



Sept. 30, 2011 Issue 52

*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* “Be on time to work and to meetings. Smile and acknowledge those riding the elevator, engage in conversation and never discuss any customer information while riding the elevator. This is to maintain confidentiality and organizational integrity.” (Submitted by **Pam Knox**, CT.)

*Who's the Biggest Loser?* Week 3 showed more impressive weight loss by the Trinity Live Well Biggest Loser contestants. **Theresa Santee** (Home Care) 6.8% weight loss, **Karen Martin** (Registration) 5.2% weight loss, **Cindy Jacobsen** (Pharmacy) 5% weight loss, **Judy Kiesow** (Oncology) 4.7% weight loss, **Vicki Archer** (Diagnostic Radiology) and **Jody Young** (Rehab) 4.4% weight loss. Keep up the great work!

*Forums postponed* In order to ensure that you receive the most current information from our senior leaders, the Associate Forums are being postponed until mid-late October. If you have added one of these sessions to your calendar, please remove it at this time. A new schedule of sessions will be distributed soon.

*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.

*NAMI Walk tomorrow!* 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](mailto:CarrolAJ@ihs.org) or **Sandra Moens**, 779-2097 or [MoensSF@ihs.org](mailto: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.

*NAMI winetasting tonight* Sample some of the best wines for fall at a fundraiser benefitting RYC's NAMI team from 5-7 p.m., Friday, Sept. 30, at The Grape Life in Rock Island. Tickets are \$20. Contact **Dennis Duke** at 779-2023 or **Art Gillen** at 779-3071 for tickets.

*An enchanting autumn* Friends of Trinity will present “Autumn Enchantment,” its annual Celebrity Style Show, beginning at 11 a.m., Friday, 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. Tickets are \$30. RSVP through Oct. 7, by calling **Sue Erickson** at 779-2343.

*We Cancervive!* In honor of National Breast Cancer Awareness month, Trinity Cancer Center is hosting the We Cancervive Speaker series from 3-5 p.m., Friday, Oct. 7, at the Hotel Blackhawk in Davenport, Iowa. This free educational event will feature presentations from four female healthcare professionals discussing topics such as the genetics of breast cancer, women's vitamins and supplements and the role of MRI in diagnosing breast cancer. For more information or to RSVP to the event, please contact **Amy Pearson** at 779-2067 or [pearsoae@ihs.org](mailto:pearsoae@ihs.org).

*Condolences* Heartfelt condolences go out to **Debra Neyrinck** (RYC/Adolescent) on the loss of her mother in-law, **Richard Sheets** (Plant Operations) and **Diane Hanna** (RYC/Adult) on the loss of their mothers and **Linda Pilcher** (Resp. Therapy) on the loss of her father.

*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](mailto:BortsC@ihs.org).

*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 IN ADVANCE of the event) by contacting **Cindy Gladkin** at 779-2279 or [gladkinc@ihs.org](mailto:gladkinc@ihs.org).

*Nurse of the Year* Congratulations to **Mary Gloeckner** (Wound/Ostomy), who was honored Sept. 16 as Nurse of the Year by the Iowa affiliate of the WOCN (Wound, Ostomy, Continence Nurses) Society. She also was asked to be on an international panel of wound nurses to study skin tears, and just this month their group's article was published in *Advances in Skin & Wound Care*.

*Free prostate cancer screenings* Trinity will offer a series of prostate cancer screenings throughout the Quad-Cities to include an online or written risk assessment, free oncology nurse consultation and PSA coupon for those found to be at risk. Remaining times are 5-7 p.m., Oct. 3, at the East Moline Fire Department, 1523 Morton Dr., East Moline, Ill., and from 3-5 p.m., Oct. 6, at the Davenport Public Library, 3000 N. Fairmount St., Davenport. All men are encouraged to participate, particularly those who are age 40 and older, those who have a family history of the disease and/or are African American or Hispanic. Every man over the age of 45 faces a risk being diagnosed with prostate cancer, but the risk increases dramatically with age. There is no need to register.

*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.

*Uniform Sale* A uniform sale will be held from 7 a.m. to 4 p.m. on Tuesday, Oct. 4, at Trinity Bettendorf, Wednesday, Oct. 5, at Trinity Moline, and Thursday, Oct. 6, at Trinity Rock Island. The public is welcome to this event. All proceeds from this sale will benefit Friends of Trinity, enabling us to support the mission of Trinity Regional Health System.

*Pink Differently* 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, beginning at 9 a.m. Sign up online to walk with the Trinity Trekkers team, or go to [www.MakingStridesIllinois.com](http://www.MakingStridesIllinois.com) to make a donation. All funds raised will benefit cancer research projects.

*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.

*"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 Net Learning to join in on the fun!

*Celebrating a first* A cake celebration was held Sept. 22 to celebrate the first annual clinical documentation improvement (CDI) week. CDI week, held Sept. 18-24, celebrated the CDI specialists' skills as well as the valuable CDI programs available. Thanks to **Sandra Miller** for putting together this first-ever event!

*They want 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!

*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, Oct. 14. Content deadline is noon on **Wednesday, Oct. 12**.