



TRINITY
IOWA HEALTH SYSTEM

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TRINITY

Tidbits

March 1, 2013 Issue 89

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.

Heart Walk help We're looking for team captains for this year's American Heart Association Heart Walk on Saturday, May 18. Visit www.quadcitiesheartwalk.org and click on Trinity Regional Health System under Company Rank at far right. To be a team captain, click on "Create New Team" under the red bar. Or you can be part of an already established team by clicking on "Join Team" next to the name of the team you want to join.

Mail-order phones down St. Luke's Hospital Pharmacy Mail Order Pharmacy is upgrading to new and faster servers the first weekend of March. Phones services will be down from 3 p.m., Saturday, March 2, through 4 p.m., Sunday, March 3. No refill requests can be made over the phone during those times. You can have them refilled through 2mailrx@crstlukes.com. Leave your name, employee five-digit ID number, prescription number and name of medication.

Packing a punch Beginning in March, the Live Well Initiative has worked with the cafeterias at all three campuses to offer a punch card for those who purchase a full wellness meal (entrée, starch and veggie) on Wellness Wednesdays and Meatless Mondays. Collect 10 and get the 11th meal free. Also watch for education and power food samples throughout March, which is National Nutrition Month. Coming soon ... Fryer-less Fridays!

Bodies Revealed explained As one of the presenting sponsors for the Putnam Museum's *Bodies Revealed* exhibit, Trinity is searching for volunteers 11 a.m. to 4 p.m. on Saturdays or 12:30-4 p.m. on Sundays from March 9 through July 7 to help explain what body systems do, answer questions, talk prevention, etc. Areas include skeletal, muscular, nervous, circulatory, respiratory, digestive, urinary and reproductive systems, fetal development or the treated body. Contact **Sherri DeVrieze** at devriesj@ihs.org if you can help and provide name, title, department, phone, date and shift available, and body system in which you want to work.

Need a volunteer? Managers and directors may request volunteer help by contacting Volunteer Services at (309) 779-2211 for a "volunteer request form." The requesting department should make sure there is enough productive, clearly-defined work to engage a volunteer during the entire shift. Remember, the first day can make or break the volunteer experience. Be sure to assign an employee or experienced volunteer to be at the volunteer's side for training, which may take several shifts. Give them a tour of relevant areas and an introduction to all associates. By giving the volunteer a warm welcome, you set an example of great customer service.

Blossoms & Brunch Mark your calendar now for the Friends of Trinity Blossoms and Brunch on Saturday, May 4, at the CASI Celebration Hall in Davenport. Doors open for shopping at 9:30 a.m. with brunch served at 10 a.m. Funds from this event support two ongoing Friends of Trinity community projects: "Caring Canines" animal-assisted therapeutic program for patients and the "Caring Closet," which provides new clothing to those in need of something to wear when discharged from the ER.

Condolences Our condolences go out to **Carol Ford** (Central Service) on the passing of her husband, **Julie VanHese** (Women's Imaging) and **Emily Tennant** (Ultrasound) on the loss of their grandmothers, **Debbie Roggensack**, (Diagnostic Radiology) on the death of her father and **Antoinette Lambert** (Clinical Resource Team) on the passing of her brother.

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 addition 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. 100 percent of the money raised stays in the Quad-Cities for projects aimed at breast cancer risk reduction and education. Please call (309) 764-7610 or email Foundation@ihs.org for ticket information.

Welcome new docs Please welcome **Dr. Shabih Manzar** (Pediatrics/Neonatology) and **Dennis A. Rosenblum** (Pediatrics/Neonatology), who recently joined Trinity's medical staff.

Foundation grant recipient Congratulations to the Rehab department, which has received a grant from the Trinity Health Foundation for its "Retreat and Refresh Stroke Camp" in the amount of \$16,500. The retreat gives stroke patients and their family members opportunities for education, socialization, relaxation and emotional support interspersed with typical camp activities such as swimming, fishing, canoeing, arts and crafts, music and campfire fun while being surrounded by Trinity volunteers who specialize in stroke treatment and after-care.

Burn baby, burn Trinity Physicians and Clinics surgeons will host a free heartburn educational seminar at 5:30 p.m., Tuesday, March 12, at Trinity Bettendorf for those who suffer from symptoms of gastroesophageal reflux disease (GERD). Following the seminar, Trinity Physicians and Clinics will also provide a screening for GERD. Call (309) 779-2993 to RSVP.

Iowa Hospital Education scholarships The Iowa Hospital Association's Iowa Hospital Education and Research Foundation awards scholarships of \$3,000 per academic year to fill health care positions that currently have a significant number of openings across the state. To apply, visit www.iowahospitalscholarships.org by March 29. Recipients will be notified after May 1. Any questions please contact **Sue Erickson** at (309) 779-2343.

Illinois money too Illinois Hospital Association IHREF also awards scholarships up to \$1,000 each academic year, based on the student's scholastic achievement, financial need and the availability of funds. You may apply online at www.ihatoday.org. Application deadline is April 15, and selection of recipients is made in June 2013. Contact **Sue Erickson** with questions at (309) 779-2343. Friends of Trinity Medical Center contributes to both health care career scholarships.

Community connection Trinity is proud to provide sponsorship to these upcoming events and organizations to help us achieve our mission to improve the health of the people and communities we serve: March 9-July 6, Putnam Museum Bodies Revealed (www.putnam.org/exhibit-halls.aspx); March 9, Girl Scouts Journey the World: Thinking About Global Healthcare (www.girlscoutstoday.org/journeytheworld); March 14, Jason's Box healthcare provider training - Treating Today's Servicemen & Women: Understanding Deployment, the War Zone Experience and Homecoming (www.jasonsbox.com/resources-for-providers.html).

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.

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. The next Tidbits comes out on Friday, March 15. Content deadline is noon on **Wednesday, March 13**.