

The Good News

Volume Four • Issue Two
December 2015

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 the summer of 2016. We welcome your comments at tpoland@trinitytwincity.org.

Inside this Issue

- Letter from the President 2
- Working to Prevent Diabetes 3
- TMG News 3
- Upcoming Events..... 3
- A Christmas Blessing..... 4
- How Foods Affect Your Medications..... 5
- Serving Our Community..... 6
- Thank You..... 7



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



New Program is Ready to Help

We are excited to announce the opening of our newest service, Vibrant Living—A Program for Seniors. This new program provides hope for older adults who struggle with depression, decreased sleep, worry, loss of interest, and fatigue.

Approximately 10% of Americans 65 and older suffer with depression. For those who live in a nursing facility, the percentage rises to almost 60%. Up to 90 percent who suffer from depression do not receive appropriate care or any care at all. Sadly, depression and anxiety often go unrecognized or are mistaken for other medical conditions. These illnesses increase the likelihood for disability, dependency, and risk of death from all causes. At Vibrant Living, our caring staff

provides psychiatric and clinical assessments for the proper diagnosis of mental health concerns. We also provide treatment to help alleviate symptoms.

Our goal at Vibrant Living is to give life back to our seniors! In retirement years, older persons experience many unexpected life events; including health problems; death of a spouse, family member or friend; inadequate financial resources; loss of independence; and new living arrangements. These stressors can lead to fears, worries, helplessness, hopelessness, grief, and isolation. Vibrant Living offers seniors a place to discuss their concerns, feelings, and thoughts. Our program provides new hope through learning positive coping techniques, stress management, anxiety reducers, mood elevators, life skills, rational thinking, and more. Our clients begin to connect and share with others, get validation about their challenges, enjoy a meal with one another, realize that they are not the only one experiencing issues, and improve their overall daily functioning.

Our staff includes a board certified psychiatrist, specializing in geriatric mental health; a licensed professional clinical counselor with over 25 years of experience; a certified nurse practitioner; two registered nurses, one serving as our program director; and a technician who also provides transportation for seniors. We provide outpatient group and individual counseling at the hospital, Monday through Friday, from 9:30 am to 1 pm. Transportation within a 30 mile radius is provided to and from the program, and lunch is provided daily.

Vibrant Living is covered by traditional Medicare. For more information, call us at (740) 922-7415.

*Our friendly staff welcomes seniors.
Pictured from left to right are Rose Manzella,
Lisa Dorland, Suzanne Stull, and Jill Yuen.*





Trinity Hospital Twin City is a not-for-profit 501(c)3, Catholic, hospital that offers you a trusted resource for healthcare.

MEDICAL CAMPUS SERVICES:

Cardiology & Cardiopulmonary

- Heart & lung imaging & testing
- Cardiac & pulmonary rehab
- Heart disease prevention & management
- Stress tests

Emergency Care 24/7

Diabetes Wellness

Health Education & Outreach

Imaging & X-Ray

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

Infusion Clinic

- Coumadin clinic & IV therapy

Lab & Blood Draw

Physician Specialties

- Cardiology (Heart)
- Ear, nose & throat
- Family & internal medicine
- General surgery
- Gynecology (Women's health)
- Pediatrics
- Podiatry
- Pulmonology (Lung)
- Urology

Sleep Medicine

- Diagnosis & treatment
- Sleep lab

Surgical Services

- General surgery
- Colonoscopy screening
- ENT surgery
- Foot & ankle surgery

Therapy/Rehabilitation

- Physical Therapy
- Swing Bed Program
- Transition Program

Vibrant Living

WorkCare

- Occupational Health

Wound Management

And More!

LETTER FROM THE PRESIDENT

Thank You for Your Support

December 2015

Dear Friend,

As the year draws to a close, I am reminded that just as the seasons change, so does everything in life. George Bernard Shaw said it best, "Progress is impossible without change, and those who cannot change their minds cannot change anything." Here at Trinity Hospital Twin City, we have embraced this ever changing healthcare environment. While difficult to operate in, as evidenced by our double digit outpatient growth and dwindling reimbursement (we are doing more, but getting paid less), we have found a way to thrive.

We are grateful for our mission and values that provide us with a strong compass to navigate changes. Add our strong partnerships with our sister hospital, Trinity Health System (THS) of Steubenville, and Catholic Health Initiatives (CHI), the second largest Catholic healthcare system in the nation, and Trinity Hospital Twin City is poised for success. Our hospital's affiliation with CHI has allowed us to realize cost savings with access to more resources than we had as a stand-alone hospital. Trinity Health System continues to lead the way with cutting edge technology and services. We congratulate them on their recent success of being the first in the region to provide a non-invasive, painless liver scanning test. THS also recently added an internationally acclaimed robotic/bariatric surgeon, Dr. Joseph J. Colella.

In 2015, we were recognized as a Studer Group Healthcare Organization of the Month for January; in February we received Joint Commission Accreditation; and later THTC was recognized as a Top 20 Critical Access Hospital in Quality by the National Rural Health Association. Additionally, we added three advanced practice professionals to Trinity Medical Group and finished all of our major construction projects to renovate physician group practice areas, the cafeteria (now named the "Stillwater Creek Café"), and two elevator upgrades within the original part of our facility.

One of our most proud accomplishments began at the start of our fiscal year in July, when we began to consistently meet our financial targets and operate in the black. This hasn't been without difficulty. We have challenged all of our employees to do more with less for the betterment of the organization. We challenge all departments to identify and work toward best practice within each of their areas, which results in better clinical outcomes, staff and patient experiences.

While we have embraced these changes, we are ultimately grateful that one thing hasn't changed, your dedication and loyalty to your community hospital. Our success is only possible with your support. In 2016, you can count on us to continue to evaluate our services to best meet your needs. We will continue to grow the number of providers and evaluate new locations within our Trinity Medical Group physician practice. We are looking forward to an exciting new year!

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 physicians 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.

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

Warm Regards,

Joseph J. Mitchell, RN, FACHE
President



***Our success is only possible
with your support.***





Upcoming Events

Trinity Medical Group News



Holly Gibbs,
MSN, CNP



Dr. Eric Snyder,
DNP, ACNP-BC

Our group medical practice, Trinity Medical Group, recently welcomed two new providers.

Holly Gibbs, MSN, CNP, is a nurse practitioner who specializes in family medicine. She welcomes new patients to the Dennison Trinity Medical Group (TMG) office located on the second floor of Trinity Hospital Twin City. Call (740) 922-0000 to make an appointment.

Dr. Eric Charles Snyder, DNP, ACNP-BC, is a doctor of nursing practice who specializes in acute care. Dr. Snyder is working as a hospitalist to provide care to inpatients at Trinity Hospital Twin City.

Trinity Medical Group offers convenient locations in Coshocton, Dennison, Dover, Gnadenhutten, Newcomerstown, and Uhrichsville to better serve you. New patients are welcome, and most insurances, including AultCare, are accepted. To schedule an appointment with a TMG provider, please call (740) 922-0000. For more information, visit www.trinitytwincity.org/ doctors and click on the name of a provider.

Working to Prevent Diabetes

In 2015, Trinity Hospital Twin City (THTC) received a \$555,556 grant from the Health Resources and Services Administration of the U.S. Department of Health and Human Services to reduce the number of Tuscarawas County area adults who are at risk for diabetes.

THTC has partnered with Chrysalis Counseling Center, the New Philadelphia City Health District, Tuscarawas County General Health District, and the Tuscarawas County YMCA. Together, the organizations hope to tackle one of the biggest threats to area residents' health—diabetes. Nearly 7,000 Tuscarawas County adults have been diagnosed with diabetes, and another 3,500 have been diagnosed with pre-diabetes.

This past fall, under the direction of Dr. Tim McKnight, the hospital began offering special Fit for Life classes for adults who are at high risk for developing diabetes. To be considered at-risk for diabetes, non-diabetic adults must fall under at least one of the following categories: men and women who have a mother, father, sister or brother with diabetes; women who had gestational diabetes; women who had a baby over nine pounds; or men and women who fall in the at-risk range on the American Diabetes Association Risk Test, which is available online at www.trinitytwincity.org under the health risk screening button. The diabetes prevention program is also open to adults who have been diagnosed with Type II diabetes within the past twelve months.

The program provides special awards and incentives for participants who regularly attend and work toward goals to reduce their risk of diabetes. Registration is currently open for the class session that starts on January 20th. Please call (740) 922-7450, ext. 2124 for more information.

This project is supported by the Health Resources and Services Administration of the U.S. Department of Health and Human Services under grant number D04RH28379 of the Rural Health Care Services Outreach Grant Program for \$555,556 with approximately 30% of the costs paid by nongovernmental sources.



Now–Mid January
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 January 18th.

Monday, January 4th
9 AM – 1 PM

Free Hemoglobin A1C tests available at Medi-Wise Pharmacy, Newcomerstown.

Second Friday of Every Month

7:30 AM 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.

Third Monday of Every Month, 6:30 PM

Free Diabetes Support Group meeting at the hospital's second floor St. Raphael Conference Room.

Mondays, February 1, 8, & 15 from 1 PM to 3 PM
Dining With Diabetes Program at Park Christian Church, Dennison.

Thursday, February 18th
Love Your Heart
Free Community Seminar

Saturdays, April 16th and 30th from 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.



A Christmas Blessing

by Joyce Rupp

Our Mission Statement

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



*“For unto us
a Child is born,
Unto us a Son
is given;
And the government
will be upon
His shoulder.
And His name
will be called
Wonderful, Counselor,
Mighty God,
Everlasting Father,
Prince of Peace.*

— Isaiah 9:6 (NRSV)

May the hope of this sacred season settle in your soul.
May it be a foundation of courage for you
when times of distress occupy your inner land.

May each person who comes into your life be greeted as another Christ.
May the honor given the Babe of Bethlehem
be that which you extend to every guest who enters your presence.

May you give and receive love generously.
May this love echo in your heart like the joy of church bells on a clear December day.

May the bonds of love for one another be strengthened as you gather with your family
and friends around the table of festivity and nourishment.

May you daily open the gift of your life and be grateful for the hidden treasures it contains.

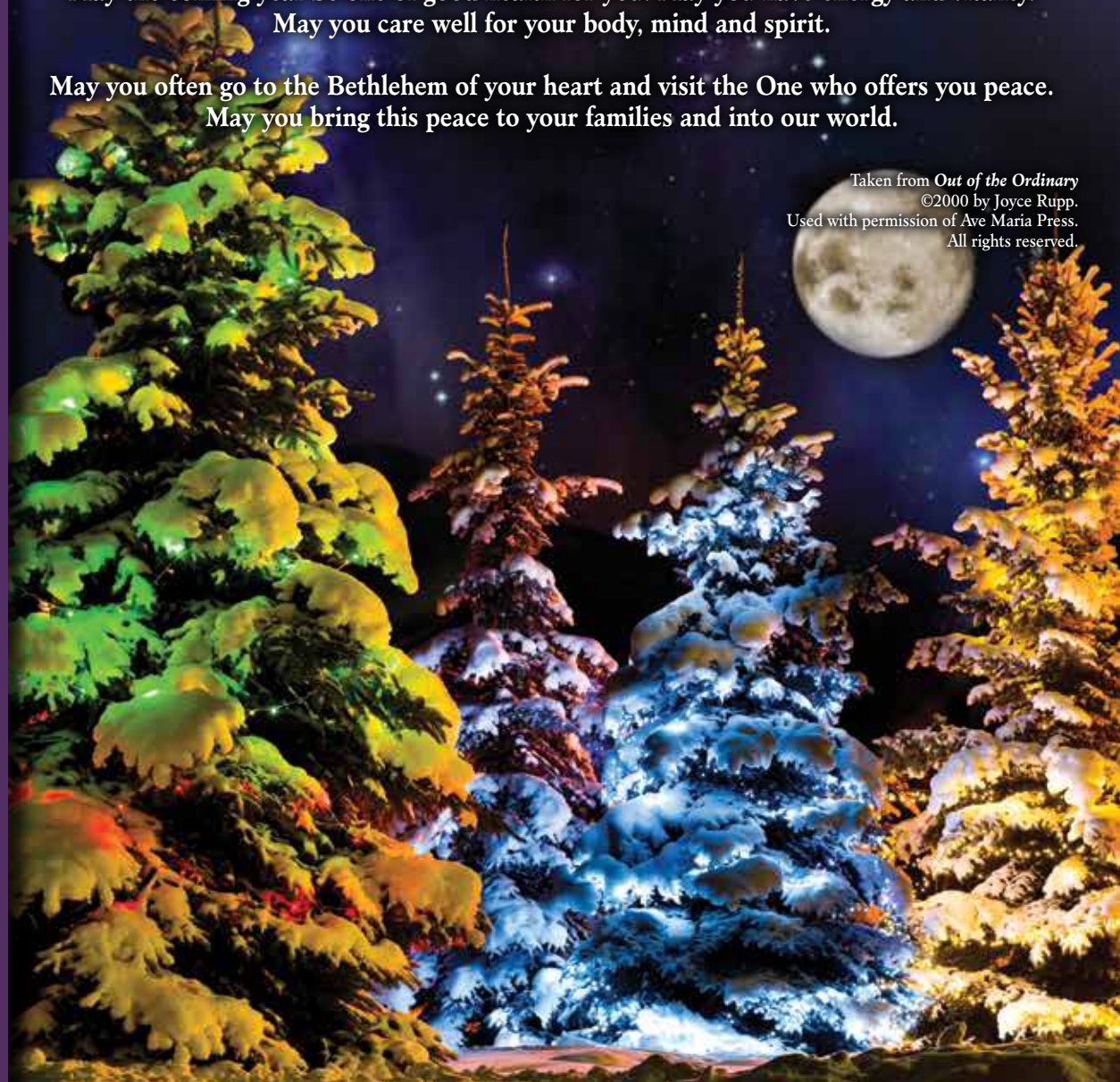
May you keep your eye on the Star within you
and trust this Luminescent Presence to guide and direct you each day.

May there be harmony in all your relationships.
May sharp words, envious thoughts, and hostile feelings be dissolved.

May the coming year be one of good health for you. May you have energy and vitality.
May you care well for your body, mind and spirit.

May you often go to the Bethlehem of your heart and visit the One who offers you peace.
May you bring this peace to your families and into our world.

Taken from *Out of the Ordinary*
©2000 by Joyce Rupp.
Used with permission of Ave Maria Press.
All rights reserved.



How Foods Affect Your Medications

By Eric Durbin, RPh, Director of Pharmacy Services



When you are ordered a new medication, one of the questions you should ask your pharmacist or ordering practitioner is how foods (and drinks) can affect your medication. Depending on the medication, items in your diet can enhance or negate the effects of the medication you are taking.

One of the biggest offenders is calcium. Found in dairy products & over the counter vitamins, calcium is essential for strong teeth and bones. But if you take it too close to certain medications, it can chemically bind to the medication and not allow the medication to be absorbed. Other vitamins (like iron, magnesium, and aluminum) can do the same thing.

Many medications are metabolized by the liver. There are different metabolic pathways in the liver that do this. Grapefruit juice can block these pathways and keep your body from breaking down the medication. This can lead to elevated levels of the medication in the blood stream. Too much medication can cause

Food can also help minimize side effects of certain medications. Many anti-inflammatory medications cause stomach irritation that can be reduced by taking them with food. The same is true about certain antibiotics. Discuss this with your physician or pharmacist to see if taking your medication with food is appropriate.

One of the most common questions that I have been asked over the years is the following: "Can I drink alcohol while taking this medication?" For most medications, there aren't any issues that you need to worry about if you have a drink or two while taking the medication. However, there are some medications that have significant issues with alcohol.

The effects of medications used to treat diabetes can be influenced by alcohol. Blood glucose levels can go either up or down when alcohol is consumed. This is dependent on many things: the medication, the type of drink you are having, the quantity of alcohol that you are consuming, and whether or not you drink regularly or only on certain occasions.

Since I operate the anticoagulation (Coumadin) clinic at the hospital, I have seen many patients have their clotting times get all out of whack when they change their alcohol consumption. The period of time between Thanksgiving and New Year's Day throws many people off. Knowing how changes in your alcohol consumption effects your anticoagulation therapy can prevent some bad side effects.

And then there are antibiotics and alcohol. Some antibiotics have major, immediate interactions with alcohol. Make sure you discuss with your pharmacist if you can have a drink or two while on your antibiotic. As a general rule, I advise my patients to not drink while taking antibiotics. If your liver is not busy removing alcohol from your system, it can help your immune system remove any pathogens.

In summary, food and drink can influence how medications act in your body. Talk to your pharmacist, physician, or advanced practice professional to find out how food and drink affects your medications.

Depending on the medication, items in your diet can enhance or negate the effect of the medication you are taking.

some very bad issues. Grapefruit juice (but not grapefruit itself) can interfere with certain cholesterol medications (the statins), some cardiovascular medication (certain calcium channel blockers), and antidepressants. If you like grapefruit juice, be sure to ask your pharmacist or the ordering practitioner if the new medication interacts with grapefruit juice.

Foods and supplements that have a lot of fiber can keep your body from absorbing certain medications, so the timing of when you take your medications needs to be considered.

Food in general, not specific food items, can influence how some medications get absorbed. Thyroid medications are best absorbed on an empty stomach. Certain antacids work better if they are taken on an empty stomach. Other medications are best taken with foods that have a high fat content to allow the medication to be absorbed. Your pharmacist can help you determine how to time your medications and meals.

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.





Serving Our Community



Trinity Hospital Twin City hosted the 5th Annual In the Pink Breast Cancer Awareness, Education, & Survivor Recognition event on Thursday, October 15th. Dr. Denise Gilman of Trinity Health System of Steubenville, was one of the featured speakers who spoke to the crowd of about 100 people. At the event, 21 local breast cancer survivors were recognized. Thanks to all who supported this moving program.



A Season of Giving

Thanks to financial contributions from many of you, the Trinity Hospital Twin City Foundation (a non-profit 501 (c) 3 organization) was able to raise \$108,414 toward the purchase of the latest in 3-D breast screening technology and equipment, which the hospital plans to install soon.

This year, I'm asking for your help to purchase another life-saving piece of equipment—a Spacelabs Cardiac Monitoring System. This system will save lives by alerting hospital staff of any heart problems patients experience in the Emergency, Surgery, and Medical/Surgical (Inpatient) Departments.

Heart disease is the leading cause of death of Tuscarawas County residents, and your donation can help us in the fight against the disease. The Cardiac Monitoring System will provide continuous monitoring of a patient's heart and vital signs to ensure that all available medical personnel can respond in a timely manner if and when a patient experiences a cardiac event (abnormal heart rate, heart attack, etc.).

The Cardiac Monitoring System can be purchased for \$208,752.18. I am asking that you consider making a tax-deductible donation to the Trinity Hospital Twin City

Foundation toward this piece of equipment. I know you will do what you can to help with this need. Thank you for your consideration of this request. May you and your family enjoy a safe holiday season.

Sincerely,
Blair Hillyer

President, Trinity Hospital Twin City Foundation

PLEASE PRINT

Name: _____

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

Phone: _____ Email: _____

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

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

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

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



Please mail this completed form with your donation to:

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

Thank You!

THANK YOU

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

Overall Contributions:

Angela Borth, In Memory of
Mary Lou McCluskey
Blair Hillyer
Bob Smith
Darlene & Curt Braden, In Memory
of Mary Lou McCluskey
Dr. Mohammad Jan
Gary & Becky Pittis, In Memory
of Mary Lou McCluskey
Harold C. & Marjorie Q. Rosenberry
Foundation
James Mariano, In Memory
of Mary Lou McCluskey
Mary Barnabi, In Memory
of Mary Lou McCluskey
Mike & Jeanne Abel, In Memory
of Mary Lou McCluskey
Ohio Mid-Eastern Government
Association
Pleasant Grove United
Methodist Church
Sylvania Franciscan Health

Contributions to the 3-D Mammography Campaign:

Alison Kerns
Anna M. Abel
Anonymous Donors
Barbara Besozzi
Betty & Woodrow Hathaway
Blair & Jodi Hillyer
Bowerston Shale
Carpenters Local Union #285
Charles & Helen Candea,
In Memory of Peggy Huff-Davis
Clay City Pipe Co.,
In Memory of Hudson Hillyer
Connie Bolitho
David & Hilda Hayhurst
Donald & Helen Wright
Donald L. Rideout, In Memory of
Patricia (Farner) Rideout
Donald Ridgway
Doris & Floyd Kimble Foundation
Doug Ross
Dover-Phila Federal Credit Union
Dr. & Mrs. Daniel W. Peck
Dr. Maurice & Mina Williamson,
In Memory of Dr. Thomas Ogden
Dr. Mohammad Jan
Dr. Vaijanath Bhairappa
Duane & Deborah Lukens
Dwain & Connie Colvin,
In Memory of Harold Willard
Emillie Blackwood
First National Bank of Dennison
First United Methodist Church
Glass Lumber
Greg DiDonato,
In Memory of Lois DiDonato

Helen Lindsey,
In Memory of Alberta Bonifay
Jackie & Bill Sterling,
In Memory of Alberta Bonifay
James & Barb Duram,
In Memory of Peggy Huff-Davis
James & Jeanne Carrothers
Janet & Mike McConnell,
In Memory of Harold Willard
Jerry Reed, In Memory of Jeff Reed
Joanne Obermiller,
In Memory of Edward Schumacher
Joe & Barb Bollon
Joseph Schwartz
Josephine Hrabley
Joyce Milliken,
In Memory of William Milliken
Julianne Gotschall Rausch
June Mathias
Karen Miller,
In Memory of Peggy Huff-Davis
Kate C. Thompson
Kathryn Cryder
Kathy Pietro & Bob Martinelli,
In Memory of Marjorie Schumacher
Kay A. Scott
Keith & Amy Willoughby,
In Memory of James Cimarolli & R.
Eugene Willoughby
Leland & Linda Simpson
Linda Ohler
Lorraine Durmann
Mark & Irene Heil
Marsha Addison
Mary & Bob Grimm
Michael A. Ruffini
Midvale United Methodist Women
Mr. & Mrs. Stephen Gagliardi,
In Memory of Harold Willard
Mr. & Mrs. Thomas Edwards
Mystic Tie Lodge No. 194
Nancy Rufener

Norma J. Phillips,
In Memory of Shirley White
Orville L. Hartline,
In Memory of Anna Mae Hartline
R. K. Lindsey Funeral Home
Ralph Baumberger
Ralph Demuth
Rev. Mark & Cindy Unrue
Rich & Beth DiDonato,
In Memory of Lois DiDonato
Richard F. Treacle
Richard Lentz
Rod & Diane Rafael
S.S.T. Inc.,
In Memory of Alberta Bonifay
Sandra K. Welsch
Sandy Armitt
Shirley VanFossen,
In Memory of Harold Willard
Stocker Concrete
Truck Sales & Service
US America Mfg. Inc.
Wendy's
William & Darlene Wilkin,
In Memory of Peggy Huff-Davis
William & Lenora Dudgeon,
In Memory of Fred Roberts, Jr.
Williams Furniture
Wm. E. Donehue Post #7943 VFW



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.



Merry Christmas *and* Happy New Year *from all of us at* Trinity Hospital Twin City



Check out our website at
www.trinitytwincity.org



TRINITY
HOSPITAL
TWIN CITY

819 N. First Street
Dennison, Ohio 44621



Non-Profit Org
US POSTAGE
PAID
Mailer's Choice