

# 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 provide this community newsletter and report to you as part of our commitment to keep you informed of activities at your local hospital. Please look for another edition in your mailbox later this year. We hope you will enjoy this first issue of 2013. We welcome your comments at [tpoland@trinitytwincity.org](mailto:tpoland@trinitytwincity.org).

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Trinity Hospital Twin City's Rehab Center professionals include (left to right) Erin DePriest, Cheyney McNutt, Johnna Deco, Mary Roberts and Wendy Fillman.

## Physical Therapy Services Improved

To accommodate patient needs and improve physical therapy services, Trinity Hospital Twin City recently hired three physical therapy professionals to join the staff of the hospital's rehab center, located at 6408 McKee Road on the hospital's campus. The physical therapist and two physical therapist assistants work together with an occupational therapist to provide inpatient and outpatient physical and occupational therapy services. The staff helps patients in need of treatment for injuries, back and neck pain, stroke rehab, orthopedic conditions, skilled rehabilitation and more.

For nearly two years, Trinity Hospital Twin City (THTC) had a contract agreement with an outside company to provide physical therapy services for patients; however, the patient demand for additional appointment availability made it necessary for the hospital to hire its own team of professionals. "We are excited to have our own physical therapy team in place," shared Joe Mitchell, THTC President. "We now have greater flexibility to accommodate patient needs and ensure they receive our hospital's standard of high quality care."

The new team is led by Johnna A. Deco, DPT, PT, of Piedmont. Deco earned her Doctorate of

Physical Therapy from Wheeling Jesuit University.

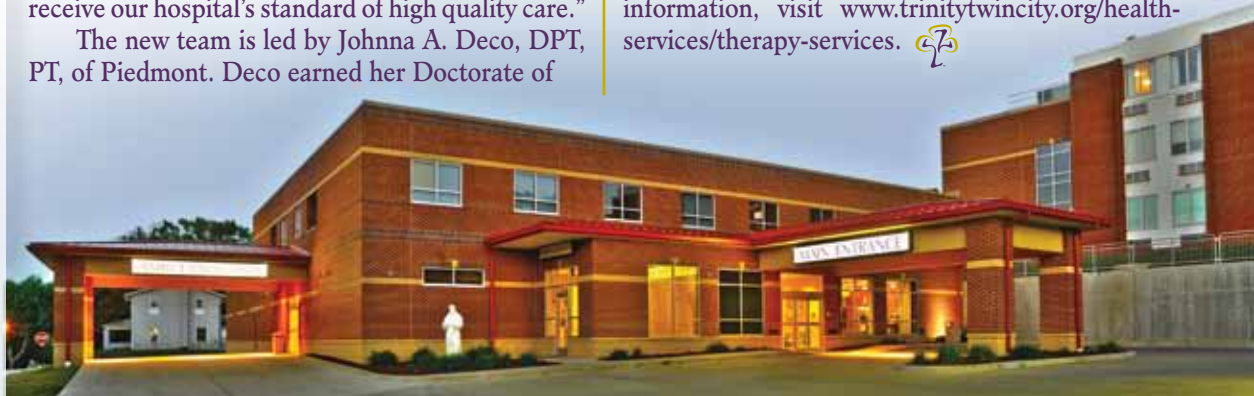
Working with Deco are physical therapist assistants Wendy Fillman of Port Washington and Cheyney McNutt of Carrollton. Fillman is a graduate of Kent State University East Liverpool, and McNutt is a graduate of Kent State University. Mary Roberts, OTR/L, Occupational Therapist; and Erin DePriest, Administrative Assistant, complete the staff of the THTC Rehab Center.

"We provide one-on-one care for our patients to ensure their recovery and return to regular daily activities as soon as possible," explained Deco. "Our focus is providing care that maximizes the patient's level of physical function. We understand each patient is unique, and we individualize each patient's care plan accordingly."

Appointment times are available for those who have a doctor's order. Therapy treatments are covered by most insurances. To schedule a therapy appointment, call 740-922-6675. For more information, visit [www.trinitytwincity.org/health-services/therapy-services](http://www.trinitytwincity.org/health-services/therapy-services).



819 N. First Street  
Dennison, Ohio 44621  
740.922.2800  
[www.trinitytwincity.org](http://www.trinitytwincity.org)







# Continued Growth...



Trinity Hospital Twin City is a 25-bed not-for-profit 501(c)3, Catholic, critical access hospital. More than 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. You can confidently trust in Trinity Hospital Twin City where we continually strive to improve the health and wellness of the people in the communities we serve.

- 24-Hour Emergency Care
- Blood Bank
- Bone Densitometry
- Cardiac/Pulmonary Rehab
- Cardiology & Cardiopulmonary Services
- Community Health Screenings
- Community Outreach and Health Education
- Ear, Nose & Throat
- Family Practice & Internal Medicine
- Fit for Life Classes
- General Surgery
- Gynecology
- Hospice Respite Care
- Laboratory Services
- Life Flight
- Mammography
- MRI
- Nuclear Medicine
- Nutritional Services
- Occupational Medicine
- Occupational Therapy
- Pediatrics
- Physical Therapy
- Podiatry
- Radiology Services including CT Scan
- Sleep Lab
- Sports Medicine/Rehabilitation
- Swing Bed/Skilled Rehabilitative Care
- Ultrasound
- Urology

Trinity Hospital Twin City also owns and operates a group physician practice known as Trinity Medical Group. The medical group has convenient locations throughout Tuscarawas County at Dennison, Dover, Gnadenhutten, Newcomerstown and Uhrichsville.

Dear Friend,

Just as the spring and summer seasons are a time for new beginnings and growth, our hospital has launched several new patient-focused initiatives and is growing to better meet your needs. We have started an improvement project to enhance your patient experience, improve the hospital's environment and clearly explain our ministry as a healthcare organization.

Some of the initiatives we have started are patient satisfaction surveys, patient follow up calls and performance improvement teams. We regularly survey a percentage of our patients to identify areas needing improvement, and we celebrate the things you tell us we are doing well. Patients coming through our emergency room or staying as an inpatient are called after discharge to see if they are feeling better and if they have any lingering questions from their visit or stay. We have several employee groups working on projects to provide better service and/or care for our patients.

Our hospital is growing. We recently hired our own physical therapy professionals so you may choose to stay closer to home when/if you need excellent therapy/rehab services. We welcomed Dr. Stuart Brown, Board Certified Family Practitioner, to our Trinity Medical Group, and he has been warmly received. We are in the process of identifying and hiring other physicians, nurse practitioners and physician assistants who are a good fit for our hospital and community. We plan to hire an additional four to six providers by year's end.

If you have not been to our hospital recently, I encourage you to place your trust in our caring and experienced professionals by choosing Trinity Hospital Twin City for your healthcare needs. You will find that our hospital has grown and improved over the past two years. We focus on providing excellent healthcare experiences for you and those you love.

St. Francis of Assisi once said, "Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." Through the dedication of our employees, physicians and volunteers *and* with your support, we are doing what some would have thought impossible. We are making all things new and are growing Trinity Hospital Twin City into a thriving healthcare organization.

Thank you for allowing us to be your partner in health.

Sincerely,

Joseph J. Mitchell, RN, FACHE  
President





## We Welcomed Dr. Stuart Brown in March!



Dr. Stuart Brown is a Board Certified Family Practitioner. He currently welcomes new patients at the Gnadenhutten and Newcomerstown offices of Trinity Medical Group. He shares offices with Deb Scott, CNP, Family Medicine, at

110 N. Walnut Street, Gnadenhutten. He shares offices with Dr. Mohammad Jan, Cardiologist, and Dr. Matthew Phillips, General Surgeon, at 232 Cross Street, Newcomerstown. To schedule an appointment with Dr. Brown, please call (740) 922-0000. For more information about Dr. Brown, visit [www.trinitytwincity.org/doctors](http://www.trinitytwincity.org/doctors) and click on Dr. Brown's name.



## Save Time with Pre-Registration!

For your convenience, pre-registration is now available for most hospital tests and services.

To pre-register for laboratory, cardiopulmonary and/or radiology/imaging services, please call 740-922-7405 between the hours of 8 am and 4:30 pm, Monday through Friday.



## Upcoming Events

### Now–August 2013

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 September 10th.

### First Friday of Every Month 7:30 - 11:30 am

Free blood pressure screening at Mako's Market & Pharmacy at Uhrichsville. Cholesterol and glucose screenings available for \$10.

### Thursday, June 27<sup>th</sup> 6 to 7 pm

Free mini seminar about *Choosing the Right Vitamins & Supplements* with Dr. Tim McKnight. Register today at [www.trinitytwincity.org](http://www.trinitytwincity.org) or by calling (740) 922-7450, ext. 2124.

### Thursday, August 1<sup>st</sup> 2 to 6 pm

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

### Saturdays October 12<sup>th</sup> and 26<sup>th</sup>

Dennison Rotary Club Fall Blood Profile Screenings. Visit our website this September for more details.

### October 2013

Free *"In the Pink"* Walk by Candlelight and breast cancer awareness event; date to be announced in media.



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

## Visit our New Website!



Our new hospital website launched in March of this year at [www.trinitytwincity.org](http://www.trinitytwincity.org). On our new website, you can do the following:

- Find a Doctor
- Find Information About Our Many Services
- Register for Upcoming Mini Seminars
- See our Full Calendar of Events
- Learn About Volunteering
- Submit Messages to Us
- Fill Out a Job Application
- Learn About Health Issues
- Read About The THTC Foundation
- Find Answers to Frequently Asked Questions
- Find a Form for Financial Assistance
- Learn About Visitor Amenities
- And More!



Also please be sure to download our free mobile app for your phone/mobile device using this QR code. The app makes finding your physician's phone number and address easy.



Find a Doctor



Find Information About Our Many Services



## What Does it Mean to Be a Catholic Hospital?

As a Catholic hospital, Trinity Hospital Twin City physicians and staff unite in the common belief that all life is sacred. Providing Catholic healthcare is part of the living, vibrant, healing ministry and mission of Jesus Christ. Our care is rendered to the “whole” person: physically, emotionally and spiritually.

Trinity Hospital Twin City is part of the Catholic Health Association (CHA) and follows the guidelines listed below when providing care to patients:

- Promote & defend human dignity
- Attend to the whole person
- Care for poor and vulnerable people
- Promote the common good
- Act on behalf of justice
- Steward resources
- Act in communion with the church

Through our commitment to work together as a hospital staff, Trinity Hospital Twin City services are characterized by mutual trust and respect, leadership, education, efficiency, quality and access. We respect the Sisters of St. Francis’ foundational legacy of ministry through our respect and peace, in the careful use of resources, and our care for our natural surroundings.

## Planting the Seeds of Excellence

By Sister Dorothy Jayne Krupp, OSF,  
Director of Mission Integration

St. Paul reminds us in his 2nd Letter to the Corinthians, [9:6], that “Whoever sows sparingly will also reap sparingly, and whoever sows bountifully, will also reap bountifully.”

The long hard winter is past and we are delighted that the beautiful season of spring has finally arrived. All around us we see that the earth is resurrecting. The trees and grass are green, and the flowers are blooming in all their glory. We are in awe of the signs of new life sprouting throughout God’s marvelous gift of creation. As we welcome and enjoy the beauty of spring and summer, we are reminded that the trees, the grass and the flowers all began with a tiny seed.

“Throughout our daily journey of life, no matter where we are, there are many opportunities for us to plant the seeds of excellence.”

The season of spring is a time for planting. Farmers are planting their crops, and many people are planting flowers and /or a vegetable garden. During this season, the employees of Trinity Hospital Twin City are on a mission of planting. All the employees are making an earnest effort to plant the seeds of excellence throughout the organization. What are the seeds of excellence? You know them as common ordinary acts of courtesy, kindness, thoughtfulness, goodness, gentleness, compassion, hospitality and honesty. They are words of gratitude, encouragement, support or comfort. These simple actions are a visible and tangible way that we who work at Trinity Hospital Twin City live the mission because we are “guided by our passion for caring



Upon patient request, Sister Dorothy regularly ministers to our patients to provide prayer and encouragement.

and strive to improve the health and wellness of the community we serve.”

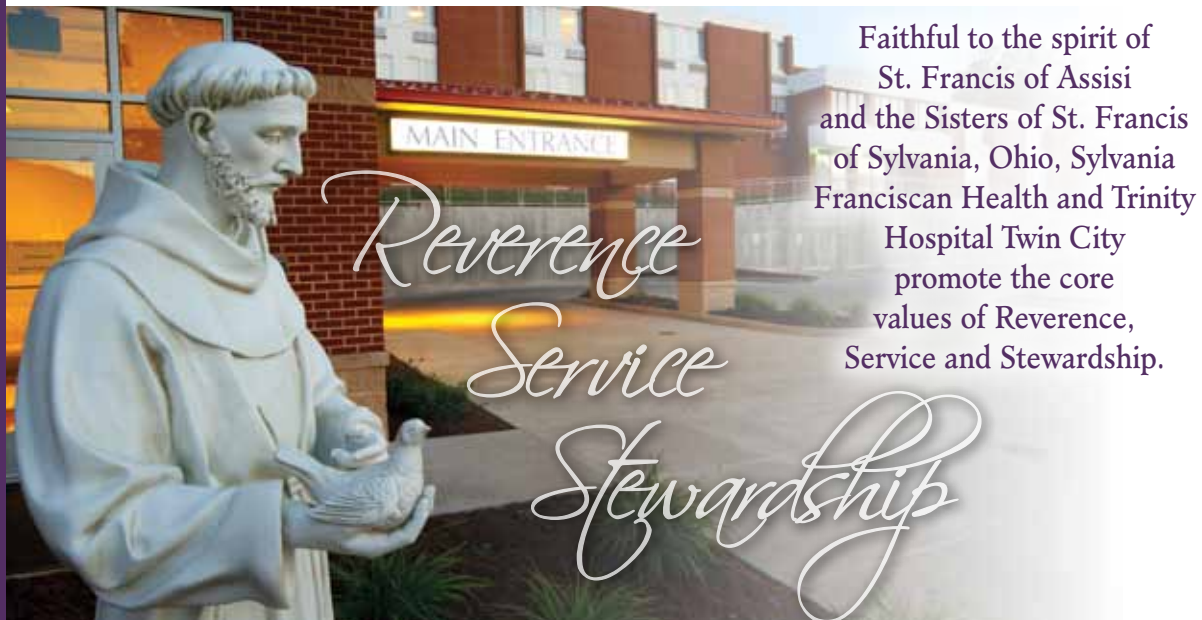
Throughout our daily journey of life, no matter where we are, there are many opportunities for us to plant the seeds of excellence. As we strive earnestly to plant the seeds of excellence, we are living examples of the core values of reverence, service and stewardship.

As we plant the seeds of reverence, we recognize that each person is made in the image and likeness of God. A few ways that we strive to demonstrate our reverence are: by acknowledging and greeting the people we meet, by showing respect for each other’s work, and by offering to help someone in need.

In planting the seeds of service, we strive to give excellent customer service with sensitivity, compassion and commitment. How do we achieve this? By being attentive to the patients and customers, answering their questions and/or by offering guidance for their concerns.

As we plant the seeds of stewardship, we are called to use properly and take care of all equipment and materials. We are challenged to respect the gift of God’s creation.

St. Paul reminds us in his letter to the Galatians [6:7] that “a person will reap only what he/she sows.” During this beautiful time of year, we, at Trinity Hospital Twin City, are committed to planting the seeds of excellence so that “what we sow bountifully, we may also reap bountifully.”



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.





# 100 Years of Providing Healthcare for our Community



100<sup>th</sup> Anniversary Memory Booklets are available at no charge in the hospital lobby while supplies last.



Our Hospital Food is Simply *Delicious!*



## Join Our United Volunteer Auxiliary!

Would you like to volunteer at Trinity Hospital Twin City? Volunteers are currently needed to help staff the lobby information desk, the coffee bar/gift shop and assist with various other tasks as needed within the hospital. To learn more about how you can help in as little as 4 hours a month or less, call 740-922-7450, ext. 2202. Also, stop by our hospital's coffee bar and gift shop for great gift ideas. The shop is open Monday-Friday, 8 am-4 pm and Saturday 8 am to noon. All shop proceeds benefit the hospital.

At Trinity Hospital Twin City, our food is known for its delicious taste. On Super Bowl Sunday last February, a Swing Bed patient ordered extra meals for her husband and son for a nominal fee, and the dietary department staff set the family up for a little Super Bowl party in her room. After returning home, the patient wrote to thank the hospital for her care and included the following in her letter:

"To the dietary department, well, we are still talking about the food. It is pretty bad when you want to go there for Sunday dinner."

The hospital's cafeteria is open to the public Monday through Friday from 7 to 9:30 am, 11 am to 1:30 pm and from 5 to 6 pm. Carry-out is also available. For scrumptious, wholesome food at reasonable prices, stop by our first floor cafeteria. Our friendly staff will be happy to serve you.





## Important Hospital Information

- Here at Trinity Hospital Twin City, we value your suggestions. To make a suggestion or to discuss your patient experience, call us at (740) 922-7450, option 6.
- We aim to keep our services as affordable as possible and have a number of plans in place to help you pay your hospital bill. Please call our Patient Financial Counselor, Monday-Friday between 8 am and 4:30 pm, at 740-922-7450, ext. 2161 to learn more about our financial assistance services.
- We have a patient appointment phone line set up for your convenience. To schedule all outpatient services for 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.

*“Far and away the best prize that life offers is the chance to work hard at work worth doing.”*

*- Thomas Jefferson*



## At Trinity Hospital Twin City, We Don't Sleep Until You Do!

*Helping you get a good night's rest: Sleep Lab Technician, Jack Haga, Jr., helps a sleep study patient settle in for the night.*

John Russo II of New Philadelphia has his own business which involves driving more than 100 miles daily. Unfortunately, for the past few years, Russo caught himself falling asleep at the wheel and was not able to sleep well at night. The problem was getting worse, and he didn't know what to do. He went to a cardiologist, but the doctor said Russo's heart was fine. So, Russo made an appointment to see Jessica Stolz, a nurse practitioner and sleep medicine specialist at Trinity Medical Group.

**“I would really recommend having a sleep study test if you have these struggles (with sleeping),” shared Russo.**

Stolz had Russo obtain a sleep study test at Trinity Hospital Twin City. “I would really recommend having a sleep study test if you have these struggles (with sleeping),” shared Russo. “Jack (hospital sleep lab technician) was amazing. He makes you feel really comfortable. I had my fan, ESPN and everything.”

The results of Russo's sleep study showed that he had stopped breathing 137 times in 69 minutes. Stolz helped Russo get fitted for a c-pap (continuous positive airway pressure) mask, and now Russo is sleeping well. Although he is somewhat claustrophobic, he said getting used to the mask was pretty easy.

“I used to fear every morning getting up for work,” noted Russo. “I was just struggling through life. Now, I don't even get drowsy. It's done wonders for me, and I want to thank everyone who helped me.”

### Sleep Disorders...Are You at Risk?

Do you suspect that you or someone you love suffers from a sleep disorder? If so, choose Trinity Hospital Twin City's Sleep Lab Services. Our state-of-the-art sleep lab suites feature roomy queen-sized Sleep Number beds for patient comfort, on-suite full bathrooms for privacy and flat screen TVs. We even provide breakfast in bed.

### Do I need a sleep study?

Sufficient sleep is vital for good overall health. Insufficient sleep is a problem that affects more than 28% of adults. Those who don't get enough sleep are more likely to have chronic diseases such as heart disease, diabetes, depression or obesity. Sleep insufficiency and poor sleep quality also can result from sleep disorders such as chronic insomnia, restless leg syndrome, sleep apnea or narcolepsy.

Common symptoms of a sleep disorder can include excessive daytime sleepiness, loud snoring, awakenings for uncertain reasons, gasping or choking at night, restless sleep, irritability, poor memory, and/or morning headaches. Visit our website at [www.trinitytwincity.org](http://www.trinitytwincity.org) and click on the button on the left side for “health risk screening” to take a free online risk test to determine your risk for a sleep disorder.

### I'm at risk for a sleep disorder; what should I do now?

Talk to your doctor or other health care professional if you are having any symptoms listed above, and let your physician know you would like to have your sleep study at Trinity Hospital Twin City. Sleep studies, like all other medical tests, have to be ordered by a physician. To set up an appointment, please call (740)922-7450, ext. 2195. The Trinity Hospital Twin City Sleep Lab operates Sunday through Friday and can do nighttime or daytime studies to accommodate patient needs.

# Colon Screenings Save Lives



Thanks to donations from the Trinity Hospital Twin City Foundation, United Volunteer Auxiliary and private donors, the hospital now has the most advanced colon cancer screening equipment available in the Tuscarawas Valley region. The new complete Gastro-Intestinal Endoscopy System (pictured at right with Board Certified General Surgeon, Dr. Matt Phillips) is critical in the early detection and treatment of colon/colorectal cancer. The equipment will be used in surgical procedures (including colonoscopies, appendectomies, hysterectomies, laparoscopic gall bladder removals and endoscopies) at the hospital's state-of-the-art surgical suites.

To help save lives, Trinity Hospital Twin City has worked to increase awareness regarding the importance of colon screenings, especially since the early stages of colon cancer often produce no symptoms. Screening for colorectal cancer should begin soon after turning 50 and continue regularly until at least the age of 75. According to the Centers for Disease Control, if everyone who is 50 years old or older were screened regularly for colorectal cancer (cancer of the colon or rectum), as many as 60% of deaths from this cancer could be avoided. Early detection through screening allows for earlier treatment of the cancer and can often prevent death.

"In our region, lung cancer is diagnosed most often, but our hospital physicians see more colon cancer than lung cancer. The awareness isn't the same for colon cancer as it is for breast and prostate cancers," explained Tiffany Poland, Trinity Hospital Twin City Director of Community Outreach. "Early colon cancer screening saves lives. People need to think about screening for colon cancer as much as they think about screening for breast and prostate cancers. I know so many people age 50 and older who haven't had their first colonoscopy yet. When I ask why they haven't scheduled a colonoscopy, they tell me they are worried about the preparation on



the day before the test, or they just don't realize that this is a screening they need to prioritize."

Great strides have been made in making the prep for colonoscopy easier to manage. The prep provides a good cleansing of the gastro-intestinal system and doesn't require patients to drink quite as much liquid. Most people need only miss 1.5 to 2 days of work for the prep and colonoscopy screening. Thankfully, most insurances cover most or all of the cost of colonoscopy since it is considered the gold standard in cancer screening.

Talk to your physician to see if you need to have a colonoscopy screening and then choose the friendly, experienced team of surgical professionals at Trinity Hospital Twin City. Appointments with our surgeon, Dr. Phillips, can be made by calling (740) 922-7480. He has convenient office locations within the hospital at Dennison, at 232 Cross Street in Newcomerstown and at 340 Oxford Street, Suite 220 at Dover.



## 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.
- Our Swing Bed Program is helping many get back to the normal activities of daily living faster after an accident, prolonged illness or orthopedic surgery. For more information, call (740) 922-7450, ext. 2239.
- Thanks to grants, private donations and the support of the hospital's United Volunteer Auxiliary and the THTC Foundation, about \$1 million in new medical equipment was purchased in 2012 to help us better serve you. New equipment purchases included mammography and bone density imaging machines, a video microscope and computer equipment.



*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

*-Phillipians 4:6*



Screening for colorectal cancer should begin soon after turning 50 and continue regularly until at least the age of 75.



Choose our friendly professionals for all your physical and occupational therapy needs!



Are you recovering from orthopedic surgery, experiencing low back pain or pain resulting from an injury? If so, choose Trinity Hospital Twin City's Rehab Center. Our experienced team of physical and occupational therapists provides personalized care to help you return to normal activities as soon as possible. Talk to your doctor about choosing the Trinity Hospital Twin City Rehab Center at Dennison.

**Call us at 740-922-6675  
for more information.**

**Trinity Hospital Twin City Rehab Center**  
6408 McKee Rd | Dennison, OH 44621 | [www.trinitytwincity.org](http://www.trinitytwincity.org)

## BETTER AND CLOSER EMERGENCY CARE



During an emergency, it's critical to get to the best and closest emergency facility. Our skilled nurses and physicians provide care in the newest Emergency Services Department in the Southern Tuscarawas region. Our spacious, state-of-the-art facility was opened in 2009 and offers the optimum comfort and privacy for patients. We are ready 24 hours a day to meet all your emergency healthcare needs.

**Trinity Hospital Twin City Emergency Services**  
819 N. First St. | Dennison, OH 44621 | [www.trinitytwincity.org](http://www.trinitytwincity.org)



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



819 N. First Street  
Dennison, Ohio 44621

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

**TRINITY  
HOSPITAL  
TWIN CITY**



Non-Profit Org  
US POSTAGE  
PAID  
Matter's Choice