

VITALS

TMM NEWS LETTER

VITALS | ISSUE 3 | FEBRUARY 2025



TIRUVALLA
MEDICAL
MISSION



Dr. Sam Abraham
Medical Superintendent



A GIANT OAK.

When God wants to make a mushroom, He does it overnight, but when He wants to make a giant Oak, he take a hundred years, said Rick Warren in his book "The purpose driven life". Tiruvalla Medical Mission has turned 90 years and is in the process of becoming a 'giant Oak'. It wouldn't have been easy for the Founder Dewan Bahadur Dr. V. Varghese and all the pioneering missionaries till the present generation as they would have endured many hardships to build the institution to its present status. All glory to God as it is the work of

the Kingdom of God in Tiruvalla. As the apostle Paul said in 1st Corinthians 3;5,6: I planted, Apollos watered, but God gave the increase. So, neither he who plants is anything nor he who waters, but God who gives the increase.

Jesus said the Kingdom of God is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches. Through the nine

decades, God has brought many people with different gifts to build His kingdom here and many servants of God have sown their seeds here. TMM has grown and has become a deep-rooted tree but the question we need to ask ourselves is whether I'm bearing fruit worthy of the Kingdom of God because at the end of the day Jesus is coming to see if we have borne fruit worthy of His Kingdom. May God help us all in that pursuit.



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Keep Moving Forward: Trust in God's Plan"

Mr. George Mathew, Administrator.

"Life isn't always easy, and there will be times when it feels like the weight of the world is on your shoulders. But take a moment to breathe and remember: you are capable of more than you realize. Every challenge you face is not a roadblock but a stepping stone, teaching you lessons that will shape your future. It's okay to stumble, as long as you rise again. Success is not defined by the absence of failure but by the courage to keep going despite it.

Just as in 2 Corinthians 12:9, when Paul speaks of God's grace being sufficient, you are reminded that even in weakness, God's strength shines through. He doesn't promise a life without struggles, but He promises to be with you through them all. "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"

Surround yourself with people who lift you up, and never be afraid to ask for help when you need it. Keep going with faith, knowing that God has a plan for you. Every day is a new chance to move closer to the life He has set for you. Keep trusting, keep pushing forward, and know that you are never alone."

I LOVE TMM ACTIVITIES

A Year of Fellowship, Faith, and Growth

The I LOVE TMM campaign has been instrumental in fostering camaraderie, faith, and personal development among the staff and their families at TMM Hospital. The past year was marked by a series of enriching activities that brought joy, spiritual upliftment, and institutional growth. Here is a glimpse into some of the key events held under the campaign.

OUR VISION

To Be a leading patient friendly hospital by offering Quality Patient Care and Education based on Love and Compassion.

OUR MISSION

Tiruvalla Medical Mission (TMM) Exsts to share compassion of Jesus Chirst with the sick, by offering affordable medical service and spiritual consel, leading to their healing and wholeness.

OLIVE CHILLAKAL POOKKUMBOL

The annual family get-together, Olive Chillakal Pookkumbol, was celebrated on December 28, 2024, at the hospital premises. The event was a vibrant gathering filled with joy, enthusiasm, and anticipation for the New Year. Staff members and their families came together to celebrate the spirit of unity and togetherness, making it an evening to remember.



COMPETITIONS

As part of Olive Chillakal Pookkumbol, various competitions were organized for staff members and children under 15 years of age. These competitions served as a platform to showcase diverse talents, including Solo Song, Group Song, Bible Quiz, Quick Verse, Memory Verse, and Mime. The participants exhibited their skills with enthusiasm, making the event a delightful display of creativity and devotion.



CHRISTMAS FESTA

The Christmas season was marked by special Gospel meetings held at different premises of the hospital. These meetings provided an opportunity for staff and patients to come together in worship, reflecting on the message of love and hope that Christmas brings.



KIDZMAS

A special Gospel meeting, Kidzmas, was arranged exclusively for the paediatric ward. This heartwarming event brought joy and comfort to young patients, spreading the message of faith and cheer among children and their families during the festive season.



NAVATHY: CELEBRATING 90 YEARS OF TMM

TMM Hospital stepped into its 90th year with grand celebrations. The inauguration of the Navathy festivities was held on January 19, 2025, with the Hon. Kerala Health Minister, Smt. Veena George, officiating the event. The celebrations will continue for the next six months, featuring various activities that honor the hospital's rich legacy and commitment to healthcare excellence.



PRE-MARITAL PREPARATION CAMP

Understanding the significance of a strong marital foundation, a Pre-Marital Preparation Camp was conducted for staff members preparing for marriage. This seminar provided valuable insights into married life, equipping participants with the knowledge and understanding needed for a successful and fulfilling relationship.



PSYCHIATRY WING: A NEW MILESTONE

A significant addition to TMM's healthcare services was the establishment of a new Psychiatry Wing. This 19-bedded facility is dedicated to providing comprehensive mental health care, ensuring the utmost attention and wellness treatment for patients in need.



Through these activities, the **I LOVE TMM** campaign continues to strengthen the hospital's community, instill faith, and promote holistic well-being among its members. Each event stands as a testament to TMM's commitment to nurturing a supportive and spiritually enriching environment for its staff and patients alike.

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TMM HOME CARE SERVICE

Compassionate Care at Your Doorstep

At Thiruvalla Medical Mission Hospital, we understand that some patients require ongoing medical care and support in the comfort of their own homes. That's why our Home Care Department is dedicated to providing high-quality, patient-centered care to those in need, and we focus on improving the quality of life of the patients.



Dr. Neethu Mol Krishnam

OUR MISSION:

To deliver patient- centered care that addresses the unique needs and preferences of each individual. We believe that everyone deserves access to quality healthcare, regardless of their age, condition, or location.

OUR TEAM:

Our Home Care Department is staffed by a multidisciplinary team, including:

- Two experienced doctors: Providing medical expertise and guidance.
- Three skilled nurses: Delivering hands-on care and support.
- A dedicated driver: Ensuring safe and reliable transportation.
- Spiritual counselors: Offering emotional and spiritual support to patients and their families.



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OUR HOME CARE DEPARTMENT PROVIDES A RANGE OF SERVICES, INCLUDING:

Our doctors conduct thorough assessments to determine each patient's unique needs.

- Wound care: We provide expert wound care and management, including dressing changes and wound cleaning under strict aseptic precaution.
- Catheter care: We perform catheter changes under strict aseptic precautions and ensure patient comfort.
- Post-surgical care: We provide care and support for patients following surgery, including staple and suture removal, and wound dressing under aseptic precautions.
- Ryles tube (feeding tube) change and insertion.
- Acute ailment management: We provide treatment and management for acute ailments, such as infections and injuries.
- Management of medical emergencies.
- Oxygen concentrator provision: We provide oxygen concentrators for patients who require oxygen support, ensuring they can breathe easily and comfortably in their own homes.
- Mobility aid provision: We also provide wheelchair and walker facilities to support patients with mobility issues.

We work closely with the treating consultants of the patients if any in the hospital to ensure that patients receive comprehensive and coordinated care.

GET STARTED WITH OUR HOME CARE SERVICES:

If you or a loved one is in need of home care services, we invite you to contact us today. Our team is available to answer your questions, provide guidance, and help you navigate the home care process.

We look forward to serving you and providing the high-quality, compassionate care you deserve.



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SPECIAL STORY

Patient Testimonial

Caring for and being cared for are essential for healthy human beings. A journey of thousand miles begins with a single step. A six bedded clinic founded in 1935 has now become a beacon of providing quality health services at affordable rate in central Kerala. Thiruvalla Medical Mission now stands for the motto "Health care blended with spirituality"

The palliative care services now being rendered to my aged wife who is bedridden are exemplary. The monthly visit of Dr. Deepa Susan Thomas with a team of dedicated Para medical staff is a source of vibrant energy to my wife. Their accessibility at a time when the deadly covid pandemic rocked the entire state was praiseworthy. On behalf of my family we would thank the entire team and wish them all the best in their futuristic endeavors with God given vision and commitment.

Alias Thomas

Chairman : St. Mary's Educational and Cultural Society, Thiruvalla



Ani Ann Koshy (Medical ICU)

STAFF CORNER

Poem: A Beacon of Faith

Through hushed corridors and restless nights,
She walks where sorrow dims the lights.

With steady hands and open heart
She stands as hope, stay by their side

Each day starts before the dawn,
Her tasks persist from dusk till gone.

With weary feet and burdened back
She Whispers, "Lord, guide me through the
unknown"

Like a bonfire, fierce and bright,
Her spirit burns through the darkest times.

She holds a hand, wipes a tear
She calms the cries through storms and rain

Yet deep inside, the weight is vast,
The lives She touched, the ones that passed.

She carries her sorrows deep within
Yet hope still flames in her eyes.

When shadows fall and tears are near
She seeks the light, where prayers ascend.

"Lord, fill me with your boundless grace,
Each wound I heal, each life I face.

Like fire that rise and never fades,
Her faith spreads wings,
where fear has tread.

Through every test and trail
She seeks peace and trusts in God.

Her hands may tire, her strength may wane,
But still she cares for the frail,

A nurse, a beacon through night and day
With God in power, she finds her way



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