

# WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit  
COMMUNICATION



**Featured Pic:** Congrats to Armando Ortega, EVS, for being recognized as a Service Hero at Morrilton. He put our values into action by demonstrating **COMPASSION** after buying a patient flowers when they were going through treatment without their family.

July 10, 2017

## Calendar

### Events/Opportunities

#### Auxiliary Dillard's Sale

**Date:** July 10 & 11

**Location:** Infirmiry Terrace Room

### Coworker Perks

#### Razorback Football Healthcare

**Appreciation Days** (discounted tickets)

**Date:** Thursday, August 31

**Location:** Little Rock

**Date:** Saturday, November 18

**Location:** Fayetteville

Visit [onespiritblog.com/perks](http://onespiritblog.com/perks) for more info.



### Featured Gym Discounts

#### Hot Springs

- **Hot Springs Health and Fitness:** Will waive the \$150 sign up fee. Single \$50/month, Family \$65/month – includes all classes and free child care.

#### Little Rock & North Little Rock

- **10 Fitness:** Will waive the \$60 sign up fee. \$10 monthly for basic access; \$20 for premium.

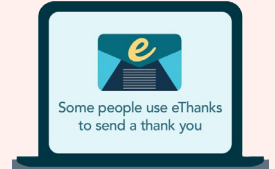
#### Morrilton

- **Anytime Fitness:** Will waive the \$115 enrollment fee and give CHI coworkers the \$30 corporate rate.

## New on OneSpiritBlog.com

### Give Praise to Coworkers via eThanks

Did you know that you can send an electronic “cheer” note via the [OneSpirit Insider](#)? Just find the tab called E-THANKS on the top navigation. Click on it and you’ll come to a screen with lots of options for messages. Simply complete the quick form to email your message to a coworker. Who doesn’t like a quick note? Another one of the awesome **#CHIPraiseAndCelebration** innovations.



### National News – CHI Medical Plan Participants Notice

Please disregard any notice you received indicating that, beginning July 1, third-party “manufacturer” copay and coupon cards would no longer be accepted as payment for prescriptions. Your doctor may be able to offer other cost-saving alternatives: we encourage you to ask. Remember, you can use your Health Savings Account (HSA) and Flexible Spending Account (FSA) cards to pay for prescriptions, too.



### Farewell to Neil Gaiser, Facilities Leader at Infirmiry (Above)

After 34 years of faithful service at the Infirmiry, Neil Gaiser is leaving to pursue a new career. He began his career at CHI St. Vincent mowing the grass as a teenager, and worked his way up to overseeing the department. He will be greatly missed but we wish him the best of luck in his new endeavors!



**CARPOOL KARAOKE**



Post your own version to our Facebook Page for a chance to win a prize!  
[facebook.com/chistvincent](http://facebook.com/chistvincent)



**JULY**  
HARVEST OF THE MONTH

**Raspberry**



Healthy  
SPIRIT

## Share

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

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

# AUGUST COWORKER FORUMS

Updated 7/3/17

Come to the next coworker forums led by facility leadership.

## **HOT SPRINGS** Dublin Room

### **Monday, Aug. 7**

7:30am  
1:30pm

### **Wednesday, Aug. 9**

7:30am  
2pm

### **Thursday, Aug. 10**

7:30am  
11am  
2:30pm

### **Friday, Aug. 11**

1pm  
2:30pm

### **Saturday Aug. 12**

7:30am

### **Monday Aug. 14**

7:30am  
2pm

### **Wednesday Aug. 16**

7:30am  
2:30pm

### **Thursday Aug. 17**

11am  
1pm  
2pm

### **Friday Aug. 18**

7:30am  
2pm

## **NORTH** Admin Conf. Room

### **Thursday, Aug. 17**

7:15am  
10:30am  
3pm  
6:15pm

### **Friday, Aug. 18**

7am  
11am  
6:15pm

### **Saturday, Aug. 19**

6:30pm

### **Monday, Aug. 21**

11am

### **Tuesday, Aug. 22**

7am

## **INFIRMARY** Terrace Room

### **Monday, Aug. 14**

10:30am  
1pm  
2pm

### **Tuesday, Aug. 15**

4:30am  
5:30am  
7am  
3pm  
4pm

### **Wednesday, Aug. 16**

10:30am  
3pm  
5pm  
7pm

### **Friday, Aug. 18**

7am  
10:15am  
Noon  
1:30pm  
3:30pm

### **Saturday, Aug. 19**

4:30pm

### **Sunday, Aug. 20**

8pm  
9pm

### **Monday, Aug. 21**

7:15am  
10:30am

### **Tuesday, Aug. 22**

7:15am

## **MORRILTON** Cafeteria

### **Monday, Aug. 21**

6:30am  
7:15am  
11am

### **Thursday, Aug. 24**

7:15am  
11am

### **Friday, Aug. 25**

6:30am  
11am

### **Saturday, Aug. 26**

6:30am  
7:15 am

## **MEDICAL GROUP**

### **Little Rock**

### **Thursday, Aug. 3**

**University Clinic**  
Noon

### **Thursday, Aug. 10**

**University Clinic**  
Noon

### **Chenal Clinic**

4pm

### **Friday, Aug. 11**

**Diabetes/Endo & Surgery Clinic**  
3:30pm

### **Monday, Aug. 14**

**Infirmiry (Terrace Room)**  
11:45am

### **Hot Springs**

### **Monday, Aug. 7**

**Dublin Room**  
Noon

### **Wednesday, Aug. 9**

**Conv. Care Clinic McGowan**  
6:30am

### **Glenwood Clinic**

11:30am

### **South Campus**

4pm

### **Friday, Aug. 11**

**70 West Clinic**  
7:30am

### **270 West Clinic**

11:30am

### **Wednesday, Aug. 23**

**South Campus**  
Noon

### **Thursday, Aug. 24**

**Hot Springs Village Front Gate**  
Noon

### **North**

### **Thursday, Aug. 17**

**Admin Conf. Room**  
12:30pm

### **Morrilton**

### **Wednesday, Aug. 16**

**Hickey Building @  
Morrilton campus**  
Noon

## **HEART CLINIC**

### **ARKANSAS** Breakrooms

### **HCA – Kanis**

### **Thursday, Aug. 10**

8:30am

### **Friday, Aug. 11**

Noon

### **Tuesday, Aug. 15**

3pm

### **Wednesday, Aug. 23**

8:30am

### **HCA – North University**

### **Wednesday, Aug. 16**

3pm

### **HCA – North Little Rock**

### **Thursday, Aug. 17**

Noon

### **HCA – Hot Springs**

### **Friday, Aug. 18**

Noon

### **Cardiovascular Surgeons – Little Rock**

### **Tuesday, Aug. 15**

9:30am

LIVING OUR MISSION

# JOURNEY

