

TRINITY TODAY

A newsletter for associates and volunteers of Trinity Regional Health System

Open enrollment for 2012 benefits ends Nov. 15

Open enrollment is your opportunity to make the most of your Iowa Health System benefits package by choosing the options that best meet your needs. Take the time to understand your options and discuss them with your family, then enroll in the plans that are best for you.

The 2012 Medical Plan Decision Guide and 2012 Enrollment Guide will help you understand what's new and what will change for 2012. If you are a benefit-eligible employee, you should have received these documents in your home mailbox.

There are some important changes to the benefits and the enrollment process for 2012. Some of these changes include:

There are three new medical plan options to choose from for 2012, including a Health Savings Account (HSA).

- You must actively enroll to have medical coverage for 2012.
- You must actively enroll to participate in flexible spending accounts for 2012.
- You must select a primary care provider (PCP) for every family member covered under the health plan.

If you didn't receive your benefits packet in the mail, refer to Your Benefit Source for additional information or contact the Benefits Helpline at (309) 779-2268.



ACES in Action Spotlight: Equality



Doty

(submitted by Tad Doty, Respiratory Therapy)

Trinity's Standards of Behavior define "equality" as treating each other as professionals who deserve courtesy, respect and cooperation. It also means respecting diversity.

The Respiratory Department achieves this standard by complimenting professionalism in a variety of ways. We recognize individuals who go above and beyond in our daily huddles and on the kudos board. We also search out others by giving out spot awards. By treating each other as professionals and helping one another through our busy day, we can provide the best outcome, for every patient, every time.



ACES in Action is a monthly column highlighting associates and/or departments that demonstrate our ACES Standards of Behavior. Know of others? Email ACES Pilot Pam Knox at KnoxPL@ihs.org.



Impact of Trinity OR nurse's death shared at Go Red for Women

July 8, 2011, started out like any other for the Trinity Moline surgery team. Staff began streaming in between 6 and 6:30 a.m. for the start of a full day of cases. Like clockwork they changed into scrubs, laid out instruments and prepped patients. But something wasn't quite right: Nurse Tonya Wiese was missing.

Wiese always arrived early; she was rarely late. Alarm set in when another nurse reported driving past a car accident involving what looked like Tonya's van. Another said she had seen bystanders performing CPR.

Trying not to panic, Moline OR lead nurse Karen Scott called Tonya's home. Her daughter confirmed she had indeed left at her usual time.

"Suddenly people started falling apart. We were crying because rumors were flying, and we couldn't get any confirmed information. Yet we still needed to focus on our surgery cases. It was awful."

Eventually word came from Tonya's family in the emergency room. The



Wiese

46-year-old married mother of two had suffered a heart attack while driving that caused her to swerve and hit a pole. While doctors were able to repair her heart, Tonya died a few days later from her other injuries.

Unfortunately, the signs pointing to heart disease were there right before the accident. Tonya had complained of back pain to Scott, and she also had severe indigestion.

"The thought that she had heart disease never crossed our minds, but I don't know why not. She didn't eat right or exercise, and she popped Tums like they were candy," said Scott. "Yet none of us thought much of this because as healthcare workers, we all do this. As busy women, we take care of everyone else and worry about ourselves last."

All of the nurses have since taken HeartAware, Trinity's online heart disease risk assessment, and they encourage others who show symptoms to go to the doctor. The group is trying to eat better and is committed to increasing their activity levels too. In fact, they're mapping out quarter-, half- and one-mile marks within the OR so staff can walk inside on their breaks without having to change out of scrubs.

Karen will share the impact of Tonya's death at the annual Go Red for Women event on Tuesday, Nov. 8, at the RiverCenter. Sponsored by Trinity, the event aims to educate women about their risk of stroke and heart disease – the No. 1 killer of women – and what they can do to improve their health.

"We all have a little guilt that we didn't recognize Tonya's symptoms because they were there. We all do that – ignore the aches and pains – but we need to stop," Scott said. "I think she would say, 'Learn from me. Don't let it happen to you.'"



For more information about Go Red for Women, go to www.quadcitiesgoredforwomen.org.

NewGroup goes live in January

Physicians recently voted to join Trinity's employed primary care providers with other Iowa Health System-employed providers to form a new, organization-wide provider group effective January 2012. This integrated delivery model includes members from both Iowa and Illinois and will result in better outcomes for patients through greater collaboration

between physicians, hospitals and all the services of Trinity and IHS. For the moment it's called NewGroup, but soon it will have a new name that better reflects the impact it will have on how we all deliver care.

Dr. Alan Kaplan, IHS Vice President and Chief Medical Officer, will serve as CEO, and each market will be supported by a leadership team consisting of a physician and administrator. An open recruitment process is underway to identify the physician to join Matt Behrens, Trinity's new Regional Vice President/Clinic Operations, as leaders for the Quad-Cities and Muscatine region.



They're super psyched!

Congratulations to the 150+ members of Robert Young Center's "Team Psyched," who raised \$4,926 at the NAMI Walks held at Rock Island's Schwiebert Park on Saturday, Oct. 1. Funds from the annual event help fight the stigma surrounding mental illness.

3rd Quarter Models of Excellence

Krista Eckert, Hillary Milo, Kate Parr, Ann Jones, Keri Hess, Katie VanLauwe and Stephanie Martin/Rehabilitation Services; Carol Ginneberge, Lora Loete/5 South Rehab; Paula Maddox / Nursing Administration

With funding from the Trinity Health Foundation, Trinity Rehabilitation Services held its second Retreat and Refresh stroke camp for stroke survivors and their caregivers. The camp's mission is to provide a weekend camping experience for stroke survivors and caregivers with opportunities for education, socialization, relaxation, great food, emotional support and fun for all.

The camp strives to find new ways to educate our patients on such topics as



stroke prevention, speech and language resources, handicapped recreational equipment, diabetes, physical therapy, depression, nutrition and many more.

According to camp coordinator and Models nominator Kristin Schriefer, "These ten Trinity employees volunteered three days

of their time, skills and compassion to better the lives of stroke survivors and their caregivers. Each and every one of the volunteers demonstrated all of the values that represent what Trinity is all about. Because of this weekend, we have improved the physical, social and emotional health of our stroke community."



Photo courtesy of *The Rock Island Argus/Dispatch*

Trinity Pathway Hospice celebrates 30 years with award named for founders

In honor of its 30th anniversary, Trinity Pathway Hospice has established the Dr. Lawrence and Kathryn Allen Compassionate Caregiver Award. The award honors Dr. and Mrs. Allen, the founders of Trinity Pathway Hospice, and recognizes hospice caregivers who provide exceptional care.

Award recipients are nominated by the families of patients they have served as well as other care team members. The inaugural award was presented to nurses Brenda Goellnitz and Julie Frutiger on Wednesday, Nov. 2, at an employee event celebrating National Home Care and Hospice Month.

“The award is the perfect way to remember our past and celebrate our future,” said Angel Parks, nurse manager for Trinity Pathway Hospice. “Patients, families and caregivers change over the years, but our fundamental commitment to providing the highest quality hospice care is constant.”

Trinity Pathway Hospice first opened its doors on October 5, 1981, in the then-Lutheran Hospital Nursing School dormitory. Dr. Allen, an oncologist, served as the first medical director of Pathway Hospice. Kathryn, a registered nurse and former nursing professor, was the hospice coordinator.

The unit was the culmination of two years the couple spent visiting and researching hospice facilities throughout the country. At its inception, Pathway Hospice was unique to the region by providing holistic care to terminal patients and their families, giving them physical, emotional, social and spiritual comfort so they could focus on their remaining time together.

“We are humbled and honored to have this award established in our names,” said Mrs. Allen. “We are so pleased to be able to witness 30 years of Trinity Pathway’s legacy of hospice care in our community and to celebrate our best and brightest caregivers.”



Row, row, row your boat

Congratulations to the following Trinity associates who competed in the Trinity Quad Cities Classic Regatta’s corporate race division on Saturday, Oct. 8. The 16 team members spent four weeks learning to row as part of the regatta’s corporate challenge. Winning second place was the Trinity Red team with a time of 3:07. Trinity Red included Christina Lopez (Cardiac Research), Lisa Dunahoo (HR), Brenda Perry (Administration), Heather Clayton (Moline ED), Christie Coverdill (Scheduling), Nikki Mahieu (Registration), Kristin Schriefer (Rehab), Katie Kilbride (Trauma). Alternate was Tammy Pauwels (Administration).

Finishing in third place with a time of 3:26, was the Trinity Blue team. Trinity Blue rowers that day included Ellen Leeds (Imaging Services), Mellissa Padesky (Case Management), Jeni Tackett (Nutrition Services), Mary Bash (Stockroom), Allison McClimon (OR), Kathy Schradeya (Scheduling), Sherri Morlok (Imaging Services), and Rosemary Goodding-Robinson (Surg/Ortho). Chris Pauwels (Performance Improvement) also trained with the team. Special thanks to Hillary Milo (Recreation Therapy) who coached both squads.