

TRINITY TODAY

A newsletter for associates and volunteers of Trinity Regional Health System

Trinity support helps bring “Bodies Revealed” to Putnam

Financial support from Trinity is helping to bring the internationally acclaimed *Bodies Revealed* exhibit to the Putnam Museum. *Bodies Revealed* displays preserved human specimens for an up-close look inside the human body and its systems. The exhibit opens March 9 and runs through July 7.

“The Bodies Revealed exhibit is a unique opportunity to SEE the impact of our lifestyle choices — what and how much we eat, whether we smoke, how often we exercise. We are surrounded by messages about the importance of healthy living. For many of us though, seeing is believing that ‘an ounce of prevention is worth a pound of cure.’ At a time when health policy is on our collective minds, we are excited for the Quad-Cities area to take advantage of this exhibit’s unique look at the wonders of the human body,” said Kim Findlay, CEO/President of the Putnam Museum.

Bodies Revealed provides the public with an opportunity to see inside carefully preserved real anatomical specimens and learn the detailed structure and function of the human body. The exhibition takes visitors through galleries to provide



an up-close look inside the skeletal, muscular, reproductive, respiratory, circulatory and other systems of the human body. Many of the whole body specimens are dissected in vivid athletic poses, allowing the visitor to relate to everyday activities. In addition, authentic human specimens illustrate the damage caused to organs by over-eating and lack of exercise. A healthy lung is featured next to a black lung ravaged by smoking in a vivid comparison more powerful than any textbook image.

“Trinity is happy to help the Putnam bring this fascinating educational opportunity to the Quad-Cities,” said Trinity President and CEO Rick Seidler. “The body is such a complex system; it

will be a real eye-opener for people to see exactly how ongoing exposure to unhealthy habits can impact it.”

Trinity and the Putnam are coordinating a variety of activities in conjunction with the exhibit, including educational seminars, physician presentations and prevention and awareness events. Trinity healthcare providers and college students also will help serve as guides during the run of the exhibition.

The human body specimens are preserved through a technique called polymer preservation. In this process, human tissue is permanently preserved using liquid silicone rubber that is treated and hardened. The end result is a rubberized specimen, preserved to the cellular level, showcasing the complexity of the body’s many bones, muscles, nerves, blood vessels and organs. The full-body specimens can take more than a year to prepare.

Tickets are available at www.putnam.org or by calling (563) 324-1933. Watch the Intranet for event and ticket discount information.



New corporate chef helps create healthy options

Trinity welcomes new corporate chef Tyler Roux to the health system just as the made-over Rock Island cafeteria debuts. Since the renovation Trinity has been able to offer more healthy food options as well as informational signage to help associates with their nutrition choices.

One of Tyler's main goals is to incorporate new and different fresh, healthy menu items into all cafeterias while bringing all three campuses together in their wellness journey. He also wants to help educate patients and staff about nutrition choices so they know how to make their own healthy decisions when eating meals both on and off campus. Tyler also will have a large role in helping reduce food waste within the organization. With Tyler's expertise, all catering events can be done in-house, which will result in higher quality offerings with less expense needing to be paid to outside vendors.

Tyler was born and raised in Maine and began working in the kitchen at age 14. He has a bachelor's degree in Food Service Management from Johnson and Wales University

in Rhode Island, with a concentration in event planning and coordinating. He comes to Trinity from the Rock Island Arsenal Golf Club, where he had been the sous chef for the past 3 1/2 years. Prior to that, he worked as both a lead line chef and an executive catering chef throughout the restaurant industry.



Roux

For suggestions or questions about the wellness menu, please contact Tyler directly at (309) 779-2332 or RouxTS@ihs.org.

Punchcard debuts

Beginning in March, all three campuses will begin offering a punch card for those who purchase a full wellness meal (entrée, starch and veggie) on Wellness Wednesdays and Meatless Mondays. Collect 10 and get the 11th free. Watch for education and "power food" samples throughout National Nutrition Month in March as well.



Live Uncommon presented representatives from the Trinity Center for Wound Care and Hyperbaric Medicine a check for \$3,875 on Monday, Jan. 21, at Trinity Bettendorf. The check represented proceeds the Live Uncommon Race Team helped raise through its participation in the OUCH Race 5K/half-marathon last August. These funds enable Trinity to better serve wound patients in financial need. The Live Uncommon Race Team is comprised of individuals

who raise awareness and funds by participating in various charitable races and other athletic events throughout the year. Trinity is a corporate partner for the LU 2013 Race Series, which includes both the OUCH Race and the Heart Walk.

Pictured from left to right: Kim Makoben, Program Director, Trinity Center for Wound Care and Hyberbaric Medicine; Dr. Greg Bohn, Wound Care Medical

Director, Erin Flynn, Bettendorf HS girls' cross country coach, Phil Pancrazio, Live Uncommon Race Team; Anna Peer, BHS girls' cross country senior; Molly Morris, Pleasant Valley HS girls' cross country senior, Anna Raya, Live Uncommon Race Team and Trinity nurse, Jane Wheeler and Josh Hoffman, PVHS girls' cross country head and assistant coaches and Michelle Solis Russell, Live Uncommon president and co-founder.

Welcome new docs

A warm welcome to **Drs. Benjamin Stevens** (Neonatology/Pediatrics), **Mahmood Alasmi** (Neonatology), **Samir Y. Alabsi** (Neonatology), **Richard J. Flaksman** (Neonatology), **Denice N. Smith** (Family Practice), **Rajesh L. Malik** (Neonatology), **Jeffery N. Maurus** (OB), **Brian Olshansky** (Cardiac Electrophysiology), **Jill M. Hunt** (Wound Center) and **Scott Robins** (Wound Center), who all recently joined Trinity's medical staff.



Tutus and tiaras

As presenting sponsor for the American Heart Association's Heart Walk, Trinity takes great pride in leading area teams in the amount raised by its walkers. This year we've set a goal to raise \$40,000 by Trinity's teams. As an added incentive to sign up for this year's event on Saturday, May 18, President and CEO Rick Seidler has agreed to wear a tutu to the walk if we have 250 people sign up. If we get that number to 300 or more, he has agreed to wear a tiara to go with it!

Visit www.quadcitiesheartwalk.org and click on Trinity Regional Health System under Company Rank at far right. To be a team captain, click on "Create New Team" under the red bar. Or you can be part of an already established team by clicking on "Join Team" next to the name of the team you want to join.



Get answers about new IHS brand

Over the past several years, Iowa Health System (IHS) has been embarking on a journey to significantly improve care delivery and outcomes by reducing barriers between organizations, providing tools for better care coordination such as electronic medical records, and creating bridges between physicians, hospitals, home care and community organizations. This is the underlying premise of its new branding strategy. Coordinated care is the way we will continue to deliver the best outcome for every patient every time. Together, we continue to take major steps forward. IHS' new brand is not just a name change. It is who we are, who we are becoming, and most importantly, how we care for our patients.

There's no doubt you're filled with questions though. Why is it being done? How will it be rolled out? What is my role in the success of the new

brand, and more. To answer these questions, IHS has created a new brand Intranet site called "Brand Central."

There are many resources available at Brand Central to help you learn about the new name and brand launch:

- **Frequently Asked Questions (FAQ)** – provides answers to your questions about the new name and brand
- **Glossary of Terms** – helps you understand the acronyms and terms used in health care today
- **Contact Us** – ask a question if you don't see the answer elsewhere

Visit Brand Central

Your up-to-date news on the launch of our new brand.

Brand Central is conveniently located on the intranet home page. Just select the Brand Central banner or the quick link in the left navigation.



Sleeping under one roof

The Trinity Bettendorf and Moline Sleep Centers are moving under one roof! Both centers will re-locate to 4540 3rd St. in Moline as of early March. This off-site location offers convenience and comfort to our patients. Not only will this center have state-of-the-art equipment, nourishment centers and exam rooms, each patient will have their own room with plush, oversized beds and a television along with Wi-Fi. A grand re-opening open house will take place from 4-6 p.m., Thursday, April 25. The new center will be open for testing from 8 a.m. to 4 p.m. as of Friday, March 8. Call (309) 779-2914 to schedule an appointment.