

The Good News

Volume Six • Issue Two
January 2018

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



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Quality Care You Can Rely On

When you or someone you love needs healthcare services, you can depend upon the quality of care you receive here at Trinity Hospital Twin City (THTC) and at Trinity Medical Group (TMG), our primary care medical provider offices. We know you can count on us because we have the experienced, compassionate professionals and technology to meet your needs; however, you don't have to take our word for it. You can trust the approval of The Joint Commission, the nation's largest accrediting body in healthcare.

The Joint Commission conducted a rigorous, unannounced on-site survey of THTC and TMG in October, 2017 in order to ensure that we are continuing our commitment to maintaining care processes for patients that are safe and that meet high quality standards. The Joint Commission originally awarded THTC its Gold Seal of Approval® for hospital accreditation in early 2015, and their recent survey was to ensure that our hospital has maintained our Gold Seal of Approval®.

During the survey review, The Joint Commission's team of experts evaluated THTC's compliance with hospital standards related to several areas, including emergency management, environment of care/safety, infection prevention and control, leadership, and medication management. The surveyors reviewed our hospital based on the same high standards they use to evaluate large hospitals.

"Our ability to maintain our Joint Commission accreditation is a validation and tribute to the hard work our medical providers and staff do every day to provide the best care for every patient who walks through our doors," noted Teresa Gagliardi, Vice President of Hospital Operations and Site Administrator. "The Gold Seal of Approval® is a symbol of quality that accurately reflects our hospital's ongoing commitment to provide safe and effective patient care."

Even with this recent Joint Commission survey successfully completed, Trinity Hospital Twin City will not rest when it comes to providing quality care. "We aim to maintain our coveted gold seal status by continuing to develop and implement proven strategies that have the potential to improve care for the patients in our community," explained Gagliardi.



819 N. First Street
Dennison, Ohio 44621
740.922.2800

 www.trinitytwincity.org





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)
- Pediatrics
- Podiatry
- Pulmonology (Lung)

Sleep Medicine

- Diagnosis & treatment
- Sleep lab

Surgical Services

- General surgery
- Colonoscopy screening
- Foot & ankle surgery
- Women's health surgery

Therapy/Rehabilitation

- Physical therapy
- Swing Bed Program
- Transition Program

Vibrant Living

WorkCare

- Occupational health

Wound Management

and More!

LETTER TO THE COMMUNITY

Happy New Year!

January 2018

Dear Friend,

Happy New Year! I hope this letter finds you and your loved ones enjoying a fresh and healthy start to 2018. Although the year has only just begun, we've already experienced some exciting changes here at Trinity Hospital Twin City (THTC) that will help us remain strong as your source for personalized, high quality care now and into the future.

I begin this year with the incredible honor and responsibility of leading THTC through the exciting opportunities and challenges ahead. I was recently named THTC's Vice President of Hospital Operations and Site Administrator by Matt Grimshaw, CEO and President of our parent organization, Trinity Health (THS) System at Steubenville. I am excited to continue my career with THTC and THS, and I plan to work diligently with our talented medical providers and staff to ensure that our hospital can continue to strengthen and grow to meet your healthcare needs.

I am pleased to share that our successes from the last quarter of 2017 have provided a strong foundation for our hospital to build upon this year. Thanks to the hard work and dedication of our staff, we were able to successfully maintain our accreditation through The Joint Commission, the gold standard of quality for healthcare organizations which was featured on the front page of this newsletter.

We also learned that we, as part of Catholic Health Initiatives, will be joining with Dignity Health to become the largest Catholic nonprofit healthcare system in the nation. Our two organizations share a commitment to caring for the whole person, and all people, with compassion—especially people who are most in need. Through strong leadership, strong strategic direction, commitment to ministry, and thoughtful stewardship, our new system will be well-positioned to create a healthier future for you, the community we so proudly serve.

During our last fiscal year, we were honored to serve about 6,000 people through our outreach efforts (including seminars, health fairs, wellness classes, and health screenings) and provided nearly \$4 million in free or discounted care to those living in poverty. We are dedicated to caring for the most vulnerable people in our community and will continue to do so in 2018.

We greatly appreciate your support of our hospital and for enabling us to meet your healthcare needs in a way that reflects our core values of reverence, integrity, compassion, and excellence every day. Thank you for the privilege of caring for you and those you love. May 2018 bring you blessings of health and happiness.

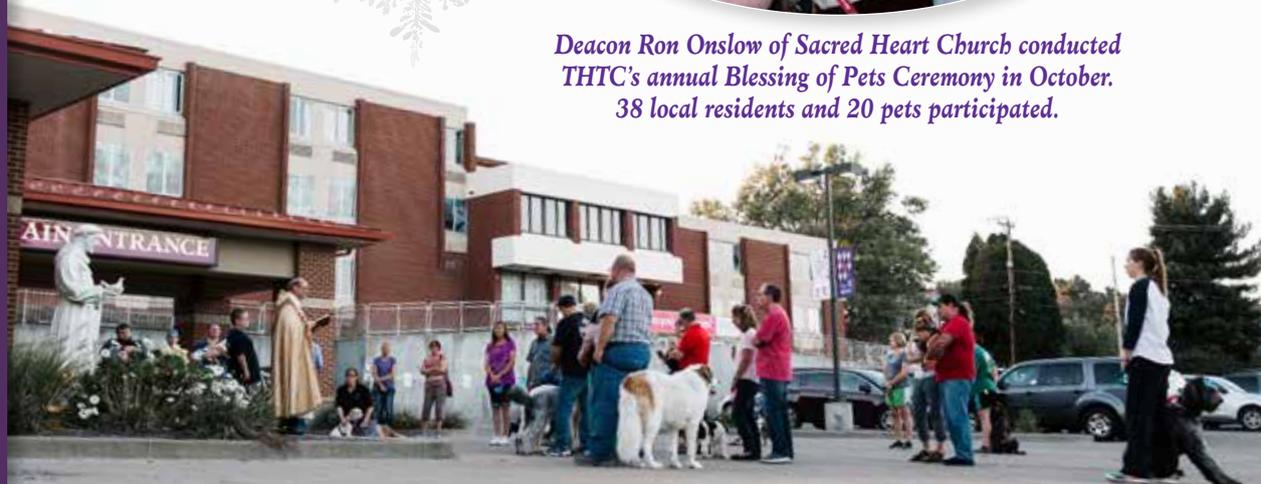
Kind Regards,

Teresa A. Gagliardi

Teresa A. Gagliardi, MSN
Vice President of Hospital Operations
& Site Administrator
Trinity Hospital Twin City



Deacon Ron Onslow of Sacred Heart Church conducted THTC's annual Blessing of Pets Ceremony in October. 38 local residents and 20 pets participated.





TMG Welcomes New Nurse Practitioner to Pediatric Office



Angela Simmerman, FNP-BC

Trinity Medical Group (TMG), a group medical practice that is owned and operated by THTC, is pleased to welcome Angela Simmerman, FNP-BC, to its pediatric medical office at 204 West Third Street in Uhrichsville.

Simmerman is a board certified family nurse practitioner with more than twelve years of experience in the nursing field. She earned her bachelor of science in nursing from Ohio University and her master of science in nursing from Malone University. Simmerman resides in southern Tuscarawas County at Peoli with and her husband and two children.

"We are happy to welcome Angela Simmerman to the Trinity Medical Group and the active medical staff at Trinity Hospital Twin City," shared Tiffany Poland, THTC Director of Provider Recruitment. "Angela has worked with retired pediatrician, Dr.

Vijay Bhairappa, and completed some of her training with him in the past. We are excited to work with her again."

Angela Simmerman welcomes children of all ages. To make an appointment, call 740-922-7477. For more information, visit www.trinitytwincity.org/doctors.



**TRINITY
MEDICAL GROUP**
Owned and Operated by
Trinity Hospital Twin City

Trinity Medical Group Offers Early Morning Hours

Good news! Trinity Medical Group's Dennison office, located on the second floor of Trinity Hospital Twin City, now offers appointments as early as 7 am on many weekday mornings. For appointments, call (740) 922-0000. Also, Trinity Medical Group's Dennison and Dover locations continue to offer same-day appointments on weekdays, and the Dover office offers extended hours as well. Our medical providers look forward to serving you.

Our Lab Services Have Expanded

Our lab testing options have expanded to better serve you. If you appreciate the friendliness of our staff and the low waiting times for lab testing appointments, you will be happy to hear that walk-in lab testing services are now available at our Trinity Medical Group's Coshocton, Dover and Newcomerstown offices.

Laboratory tests are a very important part of your healthcare regimen, and the test results impact more than 70% of healthcare decisions. Diagnostic laboratory testing plays a crucial role in the detection, diagnosis, prognosis, and treatment of disease. Correct diagnostic and therapeutic decisions rely on timely and accurate laboratory testing. We work closely with your medical provider to assure the best patient care.

Our walk-in lab testing services are available at the following times and locations:

Coshocton Office
Mon-Thurs | 8 am-1 pm
35 Walnut Street, Suite 2

Dover Office
Mon-Thurs | 9 am-2 pm
Fridays | 9 am to noon
340 Oxford Street, Suite 220

Newcomerstown Office
Thursdays | 9 am-2 pm
232 Cross Street

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



Upcoming Events

Every Saturday | 8 PM

Narcotics Anonymous: This fellowship is free to anyone who thinks they may have a problem with drugs/alcohol. Anyone can attend this open meeting which is held at THTC's first floor St. Francis Conference Center. For more information, call the NA helpline at 1-888-GET-HOPE or visit www.na.org.

**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.

**Thursday, February 22nd
5:30 PM**

Annual Love Your Heart Community Event and Seminar at the THTC first floor St. Francis Conference Center. Register online for this free event or call (740) 922-7450, ext. 2124.

Monday, March 19th | 1:30 PM

Gentle Fitness & Chair Yoga Class at the THTC second floor St. Raphael Conference Center. This free event is hosted by the Diabetes Wellness Services program. Call (740) 922-7450, ext. 2177 for more information.

**Saturdays, April 14th and 28th
5:15 AM to 10:30 AM**

Dennison Rotary Club Spring Blood Profile Screenings. Visit our website in early March to register.



Visit us at

www.trinitytwincity.org
for a complete list
of events and event details.



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.



“Be Still

and know that

I am God”

~ Psalm 46:10

LIVING OUR MISSION

Winter Teaches Me

by Joyce Rupp

Winter teaches me patience:
Walk carefully on icy sidewalks.
Drive slower through snarled traffic.
Take more time to put on layers of clothes.
Wait for streets to be cleared of snow.
Be understanding about mail arriving late.

Winter strengthens my courage:
Go out into windy, freezing air.
Risk traveling on snowy roads.
Dress warmly and go for a walk.
Ski through woods, alone and free.
Be at peace in long days of darkness.

Winter brings me beauty:
Look up at the star-filled sky.
Pause to breathe the crisp air.
Vigil with steel-blue sunsets.
Marvel at frost etchings on windows.
Sink boots into soft, sensual powder.

Winter gives me silent hope:
Touch the terminal buds on branches.
Clear the snow and find green moss below.
Watch the sunlight fade, then linger longer.
Stand with the strength of evergreen trees.
Listen to birds cheeping at the feeder.

Submitted by Sister Nancy Ferguson,
Director of Mission Integration



Our core values...

Reverence, Integrity,
Compassion
& Excellence



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.



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.



How to Live Heart Healthy

By Erica Gallagher, CRT, THTC Community Outreach Coordinator



Erica Gallagher, CRT
Community Outreach
Coordinator

Heart disease continues to be the leading cause of death in the United States in both men and women. About 630,000 people die of heart disease each year, that's 1 in every 4 deaths. I have compiled a list of 4 preventable risk factors that have the most negative impact on your heart health.

They are as follows:

- Smoking
- Overweight/Obesity
- Unhealthy Diet
- Inactivity

If one or more of the above factors are challenges for you, read on for some helpful tips to live heart healthy. **Quitting smoking** is one of the best things you can do for your health and for the health of those around you. The nicotine found in cigarettes can increase blood pressure and heart rate. It can also decrease the amount of blood flow to the heart and narrow the vessels that carry blood (arteries). Nicotine may also contribute to the hardening of the arterial walls, which, in turn, may lead to a heart attack. Cigarettes also contain carbon monoxide, which decreases the amount of oxygen carried in the red blood cells. It can also increase cholesterol which also contributes to hardening of arteries. It's never too late to quit! Just one year after quitting smoking, your risk of coronary heart disease is reduced by 50%.

Between 60-70% of adults in the United States are overweight or obese. **Losing weight**, if done correctly, is a gradual process. You may want to try to keep a food and/or activity diary. Once you have a clear picture of your habits, set a realistic goal. Remember, the weight didn't show

up overnight, so plan on losing it over several months. Losing weight happens one healthy choice at a time. If you fall off your plan one night, forgive yourself and get back on track the next day.

There's a lot more to **eating right** than just watching your weight. First, you have to figure out what you're actually eating. I mentioned the food diary previously, which is a great method to tracking what healthy or poor choices you are making. Another helpful tip, while using a food diary, is to record emotional factors throughout the day. Sometimes emotions such as stress, happiness, sadness, and even boredom may drive certain eating decisions. Other tips include limiting unhealthy fats, cholesterol, sodium, and sugars. Adjusting your portion size is also important to avoid overeating.

No matter what your weight, **staying active** keeps your heart healthy. For adults, the recommendation is at least 150 minutes each week, or about 30 minutes a day most days of the week. Exercise can be anything that gets you moving and gets your heart rate up. Being active doesn't mean you have to sign up for the next marathon, brisk walking is enough.

With the New Year underway, I challenge you to think about what you could be doing better for your heart health. Start with small attainable goals and go from there. It's never too late to start living healthy.

Erica Gallagher is a Certified Respiratory Therapist with more than 8 years of experience working with patients who have heart and/or lung ailments.

To learn more about heart health, be sure to register for our annual Love Your Heart free community event scheduled to take place on Thursday, February 22nd at 5:30 pm, or call our heart services department at (740) 922-7450, ext. 2270.



SERVING OUR COMMUNITY

Convenient Care with YOU in Mind

Now, there's little reason to wait one week or more to get scheduled for a medical test that has been ordered by your doctor or medical provider. Here at Trinity Hospital Twin City, we are happy to schedule your outpatient medical testing with your convenience and your schedule in mind. In many cases we can schedule your appointment on the same day you call us. Also, if you need more than one test or service, we can often schedule them in the same morning or afternoon so you only need to make one trip to the hospital.

Our outpatient services offer low waiting times and we can accept your medical provider's orders, even if he/she isn't a member of our hospital's medical staff. We have over 400 medical providers in our database, and we can easily send your lab, imaging, stress test, lung function, and other test results to your provider, no matter where his/her office is located.

We are here to meet all your healthcare needs in a way that is convenient for you. To make your appointment for lab tests, heart and lung tests, or imaging tests, call us at (740) 922-7405 between the hours of 8 am and 4:30 pm, Monday-Friday. We look forward to serving you.



Trinity Hospital Twin City hosted our 7th Annual In the Pink Breast Cancer Awareness, Education, & Survivor Recognition event in October, 2017. We were able to recognize 14 breast cancer survivors before a crowd of about 60 people at this meaningful event. Thanks for your support.



365
NEW DAYS,
365
NEW
CHANCES.

*Happy
New Year!*



Trinity Hospital Twin City INFUSION CLINIC



Rx

- | | |
|-----------|----------------|
| Remicade® | IV Antibiotics |
| Aranesp® | Solumedrol® |
| Boniva® | Actemra® |
| Reclast® | Inflectra® |
| Prolia® | Renflexis® |
| Procrit® | Rituxan® |
| Iron | Stelara® |
| Xolair® | Port Flush |
| | ...and more! |

We do that!

For specialty infusion health services, there's no need to drive outside of the area. Talk to your specialty physician about the Infusion Clinic services here at Trinity Hospital Twin City. We can work with your specialist to help you obtain the care you need locally and conveniently. Call us at (740) 922-7450, ext. 2252 for more information.



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

Contributions to the Heart Care Equipment Campaign

250 Antique Mall
 Anna M. Abel
 Bill & Beth Greer
 In Memory of Arthur DiDonato
 Blair Hillyer
 In Memory of Arthur DiDonato
 Bowerston Shale Company
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 In Memory of Arthur DiDonato
 Classic Glass Corvette Club
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 The Romig Agency
 Wood Electric

Contributions to the Summer 2017 Overall Campaign

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 Jerry & Patty Reed
 In Memory of Jeff Reed
 John & Lisa O'Hara
 John Menapace

Overall Contributions

Dr. Mohammad Jan
 For Cardiopulmonary Department
 Helen Gordon
 In Memory of Lois McCartney

A Season of Giving

Dear Hospital Supporter,

I am writing to you on behalf of Trinity Hospital Twin City and the Trinity Hospital Twin City Foundation. We greatly appreciate your continued support of our local hospital and community. Without your generous support, we feel certain that this hospital wouldn't be here today.

The hospital celebrated breast cancer awareness month in October, and it's a timely opportunity to share one of our hospital's greatest needs with you—the need to upgrade our mammography technology to 3D breast

imaging (known as tomosynthesis) in order to better care for our patients. To date, through the generous donations of businesses and community members like you, our foundation has raised \$108,605 toward an upgraded 3D digital mammography unit. This money has been held in restricted funds, as the total amount needed is higher, and we are \$279,778 short of being able to purchase the upgrade.

We are asking that you please consider a tax-deductible contribution toward the purchase of the upgraded 3D digital mammography unit. We know you

will do what you can for this current need, and your donation *in any amount* would be greatly appreciated.

Thank you for your consideration of this request. May you and your family enjoy a blessed New Year!

Sincerely,

Blair Hillyer
 President, Trinity Hospital Twin City Foundation

PLEASE PRINT ✂

Name: _____ Phone: _____

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

Email: _____

Enclosed is a gift of \$ _____ Please designate my gift: _____

I pledge \$ _____ to be made in payments of \$ _____ over 12 months.

I would like my gift to be publicly recognized and listed as (EXAMPLE: Mr. & Mrs. _____ or In Memory of _____)

Mr. & Mrs. _____ In Memory of _____

Through a check made payable to **Trinity Hospital Twin City Foundation**



Please mail this completed form with your donation to:

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

Thank You! 7



819 N. First Street
Dennison, Ohio 44621

Non-Profit Org
US POSTAGE
PAID
Mailer's Choice



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



For Every Emergency

For emergency care, you can count on us to provide compassionate care for you and those you love most.