



TRINITY  
IOWA HEALTH SYSTEM

Moline • Rock Island • Bettendorf • Muscatine

# TRINITY

# Tidbits



*Nov. 9, 2012 Issue 81*

**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.

**Open enrollment** for benefit eligible employees for the 2013 benefit plan year will run through Thursday, Nov. 15. In order to have to have coverage in 2013, you must enroll in a health insurance plan.

**Spouse surcharge form online** The 2013 Working Spouse Surcharge Form is now available online through our Intranet under the HR tab. If your spouse falls into one of the six options the surcharge does not apply to, please print and complete the affidavit and send to the benefits office on or before Dec. 15. To all employees who will be covering their spouse/domestic partner, you must complete the affidavit online in Your Benefit Source as you are enrolling in your medical option. Anyone who has already submitted their form to HR still needs to fill out the affidavit online.

**Trinity Matters campaign rally** Drop off your Trinity Matters associate giving campaign form at any one of the mid-campaign rally locations and pick up a bag of hot popcorn, assorted cookies and maybe even win a prize! Dates and times include Rock Island: 11 a.m. to 1 p.m., Friday, Nov. 9, Jardine Auditorium; Moline: 11 a.m. to 1 p.m. Friday, Nov. 16, Birthplace conference room; Bettendorf: 11 a.m. to 1 p.m., Thursday, Nov. 15. To be eligible for the grand prize drawing for a \$500 VISA gift card, associates need to return their form, regardless of their intent to give, by Friday, Nov. 30, or drop it off at your campus campaign rally date and location above.

**Movin' on up** Congratulations to **Connie Melby** on her transition into the role of Perioperative Infection Prevention Specialist at Trinity Medical Center. Kudos also to **Krystle Jorgenson** on her new role as Manager of Surgical Services at the Bettendorf campus.

**Daisy Awards** Join us in congratulating Trinity DAISY Award winners **Cassie Burns** (4S Oncology, Rock Island) and **Tiffany Chapman** (Pre & Phase II, Moline). If you have a nurse you would like to nominate please take a moment to print a nomination form or complete it online under the clinical tab on the Intranet in the nursing box.

**Sam's special** In honor of your dedication and hard work, Sam's Club is having a special "after-hours" shopping event just from 6-8 p.m., Sunday, Nov. 11. This is by invitation only, and you are allowed to bring your immediate family or a guest. Membership to Sam's Club is not required to participate. There will be FREE cake, nachos and punch! Contact Linda at (563) 355-1253 or [liketel.s08238.us@samsclub.com](mailto:liketel.s08238.us@samsclub.com) with any questions.

**Safety Fair now online** The annual Safety Fair has been replaced with an online module available now through Dec. 31 in NetLearning.

**Movie party sign-up** The 2012 children's movie party will be held on Saturday, Dec. 8, at the Great Escape Theaters in Moline. Doors open at 8 a.m. with movies starting at 9 a.m. Movie choices are "Rise of the Guardians" or "Wreck it Ralph." Children of associates are free; adult tickets are \$7. Sign-ups on the Intranet will start Monday, Nov. 12.

**Condolences** Heartfelt condolences go out to **Kris Rennison** (NIDT-R) on the passing of her mother-in-law, to **Laura Whitmarsh-Fraga** (MHIP-Adult) on the passing of her brother and to **Lori Williams** (Admin) on the passing of her mother. Condolences also go out to **Jody Wolfe** (Ambulatory Services-B) and **Gina Jones** (Medical Telemetry) on the deaths of their respective fathers.

***Ups and downs of blood sugar*** A Spirit of Women diabetes seminar, “Can You Control the Ups and Downs of Blood Sugar?” will be held from 6-7 p.m., Thursday, Nov. 15 at Trinity Bettendorf in conference rooms A & B. Presented by **Dr. Rameshkumar Raman** from Endocrine Associates of the Quad Cities, the seminar will focus on the perils of yo-yo dieting, effective solutions for weight management, moods swings and blood sugar, metabolic syndrome, reversing diabetes and avoiding complications of diabetes. For more information contact **Amy Pearson** at [pearsoae@ihs.org](mailto:pearsoae@ihs.org).

***Festival Military Day*** As part of our commitment to our community and our interest in honoring and supporting our military families, Trinity is again sponsoring the Military Day at Festival of Trees. Military Day is from 10 a.m. to 7 p.m., Sunday, Nov. 18, at the River Center, Davenport. For all military families with military I.D., tickets are discounted \$2 (for immediate family.)

***Volleyball fundraiser*** Komen Quad-Cities has challenged Trinity to a Big Pink celebrity game to kick off the upcoming Big Pink volleyball tournament at 7 p.m., Friday, Nov. 30, and we need your help! We are seeking 6-8 volunteer players to field a squad for Team Trinity. Proceeds from the tournament will benefit the Trinity Cancer Center and Komen Quad-Cities. Big Pink volleyball is played with a big, pink floaty volleyball similar to a beach ball; no volleyball skill is required. The tournament itself will be held Saturday, Dec. 1, at Augustana College. After the celebrity game, the courts will be opened up for anyone to come and play (including your families), and refreshments will be served. For more information contact **Stacia Carroll** at [carrolsm@ihs.org](mailto:carrolsm@ihs.org) or (309) 779-2472.

***Free Festival*** Trinity is offering 1,000 discounted any day Festival of Trees tickets to associates who become (or are) fans of Trinity’s Facebook page between Thursday, Nov. 8, and Monday, Nov. 19. Once you become a fan at [www.facebook.com/trinityqc](http://www.facebook.com/trinityqc), email **Jessica Jacks** at [jacksjx@ihs.org](mailto:jacksjx@ihs.org) or call her at (309) 779-2978 to indicate you are a new or current fan. Include your full name, department and campus location, as tickets will be sent via interoffice mail. One ticket per associate fan is offered. Beginning Friday, Nov. 16, if many tickets are still available, we will allow the release of additional tickets. Facebook is one more avenue for associates to learn about what is going on at Trinity.

***More screaming for ice cream*** 3<sup>rd</sup> shifters will have their ice cream social brought directly to them for all of their great work and extra effort during IQ4/Epic Go-Live. Each campus unit should look for their cake, hand-scooped ice cream, frozen yogurt and special toppings beginning at 5 a.m. on the following dates: Bettendorf: Wednesday, Nov. 14; Rock Island: Thursday, Nov. 15; Moline: Friday, Nov. 16.

***Basket bonanza*** It’s basket raffle time! Individuals or departments can sign up to donate a basket for this annual holiday tradition through Physician Services or Human Resources through Nov. 12. If you need a basket, pick one up in either Physician Services or Human Resources. For more information, please call **Cindy Gladkin** at (309) 779-2279 or **Michelle Laxton** at (309) 779-2286.

***Palliative care recognized*** IHS’ palliative care program was recognized for its continual commitment, dedication and teamwork in the field of palliative care. Lori Bishop, IHHC Palliative Care & Hospice Statewide Executive Director & IHS Clinical Innovations Advisor for Palliative Care, will be presenting IHS Palliative Care and Healthcare Reform at the Center to Advance Palliative Care’s national seminar in Dallas in early November. She is co-presenting with Dr. Diane Meier, nationally known expert in palliative care, who chose IHS as a great example of success. Congratulations go out to all of the great work the palliative care teams are doing.

***Gift shop sale*** Come to the Rock Island gift shop from 4-8 p.m., Wednesday, Nov. 14, to enjoy refreshments and store-wide specials. After Thanksgiving the shops will host “Black & Blue Monday” at all three campuses, which will also feature discounts store-wide.

***Plan for your future*** Jason Taulbee, our J.P. Morgan financial planning representative, will be on-site and available for one-on-one meetings on the following dates: Nov. 14 at Moline in the Education Center and Dec. 5 at Rock Island in the 4<sup>th</sup> floor conference room. You may sign up for available meeting times in Net Learning.

***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](mailto:tidbits@ihs.org). The next Tidbits comes out on Friday, Nov. 23. Content deadline is noon on **Wednesday, Nov. 21**.