

# TRINITY TODAY

A newsletter for associates and volunteers of Trinity Regional Health System

## Hospital Week 2011: Beach Party Blast

National Hospital Week, the nation's largest health care event, is a celebration of the dedicated people, Trinity associates, that make health systems like ours great.

In honor of Hospital Week, Trinity has planned a variety of special activities to celebrate the Trinity team:

### Associate BBQ: Wednesday, May 11

The menu includes your choice of a grilled chicken sandwich or hamburger/cheeseburger, baked beans, chips, raw veggies with dip, pasta salad, cookies, pop or bottled water. The same meal choices are provided for 3rd shift staff.

Rock Island	3rd shift	4-5 a.m.*	Cafeteria (enter through north door)
	Lunch	11 a.m. to 1:30 p.m.	Jardine Auditorium
	Dinner	4:30-6:30 p.m.	Jardine Auditorium
Moline	3rd shift	4:30-5 a.m.*	Cafeteria
	Lunch	11 a.m. to 1:30 p.m.	Education Center
	Dinner	4:30-6 p.m.	Education Center
Bettendorf	3rd shift	4:30-5 a.m.*	Conference Rooms A&B
	Lunch	11 a.m. to 1:30 p.m.	Conference Rooms A&B
	Dinner	4:30-5:30 p.m.	Conference Rooms A&B

\*3rd shift may also pick up their ice cream treat at this time.

### Ice cream social: 2-4 p.m., Friday, May 13

"Come in from the Heat & Get a Cool Treat" at this year's ice cream social! Locations include:

- **Rock Island** – Conference Room 1
- **Moline** – Education Center
- **Bettendorf** – Conference Rooms A&B

Other special events include a flip flop decorating contest and trivia contest. See the Intranet for more details. As in past years, all associates are eligible for a door prize drawing of cash prizes donated by the medical staff. In addition, the cafeteria at all three campuses will also have special beach-themed meals each day of the week: Luau Day (Monday), Stormy Beach Day (Tuesday), BBQ (Wednesday), Jamaican Day (Thursday) and At the Beach Day (Friday).

Thank you for making a difference. Your contributions to the Trinity family are greatly appreciated.





## Need help paying for your kid's degree?

Did you know the Trinity Health Foundation offers scholarships to help high school students of Trinity associates turn their dreams into realities?

### **Moburg Educational Scholarship**

- Benefits sons and daughters of current associates with five or more consecutive years of employment at Trinity Regional Health System
- Rewards students with a one-time annual grant not exceeding \$2,000

### **Lynn Vermeer Youth Development Scholarship**

- Assists children and/or grandchildren of current associates who are pursuing or plan to pursue a degree or certification
- Awards an approximately \$1,000 renewable scholarship

### **CVM-Illinois Youth Mentoring Scholarship**

- Aids children and/or grandchildren of current associates who are pursuing or plan to pursue a health-related degree
- Rewards recipients with a one-time grant ranging from \$1,000 to \$5,000

Call the Foundation office at (309) 764-7610 for specific requirements and application processes pertaining to each scholarship. Please submit all applications to Berlinda Tyler-Jamison, President of the Trinity Health Foundation, no later than noon on Monday, June 6.

## Every mom-to-be could use a little support, and a \$100 gift card

Whether it's your first baby or you've had children before, a healthy baby and a healthy delivery begins with prenatal care.

To help moms and dads-to-be, Trinity invites enrollees in the Iowa Health System health insurance plans to participate in the free Prenatal Care Program through Principal Life Insurance Company.

As a member of the program you'll receive:

- Personal attention, support and education from experienced obstetric nurses
- A choice of two books: *What to Expect When You're Expecting* or *What to Expect the First Year*
- A healthy pregnancy workbook
- Periodic contact from the obstetric nurse to receive updates on your pregnancy and answer any questions
- A \$100 gift card from Target, after delivery and the program is completed

To be eligible to receive the gift card, you must enroll in the program by the end of the 16th week of pregnancy. (If you are currently pregnant and past your 16th week of pregnancy, you will be grandfathered into the program if you enroll by June 1, 2011.) The program must be completed by participating in all phone calls with the nurse at the Prenatal Care Program and responding to any requests for information.

### **How do I enroll?**

Simply call 1-800-248-5447, Monday through Friday, 8 a.m. to 5 p.m. Be sure to have your insurance card on hand. At the time of enrollment, nurses gather information on medical history and lifestyle, help answer questions and provide support.

### **Questions**

Questions about the program? Call 1-800-248-5447. If you have questions about your maternity benefits, please contact Human Resources.



Mykl Garrett



Jeff Stolze



Jon Honsey

# “Ladies” in Red



Trinity Live Well  
I N I T I A T I V E

Three of Trinity’s male senior administrators – Executive VP/COO Mykl Garrett, VP of Physician Alignment/Trinity Health Enterprises Jon Honsey and VP of Human Resources Jeff Stolze – helped bring awareness to heart disease in a lighthearted way on Wednesday, April 6, by wearing a red dress – the American Heart Association’s symbol for their national Go Red for Women campaign.

Employees voted for which administrator would lead them in a public fitness walk that day by placing money in jars. The

walk coincided with Trinity Live Well Day, a special event put on by Trinity’s wellness committee that highlighted ways associates can take charge of their overall health and wellness.

The top three administrators with the most monetary votes “won.” Administrators were also allowed to place monetary votes in other competitors’ jars to keep themselves out of the red dresses. The \$450 raised supports the AHA’s Heart Walk on May 21, for which Trinity is the presenting sponsor. To sign up for a team, visit [www.quadcitiesheartwalk.org](http://www.quadcitiesheartwalk.org).

## ACES in Action Spotlight: Compassion/Commitment



Williams

Cathy Williams, RN, is the special procedures nurse for Imaging Services at Trinity Rock Island. She is always positive, energetic, helpful

and shows a genuine interest in our customers by acknowledging patient arrivals with a warm greeting and a smile. She communicates by using

terms patients and their families understand. She also gives a full explanation of the procedure, including the approximate duration of the exam and what to expect, as well as keeps loved ones informed during the process.

Cathy has a special way of calming patients’ fears. She makes them forget about the anxious moments with her humor and constant devotion while in

her care. A former patient states, **“My first experience at Trinity was under Cathy’s care, and she is why I come back.”**

ACES in Action is a monthly column highlighting associates who demonstrate our ACES Standards of Behavior. Know of another example of ACES in Action? Email ACES Navigator Pam Knox at [KnoxPL@ihs.org](mailto:KnoxPL@ihs.org).



## Volunteers achieve President's Volunteer Service Award

Since 2009 Trinity Volunteer Services has recognized volunteers who achieved the 4,000-hour lifetime service level with the President's Volunteer Service Award administered by the Points of Light Foundation. So far, 37 Trinity volunteers have received this distinction. At this year's recognition event during National Volunteer Week, ten more volunteers achieved this level. They received a special "President's Volunteer Service Award" pin and a certificate signed by President Obama.

Pictured L to R: VP of Human Resources Jeff Stolze, Adeline Zmuda, J. Wallace Erickson, Beverly Brown, RN, Charles Buller, Sandra Coopman, Paula Helenthal, Anna Swanson, President & CEO Rick Seidler. (Recipients not pictured: Marty Brunsvold, RN, Jan Peters, RN, and Marilyn Ptacek.)

## 1st Quarter Models of Excellence

### Sarah Wells, RN, Wound Care

During February's sub-zero weather, Sarah heard from the local news media of a homeless man suffering from frostbitten toes. Knowing that Trinity could help him, she found the shelter where the man was recovering and arranged to have him brought to the Trinity Wound Care & Hyperbaric Medicine Clinic in Bettendorf, where he responded well to treatment. He was so touched that a whole team of strangers would help him unconditionally that he is on his way to gaining employment and helping other men at the shelter overcome their obstacles.



Wells

During this same time Sarah went the extra mile to help another patient who was having insurance issues due to complications and inappropriate documentation by other organizations. Sarah spent numerous hours of her own time communicating with others to prove the patient's case and receive the costly service he needed. This dramatically improved his nutrition and allowed his wounds to begin healing.

### Rachel Nees, Krista McIntosh, Theresa Haggard, Katy Garrison, Maria Murga; 7 South

On the night the February blizzard began, Rachel Nees looked out the window of a patient's room into the parking

lot and noticed a person struggling in the snow. Upon closer inspection, she realized that the person couldn't get up and needed help. At this time, the winds were blowing at 40+ mph and the snow was falling at 1-2" per hour. Rachel – along with Krista McIntosh, Theresa Haggard, Katy Garrison and Maria Murga – ran down six flights of stairs outside to the main parking lot without any coats or boots on. Two of them stood around the person to shield her from the wind while others tried unsuccessfully to get her to her feet. Other responders to the Code Green stayed inside the building waiting for Security to assist the employee. These associates were the only ones to brave the snow, wind and freezing temperatures to provide for a fellow team member's safety and well-being.



Haggard



(L-R): McIntosh, Garrison, Nees and Murga