



June 24, 2011 Issue XLV

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.

DATE CORRECTION: Bike4theCHF Looking for a way to get moving? The Trinity Live Well committee encourages you to check out two bike rides that are part of a nationwide awareness campaign for the Children's Heart Foundation. Both the 3.8-mile and 38-mile routes start and end at Bettendorf High School's south parking lot on **THURSDAY**, June 30. Arrive between 7-8 a.m. To register, visit www.bike4theCHF.org/donate-or-register. Questions? Contact **Ryan Heuer** at 779-2828.

BODY WORLDS discount **Kenna Durham** (Trinity Ambulance) writes, "... my family and I attended the "BODY WORLDS Vital" in Des Moines on our way back home from vacation. I would like to recommend this exhibit to ANYONE whether they are in the medical field or not. It was one of the highlights of our vacation, and all of us were fascinated with this awesome display!" Complete information about this IHS-sponsored event at the Science Center of Iowa, as well as a link to a discounted admission coupon for associates, is on the Intranet under "System-wide News."

Ethics lunch & learn Don't miss the next ethics panel discussion lunch & learn at noon, Thursday, June 30, in the Jardine Auditorium. Facilitated by Pastoral Care, the event provides a forum for discussion regarding communication within the Trinity healthcare team and with patients and their families.

A festive 4th Trinity Bettendorf is the presenting sponsor of the City of Bettendorf's 4th of July celebration, including the parade, festival and fireworks. We are seeking a few more adult volunteers to walk in the parade and hand out kazooos to the kids. Walkers need to line up no later than 9:30 a.m. for the 10 a.m. parade. Volunteers will receive a free t-shirt. Contact **Sherri DeVrieze** at devriesj@ihs.org if interested.

Relay for Life members needed Join the Trinity Trailblazers, Trinity's 2011 Relay for Life team, and help raise money to fight all types of cancer. This year's Relay will take place July 15-16 at Black Hawk College in Moline. Team members are asked to raise \$100 each. If interested in donating or becoming a member of the team, call **Carolene Robinson** at (309) 779-5080. More information can be found at www.RelayForLife.org.

Standards spotlight: CONSISTENCY Consistently show appreciation and respect to each other, support those around you and follow policies and procedures. This in return promotes harmony and job satisfaction, which keeps us returning to work consistently! (submitted by ACES Pilot **Karen Kean**, Ambulatory Surgery)

100 days later Congratulations to all participants and top finishers in the Live Healthy Iowa 100-Day Challenge. The top Trinity individual with the highest total number of activity minutes was **Pamela Creger** (Finance). **Kathy Hall** (ER) was the first place Trinity associate with highest percentage of weight lost. The top weight-loss team was Radiating Health: **Shelle Sikkema** (captain), **Robin Bennett**, **Marlo Doyle**, **Diane Hahn**, **Marilee Harmening**, **Joanie Kotopka**, **Mary Lundeen** and **Eloise O'Brien**. The top activity team was Shakers and Movers: **Linda Barber** (captain), **Pamela Creger**, **Connie Crick**, **Joy Simpao**, **Kathy Stegmiller** and **Kathee Weintraut**.

Condolences Heartfelt condolences go out to **Jamie Oldfather** (Administration) on the passing of her grandfather, **Vickie Allen** (EKG) on the death of her daughter, **Candy Collis** (Vascular) on the passing of her father-in-law, **Mary Ann McCabe** (Nursing Admin) and **Beth Bomelyn** (Imaging) on the loss of their fathers, and to **Nancy Bleuer-Demarest** (Clinical Educator) and **Betsy Demarest** (Surgical Services) on the loss of their father and father-in-law.

Travel the world Trinity is once again sponsoring the Bettendorf Library's summer reading program, which will help kids ages 3-12 journey to many countries as part of "One World, Many Stories" from Tuesday, May 31, through Saturday, July 30. The program includes options for read-to-me kids, beginning readers, older readers and tweens. Stop in to the Bettendorf Library now to register.

Movin' on up Congratulations to **Tammy Pauwels** on her appointment as President of Trinity Health Enterprises. Kudos also go to **Chris Henke**, RN, who has accepted a new assignment as Trinity's Magnet Coordinator.

A wish come true Boat, drive, ride or pedal for your poker hand to help benefit Make-A-Wish Foundations of Iowa and Illinois. Cost is \$20 per poker hand before July 16 and \$25 per poker hand on July 16. For more information, go to www.qcpokerrun.com. Trinity is a proud sponsor of Make-A-Wish.

School supplies needed Donate to the 2011 Nursing Worklife Council's School Supply Drive from July 5-29. Collection boxes will be available in all three Quad-City campus cafeterias as well as on patient care units at Rock Island. Supplies will go to the public school systems where each hospital campus is located. Hand sanitizers, Kleenex and washable markers are always in demand!

5K training Have a goal to run one of the many Trinity-sponsored 5K races but don't know where to start? Check out Trinity Live Well's six-week 5K training guide located on the Intranet on the Employee Health Management page or at www.trinityqc.com/For-Associates/Health---Wellness/Wellness.aspx.

Live Well Today now online The latest edition of the Trinity Live Well initiative's newsletter is now available to associates online under "News & Publications" or at www.trinityqc.com/For-Associates/Associate-Communication.aspx.

DOVE doings Family Resources would like to thank Trinity for their support of the recent DOVE (Domestic Violence Ended) golf tournament and "Fill the Truck" day, which together helped raise \$75,000+ for the organization's domestic violence shelter. Special thanks to volunteers **Chuck DeManche** (Imaging), **Laney Milleville** (Respiratory Care), **Connie Bixby** (Bettendorf ED), **Sherri DeVrieze**, **Erin Lounsberry**, **Kaitlin Scott** (all Marketing & Communications), **Sarah Staron** (Volunteer Services), **Dr. Joe Ehle** (OB), **Penny Crowe** (O/P Care), **Lizanne Shurson** (Patient Accounts), **Amber Pulliam** (Patient Accounts) and **Gail Wilder** (HIMS), who helped collect items and cash donations at the Bettendorf and Muscatine Hy-Vee stores, on Saturday, June 18.

A winning team Trinity and its marketing agency, TAG Communications, recently received some national recognition for PR and marketing efforts. Trinity's "Medical Experts" TV series was a Gold Winner in the 2011 Aster Awards competition, while Trinity's Just Drive total PR program also took gold in the Healthcare Marketing Report's 28th annual Healthcare Advertising Awards.

Cancer in the crosshairs The Trinity Cancer Center invites associates to attend an American Cancer Society research breakfast from 8-9 a.m., Thursday, July 14, in the Jardine Auditorium at Trinity RI. Neelu Puri, PhD, University of IL College of Medicine – Rockford, will present on "Targeted Therapies for Melanoma & Lung Cancers." Watch the Intranet for further details.

Drug display Trinity's Pharmacy will be hosting a monthly pharmaceutical sales rep exhibit alternating between all three campuses. These exhibits will be the primary means in which sales reps can present their drug information. Hospital, nursing and medical staff are invited to attend any of these sessions. The next event will be from 11 a.m. to 1:30 p.m., Wednesday July 6, at Trinity RI in the Jardine Auditorium.

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, July 8. Content deadline is noon on **Wednesday, July 6**.