



Sept. 2, 2011 Issue 50

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: ETIQUETTE In the Sleep Center, like so many other departments, it's essential to make patients and visitors feel relaxed. Practicing consistent telephone etiquette goes a long way toward this goal with conversations that tell patients we are caring and professional. (Submitted by ACES Navigator **Dave Stockdale**, Sleep Center).

A new chapter Save the dates for the Friends of Trinity Medical Center September Book Sale! We will be using a new vendor for the sale in September so make sure to stop by and see all the new books. Stop by from 7 a.m. to 4 p.m. at the Bettendorf cafeteria on Wednesday, Sept. 7, Rock Island's Jardine Auditorium on Thursday, Sept. 8 or Moline's education center on Friday, Sept. 9.

Live United Trinity's 2011-12 United Way campaign drive lasts until Friday, Sept. 16. Your department team captain will distribute information about pledge cards or online donations. Trinity's goal is \$100,000 this year. Everyone who participates by filling out a signed card or online form will still be entered into a daily drawing for a \$20 gift card. Departments with 100% participation will be entered into a drawing for a pizza party. All those who donate will be eligible for the \$500 cash grand prize.

Calling all Trinity runners Are you looking for a group of people to run or train with? Trinity Trackers meets three times a week at various places around the Quad-Cities. If you are interested in joining, contact Trinity Live Well team member **Valerie Farley-Olson** at olsonvs@trinityqc.com.

Who's The Biggest Loser? Round three of The Biggest Loser started last week! We have our largest participation to-date with 95 Trinity associates hoping to be the next Biggest Loser. Top losers in terms of percent body weight lost from week 1 are: **Theresa Santee** (Home Care), 4.1%, **Jody Young** (Rehab), 3.6%, **Shannon Wolever** (Cardio-Diagnostics), 3.6%, **Melissa Murphy** (Central Services) 3.4% and **Stephanie Schradeya** (OR), 3.4%.

Movin' on up Please welcome **Cathy Kearns** to her new role as the Director of Clinical Informatics for Trinity Medical Center. Cathy's new duties include facilitating the deployment of the new EMR system, as well as other enterprise clinical systems, to support the improving quality of care, patient safety, and financial performance.

Hot times in Rock Island As of Saturday, Sept. 3, hot breakfast will be served every Saturday in the Rock Island cafeteria from 8-9:45 a.m.

EPD balance changes In order to match IHS affiliates and their processes, employee payroll deduction changes will go into effect starting the next pay cycle. Balances will no longer run past each pay period. In preparation for this change, Payroll will begin to reduce your total balance in both the Gift Shop and Friends of Trinity by 50%. Starting on Sept. 18 and every pay period thereafter, associates may carry an EPD charge total of up to \$200 for both the Gift Shop and Friends of Trinity during a two-week period. The entire balance will be taken out of that cycle's paycheck. For more information contact **Vicki Gray**, (309) 779-5205, grayva@ihs.org, or **Sarah Staron**, (309) 779-5455, staronsm@ihs.org.

Condolences Heartfelt condolences go out to team member **Sarah Whittaker** (Cardiac Stepdown) on the loss of her sister, **Lindsey Rives** (Trinity College) on the loss of her grandmother, **Amanda Martin** (Registration Services), **Lindsay Hurrell** (Amb Surg/Bett), and **Carrie Appelquist** (Purchasing) on the deaths of their grandfathers and **Kathy Stahl** (Women's Imaging) on the passing of her mother.

Trivia time! Robert Young Center will host a trivia night on Friday, Sept. 23, in the Jardine Auditorium at Trinity Rock Island to support the upcoming NAMI Walk. Doors open at 5:30 p.m.; trivia starts at 6:30 p.m. Cost is \$10 per person, up to eight people per team. Food may be brought in, and beverages will be available for purchase. No outside beverages. The top team prize is \$100, and the night includes door prizes and a 50/50 raffle. Register by contacting **Sandra Moens**, (309) 779-2097, or MoensSF@ihs.org.

Get Your Rear in Gear Trinity Muscatine is sponsoring this 5K run/walk for colon cancer awareness on Saturday, Sept. 17, at Discovery Park, 3300 Cedar Street, Muscatine. Cost to enter before Tuesday, Sept. 13, is \$25 for adults and \$12 for children 12 and under. For more information about joining or donating to a Trinity team, contact **Bobbi Park**, Rock Island lead Endo RN, at (309) 779-3225.

Become a parish nurse Trinity's Parish Nurse Program will offer its fall classroom discussion and lecture courses beginning Tuesday, Sept. 27, for nurses interested in merging their health-care experience and personal faith to better serve the community. Classes will be held in the evening from 6-9 p.m., with class dates determined by the availability of course participants. 36 nursing CEUs will be awarded when the course is completed. For more information, contact **Linda Guebert**, (309) 779-5122.

Fight stigma with NAMI Walks for the Minds of America There's still time to sign up for the NAMI Walk to raise funds to fight the stigma surrounding mental illness. The day will involve family, friends, refreshments, music, walking and fun on Saturday, Oct. 1, in Rock Island's Schwiebert Park. Registration begins at 8:30 a.m. and the walk begins at 10 a.m. To join or donate, contact **Ametra Carrol** at (309) 373-1202 or CarrolAJ@ihs.org or **Sandra Moens**, (309) 779-2097 or MoensSF@ihs.org. Trinity/RYC has held the traveling trophy for most walkers three out of the last five years! Those who donate \$25 will receive a Trinity t-shirt.

ScaleDown Trinity will once again offer ScaleDown, a weight-control program and support group, from 4:30-5:15 p.m., Mondays, Sept. 12, through Nov. 7 (no class Oct. 3). Led by a Trinity dietitian, this program emphasizes nutrition, fitness and behavioral changes that will lead participants to a healthier lifestyle. Cost for the eight-session program is \$150, but Trinity associates can sign up for \$125. For more information or to register, call Trinity's dietitian offices at (309) 779-5140.

Library hours change Trinity's health sciences library has changed its hours to 10 a.m. to 6:30 p.m., Monday through Friday, for the remainder of the 2011 calendar year to better serve those who work or attend classes during the day. Contact **Tracy Poelvoorde** at poelvoordet@trinityqc.com or 779-7708 with any questions.

An enchanting autumn Friends of Trinity Medical Center will present "Autumn Enchantment," its annual Celebrity Style Show, beginning at 11 a.m., Oct. 14, at the Davenport River Center's Great Hall. Funds from the event will support Douglas Park Place, which supports women and children throughout the substance abuse rehab process.

Academy grads Congratulations to Trinity **Drs. Paul McLoone, Shawn Keevan, Ahmed Okba and Rhea Allen**, who were among the first graduating class from the IHS Physician Leadership Academy. **Drs. Costas Constantinou, Douglas Dawson, Nadkarni Manasi and David Wettach** have been selected for the 2012 academy.

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 (309) 779-5041.

Trivia times two! The Trinity Trivia Night benefiting United Way will be held at 6 p.m., Saturday, Oct. 29, at the Knights of Columbus in Davenport. Tables of eight can be reserved for \$80 (payment due the night of the event) by contacting **Cindy Gladkin** at (309) 779-2279 or gladkinc@ihs.org.

They want to suck your blood A Halloween-themed blood drive will be held at the Rock Island campus from 10 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!

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, Sept. 16. Content deadline is noon on **Wednesday, Sept. 14**.