



*Feb. 17, 2012 Issue 62*

**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: Accountability** “Be fiscally responsible by not wasting time or resources.”

**Dance fever** Put on your dancing shoes and join us at the Day of Dance, Trinity's first Spirit of Women event. Bring your friends and family to the RiverCenter in downtown Davenport from 11 a.m. to 3 p.m. on Saturday, Feb. 25. Enjoy dance performances and lessons, including salsa, swing, jazz, Irish dancing, square dancing, Afromodern, hip hop, ballroom, line dancing, Jazzercise and Zumba. The day also includes a health fair and free health screenings. For more information visit [www.trinityspiritofwomen.org](http://www.trinityspiritofwomen.org). Don't forget – Trinity associates are eligible for a free Spirit of Women membership!

**Souper Bowl win** Congratulations to the winners of the Heart Walk Souper Bowl soup and appetizer contest! **Deb Swanberg** (Stepdown) won at Trinity Bettendorf with her Taco Soup, **Kim Chant** (Performance Improvement) won at Trinity Rock Island for her Chicken Tortilla Soup and **Drue Griffin** (Pediatrics) won at Moline with her Taco Soup. Approximately \$1,600 was raised at the three campuses for the Heart Walk through the Souper Bowl and Jeans/Jerseys for a Cause.

**Win a \$20 Hy-Vee card** Infection Prevention needs your help researching hand hygiene habits as we work to improve our compliance rates in advance of our Joint Commission visit. Click on the banner ad on the Intranet home page to go to the short survey now through Feb. 29. You could be entered into a drawing for a \$20 Hy-Vee gift card for your feedback.

**Congratulations** to **Katie Long** (5S Charge Nurse) and to **Lora Loete** (5S Nurse Manager) for becoming Certified Rehabilitation Registered Nurses.

**Jazzed for JA** Thank you to the following individuals who are volunteering for Junior Achievement at various elementary schools in the Quad Cities: **Gloria Burkhalter, Laura Lade, Sarah Staron, Sandra Moens, Erin Lounsberry, Jane Wiggins, Linda Wessel, Miriam Loewen, Pam Samuelson, Susan Stammeyer, Toby Edwards, Toni Turner, Linda Guebert, Jennifer Carroll, Linda Wessel** and **Tulisa Bollinger**. Visit the Intranet for a list of departments represented by these associates.

**Biggest Loser week four** The 5<sup>th</sup> session of Trinity's Biggest Loser is well underway! Here are the top losers from week 4: and **Nichol Ashmore** (Oncology), 8%; **Tami Vanderheyden** (Registration Services), 7.3%; **Ricky Schulz** (Facilities Services), 6.8%; **Beth Kelley** (Cardio Diagnostics), 6.6%; **Pam Barks** (Rehab), 5.1%.

**Ash Wednesday ashes** There will be a distribution of ashes from 11 a.m. to 1 p.m., Wednesday, Feb. 22, in the chapel at Bettendorf and Rock Island. In addition, chaplains will be circulating throughout the day and will give ashes by request; Moline employees are asked to call in their requests. Groups of those seeking ashes in various departments can call in and the chaplains will come to you.

**Condolences** Heartfelt condolences go out to **Jennifer Jaros** (Registration Services) on the loss of her mother and **Mary** and **Kelly O'Keefe** (Registration Services) and **Leah Turnmire** (Registration Services) on the loss of their fathers. Know of a condolence to share? Go to “Forms and Documents” on the Intranet and click on “Condolence Form.”

***Movin' on up*** Help us congratulate the following employees for their new roles within Trinity: **Pam Redpath**, 7 North Stepdown manager; **Tamara Byram**, Identity Theft Prevention Officer; **Nancy O'Dacre**, Director of Business Planning and Development, **Kim Makoben**, Manager of the Trinity Moline Wound Care & Hyperbaric Medicine Clinic; **Jay Willsher**, Executive VP/Chief Operating Officer for Trinity, and **Katie Pearson**, Vice President of Marketing and Strategic Development /Chief Administrative Officer for Trinity Bettendorf.

***Join Trinity's United Way committee*** Trinity's 2012 United Way campaign committee wants YOU! Please consider investing two lunch hours per month to improve the community we serve. Please contact **Nancy O'Dacre** at (309) 779-3609 or [odacrenl@ihs.org](mailto:odacrenl@ihs.org) for more information or to sign-up.

***Shirt sales*** Trinity also is raising funds via heart shirt sales through May 18. Forms are available on the Intranet under forms and documents. You may also order shirts via payroll deduction in the gift shops. All proceeds go to the American Heart Association and contribute to Trinity's goal of raising \$30,000 for the Heart Walk.

***National nurse finalist*** Congratulations to **Marie DeSmet** (Wound Care), who was a finalist for the Mary Cook Nurse of the Year award which is presented annually by Diversified Clinical Services to a dedicated, skilled and compassionate registered nurse whose commitment to the patient and improvement in wound care is at the forefront of everything they do.

***Staking a claim*** The deadline to file a claim for 2011 FSA medical and dependent care expenses is fast approaching! We have been notified by Principal that there are a number of associates who have a remaining balance in their 2011 Flexible Spending Account. If you have not requested reimbursement of all of your 2011 FSA funds, you have until March 28 to file a claim for eligible 2011 expenses. Claims received after that date will be deemed ineligible, and any funds remaining in your account will be forfeited.

***It's \$5 jewelry time!*** Friends of Trinity Medical Center invites you to get a great value and selection of necklaces, bracelets, watches, rings, earrings, sunglasses, wallets, accessories and gift items for men, women and children from 7 a.m. to 4 p.m. at each campus on Feb. 21 (Bettendorf), 22 (Moline) and 23 (Rock Island).

***St. Pat's perks*** Up to 100 Trinity employees may register to run the 30<sup>th</sup> annual CASI St. Patrick's Day Race for free as part of our corporate sponsorship. The 5K race is held in downtown Davenport on Saturday, March 17. Please see the Intranet for details on how to claim your free race entry.

***Daily meditation*** Trinity's Pastoral Care department is sponsoring 10-minute meditations with prayer at 9 a.m. weekday mornings. Contact Chaplain **Robert Hansen** at (309) 779-2991 for more details.

***Money for college*** A variety of scholarship options exist for associates, their children and/or their grandchildren looking to finance their future health care careers education through the Iowa Hospital Association, Illinois Hospital Association and the Trinity Health Foundation (Kenneth Moburg scholarship, CVM-IL scholarship and Lynn Vermeer scholarship). Contact the Volunteer Services office for association scholarship details and the Trinity Health Foundation office for the others. Details also may be found on the Intranet under News (click on "more news").

***Troop transition*** Jason's Box, an organization dedicated to improving the health and well-being of our military men and women, has added a full section for local and national behavioral health resources to their Website to assist troops with services they may need for their transition to civilian life. Jason's Box was founded by Trinity associate **Teri Johnson** and is supported by the Trinity Health Foundation. Visit [www.jasonsbox.com](http://www.jasonsbox.com) and click on "behavioral health" at the top of the home page to access resources.

***Education options*** Trinity will host an education fair from 11 a.m. to 1 p.m., Thursday, March 1, at Trinity Rock Island in meeting room 1. Educational institutions attending will be Western Illinois – QC, Trinity College of Nursing and Health Sciences, St. Ambrose University, Black Hawk College, Upper Iowa University, University of Iowa and the Quad Cities Graduate Center.

***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, March 2. Content deadline is noon on **Wednesday, Feb. 29**.