

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 during December 2016. We welcome your comments at tpoland@trinitytwincity.org.

Inside this Issue

Letter from the President	2
TMG News	3
WorkCare Now Offers Hearing Tests	3
Upcoming Events.....	3
A Prayer of Summer Gratitude	4
A Time for Transition in Ministry Leadership.....	5
Join Our Team of Volunteers.....	6
Beat the Heat this Summer: Stay Hydrated.....	7



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Telemedicine Now Available at Our Specialty Clinic

We are excited to announce the opening of our telemedicine services. Using state-of-the-art, high-security technology, our new telemedicine program will provide easier access to physician specialists in cardiology (heart), nephrology (kidney), endocrinology (diabetes, thyroid, etc), and other medical specialties that are hard to access in the Tuscarawas County area.

Telemedicine appointments work similarly to in-person medical appointments. Patients will enter the hospital's first floor Specialty Clinic, sign-in, and wait for their appointment to begin. Our telemedicine nurse, Jaclyn Abrecht, RN, BSN, will accompany the patient to an exam room and set up the virtual visit. Instead of the physician walking into the room, he or she will be on the screen. The specialist will talk with the patient to provide diagnosis and treatment, professional consultation, and health condition monitoring.

Our telemedicine program will begin offering additional cardiology services in July through Dr. Ramana Murty, board certified cardiologist from Trinity Health System (THS) of Steubenville. This fall, our telemedicine program will offer nephrology services through Drs. Patricia Khalil and Preethi Murty of THS. If you or someone you love has kidney problems (blood or protein in urine, chronic kidney disease, high blood pressure, fluid retention, kidney stones, etc.), talk

to your doctor or advanced practice professional to see if a nephrology appointment is needed.

Our hospital also plans to offer endocrinology telemedicine services before the end of the year. "Many have let us know about the challenges of getting appointments with and traveling to specialists outside of our area, and we are excited to provide easier access to these high-demand specialists right here," explained Teresa Gagliardi THTC Chief Nursing Officer & Director of Patient Operations.

Telemedicine use is on the rise in the United States. According to the May 2016 Journal of the American Medical Association, 107,000 Medicare patients had telemedicine visits in 2013. The benefits of telemedicine include the following: increased access to physician specialists, shorter wait time to get an appointment with a specialist, and the ability to save time and money on travel. Telemedicine visits are traditionally covered by Medicare and Medicaid and many other insurers. We encourage you to speak with your insurance company to see if telemedicine coverage is available to you.

THTC's telemedicine services were made possible through funding from the Mary Jane Brooks Charitable Trust and a partnership with Trinity Health System of Steubenville. For more information about our telemedicine program, call (740) 922-7480.



Pictured left to right are Board Certified Family Physician, Dr. Tim McKnight (on the screen); Jaclyn Abrecht, RN, BSN, THTC Telemedicine Nurse; and Kelly Bove, THTC Community Outreach Coordinator, conducting a test of the new high-tech telemedicine equipment.



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)
- Nephrology (kidney)
- Otolaryngology (ENT Surgery)
- 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 Therapy
- Swing Bed Program
- Occupational Therapy
- Transition Program

Vibrant Living

WorkCare

- Occupational Health

Wound Management

And More!

LETTER FROM THE PRESIDENT

Thank You!

July 2016

Dear Friend,

I hope you and your family are enjoying the summer season. This summer marks 10 years of Dennison and Uhrichville residents supporting Trinity Hospital Twin City (THTC) through the completion of our general tax levy. The money generated by this levy carried our hospital through the building and opening of a new facility in 2009, through bankruptcy protection in 2010, and a new sponsorship in 2011. Now, at the end of our fiscal year, we are establishing a positive pattern of meeting our financial goals. In all of the years I have been in healthcare, and of all the facilities I have worked in, I have rarely seen the tremendous support shown to a facility as I have seen from this community.

Here are some significant numbers from the past 10 years:

- Over \$1.5 million dollars in tax levy support;
- Over \$5 million dollars invested in capital, operating and building improvements;
- On average \$300,000 per year given in free care to community residents in need, thousands more in reduced care;
- Nearly 13,000 emergency room visits per year;
- Over 31,000 outpatient visits per year;
- Nearly 37,000 physician and provider visits per year; and
- Countless dollars from grants and foundations to support programming and equipment needs.

THTC was built for the community, by the community. The word community itself means, "a group of people, living together and sharing common history, characteristics and interests, even joint ownership or participation in a common goal." We are YOUR community hospital. On behalf of our 240 employees, physicians and providers, I sincerely THANK YOU for believing in us, supporting our mission to improve the health and wellness of our community, and contributing to our success through the tax levy and the use of our hospital services.

In April we were recognized by the Twin City Chamber of Commerce by receiving their highest honor, the Twin City Award. This award goes to an individual, group, or organization who embodies the spirit of the "Twin Cities." We were praised for going above and beyond to improve the lives in our community through the addition of new programs and providers, for letting our community know that their lives matter to us. Again, our success is not possible without your support.

If you have a suggestion for a healthcare service you would like us to consider, please feel free to send us a message through the "Contact Us" portion of our website. We are happy to hear how we can better serve you. I hope you will continue to ask your physician or provider to have your testing, rehab, lab work, etc. done here at Trinity Hospital Twin City. If you have any questions about how to use our hospital, or if your insurance covers services here, we want to know – please give us a call.

Wishing you and yours a safe, happy, and fun-filled summer!

Warm Regards,



Joe Mitchell, RN, FACHE
President



On behalf of our 240 employees, physicians and providers, I sincerely THANK YOU for believing in us...





TMG Offers Extra Help for Older Adults with Chronic Diseases

Our Trinity Medical Group Dover office is now offering a personalized program for qualified Medicare patients. Instead of trying to figure out what medicine to take and when, tracking down test results to get from one doctor to the next, and calling to set up appointments for testing or routine check-ups, patients in our new Chronic Care Management (CCM) program can receive convenient coordinated care between all healthcare providers to make improving their health much easier. CCM services are available for patients age 65 and older 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. Trinity Medical Group plans to expand CCM services into our other office locations in the near future.

Patients who enroll in CCM 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; help 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 for Medicare patients to join. Patients who feel they meet the criteria for CCM services are encouraged to talk with their medical provider or any member of their care team to learn how to enroll in the program.

WorkCare

Occupational Health Services

WorkCare Now Offers Hearing Tests

Our WorkCare program is proudly offering area businesses an updated, new hearing test service. With the recent purchase of the "Benson 200" (the newest in the high quality portable testing devices), our WorkCare professionals can now accommodate area businesses by offering testing in a quiet room at their workplace, or employers can have staff come to the WorkCare offices for testing.

Tami Jones, Registered Medical Assistant, has received special training to become a Certified Hearing Conservationist, and is now performing OSHA-approved hearing exams.

Our staff can help area businesses by starting with a baseline screening and keeping track year to year of their employees' hearing test results. Hearing screenings are a safety precaution that OSHA recommends. With WorkCare's record-keeping and testing protocols, our staff can document and maintain accurate employee readings. We can also assist the workforce by teaching proper fitting techniques for different hearing protection devices.

In addition to hearing tests, WorkCare offers a full range of services that can be customized to meet the needs of local businesses. We provide pre-employment physicals, drug screens, breath alcohol testing, DOT physicals, and more. For more information, visit www.trinityworkcare.com, or call (740) 922-7401 for our Dennison office, or (740) 264-0087 for our Steubenville office.

Tami Jones, RMA, COHC, provides a hearing test for a local employee.



Upcoming Events

Now-mid-August

Reserve your space for our next Fit for Life health and wellness class session or diabetes prevention Fit for Life session. Call (740) 922-7450, ext. 2124 for more information or to reserve your spot today. Classes start during the week of September 5th. Our community class will meet at the hospital on Tuesday evenings, and our diabetes prevention class will meet at the Tuscora Park indoor pavilion on Wednesday 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.

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, October 6th & 22nd 5:15 AM to 10:30 AM

Dennison Rotary Club Fall Blood Profile Screenings. Visit our website in early September to register.

Tuesday, November 15th 5 to 8 PM

Free Access Tuscarawas Community Health Forum "Transforming Our Health, Making Healthcare Work For You" at the Kent State University Tuscarawas Performing Arts Center: This event will feature free health screenings and lectures from area leaders about parenting in the 21st century, healthy aging, stress management, healthy weight loss, estate planning, and more.



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.

“You are valuable because you exist. Not because of what you do or what you have done, but simply because you are.”

~ Max Lucado

LIVING OUR MISSION

A Prayer of Summer Gratitude

Sabbath God,

*In this season of warm days and long daylight,
Of cicadas, fireflies and birds singing at first light,
Of flowers bursting with color and grass so full and green,
We are grateful to be alive.*

*Give us wisdom to pause from our hectic routines and
Enjoy the simple things of this time of year...
To take off shoes and walk barefoot in sand or grass,
To sit outside in the cool of the evening and
Listen to the symphony of nature.
To eat watermelon and spit out the seeds,
To swim in pools and oceans,
To play with children and like children.
We are grateful to be alive.*

*Let us live easily for a time,
Putting away watches and looking away from clocks,
Ignoring all the things that need to be fixed, moved or cleaned.
Let us lose ourselves in the beauty and bounty of the earth you created.
May this be a time of rest, refreshment and renewal.
We are grateful to be alive.*

*And, as we pause to play and rest,
Let us not forget to enjoy time with you, Lord.
May we be calm enough and quiet enough to perceive your presence.
Let us not fill all our time with endless activity.
Let us not fill all our silences with noise.
Let us simply be for a while~
We are grateful to be alive. Amen.*

[Based on a prayer composed by Ted Loder in his book, My Heart in My Mouth.]





A Time for Transition in Ministry Leadership



For nearly five years our hospital and our community have been blessed by the ministry efforts of Sister Dorothy Jayne Krupp, OSF, THTC Director of Mission Integration & Spiritual Care. Sister Dorothy has not only comforted many local residents through prayers and hospital visits, she has also led hospital staff in numerous collections to help community members in need.

With the blessing of her religious community, The Sisters of St. Francis of Sylvania, Ohio, Sister Dorothy officially retired from her hospital position in June, and she will move to Sylvania near the Motherhouse Campus to do volunteer ministry work with her fellow Sisters. In her retirement notice, Sister Dorothy shared Scripture from Ecclesiastes 3:1,2, "There is an appointed time for everything, and a time for every affair under the heavens...a time to plant and a time to uproot the plant."

Sister Dorothy is grateful for the opportunity to minister in our community, and she is praying that our hospital will continue to fulfill the healing mission of Jesus through the values of reverence, integrity, compassion, and excellence. Moreover Sister Dorothy has worked to assure a smooth transition for her successor, Sister Nancy Ferguson, OSF, who will continue Sister's Dorothy's good work at Trinity Hospital Twin City.

Sister Nancy also works with Trinity Health System at Steubenville where she has led their mission integration activities.



Sister Dorothy Jayne Krupp, OSF, (left) and Sister Nancy Ferguson, OSF, pause by the statue of St. Francis outside the hospital's main entrance.



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.

Meet Sister Nancy Ferguson

Favorite Scripture:

"For I know well the plans I have in mind for you, says the Lord, plans for your welfare, not for woe, plans to give you a future full of hope." ~ Jeremiah 29:11

Hobbies & Interests:

Exercising regular at the YMCA, baking, singing in the choir at her local parish.

Something You Would Be Surprised to Know About Her:

"I have been an advocate for children my entire adult life. I worked in an orphanage in Toledo in the early 1970s and was a houseparent in a children's home for five years in New Mexico. I have also been a CASA (Court Appointed Special Advocate) volunteer and am presently on the Big Brothers/Big Sisters Advisory Board in Steubenville."





Did You Know?

Patients at Trinity Hospital Twin City and at other critical access hospitals have lower rates of surgery complications. According to a study published in the May issue of the Journal of the American Medical Association (JAMA), patients having surgery at critical access hospitals were less likely to have chronic medical problems and serious complications.



"I have just three things to teach:

simplicity,

patience,

compassion.

These three are your greatest treasures."

~ Lao Tzu



Join Our Team of Volunteers

Would you like to volunteer as little as one shift a month and be a part of our amazing group of volunteers? Do you enjoy helping others and knowing that your efforts are supporting a good cause? If so, consider joining the THTC United Volunteer Auxiliary. We are looking for people to donate time, energy and experience in a variety of areas within our hospital. We have numerous volunteer opportunities available and would love for YOU to become a Trinity Hospital Twin City VOLUNTEER.

We welcome volunteers of all ages from teenagers through older adults. Volunteer hours are flexible and range from 4 hours a month to several hours a month. You can volunteer in any of the following exciting areas: Coffee Bar & Gift Shop, information desk, fundraising events, community seminars, health fairs, student opportunities, and more.

Volunteering has many benefits and rewards, including awards based on hours of service, invitation to the annual Volunteer Recognition Dinner, opportunity to give back to your community, and social contact with visitors, other volunteers and hospital staff.

We invite you to experience the joy of volunteerism. For more information or to become a hospital volunteer, please call our Volunteer Coordinator at (740) 922-7450, ext. 2124.

VOLUNTEER



Congratulations to Trinity Health System

Our sister hospital, Trinity Health System (THS) of Steubenville, provides state-of-the-art heart and cancer treatment services, all within about an hour's drive of the Twin City area. The THS Chest Pain Center has achieved the gold seal of approval and accreditation by the Society of Cardiovascular Patient Care. Skilled and experienced cardiologists are available 24/7 at THS for cardiac catheterization and/or for open heart surgeries for cardiac bypass and valve disease. THS also provides the award-winning Tony Teramana Cancer Center that is accredited by the American College of Surgeons, the Commission on Cancer, and the American College of Radiology. The Center is recognized as the premier cancer treatment facility in the Ohio Valley.





Beat the Heat this Summer: Stay Hydrated

By Dr. Eric Snyder, DNP, ACNP-BC, Hospitalist

Finally! Warm weather is upon us, and people are heading out of the house to soak up some sun and enjoy outdoor activities this summer. But hot weather brings dehydration, especially when you're participating in sports and other outdoor pursuits. Make sure you and your loved ones are staying hydrated this summer. Start by knowing how dehydration happens, what the symptoms are, and what you can do about it.

Dehydration can occur when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal everyday functions. If you don't replace lost fluids, you may get dehydrated. Your system literally dries out.

Sometimes dehydration occurs for simple reasons: You don't drink enough because you're sick or busy, or because you lack access to safe drinking water when you're traveling, hiking or camping.

Anyone may become dehydrated, but young children, older adults, and people with chronic illnesses (like diabetes, COPD, etc) are most at risk.

Some of the other more common causes of dehydration include exercise (especially in hot weather), diarrhea, vomiting, fever or excessive sweating. You lose water when you sweat. If you do vigorous activity and don't replace fluids as you go along, you can become dehydrated. Hot, humid weather increases the amount you sweat and the amount of fluid you lose.

Mild to moderate dehydration is likely to cause dry, sticky mouth; feelings of being more tired or sleepy; feeling thirsty; decreased amounts of urine; dry skin; headache; constipation; dizziness; or lightheadedness. Severe dehydration is considered a medical emergency. Some of the signs of severe dehydration include extreme

thirst, irritability and confusion in adults, little to no urination (any urine that is produced will be darker than normal), sunken eyes, low blood pressure, fast heartbeat or breathing, fever, and in serious cases, severe confusion and unconsciousness.

Anyone may become dehydrated, but young children, older adults, and people with chronic illnesses (like diabetes, COPD, etc) are most at risk. Preteens and teens who participate in sports may be especially susceptible, both because of their body weight, which is generally lower than that of adults, and because they may not be experienced enough to know the warning signs of dehydration.

Also, as you age you become more susceptible to dehydration for the following reasons: your body's ability to conserve water is reduced; your thirst sense becomes less acute; and you're less able to respond to changes in temperature. What's more, older adults, especially people in nursing homes or living alone, tend to eat less than younger people do and sometimes may forget to eat or drink altogether. These problems are compounded by chronic illnesses such as diabetes, dementia, and by the use of certain medications.

Unfortunately, thirst isn't always a reliable gauge of the body's need for water, especially in children and older adults. A better indicator is the color of your urine. Clear or light-colored urine means you're well hydrated, whereas a dark yellow or amber color usually signals dehydration.

You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. The safest approach is preventing dehydration in the first place. Keep an eye on how much fluid you lose during hot weather, illness, or exercise, and drink enough liquids to replace what you've lost.

If you're a healthy adult, you can usually treat mild to moderate dehydration by drinking more fluids, such as water or a sports drinks. Seek out medical care if you develop signs and symptoms such as extreme thirst, a lack of urination, shriveled skin, dizziness and confusion. You should go to the nearest hospital emergency room or call 911 or your emergency medical number if you think a child or older adult is severely dehydrated.

More information is available online at http://my.clevelandclinic.org/health/diseases_conditions/hic_avoiding_dehydration

References: Edward F Coyle (2004) Fluid and fuel intake during exercise, Journal of Sports Sciences, 22:1, 39-55, Lindner, G., & Funk, G. (2013). Hyponatremia in critically ill patients. Journal of Critical Care, 28(2), 216.e11-20. Spital A (May 2007). "Dehydration versus volume depletion--and the importance of getting it right". American Journal of Kidney Disease. 49 (5): 721-2.



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.





Friendly ER EMERGENCY CARE



Check out our website at
www.trinitytwincity.org



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