

Performance boot camp

will offer PSP 10, at the DeWitt Iowa. A team of moderately fit men and women will be available on Wednesdays and Thursdays. Contact (319) 251-1111 for more information.

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and Treatment of Depression, and Anxiety, 9 a.m. to noon, at the River Center, 1201 River Center Dr., Davenport.

social workers, counselors and other professionals in education units and psychiatric units. For more information, contact the subject, (319) 251-1111.

Quad-City Health System, Genesis Health System, but registration is required. Contact (319) 251-1111 or www.genesishealth.org.

Burning

Historical Care and Spiritual Dimension, 8:30 a.m. to 10:30 a.m., at the Italian Steakhouse, Moline. Contact (319) 251-1111 for more information. The Oprah Winfrey Show, 8 p.m. to 11 p.m., on C-TV's "Today".

being a companion to a grieving person in life and death. Contact (319) 251-1111 for more information.

ng continuing education, call (309) 779-1111 for more information.

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and, will host a life The Crisis Center. Contact (319) 251-1111 for more information.

Trinity doctors to write electronic prescriptions

The use of electronic prescriptions to combat potential errors is moving forward with Trinity Regional Health System's signing of a new partnership with software provider Allscripts.

The service, called ePrescribe Iowa, automates the process of writing prescriptions and transmitting them to pharmacies. It alerts physicians to potentially dangerous drug-to-drug interactions, allergies,

dosage errors and other problems that can be experienced when writing prescriptions on paper.

It is a component of a fully connected electronic health record system — one of the goals for the nation's future health-care structure.

"Writing prescriptions electronically is a key means of enhancing the quality and safety of patient care," said Amanda Motto, a family practice

physician with Trinity Family Care in Davenport.

A recent Institute of Medicine study shows that 1.5 million Americans are injured each year and that 7,000 die from medication errors, many of which could be prevented if a physician used an electronic prescription service.

The new partnership actually was struck by Iowa Health System, Trinity's parent organization based in Des Moines. Trinity's

hospitals in the Quad-City region are located in Moline, Rock Island, Bettendorf and Muscatine, Iowa.

"Iowa Health System has created a model for the entire nation to help physicians quickly and easily transition from paper-based care to electronic health records," said Glen Tullman, the CEO of Allscripts, which has its headquarters in Chicago.

— Deirdre Cox Baker

MENUS

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20 locations throughout the country will have to post calories on menus; other nutritional information, such as fat, sodium and carbohydrates, will have to be in writing somewhere in the restaurant. (There's not enough room to fit everything on the menu board.)

Proponents say the information is needed more than ever. Americans eat about a third of their calories at restaurants, according to Margo Wootan, the director of nutrition policy for the Center for Science in the Public Interest in Washington, D.C., which worked with legislators on the menu-labeling provision. Two-thirds of Americans are overweight or obese.

Studies show that most people can't guess how many calories are in a menu

item, and they often underestimate, she said.

At Dunkin' Donuts, for instance, Ramos would have been better off calorie-wise by choosing the apple cheese danish (330 calories) or a ham, egg and cheese on an English muffin (350 calories).

"People have a right to know what's in their food so they can make their own choices," Wootan said. "If someone is going to sell you a 3,000-calorie appetizer, they should tell you so you can decide for yourself if you really want to eat 3,000 calories."

The proposal seems to have a lot of public support. The California Center for Public Health Advocacy commissioned a telephone poll in 2007 that found that 84 percent of respondents supported requiring chains to post calories on menus and boards. California became the first state to enact menu-labeling legis-

lation in September 2008.

While many restaurants voluntarily provide nutrition information online or in the establishment, diners often can't find it or don't see it.

Penny Shanks, 50, the executive director of the Clarkston (Mich.) Chamber of Commerce, recently spent more than 30 minutes online searching for nutritional information for a chain restaurant. She likes to choose what she orders before dining out to make sure it's healthy.

With a split-second decision, "you can save hundreds, even thousands of calories by ordering just a little differently," Wootan said. For example, ordering a glazed doughnut instead of a honey bran raisin muffin at Dunkin' Donuts will save you 280 calories.

More than 80 percent of New Yorkers ordered differently when seeing calorie counts, she said, citing a

survey from food service consultants Technomic Inc. More than half said it affected where they ate.

But other experts aren't sure that calorie counts will achieve the desired results.

The plan could backfire, said Stacey Rosenfeld, a New York psychologist who specializes in eating disorders.

Jessica Setnick, a Dallas-based dietitian who works with children and teens to address weight and eating issues, points out that nutrition information has been on packaged foods for years.

"People either think it doesn't apply to them — these people still won't care — or they are overly preoccupied with calories and fat grams and focus too much on the insignificant data," she said. "The people in the middle, who eat appropriate amounts of a wide variety of foods, don't need nutrition information on a menu to guide them."

2009 FLU CLINICS

Here is the list of upcoming seasonal flu vaccination clinics scheduled in the Quad-City region:

Trinity VNHA

Trinity Visiting Nurse and Homecare Association will provide seasonal flu and pneumonia shots from 8 a.m. to 5 p.m. Monday through Friday at its offices, 106 19th Ave., Suite 101, Moline. The cost is \$35 for flu shots and \$50 for pneumonia shots (cash or check). There is no charge for those with Medicare Part B. Flu-Mist is available for \$40 at the office only. Trinity can bill Medicare and all insurance

ton Presbyterian Church, 13228 140th St. W., Taylor Ridge, Ill.; 10 a.m. to noon, Faith Methodist Church, 3322 W. Lombard St., Davenport; 3-4:30 p.m., Sacred Heart Catholic Church, 1307 17th Ave., Moline

Sunday, Oct. 18: 8-10:30 a.m., Our Lady of Lourdes Catholic Church, 1506 Brown St., Bettendorf; 9 a.m. to noon, Sacred Heart Catholic Church, 1307 17th Ave., Moline; 10 a.m. to noon, St. Matthew's Lutheran Church, 1915 W. Kimberly Road, Davenport; 10:30-11:30 a.m., Broadway Presbyterian Church, 710 23rd St., Rock Island

Monday, Oct. 19: 9-11 a.m., Edgington Presbyterian Church, 12228 140th St. W., Taylor Ridge, Ill.

Ave., Rock Island

Oct. 25: 8-11 a.m., St. Pius X Catholic Church, 2502 29th Ave., Rock Island; 8-10 a.m., First Baptist Church, 1901 29th St., Moline; 9 a.m. to noon, St. Malachy's Catholic Church, 595 E. Ogden Ave., Geneseo, Ill.; 10-11:30 a.m., Bettendorf Presbyterian Church, 1200 Middle Road, Bettendorf; 12:30-2 p.m., First United Presbyterian Church, 801 16th St., Moline

Genesis Health System

Seasonal flu and pneumonia vaccine is available at the Genesis Convenient Care clinics in Bettendorf, Davenport and Moline. All other Genesis clinics

at the health department office. Parents should call (309) 794-7080 for an appointment. Children 10 years and older may receive shots at any of the clinic sites. For more information, visit the Web site at www.richd.org.

Tuesday, Oct. 20: 7 a.m. to 6 p.m., Rock Island County Health Department, 2112 25th Ave., Rock Island

Wednesday, Oct. 21: 1-3 p.m., Moline Township, 620 18th St., Moline

Thursday, Oct. 22: 9-11 a.m., South Rock Island Township, 1019 27th Ave., Rock Island

Oct. 23: 9-11 a.m., Hampton (Ill.) Heritage Center, 215 S. State Ave.