

# WEEKLY

Featuring content from the  
channels of CHI St. Vincent

onespirit  
COMMUNICATION



**Featured Pic:** Infirmery volunteers assemble emergency red books alongside Volunteer Coordinator, Juanita Carr. New red books will be distributed to all campuses this week.

November 20, 2017



## 2018 CHI St. Vincent Coworker Campaign

**How many coworkers does it  
take to fund a scholarship?**



**10**  
COWORKERS



**1** \$1000  
Coworker  
Scholarship

**DEADLINE IS NEXT WEEK!**

## Calendar

### Events

#### LVAD Survey (Infirmery)

**Dates:** Nov. 20 & 21

While surveyors will be focused on LVAD, they will be observant of all areas of the facility.

#### We are reiterating these key facts:

- An LVAD patient may not have a palpable pulse
- Do not touch any of the equipment
- No chest compressions

#### Christmas Family Applications (Hot Springs)

**Deadline to apply:** Nov. 27 @ 5pm

If you're a Hot Springs coworker who needs extra help this holiday season, please complete the Christmas Family application. Gifts benefit children/dependents under the age of 18.

#### Arkansas Razorbacks Christmas Sale (North)

**Dates:** Nov. 30 (7am – 7pm)

Dec. 1 (7am – 3pm)

**Location:** Regions Room

### Share

Content for OneSpirit, including blog, photos and weekly (this publication), can be submitted to:

[webmaster@stvincenthealth.com](mailto:webmaster@stvincenthealth.com)

## New on OneSpiritBlog.com

### Celebrate Movember by Sharing Your Health Tips

We are celebrating Men's Health all Movember long!

Movember is a global movement committed to men living happier, healthier, longer lives. For more than 14 years, millions have joined the movement raising awareness for men's health, including prostate and testicular cancer, mental health and physical inactivity.

Visit [onespiritblog.com](http://onespiritblog.com) to tell us how you or the man in your life stays healthy all year! It can be as simple as brushing your teeth everyday or getting an annual flu shot.

Throughout the month, we are encouraging men to see their primary care doctor and get a check-up.



### Hot Springs Hosts Poinsettias and Pancakes Fundraiser



Poinsettias are \$20 for an 8" poinsettia, and will be delivered on Friday, Dec. 1. On Saturday, Dec. 2 in the Cafe, bring your family for breakfast and a photo with Santa. Cost is \$10 per person. Fundraiser to benefit Relay for Life. To order a poinsettia or reserve your spot at breakfast, call Jenny Ford at 501.622.3991 or Adam Jarrett at 501.622.1918.

### Cindy Jones Named Technologist of the Year at Infirmery

Cindy Jones, RT, was selected by Infirmery radiologists as Technologist of the Year during National Radiologic Technologist Week. The award is based on attitude, image quality, coworker engagement and respect for the CORE values. Award runners up were Nick Taylor, Emily Sparkman, Ken Holman, Sarah Stanley and Steve Starr.

## Use Your FSA Money Before Time Runs Out!

*The money in your FSA does not roll over year to year.  
The due date to use your money is approaching. Be sure to  
get the most out of your FSA by using all your funds.*

Typical spending accounts require that you use your funds by Dec. 31. With CHI you have a grace period until March 15, 2018 to use your 2017 money.

*If you enrolled in the 2018 HDHP/HSA, special rules apply.  
Visit [onespiritblog.com/2017-FSA](http://onespiritblog.com/2017-FSA) for more details.*



# Reflect and Act on Gratitude This Thanksgiving



As we celebrate Thanksgiving with friends and family this November 23, our spirit reflects on the themes of thanksgiving, joy and gratitude.

Historically, the event that Americans commonly call the “First Thanksgiving” was celebrated by the Pilgrims after their first harvest in the New World in October 1621. It has been celebrated as a federal holiday every year since 1864, when, during the American Civil War, President Abraham Lincoln proclaimed a national day of “Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens,” to be celebrated on the last Thursday in November.

Spiritually, according to the author Henri J. M. Nouwen, gratitude and thanksgiving are the realization that ...

*“All I am and have is given to me as a gift of love, a gift to be celebrated with joy.”*

The psalmist in Psalm 107 would seem to agree. The psalm asks us to thank God in good times and bad, and it also reminds us why we thank God. It has something to do with who we are: Verses 2–3 remind us that we are a people in an alien landscape, sojourners in a world gone adrift. But God is one who gathers us together from the outskirts of this landscape, from the many places from which we have come.



**CHI St. Vincent**