



TRINITY
IOWA HEALTH SYSTEM

Moline • Rock Island • Bettendorf • Muscatine

TRINITY

Tidbits

Jan. 18, 2013 Issue 86

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.

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.

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.

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" through today.** Your feedback will help us continue to hold special events here at Trinity that celebrate and recognize our exceptional workforce! And to everyone who has already taken the survey we say "thank you!"

Bargains galore Trinity Gifts & Floral welcomes 2013 with a series of January specials at all shops: Jan. 28-31: Houseplant Sale (Sizes vary; prices range from \$8-\$30).

Welcome new doc Please welcome **Jill M. Hunt, MD** (Wound Center, Bettendorf), who recently joined Trinity's medical staff.

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.

Epic survey postponed Due to the high census the survey is being rescheduled for mid-February.

Condolences Heartfelt condolences go out to **Jeannie Martin** (Purchasing), **Diane Moroni** (Clinical Resource Team), **Barb Thompson** (Registration Services), **Dennis Blevins** (Plant Operations), **Melinda Jimenez** (RYC Support Services), **Miriam Loewen** (Pharmacy), **James Schrier** (OR), and **Dana Boomershine** (Trinity College) on the deaths of their respective fathers. Sympathies also go to Anne **Stebel** (Purchasing) and **Cheryl Baker** (Diagnostic Radiology) on the deaths of their respective mothers, to **Abigail Mooney** (Medical Inpatient #1) and **Lynette Kruse** (Education) on the deaths of their respective grandmothers.

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.

Welcome! Congratulations to **Bryan Garter**, who returns to Trinity as an Administrative Fellow. Bryan will be working on various projects focusing on all aspects of healthcare operations, strategy and development.

Procedural mask changes With the increase in census, isolation and flu patients, there is a shortage of masks from our distributor. We are procuring masks from other vendors. There will be different styles of masks on your par carts(i.e. elastic vs. ties). Hopefully, this is only temporary. Please contact **Colleen Adrian** at 779- 5840 with any concerns or questions.

Dillard's on site at Rock Island campus Friends of Trinity has partnered with Dillard's of Northpark Mall for a special on-site sale of selected gifts, goods, apparel and items for the home. This event will take place from 7 a.m. to 4 p.m. on Monday, Jan. 21, in the Jardine Auditorium. Pay by cash, check, credit or debit card or payroll deduction.

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.

Souper Bowl soups needed Trinity will hold its annual "Souper Bowl" from 11 a.m. to 1:30 p.m., Wednesday, Jan. 30, in Bettendorf A&B, Thursday, Jan. 31, in the Moline Education Center and Friday, Feb. 1, in Rock Island's Jardine Auditorium to help raise funds for the American Heart Association's Heart Walk, presented by Trinity. For \$5 you can enjoy all of the soup and appetizers you want. If you would like to make a soup or appetizer to enter into the Souper Bowl, please contact **Susan Roggendorf** at roggensr@ihs.org or 742-2001 by Jan. 23.

Congratulations Kelly Frick (Director of Radiology) passed her Certified Radiology Administrator course.

Palliative Care Lunch & Learn From noon to 1 p.m. on Thursday, Feb. 28, "Palliative Care Today: Caring for Patients and Families living with Serious Illness" will be held in the Rock Island Jardine Auditorium. Registration is available in Net Learning but is not required.

Rock Island cafeteria re-opening A new year. A new you. A new US! The renovated Trinity Rock Island cafeteria will re-open on Wednesday, Jan. 23. Not only are there more healthy choices, we've made it even easier to find them! Look for the Live Well apple icon for the following options that are lower in calories, fat, and sodium: grab & go salads, sandwiches & wraps, an expanded salad bar with more cut fruit, veggies and low-fat, pre-portioned salad dressings, hummus, baskets of fresh fruit, baked chips, low-calorie beverages and a daily hot wellness special. Watch for special Wellness Wednesday activities all throughout National Nutrition Month in March.

2013 Stylin' Against Breast Cancer On Thursday, April 25 the Style Show and Luncheon will be held at the Quad Cities Waterfront Convention Center. A new edition to this year's event is an Educational Symposium titled "Coffee with Paula" that will highlight breast health and offer Q & A sessions with local physicians in breast cancer treatment fields. In addition to the luncheon, there is a Wine and Cheese Party on Wednesday, April 24 at The Stern Center. One hundred percent of the proceeds from this charitable fundraiser will benefit local breast cancer survivors and the promotion of education about breast cancer and breast health. Please call 764-7610 or email Foundation@ihs.org for ticket information.

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, Feb. 1. Content deadline is noon on **Wednesday, Jan. 30**.