for more great health information.

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.

Trinity Medical Group and Specialty Clinic Renovations Set to Be Finished Just in Time for the New Year

Here is a sneak peek at the work in progress.



Hallways are brighter as the finishing work is done to the walls and doors in this corridor leading to the Trinity Medical Group Exam Rooms.



Pictured is the registration and check-out area that will soon be finished and connected to a large patient waiting space for the Trinity Medical Group offices.



A new registration area and spacious waiting area will soon be opened at the first floor Specialty Clinic. Exam rooms will also be refinished.



Do You Need Help with the Health Insurance Marketplace?

Help is available through our certified application counselors. The healthcare marketplace open enrollment period began on November 15th and runs through February 15th, 2015. Due to unexpected delays which can occur with the healthcare.gov website, please try not to wait until the last week to consider your options.

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 was 1% of yearly income or \$95 per person for the year, whichever was higher. The fee increases every year. Please contact Trinity Hospital Twin City 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.

FEATURED SERVICE



Our Skilled Team of Radiology Technologists is ready to serve you.

Our Imaging Services Are Convenient For You

No matter where your physician's office is located, you can choose to have your tests done at our hospital's Imaging Services Department. We utilize our digital technology to send your test results back to your physician quickly. Our friendly and experienced technologists are certified and licensed by the State of Ohio to provide only the best in care to our patients. We offer services using the newest state-of-the-art digital equipment available in the region. For your convenience, we can often schedule your appointment on the same day or within the same week, and our waiting room times are minimal.

Additionally, our quality of care is excellent as our Imaging Department passed the annual

Mammography Quality Standards Act (MQSA) on-site inspection with flying colors in November 2014. You can entrust your imaging/x-ray testing needs to our experienced professionals. We offer the following diagnostic tests (not an all-inclusive list; please ask if you do not see what you need): CT scans, bone density, mammography, MRI, stress tests, ultrasound and more.

All imaging services require a physician's order and can be scheduled by calling Central Scheduling at 740-922-7405, Monday through Friday, from 8:00am to 4:30pm. For patient convenience, imaging appointments are also available on Saturdays.



Dr. Anita Exley of Chrysalis Counseling Center shared tips for parenting in the age of technology at our free community seminar in September, 2014. Be sure to check out our 2015 community seminar series. More details will be available at www.trinitytwincity.org soon.

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

~ Colossians 3:15

Record Year for In the Pink

In recognition of October as National Breast Cancer Awareness month, Trinity Hospital Twin City hosted "In the Pink," a free health event to combat breast cancer through education, awareness and survivor recognition. More than 100 area residents attended the event on the evening of October 23rd.

The event started with a health and information fair where attendees enjoyed healthy snacks, received a free gift, learned about breast health and women's screenings from hospital professionals, received a mini massage from licensed massage therapist Terri Graziani or Chris Noble, received an optional free bra fitting consultation provided by Rainbow clothing store, learned about mastectomy and lymphodema supplies from Medi-Wise Pharmacy, and signed up to win door prizes.

After the health fair, guests heard from Bonnie Basiletti of Uhrichsville and Kathy Raber of Dennison, two local breast cancer survivors who talked about their experiences. Following the talks, Dr. Denise Gilman, Board Certified General Surgeon with Trinity Health System, gave a presentation about breast cancer risk and treatment options.



Dr. Denise Gilman, board certified general surgeon and breast cancer surgeon from Trinity Health System, talked to the crowd about breast cancer risk factors and treatments.

Dr. Gilman noted that risk factors can include the following: having a previous diagnosis of breast cancer, having received radiation treatment, family history of breast cancer among first-degree relatives, reproductive history (age at which a person had first child and age at

menopause), obesity, alcohol use, and the use of certain medications such as hormone replacement therapy, oral contraceptives and antidepressants. Dr. Gilman recommended that attendees speak to their physicians to determine their risk.



Trinity Hospital Twin City radiology technologist Marla Trimmer (l), stands with breast cancer survivor Bonnie Basiletti (c), and her husband Jim (r), as a group of more than 100 people assembled for the opening prayer before the In the Pink candlelight walk.

Following the speakers, 26 breast cancer survivors in attendance were recognized with a gift. The event concluded with a prayer and a walk by candlelight that honored those who are currently battling breast cancer and remembered those who have battled breast cancer.

"The event was a blessing to everyone in attendance," shared Tiffany Poland, Director of Community Outreach & Marketing. "It was amazing to witness and be a part of so much bravery, strength and support for all who are battling and who have battled breast cancer."

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A Season of Giving

Thanks to financial contributions from many of you, the Trinity Hospital Twin City Foundation (a non-profit 501(c)3 organization) was able to help the hospital purchase two cancer screening pieces of equipment, a digital mammography machine and a complete endoscopy system, over the past two years. This enabled the hospital to keep the best in technology available where we and those we love need it most, in our local area.

However, technology changes rapidly and now 3D breast imaging (known as

tomosynthesis) is the cutting edge standard of care for detecting and treating breast cancer in its early stages. With your help, in any amount, we can purchase this upgrade for our mammography machine and ensure that our mothers, sisters, wives, daughters and even the men in our community (men can also be diagnosed with breast cancer), have nothing but the best technology available to them at Trinity Hospital Twin City.

I am asking that you consider making a tax-deductible donation to help us raise

\$82,000 of the \$182,000 needed to purchase the Seno Clair 3D Breast Tomosynthesis equipment. Your support continues to position our hospital as a leader in cancer prevention and screening for our community. Thank you for your consideration of this request. May you and your family enjoy a wonderful Christmas season.

Sincerely,
Blair Hillyer
President
Trinity Hospital Twin City Foundation

PLEASE PRINT

Name: _____

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

Phone: _____ 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 _____)

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!

St. Clare Chapel *“couldn't have asked for better care”* **15** **PHYSICIANS** *warm welcome* **Dedicated knowledgeable staff**

34,773 **PHYSICIAN VISITS** *Considerate* *“very attentive to me”* **kept me calm** **COMMUNITY BENEFIT**

12,534 **ER VISITS** *Stillwater Creek Café* **helpful** *“treated me like I was family!”* **Friendly**

TRINITY HOSPITAL TWIN CITY

28,357 **OUTPATIENT VISITS** *Catholic “kind”* **quality care** *“my doctor called me at home to see how I was feeling!”* **excellent treatment** *pastoral care* **Experienced** **24/7 EMERGENCY SERVICES** *OVER A CENTURY OF CARE wonderful volunteers!*

REVERENCE SERVICE STEWARDSHIP

COSHOCTON **DENNISON** **DOVER** **GNADENHUTTEN** **NEWCOMERSTOWN** **UHRICHSVILLE**

The Coffee Bar & Gift Shop **nice** *Courteous YOUR PARTNER IN HEALTH eased my fears*



Check out our website at www.trinitytwincity.org!



819 N. First Street
Dennison, Ohio 44621



Non-Profit Org
US POSTAGE
PAID
Mailer's Choice