



June 8, 2012 Issue 70

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.

Winning losers The 6th session of Trinity's Biggest Loser has finished! Congratulations to the top three finishers: **Vickie Fowler** (Stepdown), 15.514% weight lost and winner of \$250, **Tami Vanderheyden** (Registration Services), 15.508% and winner of \$100 and **Pamela Barks** (Rehab), 8.5% and winner of \$50. Congratulations to the following associates who all lost more than 5% of their total body weight: **Kenna Durham** (TASI), 8%, **Stephanie Langley** (Logistics), 7.9%, **Kristy Smith** (Rehab) 7.2%, **Regina Lange** (Trinity College), 5.7%, **Lynda Sargent** (Finance), 5.3% and **Cherri Saldana** (Surgery), 5%. The next Biggest Loser contest will start on July 11. Watch for details!

Statewide scholarship Congratulations to **Kristen Edmund** (Bettendorf ICU) for being awarded a \$3,000 scholarship from the Iowa Hospital Education and Research Foundation (IHERF), which is supported by the Iowa Hospital Association (IHA). In exchange for that financial support, scholarship-receiving students agree to work one year in an Iowa hospital for each year they receive an award.

Can you WorkIt? The Y @ Work's WorkIt! Challenge has begun. Visit www.quadcitiesymca.org to learn how you can earn both individual and Team Trinity points for your active living. Participants earn points when they use the Y or take part in WorkIt! challenge team activities and established community events such as the Bix 7 and United Way Day of Caring. You don't need to be a Y member to participate, but remember Trinity associates do have their joining fee waived. Plus, all points earned by June 30 will double in value! For more information, contact Company Coach **Stacia Carroll** at carrolsm@ihs.org.

Kids ride free during Ride the River Join the fun with the whole family this Father's Day, June 17, and carry on this 28-year tradition of biking along the great Mississippi River! This is a wonderful family experience and kids under 16 ride FREE with a paying adult. Register online at www.riveraction.org. As a sponsor, Trinity has a few complimentary registrations available on a first-come, first-served basis. Contact devriesj@ihs.org if interested.

Movin' on up Congratulations to **Teresa Langheim**, new Manager of Patient Access, **Denise Hampton**, Assistant Manager in Registration and to **Stephanie Burns**, new Manager of Hospitalist and Senior Services.

"Fill the Truck" to help combat domestic violence on Saturday, June 23, from 9 a.m. to noon. Trinity staff will be competing with other area organizations to fill our trucks at the Bettendorf Hy-Vee stores with needed items for the Family Resources Domestic Violence Shelter. We are looking for five volunteers to staff this location from 8:30 a.m. to 12:30 p.m. Contact **Sherri DeVrieze** at devriesj@ihs.org if interested.

Justice is served At the recent 35th annual Judicial Awards Banquet in Rock Island, **Ametra Carrol-Castaneda** (Robert Young Center) received the Criminal Justice Award for her work with Douglas Park Place.

Chamber perks Trinity is a corporate member of the Quad City Chamber of Commerce, and as a result receives complimentary memberships for ALL young professional employees to The Network: Young Professionals of the Quad Cities. Check out The Network's new Website at www.thenetworkqc.com.

Condolences Heartfelt condolences to **Sonia McCallister** (Clinical Resource Team) on the loss of her grandmother. Know of a condolence to share? Go to "Forms and Documents" on the Intranet and click on "Condolence Form."

Longest day of the year! Thursday, June 21, is the longest day of the year and the gift shops will be “hot,” featuring 21% off all merchandise and many specials! Mark your calendar to stop by as each shop will be opening early at 7 a.m.

Music in the Park East Moline’s Music in the Park is Wednesday, June 20, at The Quarter in East Moline. The Ellis Kell Band will entertain you with their blues during this Trinity-sponsored event at 7 p.m. For more information, visit www.emmusicinthepark.org.

Couch to 5K training camp The Trinity Live Well Initiative will hold an 8-week program from June 18 to Aug. 10 to help participants train for the Trinity-sponsored 5K Ouch! Race. The program consists of 20 minutes of exercise and nutrition education followed by 40 minutes of physical activity. Sessions will be held at the Trinity Bettendorf Outpatient Rehabilitation Clinic from 5-6 p.m. on Mondays and Fridays. Cost is \$50. Training is only open to the first 25 Trinity employees who register. Participants also must complete the Trinity HeartAware screening in order to sign-up. For more information, contact **Jeni Tackett** at TackettJ@ihs.org or **Stacia Carroll** at CarrolSM@ihs.org.

IQ4 training tracks for end users Each end user role at Trinity will have a corresponding "Training Track" that is a blend of computer-based training (CBT) and instructor-led classroom training (CLASS). The goal is to provide targeted training that makes effective use of your time and builds your confidence in the proper use of the Epic system. Registration will be handled through Net Learning for staff and physicians. Managers will schedule classes for their staff. Users should view their Training Tracks at <http://iq4.ihs.org/body.cfm?id=137> to determine which instructor-led classes they need to take.

A friendly birdie Support Friends of Trinity by pledging a donation based on the number of birdies in this year’s John Deere Classic or consider a one-time donation for “Birdies for Charity.” Fundraisers like these allow the Friends of Trinity to provide financial support to Trinity Regional Health System and the Quad-City community. Deadline to have pledges turned into the Volunteer Services office is Friday, July 6.

Family ice cream social Trinity Bettendorf will play host once again to the Bettendorf Library summer reading program’s annual free ice cream social and summer concert with entertainment from the Mad Cap Puppets at 6:30 p.m., Tuesday, June 26, in the Healing Gardens. Bring a lawn chair or blanket and enjoy the great outdoors.

Patriotic pooches Want to show your Trinity and American pride on the 4th of July? Volunteer to walk with us and our Caring Canines in the Bettendorf 4th of July parade. The parade begins at 10 a.m., but lineup will be by 9:30 a.m. Contact **Sherri DeVrieze** at devriesj@ihs.org to sign up and provide your t-shirt size.

Purses and ties needed The United Way committee is accepting gently used purses and ties for its annual Benevolent Bags and Tactful Ties fundraiser. Donations can be dropped off at all Trinity Gifts and Floral shops or with **Susan Roggendorf** in Bettendorf Administration by Wednesday, June 20. The next purse and tie sale will be held from 2-4 p.m., Friday, June 29, in the Jardine Auditorium at the Rock Island campus. Bags are \$5, \$10 or \$15, and ties are two for \$5.

Gabbing with the golfers Grab your lunch sack for a Q&A with John Deere Classic golf pros from 11:45 a.m. to 12:30 p.m., Wednesday, July 11, in the Jardine Auditorium at Trinity’s Rock Island campus. Trinity has been the proud medical sponsor of the John Deere Classic for 20+ years.

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, June 22. Content deadline is noon on **Wednesday, June 20**.