



TRINITY  
IOWA HEALTH SYSTEM

Moline • Rock Island • Bettendorf • Muscatine

# TRINITY

# Tidbits

*Feb. 1, 2013 Issue 87*

**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.

**Cupcake sale** Trinity's Respiratory Therapy department will hold a cupcake sale from 11 a.m. to 1 p.m., on Monday, Feb. 11, in the Rock Island cafeteria. The money raised will go toward the American Heart Association Heart Walk.

**Learn about the ED/Heart Center** Come learn about the proposed expansion of the Rock Island ED and Heart Center on Wednesday, Feb. 13, at three different town hall meetings from 7-8 a.m. in Bettendorf's Conference Room A & B, noon to 1 p.m. at the Rock Island Jardine Auditorium or 3-4 p.m. in Bettendorf's Conference Room A & B. The expansion is pending regulatory approval from the State of Illinois.

**Stock up on uniforms** Scrubs and Beyond will be back to feature a wide variety of classic and trendy uniform styles and colors, and accessories for men and women. The sale will take place from 7 a.m. to 4 p.m. on Monday, Feb. 4 (Rock Island), Tuesday, Feb. 5 (Bettendorf) and Wednesday, Feb. 6 (Moline). Funds from this event will support Friends of Trinity's two-year commitment to raise \$250,000 in support of a new cath lab suite to be built as part of the new Heart Center and emergency department at Trinity Rock Island.

**ASL availability** Access to interpreters for patients and their guests is a legal requirement in both Iowa and Illinois. A designated laptop is located in the ED (Moline & Rock Island) and House Supervisor office (Bettendorf) for hearing-impaired patients and/or patients' hearing-impaired guests. These laptops have been secured to carts to avoid being confused with unit laptops (do not have EPIC) and reduce the potential of being misplaced as well as to provide a sturdy surface with which to interact with patients. Instructions for accessing this program (ODI) have been attached to the laptops to make educating team members quick and easy. Contact **Jamie Trapkus** at (309) 779-2687 if you would like a very brief presentation to associates or you have any additional questions.

**What's your number?** Remember when changing jobs, departments or phone numbers, please send a message to the IT Service Center to have the Outlook address book updated. This is not an automatic process; notification must be sent.

**Cruisin' the cars** Trinity associates have been offered two free tickets apiece to the QC Auto Show held Feb. 8-10 at the RiverCenter in Davenport. Each campus has a limited quantity of tickets that will be distributed on a first-come, first-served basis. Go to Trinity Gifts and Floral during normal operating hours beginning Monday, Feb. 4, and show your ID badge to claim yours.

**He keeps us safe** Congratulations to Trinity's 2012 Security Officer of the Year, **Dave Jones**. This has been a challenging year with our increasing level of violent patients at Trinity and our security officers have done an excellent job helping to keep everyone safe. Thank you for your hard work and extra efforts.

**Condolences** **Kimberly J. McHugh** (Diagnostic Radiology) on the death of her grandmother and **Lindsey Blanks** (RYC Inpatient) on the passing of her mother and **Ann Sellers** (Physician Services) on the death of her father.

**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.

**Welcome new doc** Please welcome **Dr. Brian Olshansky** (Cardiac Electrophysiology, Moline/Rock Island), who recently joined Trinity's medical staff.

**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.

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

**Rock Island cafeteria re-opening** A new year. A new you. A new US! The renovated Trinity Rock Island cafeteria re-opened 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 (309) 764-7610 or email [Foundation@ihs.org](mailto:Foundation@ihs.org) for ticket information.

**Welcome new parish nurses** New Trinity parish nurses **Nathan Phelps, Pat Reiser, Julie Frutiger, Barbara Beeks, Carol Jackson** and **Susan Lanning** were anointed on Sunday, Jan. 20, at Salem Lutheran Church in Moline. Each of the nurses completed a 36-hour parish nurse basic preparation class for Trinity. The parish nurse program is a partnership between Trinity and churches in the Quad-Cities and surrounding region that promotes wellness in body, mind and spirit.

**Healthy Bites & Fit Bits** is now your one-stop source for becoming a healthier you from the Trinity Live Well Initiative. The two-page newsletter for associates includes upcoming health classes and screenings, healthy recipes, EAP information, motivational quotes, and fitness and/or nutrition advice. Watch for Healthy Bites & Fit Bits every other Friday.

**NEW! Live Well SharePoint Site** Access the new Trinity Live Well Initiative Share Point site by clicking on the Trinity Live Well apple icon on the intranet home page. Click on the green apple icon to access the Live Well calendar of events, library of resources, newsletters and discussions with Stacia and Jeni, your wellness specialists.

**Need someone to listen?** Contact EAP at (309) 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, Feb. 15. Content deadline is noon on **Wednesday, Feb. 13**.