



*April 27, 2012 Issue 67*

**Welcome to Trinity Tidbits.** This bi-weekly electronic resource is part of a larger effort to improve communication and help control costs at Trinity Regional Health System. We respectfully request that you not print Tidbits, unless absolutely necessary. Thank you for helping us to conserve our limited resources.

**Tips to practice our Standards: Attitude** Your attitude has a direct impact on the attitude of others. Instead of expecting others to make you happy, proactively create the positive relationships that enhance your engagement, productivity and happiness.

**Swing into Hospital Week** National Hospital Week, the nation's largest health care event, is a celebration of the history, technology, and dedicated professionals that make health systems like Trinity great. In honor of Hospital Week, a variety of special activities have been planned to celebrate the Trinity Team, including the annual BBQ, ice cream social, trivia and guess the number of balls and tees contests and a putting green for prizes, among others. Watch for posters in your area that list the complete schedule of events.

**Bike discounts** The Live Well Initiative has arranged for Healthy Habits, 3441 Devil's Glen Road in Bettendorf, to offer a 15% discount on all in-store bikes and accessories from May 7-13 in honor of Hospital Week! Participating employees must show their badge at time of purchase. Watch the Intranet for any additional Hospital Week discounts to support you in your active living.

**Enroll for Single Sign-On** With SSO, logging in and out on shared clinical workstations is essentially "Tap in!" and "Tap out!" Get help enrolling for this handy feature from 11 a.m. to 1 p.m., Mondays through Thursdays beginning April 30 and running through May 24, in the Rock Island campus cafeteria. Self-enrollment is also available at any computer station equipped with the badge reader. Instructions are available. Bettendorf and Moline enrollment will be scheduled at a later date.

**Celebrate Nurses Week** by attending the Nursing Excellence Tea from 12:30-1:30 p.m., Monday, May 7, the Clinical Advancement Program ceremony from 9-10 a.m., Tuesday, May 8, the CAP (session 2) and LEAP ceremony from 11 a.m. to noon that same day, or the Preceptor/Clinical Coach recognition ceremony from 9-10 a.m., Friday, May 10. All events are in the Jardine Auditorium at Trinity Rock Island. Registration in NetLearning for all Nurses Week events is recommended. Nurses Week events are also listed on the Intranet under Quick Links.

**Another DAISY** Congratulations to recent DAISY Award recipient **Jennifer Olson** (BirthPlace). The DAISY Award is a way to honor the extraordinary care our nurses provide at the bedside day in and day out. To learn more visit [www.daisyfoundation.org](http://www.daisyfoundation.org). If you have a nurse you would like to nominate for this award please visit the Shared Decision-Making page on the Intranet.

**Greatest at Gilda's** Team Trinity won Largest Corporate Team at Gilda's Run for Laughs on April 22. Congratulations to **Pam Samuelson** (Marketing & Communications) who won the cancer survivor category and **Nancy Dorr** (Volunteer Services) who placed third in the 60-64 category.

**Condolences** Heartfelt condolences go out to **Mary Clark** (Case Management) and **Peggy Morrissey** (Imaging) on the loss of their fathers, **Maribeth Bopes** (BirthPlace) on the death of her spouse, **Sandy Bopes** (Hospitalist Program) on the passing of her brother-in-law, **Bobbi Luken** (SICU/RI) on the loss of her sister-in-law, **Deb Darwin** (Presurgical Testing) on the death of her mother, and **Sahj Nouchanthavong** (Medical Records) on the passing of her father-in-law. Know of sympathies to share? Go to "Forms and Documents" on the Intranet and click on "Condolence Form."

**Survey says** The annual Great Places to Work® survey will be available May 7-25 on the Intranet. By completing this survey, you'll play an important role in providing an accurate picture of our organization. Remember, we're all in this together. With your input, we can make the Trinity team even stronger.

**Honor Flight escorts** Congratulations to **Connie Huizenga** (VNHA) and **Denise Hampton** (Registration) who were selected to escort area veterans on the Tuesday, April 24, Honor Flight to Washington, D.C.

**Pharmacy news** All approved maintenance drugs will be filled at the Mail Order IHS Pharmacy. An initial supply can be obtained from a retail pharmacy for a 1-month period. Future refills need to go through the IHS Pharmacy to be covered by insurance. There may be a cost savings to buying prescriptions at Trinity Retail Pharmacy and not through the insurance plans. If you are enrolled in the IHS Health Savings Plan and are responsible for 100% of your prescription drug costs until you meet your annual deductible, please contact the Trinity Retail Pharmacy for discounted prescription rates. More information can be found on the Intranet by clicking on the Trinity Retail Pharmacy banner.

**Walk this way** Staff and physicians are encouraged to attend one of three IQ4 Work-flow Walk-throughs for an opportunity to see the IHS build of the Epic system. IQ4 principal trainers will lead you through a one-hour fictitious scenario of a patient from the ED through admission to discharge to demonstrate the system while you consider how it will meet your department needs and what this change means to you. Questions are encouraged. All sessions are in the Jardine, April 30, noon to 1 p.m.; May 1, 7:30-8:30 a.m. and also noon to 1 p.m. Throughout the day on Monday and Tuesday, individual departments will meet in one-hour focus groups to take a closer look at their workflows and have dialogue about how we can prepare for "go-live" on Aug. 25.

**Art therapy classes** Illinois cancer patients will have the opportunity to take free art therapy classes offered by Living Proof Exhibit at Trinity Outpatient Rehabilitation Services, 4112 46th Ave., Rock Island, from 1-3 p.m., the first Tuesday of each month beginning May 1. Proctored by art therapist Jacki Olson, the classes offer cancer patients and survivors the opportunity to express their journey through various artistic mediums. The Trinity classes are provided through Living Proof Exhibit at no cost to survivors through a grant from Stylin' Against Breast Cancer. To enroll, call (309) 781-6227.

**Winning by losing** The sixth Trinity Live Well Biggest Loser contest is underway! The top six "losers" so far are: **Tami Vanderheyden** (Registration) with a 5.9% weight loss, **Vickie Fowler** (Stepdown), 4.9%, **Kenna Durham** (TASI), 4%, **Kristy Smith** (Rehab), 3.8%, **Arlene Hawkinson** (Diagnostics), 3.4% and **Regina Lange** (Trinity College), 3.4%.

**Diabetes prevention** Trinity will present the diabetes prevention program "Small Steps, Big Rewards" from 4-6 p.m. on Thursday, May 10 and 17. This is a two-part class designed to help participants make small changes in their daily lives that will in turn help them prevent diabetes. The cost of this program is \$50. For more information, please call (309) 779- 2882. To register call (309) 779-2993 or email garetsbe@ihs.org.

**WorkIt!** The official start for the Y @ Work's WorkIt! Challenge is May 1. Visit [www.quadcitiesymca.org](http://www.quadcitiesymca.org) to learn how you can earn both individual and Team Trinity points for your active living, including the "Try the Y Triathlon" kickoff on May 6. Participants earn points when they use the Y or take part in WorkIt! Challenge team activities and established community events such as the Bix 7 and United Way Day of Caring. You don't need to be a Y member to participate, but remember Trinity associates do receive a discount on Y membership. Plus, all points earned by June 30 will double in value! For more information, contact Company Coach **Stacia Carroll** at [carrolsm@ihs.org](mailto:carrolsm@ihs.org).

**Is your provider in-network?** In order to insure that the services you receive will be a covered benefit under the IHS self-insured insurance plan, always make sure to check the following beforehand: 1) that you have selected a provider who is a participant in our network, 2) that the service you are seeking (referral, consultation, procedure) is covered under the plans benefit's structure, and, 3) that your benefits cover you at the facility where the service will be provided. The site selected, whether an outpatient facility such as a lab, radiology, an ER visit, a procedure at an outpatient surgery center or an inpatient procedure or hospitalization, must be in the IHS network. For more information, visit the HR tab on the Intranet.

**Need someone to listen?** Contact EAP at 779-2273 or (800) 383-7900 for a FREE and confidential consultation.

**Want to share a tidbit?** Send ideas to [tidbits@ihs.org](mailto:tidbits@ihs.org). The next Tidbits comes out on Friday, May 11. Content deadline is noon on **Wednesday, May 9**.