TRINITY IOWA HEALTH SYSTEM
Moline • Rock Island • Bettendorf • Muscatine

TRINITY Tidbits

Jan. 4, 2013 Issue 85

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.

Win 10,000 for weight loss Beginning Jan. 4 Trinity's Live Well initiative will begin a 3-month weight-loss challenge that will award $10,000 for first, $5,000 for second and $3,000 to third-place teams. Each person on a team of five can join for only $20 a month ($60 total). To encourage healthy weight loss, there will be a 1.5 percent weight-loss cap per week and a 16.59 weight-loss cap overall. Weight verification is done once at the beginning and once at the end. For more information, contact wellness dietitian **Jeni Tackett** at TackettJ@ihs.org or (309) 779-2474. Register online at www.healthywage.com/clients/Trinity.

Mileage rate change The Internal Revenue Service has published the standard mileage rate for 2013. Beginning Jan. 1, 2013, the rate will change to 56.5 cents a mile for all business miles driven. Please separate mileage when submitting disbursement requests to Accounts Payable.

Movin' on up Kudos to **Mica Spicer**, who has been promoted to Assistant Manager of the Respiratory Therapy department.

Celebration feedback The CREW (Celebrating and Recognizing our Exceptional Workforce) Team would like to thank all Trinity associates who took time this holiday season to participate in the basket raffle and to attend one of the Holiday Sparkle celebrations. We also hope you enjoyed the gift from Trinity's senior team. The CREW Team genuinely seeks and responds to your suggestions and ideas, and our celebrations this year were planned based on feedback from you. Please take a moment to respond to a five-question survey available on the Intranet "Quick Links" now through Jan. 18. Your feedback will help us continue to hold special events here at Trinity that celebrate and recognize our exceptional workforce!

Uniform pick-up New uniforms ordered in the fall will only be available for pick-up at the campus specified at the time of purchase. If you are unable to pick up your uniform at the location designated, please send someone in your place. The uniforms will not be transferred among campuses. The pick-up schedule is Trinity Bettendorf (Rooms A&B): 7 a.m. to 4:30 p.m., Wednesday, Jan. 9; Trinity Moline (Ed Center): 7 a.m. to 4:30 p.m., Thursday, Jan. 10; Trinity Rock Island (Jardine): 7 a.m. to 4:30 p.m., Friday, Jan. 11.

Bargains galore Trinity Gifts & Floral welcomes 2013 with a series of January specials at all shops: Jan. 4-5: "Baby New Year" Sale with 20% off all baby items; Jan. 6-12: Trinity logo hoodies 20% off; Jan. 13-18: "Cozy & Warm" specials on long-sleeve t-shirts, candles, coffee mugs and "Surefoot" ice cleats.

W-4 notification Please submit an updated W-4 for next year if your filing status, exemption allowances or exempt status has changed since the last filing of your Form W-4. The forms are available under Your Benefit Source or at the Human Resources department. Please return completed forms to HR.

Condolences Heartfelt condolences go out to **Deb Davidson** (Case Management) and **Lorrie Dasso** (PACU) on the passing of their fathers, to **Mona Ruiz** (Stockroom) and **Bill Santee** (Home Care Products/IL) on the death of their mothers and to **Kathy Burton** (Pharmacy) on the deaths of her mother-in-law and grandmother-in-law.

A new look Trinity Gifts & Floral at Trinity Moline is undergoing remodeling for more efficient use of space. The shop will re-open around Jan. 9. To celebrate the new look, there will be a "grand re-opening" event from 8 a.m. to 4 p.m., Friday, Jan. 11, with 20% off everything (usual exclusions) at the Moline location only.

10 weeks to wellness Registration is now open for the Live Healthy Iowa 10-Week Wellness Challenge, formerly the 100-Day Challenge, held from Jan. 28-April 5, 2013. For only $20 you will receive a t-shirt, one-year magazine subscription, weekly motivational emails, a personal online tracking page, unlimited access to recipes, workouts and health information on the LHI website and a chance to win prizes, including a cruise! Stop by Hy-Vee or go to www.Hy-vee.com to receive a $5 off coupon. Teams can include anywhere from two to ten members. For more information, contact **Stacia Carroll** at (309) 779-2472 or CarrolSM@ihs.org.

Welcome new docs Please welcome **Scott Robins, DO** (Wound Center, Bettendorf), who recently joined Trinity's medical staff.

CEO video online To wrap up 2012, Trinity President and CEO **Rick Seidler** will visit associates during department meetings and huddles over the next several weeks to share a short video message. COO **Jay Willsher**, CNO **Jean Doerge** and VP of Business Development & Marketing **Katie Pearson** will assist in sharing this message so that we can reach as many associates as possible. To view the video message, click on the link in the upper left corner of the Intranet homepage. Hit refresh if the banner ad is not currently displayed.

Epic survey online An Epic IQ4 4-month post Go-Live visit is scheduled for Jan. 17 and 18. We will host an IHS team that will visit units and gather information to make improvements as well as to offer support to end users of Epic. To help them gather as much information as possible, please participate in the Intranet survey available now under "Quick Links" through Jan. 14.

Welcome! Congratulations to **Ellen Harrison**, who has accepted the Physician Liaison position effective Jan.14. Ellen is coming to Trinity from the Center for Active Seniors (CASI) where she has served as Chief Operations Officer since 2009.

New reimbursement process In an effort to standardize our payment methods within Iowa Health System, Trinity will begin paying employee reimbursements through Payroll and no longer through Accounts Payable. Anything received after Dec. 30, 2012, will be added to your paycheck. The reimbursement will not be taxed on your paycheck. The reimbursement will be shown as a negative deduction, therefore adding to the net pay. Requests for check disbursements must be properly completed and turned in to Accounts Payable by end of day Friday. In order to guarantee payment on the next paycheck, please do not wait until Friday to submit. Mileage should still be turned in monthly. Contact Jill Westhoff at (309) 779-2890 or westhojm@ihs.org with questions.

10% off scrubs Order new scrubs via the link on the Intranet home page and receive a 10 percent discount! In addition, Friends of Trinity will get a percentage back of each purchase made that way. Watch for the rotating banner at the top center of the home page to place your order today.

PTSD training Area clergy are invited to attend "PTSD/TBI in the Church," presented by Jason's Box from 1-3 p.m., Wednesday, Jan. 9, in the Jardine Auditorium at Trinity Rock Island. Featured speaker is Army Chaplain Rev. Scott Fluegel. There is no cost to attend. Contact **Stephanie Burrough** at burrouss@ihs.org or call (309) 779-3077 to reserve your spot. Reservations are required as seating is limited.

Recruitment Rewards changes Recently changes have been made to the Recruitment Rewards program with respect to positions that qualify, the submission process and amount paid for positions. More information is available via the Recruitment Rewards link located under the HR tab on the Intranet.

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, Jan. 18. Content deadline is noon on **Wednesday, Jan. 16.**