

# WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit  
COMMUNICATION



**Featured Pic:** Thanks to Kathy Neely and the Magnet Accreditation team for all the work they have put in to help us gain re-designation!

August 7, 2017



**CARPOOL KARAOKE**



Vote for your favorite video by Aug. 31!  
[onespiritblog.com/karaoke](http://onespiritblog.com/karaoke)

## New on OneSpiritBlog.com

### Morrilton Pathway to Excellence® Update

On July 31, we received notification that our written documentation has met the requirements needed to advance to the next phase of the application, The Pathway to Excellence Nurse Survey! The purpose of the survey is to expand upon the documentation by asking Morrilton nurses about their perceptions of the workplace environment relevant to Pathway Standards.



### Casey Lovell Recognized as a Service Hero at the Infirmary

Thanks to Casey for putting our values into action by demonstrating **COMPASSION** after helping a grieving family understand and cope with a terminal diagnosis.

*I watched Casey lean into an uncomfortable situation with grace and with a loving heart. Casey was caring for a patient that he knew was going to pass away despite our best medical interventions. There were so many friends and family members, that crowd control and provision of patient care was difficult. He answered the same questions over and over again to family members that were simply hoping for a better answer or outcome by asking again. He would tell you that he is just doing his job, but his patients, families, and colleagues would tell you there is something extra that Casey provides that is special.*

### Welcome Nancy Brown as the New Chief Nursing Executive



We are excited to announce Nancy Brown, RN, BSN, MNsc as Chief Nursing Executive for CHI St. Vincent Health System. Nancy joins us after a long and successful career as the Chief Nursing Officer at Norman Regional Health System (NRHS) in Norman, Oklahoma where she served since 2004.

Nancy is known to have strong engagement with physicians, peers, and the board, and utilizes those key relationships to advance the mission of the work and involve others that can assist in impacting key outcomes. She is very committed to leader development and coworker engagement.

## Calendar

### Events/Opportunities

#### Retail Concepts (Infirmary)

**Date:** Aug. 21-22 (7am-4pm)

**Location:** dePaul Room

#### NCAP Opportunities

##### Sherwood Community Wellness Expo

**Date:** Aug. 12 (10am-2pm)

**Location:** 1111 West Maryland Ave., Sherwood

**Contact:** Pam Keefover, 501.552.7107

#### Conway Senior Health Expo

**Date:** Aug. 18 (8am-1pm)

**Location:** 705 Siebenmorgan Rd., Conway

**Contact:** Tiffani Butler, 501.442.5523

### Coworker Perks

#### **Razorback Football Discount Tickets**

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

### Featured Gym Discounts

#### Hot Springs & Bryant

- **Pulse Fitness** : Enrollment fees will be waived for CHI coworkers. *Discounted rates available.*

#### Little Rock, Conway, Benton & Searcy

- **Planet Fitness** : Enrollment fees will be waived for CHI coworkers.

## Share

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

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

## BE MINDFUL CHALLENGE

*Help keep yourself present and in the moment.*

*Mindfulness means maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations, and surrounding environment. Join the "Be Mindful Challenge" and take just five minutes a day – five days per week for four weeks – to dedicate to mindfulness. You can break this up into one minute sessions, five times per day.*

*If you meet your goal of tracking at least 100 mindful minutes between Aug. 28 and Sept. 24, you will earn a \$50 health account contribution, if you have not already met your \$300 maximum.*

# 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

