



March 16, 2012 Issue 64

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: Appreciation “Positive breeds positive. People like to be thanked for a job well done.”

DAISY Award recipients Congratulations to February DAISY Award recipients **Betty Sersion** (Rock Island) and **Monica Hughes** (Bettendorf). The DAISY Award is a way to honor the extraordinary care our nurses provide at the bedside day in and day out. To learn more visit www.daisyfoundation.org. If you have a nurse you would like to nominate for this award please visit the Shared Decision Making page on the Intranet.

Is your provider in-network? Effective Jan. 1, 2012, Trinity and IHS transitioned its medical plan administrator from Principal to Wellmark. If you are enrolled in any of the medical plan options in 2012, you should always verify that your physician or care facility is participating in the provider network before using these services. For the latest network plan participants, visit Your Benefit Source located on the Trinity intranet or online in the For Associates section of the Trinity Web site at www.trinityqc.com.

Foundation winner Congratulations to **Jason Ross** (RYC inpatient), who was the grand prize winner of a \$500 VISA check card from the Trinity Health Foundation’s 2012 Associate Giving Campaign. Jason’s name was selected from 2,200 associates who proved that “Trinity Matters” by donating to the foundation during this year’s fund drive.

View the video The IQ4 Go Live is not until August 25, but you will see lots of communications about IQ4 in the months to come as we get closer to that date. In the meantime, if you are curious about what the EPIC system looks like and what it can do, you can follow the patient journey from admission to discharge in the IHS version of the Epic system at <http://iq4.ihs.org/homepage.cfm>. View the entire 15-minute video, a 10-minute provider-only track or select role-specific vignettes (under two minutes each).

Doc’s Day decorating contest Show your team spirit and how much we care by decorating your department in honor of Doctor’s Day. Unit judging criteria includes overall creativity, incorporation of the “One Spirit-One Team-One Win” theme into decorations and incorporation of physicians into decorations. 1st place (pizza party), 2nd place (Whitey’s) and 3rd place (snack basket) will be awarded. E-mail **April Bowlyou** at bowlyoua@ihs.org or call 779-2265 to register your area.

Less than two weeks 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.

Welcome new docs A warm welcome to **Drs. Mohammed Hussain** (Radiation Oncology), **Omar Khokhar** (Gastroenterology), **Gary Ludwig** (Psychiatry), **James Lyle** (Surgery), **Rajiv Mallik** (Cardiology), **Ramarao Pradeep** (Endocrinology), **Tanveer Shan** (Psychiatry) and **Bassem Srour** (Pulmonary Medicine), who have recently joined Trinity’s medical staff.

Condolences Heartfelt condolences go out to **Amanda Priest** (Nuclear Medicine) on the death of her mother. Know of sympathies to share? Go to “Forms and Documents” on the Intranet and click on “Condolence Form.”

Movin' on up Congratulations to **Chris Henke**, new Nurse Manager for Trinity Rock Island's Acute Medical Neuro inpatient unit.

Passing the boards Congratulations to cardiologist **Dr. Nicolas Shammass**, who passed his boards for the American Board of Vascular Medicine and the American Board of Endovascular Medicine.

Spring break festivities Join us for the "Spring Break" fundraiser for the Heart Walk from 1-4 p.m., Friday, March 30, in the Jardine Auditorium at Trinity Rock Island. Sweet treats will be available for sale for a minimum donation of \$3. Delivery to floors is available for an additional 50-cent donation per treat. If anyone would like to donate goodies to the fundraiser, contact **Susan Roggendorf** at 742-2001 before March 28.

Books for Bucks The used book sale is back! The United Way committee currently is accepting donations of gently used books, CDs, and DVDs. Due to lack of sale, technical books, medical books, text books and VHS cassettes will no longer be accepted. The sale will be April 12 in Bettendorf and April 20 at Rock Island. All proceeds support the Imagination Library and Operation Read of the Scott and Rock Island counties. Contact **Susan Roggendorf** (Administration) for Bettendorf drop-off and **Nancy O'Dacre** (Business Development) for Rock Island drop-off.

99 logo balloons go by Trinity Gifts & Floral now offers Trinity logo balloons in classic "Trinity blue" to include in your floral arrangements and balloon bouquets. Cost is \$3 per balloon. They do custom orders for all occasions to suit your occasion and budget and can even prepare same-day orders if received before noon on weekdays. Call 779-ROSE (7673) to place your order. Trinity Gifts & Floral Shops are operated by Friends of Trinity Medical Center and staffed by volunteers. All proceeds support Trinity and community health efforts.

Uniform sale fundraiser Friends of Trinity will host a men's and women's healthcare uniform fundraising sale consisting of classic and trendy styles. The sale will be held from 7 a.m. to 4 p.m. on Tuesday, April 3, in Rock Island, Wednesday, April 4, in Moline, and Thursday, April 5, in Bettendorf.

Spring cleaning We are having a system wide Lean contest! Pick a spot that needs a 5S, schedule a 5S activity for your department/unit, and send before and after photos to **Lynn Ripple** in Performance Improvement by March 30. Prizes will be awarded! Questions? Contact Lynn (779-5021; RippleLK@ihs.org), **Mary Nelson** (779-3180; NelsonML3@ihs.org) or your Performance Improvement Champion.

Get out the vote Trinity Cancer Center is one of four finalists in our region for the Pillars4Life funding grant from Lance Armstrong's **LIVESTRONG** Foundation. This grant will allow a counselor to attend training and implement an online support group for those going through treatment. Being online helps people going through treatment access a psychosocial support network in the comfort of their own home and make connections with others going through similar things. The top two vote-getters win! Vote for Trinity at <http://vote.livestrong.org/vote2012/applicants/156-trinity-cancer-center> by 5 p.m., Friday, March 23.

Biggest Loser winners Trinity's Biggest Loser final results are in for the fifth session! Winners include 1st: **Tami Vanderheyden** (Registration Services), 13% weight loss, wins \$250; 2nd: **Ricky Schultz** (Facilities Services), 11.3% weight loss, wins \$100; and 3rd: **Pam Barks** (Rehab), 11.3% weight loss, wins \$50. The following contestants lost at least 5% of their body weight and will receive their sign-up fee back: **Beth Kelley** (Cardio Diagnostics), 8.2%; **Susan Schinckel** (Rehab), 5.4%; **Richelle Kuboushek** (Education), 5.3%; **Tarah Houk** (Radiology), 5.2%; and **Abby Tracy** (OR Bettendorf), 5%. The next Biggest Loser contest begins Wednesday, April 11.

Community chest \$ Congratulations to the Trinity Cancer Center, which received a grant from ALCOA's Community Chest Fund. Per donor wishes, the \$1,000 grant will be used for patient pillows or other patient comfort endeavors.

Boldly going blue Davenport is one of 11 finalists to be designated a Blue Zone as part of The Blue Zones Project™, which strives to create environments where the healthy choice is the easy choice. If Davenport is chosen, they will share the resources they're awarded with the entire Quad-Cities. Vote for Davenport by texting BZP to 772937 or go to <http://www.bluezonesproject.com/citizens/signup>. Enter the ZIP code of whatever city you live in to show your support.

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, March 30. Content deadline is noon on **Wednesday, March 28**.