



*Dec. 23, 2011 Issue 58*

**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: SAFETY** “Pick up any scrap of paper, paper clips, pens or anything you see on the floor. Even the smallest items can create a potential for slips, trips and falls.” (Submitted by **Kevin Soeken**, Corporate Culture Coach.)

**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.

**Holiday cafeteria hours** All three campuses have special hours on Christmas Eve, Christmas Day, New Year’s Eve and New Year’s Day. The cafeterias will be closed in between serving times. All associates working on Christmas Day will receive a special holiday meal. Check the Intranet for exact times by campus and menu.

**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 is now open at [www.livehealthyiowa.org](http://www.livehealthyiowa.org).

**Biggest Loser 2012** The 5<sup>th</sup> session of Trinity Live Well’s Biggest Loser contest will begin on Jan. 11 and will run through March 7. Registration is due by Jan. 9 There is a \$15 fee for joining, refundable if you lose 5% of your starting body weight. E-mail (ctrl+click on the links) or call [Jeni Tackett](mailto:Jeni.Tackett@trinityihs.org) (742-4500), [Ann Sellers](mailto:Ann.Sellers@trinityihs.org) (779-2244) or [Colleen Borts](mailto:Colleen.Borts@trinityihs.org) (779-5041) for more information.

**Deleting emails** Starting Jan. 9, IT Services has set up all IHS email accounts to delete any emails in the “Sent Items” folder after 90 days and emails in the “Deleted Items” folder after 60 days to accommodate to improve the functionality of the system. During the next few weeks, IT recommends going through your emails to make sure that nothing important will be lost with the upcoming change.

**The gift of clean clothes** At holiday time Trinity’s Volunteer Services staff “adopts” a local individual in need during the holidays. Instead of an office gift exchange, cash is collected to purchase items on a wish list coordinated through CASI. Some Trinity volunteers and Friends of Trinity also join in this effort. For Christmas 2011 these “elves” were able to purchase a washing machine for a senior citizen who is an active volunteer in the community and had limited resources to purchase a replacement when her old washing machine could no longer be repaired. This anonymous gift included hardware and hookup. The team was thrilled to grant this wish and brighten the life of someone who through her own volunteering knows what it means to truly make a difference.

**Condolences** Heartfelt condolences go out to **Kelly Price** (SICU) on the loss of her mother and to **Kurt Freddy** (Facility Services) on the death of his father-in-law. Know of a condolence to share? Go to “Forms and Documents” on the Intranet and click on “Condolence Form.”

**Lab draw moves** Effective Monday, Jan. 9, the Metro Lab outpatient draw area will re-locate to the 2nd floor, down the Physician Services hallway in the old Risk Management office space. The actual lab processing area will remain on the first floor. The Rock Island outpatient draw area will NOT be available on Friday, Jan. 6 due to the move. Patients will need to visit one of the other Metro Lab sites in Moline, Silvis or Bettendorf on this day.

**Welcome new docs** A warm welcome to **Drs. Tanveer Shan** (Psychiatry) and **Gary Ludwig** (Psychology).

**Movin' on up** Please welcome **Andrew Behan** to the role of Manager of Infection Prevention and **Dr. Matthew Sojka** as the Regional Vice President/Medical Director for the NewGroup Quad Cities region.

**Biggest Loser week six** The 4<sup>th</sup> session of Trinity's Biggest Loser is nearing its finish! Here are the top losers from week 6: **Beth Lesh** (Bettendorf surgical inpatient), 7.4%, **Pam Barks** (Rehab), 7%, **Nichol Ashmore** (Oncology), 6%, **Amanda Crowell** (Registration Services), lost 5.9% body weight and **Janet Norin** (Nutrition), 3.9%.

**Pay with plastic** For your convenience, all three Trinity campus cafeterias can now accept credit or debit cards with a MasterCard, VISA or Discover logo on it.

**Dream Teamer** Congratulations to **Shelle Sikkema** (Cancer Research) for being chosen as one of 10 lowans for the Live Healthy Iowa "Dream Team" during its 100 Day Wellness Challenge. Shelle and her fellow Dream Team members will serve as the public face of the event that runs from Jan. 23 to May 1 to help inspire others looking for a healthier lifestyle. They will chronicle their participation in this year's 100-day Challenge for the public to follow via the Live Healthy Iowa Website ([www.livehealthyiowa.org](http://www.livehealthyiowa.org)). Sign up your team today!

**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). See the Intranet for details.

**Plan your future in 2012** Jason Taulbee, our JP Morgan Education Consultant, will be visiting our various campus locations during the months of January, February and March to provide individual education sessions for plan participants. Select "Enroll in Class" in NetLearning (or ctrl + click [here](#)) for a one-on-one, 30-minute meeting.

**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.

**Congratulations** to **Dr. Lakshmi Alapati**, who passed her Endocrinology Board Certification.

**Patient advocacy honor** Congratulations to **Sarah Wells**, RN, (Wound Care) for receiving the "Independent Patient Advocate Award" from the Professional Patient Advocate Institute at their annual conference in Orlando on Dec. 5.

**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.

**Bariatric Center open house** Join surgeons and Trinity Bariatric Center staff from 2-7 p.m., Jan. 19, at the newly remodeled center on the 2nd floor of Trinity Moline. Learn about surgical weight loss and the center's upcoming non-surgical weight loss program. Free blood pressure checks, a body mass index screening, door prizes and healthy snacks will be available, as well as information about recent changes to insurance coverage levels for the IHS benefit plans. For more information call (309) 779-2500.

**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, Jan. 6. Content deadline is noon on **Wednesday, Jan. 4**.