



*Aug. 19, 2011 Issue XLVIII*

**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.

**OUCH!** Join the “OUCH Race Series” half marathon and the “Mayor’s Run/Walk for Wounds 5K” on Saturday, Aug. 20. Both events start and finish at Trinity Bettendorf. The half marathon begins at 7 a.m. followed by the 5K walk at 7:15 a.m. You can register the day of the event from 5-6:30 a.m. The Trinity Center for Wound Care is a beneficiary of the race series that raises money for wound care patients, education and global volunteerism.

**Standards spotlight: ENERGY** Pass out a little bag of candy to brighten someone’s day as you pass them in the hall. It’s not the candy they care about but the thought that you took the time and energy to acknowledge them. (submitted by ACES Navigator **Michaela Huggins**, Surgical Cardiac Supply Tech).

**Return of Biggest Loser** Register by Monday, Aug. 22 for the next Biggest Loser competition, which will take place from Aug. 24 through Oct. 19. To join: \$15 cash per person payable at any campus cashier. Receive your entry fee back if you lose 5% of your body weight. For more information, contact Trinity Live Well team members **Jeni Tackett**, (309) 742-4500, [Tackettj@ihs.org](mailto:Tackettj@ihs.org), or **Ann Sellers**, (309) 779-2244, [sellersa@ihs.org](mailto:sellersa@ihs.org).

**Learn your prostate cancer risk** Trinity will host a free session for community members to learn of their own risk for prostate cancer from 7:30-8:30 a.m., Wednesday, Aug. 24, in the education center at Trinity Moline. Participants will be guided through an online risk assessment that immediately generates a numerical score indicating the participant’s prostate cancer risk level. No reservations are required. Coffee and heart-healthy muffins will be served.

**Attention all golfers!** Don’t miss the Friday, Aug. 26, deadline to enter for a chance to play for free in the Trinity Health Foundation Golf Classic! Contact **Jamie Oldfather** at [oldfatherj@ihs.org](mailto:oldfatherj@ihs.org) or (309) 779-3208 with questions. For more information about the golf outing held at TPC at Deere Run on Friday, Sept. 9, e-mail [Foundation@ihs.org](mailto:Foundation@ihs.org) or visit [www.trinityhealthfoundation.com](http://www.trinityhealthfoundation.com).

**Calling all Trinity runners** Are you looking for a group of people to run or train with? Trinity Trackers meets three times a week at various places around the Quad-Cities. If you are interested in joining, contact Trinity Live Well team member **Valerie Farley-Olson** at [olsonvs@trinityqc.com](mailto:olsonvs@trinityqc.com).

**Library hours change** Trinity’s health sciences library has changed its hours to 10 a.m. to 6:30 p.m., Monday through Friday, for the remainder of the 2011 calendar year to better serve those who work or attend classes during the day. Contact **Tracy Poelvoorde** at [poelvoordet@trinityqc.com](mailto:poelvoordet@trinityqc.com) or 779-7708 with any questions.

**Become a parish nurse** Trinity’s Parish Nurse Program will offer its fall classroom discussion and lecture courses beginning Tuesday, Sept. 27, for nurses interested in merging their health-care experience and personal faith to better serve the community. Classes will be held in the evening from 6-9 p.m., with class dates determined by the availability of course participants. 36 nursing CEUs will be awarded when the course is completed. For more information, contact **Linda Guebert**, (309) 779-5122.

**Condolences** Heartfelt condolences go out to team member **Angel Mueller** (Infection Prevention) on the loss of her sister and **Allissa Green** (SICU) on the death of her grandfather.

***Volunteer at the gift shop*** Are you or anyone you know interested in volunteering to work Trinity's Moline or Rock Island gift shops? If you know someone who'd make a great gift shop clerk, please spread the word. Volunteer applications can be picked up just outside any Trinity gift shop or online at [trinityqc.com](http://trinityqc.com) by clicking on "Ways to Give" and selecting "Volunteers & Friends." Applicants should be comfortable interacting with the public and have retail and/or computer experience. Varying shifts available.

***Financial future*** Jason Taulbee, Trinity's J.P. Morgan Education Consultant, will visit our various campus locations in August and September to provide individual education sessions for plan participants. If you would like to schedule a half-hour meeting with Jason, please log on to NetLearning, select "Enroll in Class" and choose the J.P. Morgan one-on-one meeting time that will work for you. Spouses are welcome to participate.

***Happy trails for you*** The Trinity Trails in Moline's Prospect Park recently re-opened with the completion of the hard surfacing of the trails. Now with a new and improved surface, the two miles of trails that run throughout the park now offer a more pleasant walking experience for all fitness levels. The Trinity Live Well team encourages you to take a heart-healthy stroll today!

***Remembering a friend*** A dedication ceremony in memory of former associate **Tracy Bragg** (Dietary) will be held at 3 p.m., Monday, Aug. 22. Please join us outside the Human Resources (Rock Island) entrance to unveil the bench purchased by members of his Trinity family to remember this long-time employee and friend who passed away suddenly earlier this year.

***NetLearning downtime*** The monthly system downtime for all NetLearning applications is scheduled from 4-9 p.m., Sunday, Aug. 21. There will be no access to the Learning Administrator, Student Interface or NetManager during this downtime. This system downtime is routine for the purpose of server maintenance. If you have any questions or need any assistance, please contact **Richelle Kuboushek** at [KubousRM@ihs.org](mailto:KubousRM@ihs.org) or (309) 779-2305.

***A new chapter*** Save the dates for the Friends of Trinity Medical Center September Book Sale! We will be using a new vendor for the sale in September so make sure to stop by and see all the new books. Stop by from 7 a.m. to 4 p.m. at the Bettendorf cafeteria on Wednesday, Sept. 7, Rock Island's Jardine Auditorium on Thursday, Sept. 8 or Moline's education center on Friday, Sept. 9.

***Safe Patient Mover Ryan King***, RN from 7 South, is the Safe Patient Mover of the Month for August! Not only has Ryan set a great example by continuously using the lift equipment but he has always been willing to assist his co-workers with safe transfers and repositioning. Ryan is an outstanding leader within Trinity's Lift Assist Program, and we are proud to have him as a transfer mobility coach. Please congratulate Ryan!

***Shower chair concerns*** Since November we have had three patient falls related to the shower chair. The chair involved in all those cases was the Invacare shower chair with a weight limit of 315 lbs. While we look for a permanent solution there are a few recommendations we would like to share with patient care staff. First, most items that are not marked with a weight restriction are rated for no more than 300 lbs. Be careful to place patients in appropriate chairs and equipment. Second, prior to using the shower chair or any piece of equipment, assess the equipment for stability and safety. Take any shower chair that isn't sturdy out of service. Third, instruct patients to use caution and not to attempt to move the chair while they are in it. Fourth, make sure the patients have everything they need for the shower within easy reach without needing to turn or stretch.

***Get Your Rear in Gear*** Trinity Muscatine is sponsoring this 5K run/walk for colon cancer awareness on Saturday, Sept. 17, at Discovery Park, 3300 Cedar Street, Muscatine. Cost to enter before Tuesday, Sept. 13, is \$25 for adults and \$12 for children 12 and under. For more information about joining or donating to a Trinity team, contact **Bobbi Park**, Rock Island lead Endo RN, at (309) 779-3225.

***An enchanting autumn*** Friends of Trinity Medical Center will present "Autumn Enchantment," its annual Celebrity Style Show, beginning at 11 a.m., Oct. 14, at the Davenport River Center's Great Hall. Funds from the event will support Douglas Park Place, which supports women and children throughout the substance abuse rehab process.

***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](mailto:tidbits@ihs.org). The next *Tidbits* comes out on Friday, Sept. 2. Content deadline is noon on **Wednesday, Aug. 31**.