

# 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 next summer.

We welcome your comments at [tpoland@trinitytwincity.org](mailto:tpoland@trinitytwincity.org).

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[www.trinitytwincity.org](http://www.trinitytwincity.org)

## New Services Available to Meet your Needs

To help area residents access healthcare without the hassle of driving outside the area, Trinity Hospital Twin City has added new services to make it easier to obtain healthcare tests, treatments and procedures. We recently added four new services: Center for Wound Management, Coumadin Clinic, Transition Program, and WorkCare.

Thanks to the new Center for Wound Management, adults who need 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 can benefit from specialized procedures which enhance the healing process. The center is led by Medical Director, Dr. Jon Oliverio, MD; and Clinical Director, Ruthann Belknap, RN. For more information or to schedule an appointment, call (740) 922-6675. "There are a number of people in our area with wound care needs that had to travel elsewhere for treatment, and we are happy to offer these services locally," explained Belknap. "Our goal is to achieve healing within twelve weeks or less."

Those who are taking the blood-thinning drug, Coumadin, also now have a local source of help through the hospital's new Coumadin Clinic. The clinic provides fast, accurate INR blood test results by testing a drop of blood obtained through a fingerstick rather than through a traditional blood draw from a vein. This makes the process of monitoring Coumadin dosages quicker and less painful.

Kim Dennis, RN, hospital clinic coordinator, noted, "During an appointment of thirty minutes or less, our patients can get their blood tested, receive any needed adjustments to their Coumadin dosage and obtain any education they need about how to make good health choices while taking Coumadin." For more information or to schedule an appointment, call (740) 922-7450, ext. 2252.

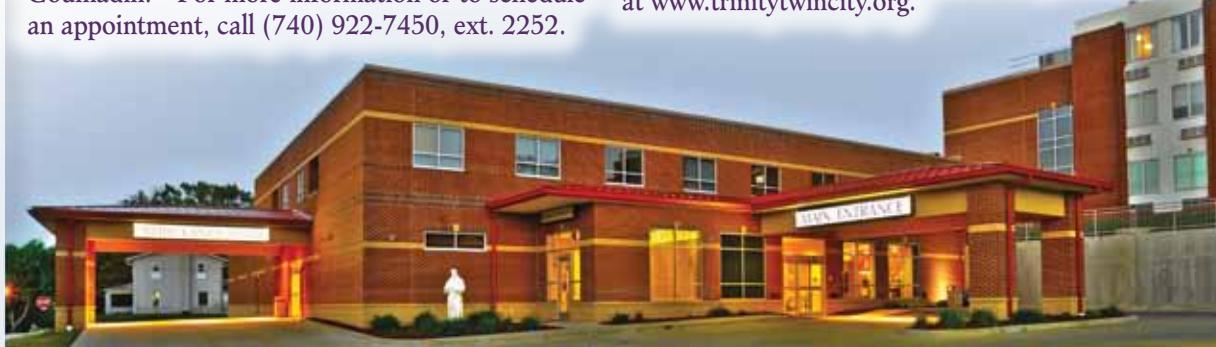


Kim Dennis, RN, Clinic Coordinator, (r) performs a simple fingerstick test with a patient at Trinity Hospital Twin City's new Coumadin Clinic.

The new Transition Program through the Therapy Services Department is designed to help patients become stronger before having orthopedic surgery. The program also helps patients learn to use adaptive equipment to help with routine daily activities while recovering from orthopedic surgeries. "We improve your strength and range of motion prior to surgery to help improve function and achieve faster post-surgical results," shared Johnna Deco, DPT, PT. For more information, call (740) 922-6675.

Finally, area business leaders can now benefit from the use of the hospital's new and enhanced WorkCare occupational health services program. The program offers local employers four areas of service that can be customized to meet business needs and budget: screenings including employee physicals and testing, surveillance to assist with meeting requirements for compliance, health services for workforce and workplace wellness, and treatment for recovery and return to work. For more information, call (740) 922-7450, ext. 2127.

More information about these new services will soon be available through our hospital website at [www.trinitytwincity.org](http://www.trinitytwincity.org).





Trinity Hospital Twin City is a 25-bed not-for-profit 501(c)3, Catholic, critical access hospital. Nearly 250 caring and experienced hospital professionals are prepared 24 hours a day and seven days a week to treat even the most serious illnesses and injuries. Choose Local. Choose Quality. Choose Trinity.

## HOSPITAL SERVICES INCLUDE:

### Cardiology & Cardiopulmonary

- Advanced heart and lung imaging & testing
- Cardiac & pulmonary rehabilitation
- Heart disease prevention and management
- Stress tests

### Emergency Care 24/7

### Health Screens & Health Education

- Educational seminars
- Fit for Life classes

### Hospice Respite Care

### Imaging & X-Ray

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

### Infusion Clinic

- Coumadin clinic

### Lab & Blood Draw

### Nutritional Services

### Physician Specialties

- Cardiology (Heart)
- Ear, Nose & Throat
- Family Practice & Internal Medicine
- General Surgery
- Gynecology (Women's Health)
- Pediatrics
- Podiatry
- Pulmonology (Lung)
- Urology

### Sleep Medicine

- Diagnostic testing and treatment
- Sleep lab

### Surgical Services-Inpatient and Outpatient

- General surgery
- Colonoscopy screening
- ENT surgery
- Foot and ankle surgery
- Women's health surgery

### Therapy/Rehabilitation

- Physical & Occupational
- Sports Medicine
- Swing Bed Program
- Transition Program

### WorkCare Occupational Health Wound Management

# Merry Christmas

## Letter from the President

Dear Friend,

As we prepare for the coming of the New Year, I find myself reflecting on 2013, and one thing is very apparent to me...healthcare is changing. How we, as patients ourselves, access healthcare and how we, as a hospital, deliver care to our patients is going to look different in the days to come. History has shown that during great times of change, organizations that have a strong mission and set of values stay the course and finish strong.



Our hospital mission states, "Guided by our passion for caring, we continually strive to improve the health and wellness of the community we serve." Our employees, physicians and volunteers try to live our mission daily. I can't think of stronger values than those of our hospital; Reverence - to treat each person with respect, justice and dignity, Service - to render service to all with sensitivity, compassion and commitment and Stewardship - to promote the proper use of the environment, of goods and services. Living our mission and values will set us apart from other hospitals.

Running a hospital is exciting and challenging at the same time. The hospital experiences ups and downs just like we all do in our daily walks of life. My goals this year for Trinity Hospital Twin City centered on growth and providing high-quality, patient-centered care while striving to create an exceptional patient experience. We have made great strides in these areas, but still have more to accomplish.

This year we added 5 new providers to our Trinity Medical Group and added two new clinics – a Coumadin clinic and a wound care clinic – to our list of hospital offerings. We have created ways to encourage your input on how we are doing. Your feedback helps us to improve service levels and provide offerings that fit your needs.

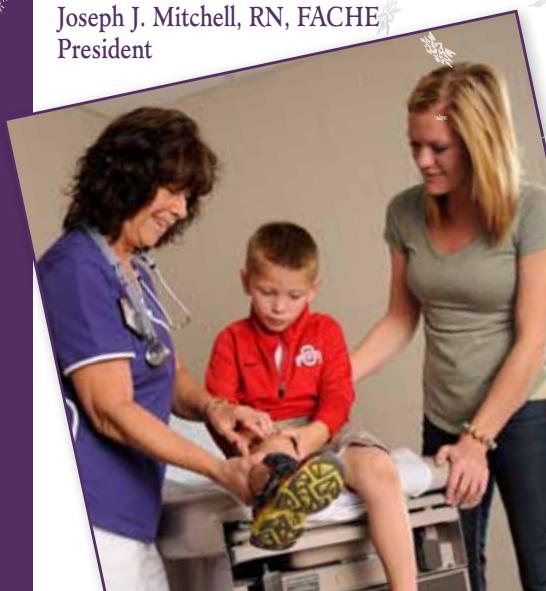
My goals for the hospital in 2014 will be much the same as this year. Our success will be determined by our ability to react and respond to this changing healthcare environment. I have unapologetically asked our staff for their best work. I am unapologetically going to ask you to use our hospital when you can - ask your physicians to have your testing, rehab, lab work, etc. done here at your local hospital.

I also need your feedback. We want to know if you have an excellent experience or if your visit didn't meet your expectations. YOU are a critical component to our success. Without your support, we will struggle to become a thriving community hospital. If you have questions about how to use our hospital or if your insurance is accepted here, we are happy to help. Please choose us as your partner in health, and give us a call.

May you and your loved ones have a blessed Christmas season, and a wonderful start to the New Year!

Sincerely,

Joseph J. Mitchell, RN, FACHE  
President



For God so Loved the World,  
He Gave the Greatest Gift -  
His One and Only Son

# Five New Providers Added to Trinity Medical Group in 2013!



Dr. Stuart Brown

Our group medical practice, Trinity Medical Group, added Dr. Stuart Brown, a Board Certified Family Practitioner, to its Dennison and Newcomerstown office locations in March 2013. Within the past few months, Trinity Medical Group added four more primary care providers.



Dr. Muhammad Ashraf

**Dr. Muhammad Ashraf** is a Board Certified Internal Medicine (adult care) physician. He currently welcomes new patients at the Coshocton and Newcomerstown offices of Trinity Medical Group.



Derek Brock, CNP

Derek Jason Brock, Katelyn Obermiller and Amanda Scott are Certified Nurse Practitioners who specialize in family medicine. They



Katelyn Obermiller, CNP



Amanda Scott, CNP

Trinity Medical Group is a group physician practice owned and operated by Trinity Hospital Twin City. 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](http://www.trinitytwincity.org/doctors) and click on the name of a provider.

welcome new patients to the Trinity Medical Group offices located within the hospital at Dennison. Derek is working in collaboration with Dr. Galen Durose Jr, and Katelyn is working in collaboration with Dr. Tim McKnight. Amanda is working in collaboration with Dr. Jose Martinez in January 2014.



## Upcoming Events

### Now-January 7, 2014

Reserve your space at 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 14th.

### First Friday of Every Month

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.

### Tuesday, February 11, 2014 from 2 to 5 pm

Lifeshare bloodmobile at Trinity Hospital Twin City main parking lot. Walk-ins are welcome. Please help save lives by donating blood.

### February 2014

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.

### February 2014

Love Your Heart free heart health seminar will be offered. Date and time announcement to come soon.

### Saturdays, April 12 & 26

Dennison Rotary Club Spring Blood Profile Screenings; Visit our website in March for more details.



Visit us at

[www.trinitytwincity.org](http://www.trinitytwincity.org)  
for a complete list of events.

## Waiting Time for Emergency Services has been Reduced



Recently, the Trinity Hospital Twin City Emergency Department (ED) started a new method of triage. The process is called Pull to Full, and that is exactly what it means-pull patients into the ED until the department is full. Some hospitals call this immediate bedding. Our customers call it "great, so fast, didn't have to wait." When a patient arrives at the Emergency Department, he/she is immediately greeted by a registration clerk, who performs a quick registration and notifies an Emergency Department Registered Nurse who then escorts the patient to an available room.

Patients rarely have to wait, and if they do, it is only for a short while. The process improves the movement of patients through the Emergency Department creating shorter lengths of stay for the patients. Patient satisfaction is important to us, and we check with patients regularly to make sure all of their needs are met. We are hearing many positive comments on the entire ED experience, and our patient satisfaction scores reflect how much better, faster, and friendlier we are.



# Our Mission Statement

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

Led by Sister Dorothy Jayne Krupp, OSF, Director of Mission Integration, our hospital's mission team is made up of staff members who work to ensure our hospital's values are carried out in the care we provide every day.

As part of living our mission, we value your feedback. To make a suggestion or to discuss your patient experience, call us at (740) 922-7450, option 6.



...AND HIS NAME  
SHALL BE CALLED  
**WONDERFUL  
COUNSELOR,  
MIGHTY GOD,  
Everlasting Father,  
PRINCE OF PEACE.**

-ISAIAH 9:6

## LIVING OUR MISSION

# Planting the Seeds of Excellence

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



### SILENT SOUNDS

Trees barren, animals hibernating,  
Flowers and brush covered with snow.  
Streams, rivers and lakes frozen,  
The forest lies silent and still.  
Quiet and peaceful; yet deep within  
Many silent sounds can be heard.  
Silent sounds of searching, seeking  
Dying, rising, growing, giving, sharing,  
Understanding and loving.  
These silent sounds revealed by our God speak.  
Their messages, powerful and poignant  
Touch the hearts of those who listen...  
Listen....listen....listen....

### GOD'S TOUCH OF LOVE

Love crystals  
Jubilantly dancing through the sky  
Softly and gently sprinkle  
God's Creation with beauty.

Painted white, God's Creation glistens and  
Calls us to wonder...  
Each crystal, a miracle  
Majestic and beautiful reflects  
God's touch of love upon the earth.



*Sister Dorothy congratulates the first Trinity Hospital Twin City Excellence Award Winner, Barb Oberholzer.*

*Reverence  
Service  
Stewardship*

Faithful  
to the spirit of  
St. Francis of Assisi  
and the Sisters of  
St. Francis of Sylvania, Ohio,  
Sylvania Franciscan Health  
and Trinity Hospital Twin  
City promote the core values  
of Reverence, Service and  
Stewardship.





# Resolving to do better in the New Year

By Dr. Tim McKnight, Board Certified Family Practitioner

When we put the holiday decorations away and say good-bye to visiting family and friends, it is time to get back to our pre-holiday routines. With the ringing in of the New Year comes the opportunity to learn from the last year and resolve to do better in 2014.

Many of us will think about resolving to lose a few pounds, exercise more, spend less money, quit smoking, or maybe just be nicer to others. A few will actually even write down these intentions. When it comes to changing behavior, one thing is clear; setting goals with the same approach that has failed in the past, will fail in the future.

We are all wiser than we realize. Each "failure" in our life is really an experiment. Thomas Edison said, "I have not failed. I've just found 10,000 ways that won't work." Reaching your goals is really more of an attitude and a feeling than a positive affirmation or raw will power.

Life is a wonderful teacher. We learn best from our experiences, including our failures, when we ask the right questions. Asking yourself, "Why can't I lose weight" is a question that will reinforce failure. There will be no solutions to this question, only reasons and excuses. A better question is, "What are some things I can do to lose 20 pounds?" The answers to this question will flood your mind like a wave of inspiration. In your heart, you can usually identify one or two key behavior changes that are the most critical for your success.

Reaching your goals will require you to follow a four-step process: Plan, Execute, Evaluate, and Revise.

First, **Plan** with your mind. Envision in detail what you want to accomplish and how you will feel, look and behave once you have achieved it. The clearer the vision and the more real you anticipate the end-result, the more powerfully you will approach the next step.

Second, **Execute** with your might. This requires discipline. Each small step, each small success will build your capacity to exercise greater self-control. Never break promises to yourself. To thyself, be true.

Third, **Evaluate** with the heart. At the close of each day honestly evaluate how you did. Ask "good" questions about your performance so that answers, not excuses, will be revealed to you.

Finally, **Revise** with the spirit. Correct your course and, like Edison, learn from the examples of your role models and mentors.

Each of us has within us the seed of greatness. Our potential to achieve and become is limitless. Make 2014 the year you discover who you really are!

*Dr. Tim McKnight is Director of Trinity Hospital Twin City's Fit for Life program. For more information about Fit for Life, call (740) 922-7450, ext. 2124.*



## THTC United Volunteer Auxiliary's Coffee Bar & Gift Shop

For affordable & memorable gift items for **EVERYONE** on your shopping list, no matter what the occasion, stop at the Trinity Hospital Twin City United Volunteer Auxiliary's Coffee Bar & Gift Shop! Many beautiful items to choose from, and all proceeds benefit the hospital. For information about our volunteer programs, call (740) 922-7450, ext. 2124.

**Monday-Friday: 8 am-4 pm  
Saturday 8 am to noon  
Located next to Hospital Lobby**



## Coming Soon!

Trinity Hospital Twin City and Trinity Medical Group will soon be offering more support and education to help people with diabetes better manage their glucose levels and make healthier choices. The hospital received a three year grant from the U.S. Health and Human Services Health Resources and Services Administration's Office of Rural Health Policy to help fund efforts to provide additional help and services for diabetics. Please watch for more information about these services in the local media during the first quarter of 2014.

*"Somehow, not only for Christmas, but all the year through, the joy that you give others, is the joy that comes back to you; and the more you spend in blessing the poor and lonely and sad, the more of your heart's possessing returns to make you glad."*

*-John Greenleaf Whittier*



## FEATURED SERVICE

**Need affordable health insurance?**  
New coverage options coming soon!  
Sign up at [HealthCare.gov](http://HealthCare.gov) for email and text updates about the Health Insurance Marketplace.  
Learn more and get ready. [HealthCare.gov/GetReady](http://HealthCare.gov/GetReady)  
For additional information, call 1-800-358-5260 or visit [www.healthcare.gov/marketplace](http://www.healthcare.gov/marketplace).  
TRINITY HOSPITAL TWIN CITY

### Need Help Understanding the ACA Healthcare Marketplace or Your Hospital Bill?

Despite all the information available in the media and on the HealthCare.gov website, the marketplace enrollment process can be confusing. We can help! We have information on our hospital website, and we have informational packets to assist you. Through education and training, our reliable THTC financial assistance staff is prepared to help you with the process of enrolling in a health insurance plan. We can help you explore every qualified health plan in the area, fill out an application, and compare benefits and prices in order to prepare consumers to make a choice. Also, throughout the enrollment period (taking place now through March 31, 2014), we will be actively involved in community outreach at various locations and events to help educate consumers.

Consumers should be actively participating in their own education through the Healthcare.gov website or by contacting us for assistance. Effective 2014, under the Patient Protection and Affordable Care Act, health insurance coverage will be 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 for more information about how we can help with the Healthcare Marketplace or with understanding your hospital bill and payment options.



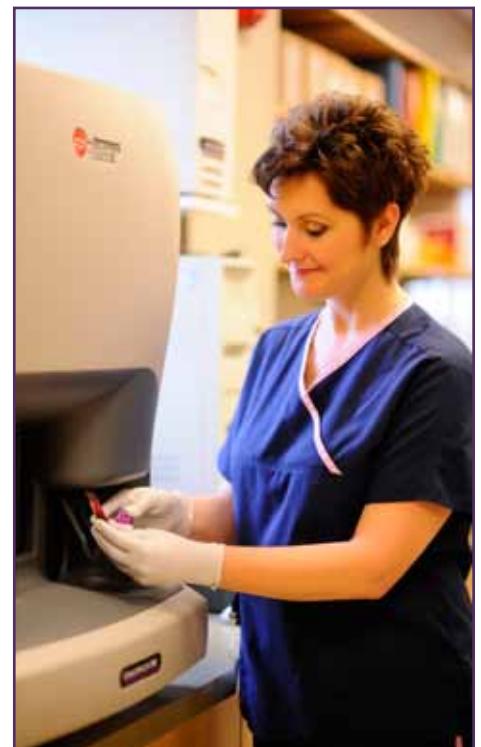
## No Matter Where Your Doctor is Located, You Can Choose Us for All Your Laboratory Tests

With several new equipment technologies recently purchased and installed at our Laboratory Services Department, Trinity Hospital Twin City offers complete laboratory services you can count on. No matter where your physician's office is located, you can confidently have your lab testing conducted locally. Utilizing digital technology, our laboratory professionals can get test results to your physician quickly.

Diagnostic laboratory testing plays a crucial role in the detection, diagnosis and treatment of disease. In fact, laboratory test results impact more than 70% of healthcare decisions. Our experienced team of friendly lab professionals can take samples of blood, body fluids or tissues and analyze them for any irregularities. Microscopes, chemical analyzers and other high tech instruments such as cell counters are used for testing, and our hospital also has its own microbiology lab. A doctor's order is required to perform lab testing; however, it is not required for the doctor to be affiliated with Trinity Hospital Twin City.

Our outpatient lab offers convenient hours to suit your schedule: Monday-Friday from 6:30 am to 6 pm and on Saturday from 6:30 am to noon. Correct diagnostic and therapeutic decisions for health treatment rely on timely and accurate laboratory testing, so we work closely with your physician to assure the best patient care.

Our laboratory professionals are on duty 24 hours a day to meet the needs of our inpatient and emergency patients. Please call us at (740) 922-7450, ext. 2208 with any questions or concerns you may have including questions you may have about services or tests that you are preparing for or collecting at home.



### 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.



# Infusion Clinic Making It Easier to Access Specialized Treatments

Trinity Hospital Twin City is pleased to offer area residents the services of our Infusion Clinic. Through the clinic, area residents who need specialized treatments or therapies for serious conditions or infections can access care at our first floor hospital location. The Infusion Clinic is designed to eliminate trips out of town for patients receiving many kinds of therapy. We can provide:

- Vitamin B-12 injections
- Procrit injections
- Aranesp injections
- Remicade infusions
- Reclast infusions
- Boniva injection
- Blood transfusions
- Antibiotic infusions
- Solumedrol infusions
- Port flush

Patients who typically benefit from the services of the Infusion Clinic are those with multiple sclerosis, Crohn's disease, rheumatoid arthritis, vitamin B 12 deficiency, kidney disease, anemia and those who need long-term antibiotics for certain infections. A physician's order is needed to receive Infusion Clinic services, and the ordering physician does not need to be affiliated with Trinity Hospital Twin City for a patient to receive care.



Thus, patients who see a specialist from outside the area can still receive treatments locally.

Other Infusion Clinic services are also available, and the staff here would be glad to speak to any patient or physician to determine if our professionals can provide the services a patient needs. The Infusion Clinic is open on Tuesdays and Wednesdays for routine appointments. Arrangements can be made for services that require additional time such as blood transfusions.

Infusion Clinic services are covered by most insurances. For additional information or to schedule an appointment, contact Kim Dennis, RN, Clinic Coordinator, at (740) 922-7450, ext. 2252.

## 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!
- Thanks to grants, private donations, the support of the hospital's United Volunteer Auxiliary, the Rosenberry Foundation and the THTC Foundation, about \$1 million in new medical equipment was purchased in 2013 to help us better serve you. New equipment purchased included new colonoscopy/endoscopy equipment, lab testing equipment, ventilator and computer equipment. Thanks for your generous support!

## A Season of Giving

Thanks to financial contributions from many of you, the Trinity Hospital Twin City Foundation (a 501(c)3 organization) was able to help the hospital purchase a digital mammography machine in 2012 and a complete endoscopy system (for use in colonoscopy screenings and other surgical procedures) in 2013.

Today, I'm asking you to consider making a tax-deductible donation to the Trinity Hospital Twin City Foundation. Your donation will help ensure that high quality medical equipment and programs will be at our local hospital to be used by your family, friends and neighbors.

Your donation, in any amount, is appreciated. I know you will do whatever you can to support Trinity Hospital Twin City, including using our hospital for all of your testing, no matter the location of your physician, and by encouraging your friends and family to do the same. Thank you for your consideration of this request. May you and yours enjoy a blessed Christmas season.

Sincerely,  
Blair Hillyer, President  
Trinity Hospital  
Twin City Foundation

*Glory to God  
in the highest,  
and on earth  
PEACE,  
good will toward men.*

- Luke 2:44

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**

Through my credit card number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please sign for pledges and credit card donations.



Please mail this completed form with your donation to:

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

**Thank You!**

# Do You Need a Caring Healthcare Provider? Choose one of Trinity Medical Group's Newest Professionals.

*Trinity Medical Group Welcomes New Patients!*

Most Insurances Accepted – Including Aultcare

Convenient Office Locations at:

Dennison | Dover | Gnadenhutten | Newcomerstown | Uhrichsville



Muhammad Ashraf, MD  
Internal Medicine



Derek Jason Brock, CNP  
Family Medicine



Stuart Brown, DO  
Family Medicine



Katelyn Obermiller, CNP  
Family Medicine

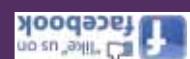


Amanda Scott, CNP  
Family Medicine



Call 740.922.0000 to schedule your appointment.

Visit [www.trinitytwincity.org](http://www.trinitytwincity.org)  
and select "Find a Doctor"  
for more information.



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



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TWIN CITY  
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