



*Dec. 9, 2011 Issue 57*

**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: EQUALITY** “Be curious and interested about other cultures.” (Submitted by **Kevin Soeken**, Corporate Culture Coach.)

**Associate forums next week** The next round of associate forums is planned for Dec. 12-16. Plan to attend in order to get the latest information from administrators as well as a chance to win door prizes! Each session lasts 30 minutes. Check the Intranet for the **most up-to-date** schedule of exact times and locations.

**Parish nurses graduate Christine Sears, Josie Roden-Lair and Linda Ruggenberg** all have completed Trinity’s parish nurse course and will be anointed at 2 p.m., Sunday, Jan. 8, at Asbury United Methodist Church in Bettendorf. The public is welcome to attend.

**December Dazzle** Each week in December, Trinity Gifts and Floral will offer a different discount on selected items. Stock up now for the holidays: 20% off Trinity logo items (Dec. 12 & 13), 20% off all candles (Dec. 14 & 15), plus a surprise discount (Dec. 16).

**Do we have your current mailing address?** It’s that time of year to check if we have your current home mailing address. Often times, important communication comes through the mail from your employer. Simply log onto Your Benefit Source (<http://BenefitSource.ihs.org>) to update your information quickly and conveniently online. If you have any problems with the login, please contact IT Service Center at ext. 2375 or (515) 241-6288.

**Biggest Loser week three** The 4<sup>th</sup> session of Trinity’s Biggest Loser is well underway! Here are the top losers from week 3: **Amanda Crowell** (Registration Services) lost 6.4% body weight, **Karen Martin** (Registration), 5.7%, **Cheryl Spivey** (Nutrition), 4.7%, **Beth Lesh** (Bettendorf surgical inpatient), 4.5% and **Nichol Ashmore** (Oncology), 4.5%.

**The gift of warmth** In the holiday spirit of giving, the Trinity Finance department collected 159 pairs of socks and other cold weather items to contribute to “All God’s Children Need Socks.” This organization will distribute them to the schools in Rock Island where less privileged young people are often without these basic items. Thanks, Finance, for sharing the warmth of caring!

**More generosity** Recently the Pre Surgical Teaching (PST) department donated to Toys for Tots through the Silvis Fire Department. The toys were loaded on fire trucks and dropped off Dec. 6 for the local drive, which happened to be showcased on the CBS4 news at 6 and 10 p.m. With the increased number of families that needed help this year PST felt this was a way to give back to the local community and help area children that may not have had a gift for Christmas.

**Welcome new docs** A warm welcome to **Dr. Ramarao Pradeep** (Internal Medical/Endocrinology).

**Condolences** Heartfelt condolences go out to **Bonnie Collins** (Nursing Administration) on the loss of her grandmother and to **Karen Kean** (Ambulatory Services) on the death of her father. Know of a condolence to share? Go to “Forms and Documents” on the Intranet and click on “Condolence Form.”

**100 Days to Healthy** Keeping yourself healthy and remaining active during the winter months can be a challenge for many. Start a team to join the Live Healthy Iowa 100 Day Wellness Challenge to help keep you motivated! For only \$20 from Jan. 23 – May 1, you get unlimited access to the Live Healthy Iowa Website with lots of information on how to keep fit and lose weight after this holiday season, along with a T-shirt, motivational emails, magazine subscriptions and a chance to compete for team incentives. Registration opens Dec. 20 at [www.livehealthyiowa.org](http://www.livehealthyiowa.org).

**The perfect holiday gift** Help support the Trinity College of Nursing and Health Sciences' alumni association and scholarship program by purchasing a Quad-Cities Dining Tour book for only \$35. Each book contains more than 300 buy-one, get-one free coupons at 100+ area restaurants. Get yours by calling Trinity College Student Services at 779-7700.

**Save on coffee** Visit Dr. Java at Trinity Bettendorf from 1-3 p.m. on weekdays and get any venti-sized iced, frozen or hot drink for the price of a tall.

**Cyber gifts** Trinity Gifts and Florals is now online! Order gifts for delivery within Trinity the same business day by clicking on "Online Gifts and Floral" at the bottom of Trinity's homepage, [www.trinityqc.com](http://www.trinityqc.com). Certain hours apply. Remember, a portion of proceeds from purchases through Trinity's gift shops benefit health system projects.

**Cafe hours change** Effective immediately, Trinity Moline campus' café hours are now Monday through Friday, 7 a.m. to 4:30 p.m. Weekend and holiday hours will be from 11 a.m. to 2 p.m.

**Ch-ch-ch-changes** Due to recent transitions within Nursing Administration, Vice President of Quality **Jean Doerge** also will now serve as Interim Chief Nursing Officer. **Jenny Bowie-Boettinger** has been named as Trinity's Executive Director of Nursing.

**Parking woes** Please be mindful that the physician parking lot on the Rock Island campus is intended for the use of physicians, senior leadership team members and management personnel who have traveling responsibilities. Within the next two months, Trinity will develop long-term recommendations regarding parking access, parking policies, parking enforcement with an immediate action plan for the Moline and Rock Island campuses.

**That's one healthy family!** The Trinity Live Well Initiative would like to recognize **Karen Cummins** (Trinity College) and her family, who were the winners of the Hy-Vee/YMCA Healthy Family Challenge. The whole family – including five children at home – has increased their activity level, watched what they ate and lost weight and inches.

**National Poinsettia Day** Though poinsettias are native to Mexico, 90 percent of all poinsettias are now exported from the United States. The Aztecs considered poinsettias a symbol of purity because of their brilliant red color. Did you know that they represent over 85 percent of the potted plant sales during the holiday season? To celebrate National Poinsettia Day on Monday, Dec. 12, purchase a beautiful poinsettia plant or silk poinsettia arrangement in Trinity Gifts and Floral. A large selection is available!

**Practicing for the real deal** Mock surveyors will be at Trinity Rock Island on Dec. 13 and 14 to help associates practice for our upcoming Joint Commission unannounced survey in 2012. The mock survey is a compliance evaluation designed to help our organization with our continuous monitoring of performance and performance improvement activities. Surveyors will be at Moline and Bettendorf in February. Please go to the Quick Links section of the Intranet for survey etiquette tips.

**IQ4 kickoffs coming** Mark your calendars now for the kickoffs celebrating Trinity's planned IQ4 launch in September 2012. Celebrations will be held at all three campuses on Jan. 4 (Rock Island, conference room 1), Jan. 10 (Bettendorf, conference room D) and Jan. 11 (Moline, Education Center). Details coming soon.

**Volunteer at the gift shop** Are you or anyone you know interested in volunteering as a clerk at Trinity's Moline or Rock Island gift shops? Applications can be picked up outside any Trinity gift shop or online at [trinityqc.com](http://trinityqc.com) by clicking on "Ways to Give" and selecting "Volunteers & Friends." Applicants should be comfortable interacting with the public and have retail and/or computer experience. Varying shifts available.

**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, Dec. 23. Content deadline is noon on **Wednesday, Dec. 21**.