



Jan. 6, 2012 Issue 59

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: SERVICE & SMILE “Make those who interact with you glad they did.”

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.

Biggest Loser session IV results The 4th session of Trinity’s Biggest Loser has finished! Congratulations to the top three finishers: **Pam Barks** (Rehab), 10.7% weight loss, **Amanda Crowell** (Registration), 7.7%, **Karen Martin** (Registration), 7.5%. Also congratulations to the following who all lost more than 5% of their total body weight: **Tabitha Estes** (ICU), 7.3%. **Beth Lesh** (Bettendorf surgical inpatient), 5.4%, **Gloria Logan** (Radiology) 5% and **Janet Norin** (Nursing Administration), 5%. Join us for the next Biggest Loser Contest starting Jan. 11!

Biggest Loser V Sign up by Monday, Jan. 9, for round five of the Trinity Live Well Biggest Loser competition, which runs from Jan. 11 to March 7. Cost to participate is \$15 payable at any cashier’s office. The top finisher wins \$250! Those who lose at least 5% of their body weight get their entry fee refunded. Contact **Jeni Tackett** (742-4500 or Tackettj@ihs.org), **Ann Sellers** (779-2244 or Sellersa@ihs.org) or **Colleen Borts** (779-5041 or bortsc@ihs.org), for more information.

Get moving. Win a cruise. 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 \$15 (after discount) 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 chance to win individual prizes like bikes, iPods, even a 4-day, 5-night Caribbean cruise for two! Registration is now open at www.livehealthyiowa.org. Use group name LHITMC and coupon code LH2468.

Deleting emails Starting Monday, 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 improve the functionality of the system. IT recommends going through your emails before Jan. 9 to make sure that nothing important will be lost with the upcoming change.

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.

Condolences Heartfelt condolences go out to **Elisabeth Demarest** (Surgery) and **Diane Jackson** (Surgery) on the deaths of their mothers, **Harlan Tanner** (Sleep Center) and **Nancy Bleuer-Demarest** (Case Management) on the loss of their mothers-in-law as well as **Cory Dawson** (Respiratory Therapy) and **Janis Hubbs** (ER) on the loss of their fathers-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.

Movin' on up Congratulations to **Pam Redpath** (EMS) on her new role as Clinical Nurse Educator for the 7th floor. Also, kudos to **Kathy McColl** (Clinics) on her new position as the Clinic Manager for Trinity Surgical Partners – Illinois.

That's a lot of binkies Congratulations to Trinity Bettendorf BirthPlace, which broke the 500-delivery mark for the first time with a record 549 babies born on the unit in 2011. In comparison, Trinity Bettendorf had 101 deliveries in 2004 over the 11 months the hospital first was open.

Tee it up with IQ4 Two dates remain to attend a kickoff celebrating Trinity's planned IQ4 launch in September 2012. Celebrations will be held on Tuesday, Jan. 10 (Bettendorf, conference room D), and Wednesday, Jan. 11 (Moline, Education Center). See the Intranet for details.

Beat the winter blues Feeling the chill of a Midwest winter starting to take its toll? Mark your calendars to stop by Trinity Gifts & Floral on Thursday, Jan. 12, to "Beat the Winter Blues" with 20% off all regular priced merchandise. All gift shops will be open regular hours.

Welcome new docs A warm welcome to **Drs. Stephen Bash, Priti Patel and Jitendra Shah** (Pediatric Cardiology) and to **Dr. Omar Khokhar** (Internal Medicine/Gastroenterology), who have all recently joined Trinity's medical staff.

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 Iowans 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). Sign up your team today!

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.

Winners at IQ "Fore!" Congratulations to the following associates who won two any-day passes to the 2012 John Deere Classic PGA golf tournament by attending one of the IQ4 kickoff sessions: **Kim Kochuyt** (Materials Management), **Kim Beug** (4N acute med/neuro), **Becky Williamsen** (Medical Records), **Meg Neal** (Bettendorf BirthPlace) and **Beth Bomelyn** (Radiology). **Marvis Hafner** (Performance Improvement) was the lucky recipient of a Wii. Two more chances remain to attend a kickoff and win.

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. Certain hours apply. Remember, a portion of proceeds from purchases through Trinity's gift shops benefit health system projects.

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 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. The next *Tidbits* comes out on Friday, Jan. 20. Content deadline is noon on **Wednesday, Jan. 18**.