



Oct. 14, 2011 Issue 53

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.

Standards spotlight: EXCELLENCE “Our Pharmacy buyer, **Lori Deyo**, is constantly in pursuit of keeping our institution supplied with medications due to a plethora of shortages. Lori always anticipates the needs of our patients in order to provide extraordinary service. (Submitted by **Tania Arguell**, Pharmacy)

NetLearning due Oct. 31 Mandatory NetLearning modules must be completed by Oct. 31. Failure to do so will result in loss of eligibility for performance increases. Contact **Richelle Kuboushek** (309) 779-2305, or KubousRM@ihs.org, with questions.

Win a Wii Fit or an iPod The Trinity Live Well Associate Health Fair will be held from 6 a.m. to 6 p.m., Wednesday, Oct. 26, in the Jardine Auditorium at Trinity Rock Island. The fair will include vendors, health and fitness information and yoga, Pilates and Zumba demonstrations. Get your flu shot or take online health risk assessments while you wait. Don't forget to bring gently used winter clothing items to benefit the Nursing WorkLife Shared Decision-Making committee's clothing drive for a chance to win a Wii Fit or iPod. For more information contact **Colleen Borts** at 779-5041 or BortsC@ihs.org.

Kudos from the customer comment line: Congratulations to **Linda Wittenauer, Brittany Petz, Brenda McIntosh, Amanda Cornwell, Maria Velazquez, Niesha Williams and Vanessa Navarro** (all from 6N) on being singled out for their outstanding care on Trinity's customer comment line this month. Keep up the great work!

HRA deadline extended The deadline to complete your online health risk assessment and biometric screening has been extended to Friday, Oct. 21. Employees and spouses/ domestic partners who wish to have their choice of health plans are required to complete these two items by the deadline. Access both items on Your Benefit Source.

College hosts open house Trinity College of Nursing and Health Sciences will hold a fall open house from 4:30 to 7 p.m., Tuesday, Oct. 25. Trinity College offers varying degree options in the fields of nursing, radiology technology and respiratory care. Admissions, financial aid and program information will be available at the event. To RSVP please call **Pam Robertson** at 779-7700.

Who's the Biggest Loser? There's just one more week in the biggest loser contest before the top three winners are announced. Top losers for week seven are **Karen Martin** (Registration), 10.8%, **Ryan King** (Med/Surg), 8%, **Jody Young** (Rehab), 7%, **Tarah Houk** (ER), 6.4%, and **Joyce Hergert** (Oncology), 6%.

Awareness Wednesdays Trinity Gifts and Goods is offering 15% off all breast cancer-related merchandise in their shops every Wednesday in October.

Do we have your current mailing address? It's that time of year to check if we have your current home mailing address. Often times, important communication comes through the mail from your employer. Simply log onto Your Benefit Source (<http://BenefitSource.ihs.org>) to update your information quickly and conveniently online. If you have any problems with the login, please contact IT Service Center at ext. 2375 or (515) 241-6288.

Pharmacy hours change Effective Monday, Oct. 17, the Trinity Retail Pharmacy's new hours will be Monday through Friday, 9 a.m. to 5:30 p.m. The retail pharmacy values their customers, and appreciates their business.

Pink Differently tomorrow Sign up to “Pink Differently” with Making Strides Against Breast Cancer and support the American Cancer Society with a fun and healthy activity. Trinity is a major supporter of this 5K event, which will be held on Saturday, Oct. 15, at Schwiebert Park in Rock Island. Register at the event at 8 a.m. Walking begins at 9 a.m. Trinity employees are free with a badge.

Help stop the flu from spreading! Required associate flu shots are planned for Oct. 26-28 at all three Quad-City campuses. Check the intranet for a full schedule.

Shop the magnificent mile without driving a mile The Trinity downtown Chicago shopping trip will depart from the Moline campus at 6 a.m. on both Saturday, Nov. 5, and Nov. 12. Cost is \$30 per person. Payment must be paid when signing up at the HR department, no refunds. Contact **Kim Kochuyt**, (309) 779-5852, or **Michelle Laxton**, (309) 779-2286, for more details.

Super psyched Congratulations to the 150+ members of RYC’s “Team Psyched,” who raised \$4,926 at the NAMI Walks held at Rock Island’s Schwiebert Park on Saturday, Oct. 1. Funds raised at the annual event help fight the stigma surrounding mental illness.

Movin’ on up Congratulations to **Linda Wessel**, new Manager of Trinity Retail Pharmacy. Linda succeeds **Dave Griesbach**, who is retiring after 17 years with Trinity.

‘I’ll take Code Green for \$1,000’ The final 2011 Safety Fair Jeopardy tournament will be held at Trinity Bettendorf on Oct. 19 in classroom A&B. Sign up for a session in NetLearning to join in on the fun!

A thousand reasons to smile Congratulations to **Kristin Collier** (Cancer Center) on winning the Foundation Neighborhood Raffle \$1,000 cash prize from IH Mississippi Valley Credit Union. Coupon books are still available in the gift shops. They make great stocking stuffers!

They vant to suck your blood A Halloween-themed blood drive will be held at the Rock Island campus from 10:30 a.m. to 5 p.m., Monday, Oct. 31, in the Jardine Auditorium. Enjoy the provided treats, no tricks involved, while donating for a chance to win a drawing for a Halloween gift basket!

United Way grand prize winner Congratulations to **Stacy Roth** (RYC), who was drawn as the grand prize winner in Trinity’s United Way campaign. She was presented with a \$500 gift card, a small gift basket and balloons.

Body Image Blues The Quad Cities Eating Disorders Consortium presents keynote by Harriet Brown on the topic “Body Image Blues: Body Image, Eating Disorders, and Disordered Eating Among Teens and Young Adults,” from 5-7 p.m., Wednesday, Oct. 19, at the Rogalski Center, St. Ambrose University, Davenport. The consortium is composed of area professionals – including RYC – dedicated to getting information out to providers, patients and families about local and national eating disorder resources. Cost is free to attend. For more information call **Stephanie Burrough** at (309) 235-0764.

Try out the Y Trinity and the Quad City YMCAs have entered into a corporate partnership that allows Trinity employees to receive a multitude of benefits, including free one-week passes, wellness coaching and class sessions and access to all YMCA facilities in the U.S. For more information, contact the nearest YMCA location or **Colleen Borts**, Trinity Live Well team leader, at 779-5041.

Go Red for Women Tickets are now on-sale for the American Heart Association’s Go Red for Women event, held Tuesday, Nov. 8, at the RiverCenter in Davenport. Doors open at 10:30 a.m. for educational breakout sessions, silent auction bidding and a vendor fair. Lunch and speakers begin at noon. Tickets are \$35 and may be purchased online at www.quadcitiesgoredforwomen.org. Trinity is a proud sponsor for the 8th year.

Volunteer at the gift shop Are you or anyone you know interested in volunteering as a clerk at Trinity’s Moline or Rock Island gift shops? Applications can be picked up outside any Trinity gift shop or online at trinityqc.com by clicking on “Ways to Give” and selecting “Volunteers & Friends.” Applicants should be comfortable interacting with the public and have retail and/or computer experience. Varying shifts available.

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, Oct. 28. Content deadline is noon on **Wednesday, Oct. 26**.