



TRINITY
IOWA HEALTH SYSTEM

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TRINITY

Tidbits



Sept. 14, 2012 Issue 77

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.

Biggest Loser Final results are in! The winners of the Biggest Loser Session 7 are: 1st place to **Kristina Ruiz** (Radiology) with 11.3% weight loss, 2nd place to **Vickie Fowler** (Stepdown) with 8.3% weight loss and 3rd place to **Rita Ramos** (Surgery) with 7% weight loss. **Ron Misfeldt** (Imaging) lost 5% of his total, so he joins the 5% club and will receive a refund of his registration fee. Congratulations to all!

College open house Calling all future nursing, respiratory therapy and radiography students to an open house for Trinity College of Nursing and Health Sciences. The open house will be from 4:30-7 p.m., Tuesday, Oct. 2, at Trinity College. RSVP by calling (309) 779-7700 or visit www.trinitycollegeqc.edu.

Amy's Gift eating disorders consortium will facilitate, "Eating Disorders 101: Supporting Someone You Love with an Eating Disorder," from 5:30-7 p.m., on Wednesday, Oct. 3, at the St. Ambrose University Rogalski Center. Dr. Wayne Bowers from the University of Iowa Hospitals and Clinics will speak on current treatments available, how to determine proper care and navigating the health care system when treating an eating disorder. A panel of local professionals, including Betsy Zmuda-Swanson, LSCW, Dr. Teresa Coon, and Chris McCormick Pries, ARNP, also will be on-hand. There is no cost to attend. Walk-ins welcome.

Help save future generations from cancer Have you or a loved one ever been impacted by cancer? If you are passionate about helping discover better ways to prevent, treat and hopefully cure cancer, The American Cancer Society's Northwest Regional office is inviting you to participate in the Cancer Prevention Study-3. This is an opportunity for those who have never been diagnosed with cancer (not including basal or squamous cell skin cancer) to actively get involved in research to prevent cancer for this and future generations. To enroll, visit www.cps3quadcities.org. For more information please contact community champion **Stacia Carroll** at carrolsm@ihs.org or (309) 779-2472.

Medicine philosophy Dr. Heidi Storl from Augustana College will present the lunch and learn, "The Philosophy of Medicine Today in a Multicultural Society" from noon to 1 p.m., on Friday, Sept. 21, in the Jardine Auditorium at Trinity Rock Island. There will be a panel discussion on the following topics: how medical school has influenced a method of practice, how culture has influenced ones caring for the elderly, end of life care, treatment of men vs. women, collegiality and communication, and the impact of spirituality. For more information contact the Pastoral Care office at (309) 779-2989.

Find the FitPick Because Trinity cares about your health we're now making it easier than ever for our associates to make healthier choices in vending machines in the Rock Island cafeteria. Simply look for the orange and yellow round "FitPick" sticker to choose a lower-fat, lower-sugar option when the need for a snack strikes. This is but one of some smaller, sustained changes coming soon that will help increase associates' nutritional knowledge and the options available to them when choosing to make improvements to their health.

Condolences Heartfelt Condolences go out to **Angie Wuestenberg** (Medical Records) on the passing of her brother-in-law and to **Cindy Wolf** (Nutrition Services) on the passing of her mother-in-law. Condolences also go out to **Billie Terrill** (VNHA) on the death of her grandson, **Shannon Wolever** (NIDT-B) on the death of her father-in-law and **Andrew Busch** (Pastoral Care) on the passing of his father.

Welcome new docs A warm welcome to **Dr. Nitu Gajurel** (Internal Medicine/TCU) and **Dr. Ronald Schlotfeldt** (Internal Medicine) who have recently joined Trinity's medical staff.

Marathon help needed As a major sponsor of the Quad-Cities Marathon, Trinity provides the medical services at the finish line and along the 26 miles of route. That requires much assistance from our staff. If you would like to volunteer to work on Sunday, Sept. 23, we would very much appreciate it. Multiple shifts and duties are available in various locations, including as spotters. Spotters do not have to be Trinity associates. Contact Emergency Preparedness Coordinator **Trent Mull** at (309) 779-3039 for more information.

New perks Iowa Health System has partnered with PerkSpot, our new associate discount provider, to be a one-stop shop for exclusive discounts at some of your favorite national and local merchants. Find deals you can use on things like computers, tickets, phones, restaurants and travel. Merchants include Target, Southwest Vacations, Panasonic, Sprint and many more! Visit IHS.PerkSpot.com to learn more.

Gabbing at Gilda's Join our very own **Stacia Carroll**, Cancer Exercise Specialist, who will be a featured speaker at the Gilda's Club second annual breast cancer educational symposium. This free event is held at the Gilda's Club, 1234 E. River Drive, Davenport, from 8:30 a.m. to 1:30 p.m. on Saturday, Oct. 6. Register by calling (563) 326-7504.

Scavenger hunt The Rock Island, Bettendorf and Moline kitchens need your help! Please take a moment and look around your floors and employee areas for any of the following: cookie baskets, round or rectangular cookie trays, water pitchers, stainless steel coffee pots, utensils or ice buckets with scoops. If you find anything, leave it on a patient care cart or drop it off in the cafeteria.

Trivia time! Join RYC for the NAMI (National Alliance on Mental Illness) Trivia Night on Friday, Sept. 21, at Trinity Rock Island in the Jardine Auditorium. Doors open at 5:30 p.m. with trivia starting at 6:30 p.m. First prize is \$100. Cost is \$10 per person, up to 8 per team. Food may be brought in and refreshments, including \$4 walking tacos, will be available for purchase. The night also includes a 50/50 raffle and door prizes. Register by contacting **Ametra Carrol-Castaneda** at 779-3028 or CarrolAJ@ihs.org, or **Sandra Moens** at 779-2097 or MoensSF@ihs.org.

More trivia Can't make it on Sept. 21? Join Trinity's United Way committee for a trivia night to benefit the United Way of the Quad Cities and CASI with questions by Mr. Trivia on Saturday, Oct. 13. Doors open at 6:30 p.m. with the game starting at 7 p.m. at the Center for Active Seniors, Inc. (CASI), 1035 W. Kimberly Road in Davenport. Munchies are welcome, but all beverages must be purchased on-site. Cost is \$80 per table, up to 8 people per table. Payment is due by Friday, Sept. 28 to hold the table. For reservations contact **Christy Gause** at (563) 742-3370 or Gauseca@ihs.org.

Live United Trinity's United Way employee giving campaign kicks off on Tuesday, Sept. 18. Watch for pledge cards in your department soon.

Living Proof Exhibit Celebrate the creative spirit of the breast cancer survivor by stopping by the Living Proof annual art exhibit held Sept. 28 through Oct. 24 at Bucktown Center for the Arts in Davenport. The exhibit showcases artwork by breast cancer survivors within a 150-mile radius of the Quad Cities. Living Proof Exhibit also provides art therapy classes that offer cancer patients and survivors the opportunity to express their cancer journey through art. For additional information, visit www.livingproofexhibit.com, email livingproofexhibit@gmail.com or call (309) 781-6227.

Did you know... the Trinity Bariatric Center has Facebook and Twitter pages now? You can find all the latest weight management tips and information for the Trinity Bariatric Center by liking their page on Facebook <https://www.facebook.com/TrinityWeightManagementSpecialists> or by following them on Twitter @TrinityWeightMS.

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