WEEKLY Featuring content from the channels of CHI St. Vincent



Events



Featured Pic: The Knitting Group at the Maumelle Senior Citizen Center brought our New Outlook Cancer Recovery Program 86 hand-made caps for cancer patients. In total, the group has donated a total of 426 caps to the program.

Calendar

Free Legal Estate Planning (Infirmary)

Date: Sept. 6, Noon & 5:30pm Sept. 7, 7:45am Contact: 1.800.967.9224 Ext. 4326

\$5 Jewelry Sale (Hot Springs) Date: Sept. 11-12 **Location:** Mercy Room

Volunteer Opportunities

Lakeside Homecoming Football Game (We are the sponsor for their homecoming football game) Date: Friday, Sept. 22 | 5-7pm Task: Work booth; handout giveaway items (This event is also NCAP applicable)

Contact: Tiffani Butler, 501.442.5523

NCAP Opportunities

ABC Financial Wellness Fair Date: Sept. 8 (8am-1pm) Location: ABC Financial, Sherwood

AR State Employees Health Fair Date: Sept. 12 (10am-2pm) Location: Arkansas State Capitol (2nd floor)

AR Dept. of Education Employee Health Fair Date: Sept. 21 (8am-1pm) Location: AR Dept. of Education, Little Rock

Contact: Tiffani Butler, 501.442.5523



Free St. Vincent nights!

Dates/Locations: Thursday, Sept. 14 @ 7pm / West Monday, Sept. 18 @ 5:30pm / Midtown **More info:** <u>onespiritblog.com/orange-theory</u>

Share

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

webmaster@stvincenthealth.com

New on OneSpiritBlog.com

Ortho Team Gets Early Start on Crazy Socks

A tribute to our fun and engaging culture recently took place at the Hot Springs Orthopedics Clinic. The team got an early start on the "crazy socks" fun that will happen system-wide during Heritage Week! They had fun and encouraged each other. As one person said, "You never know how strong you are until being strong is the only choice!"

Neurologist Dr. Kara Way Joins Medical Group

The Medical Group welcomes Kara Way, MD, as the newest member of the CHI St. Vincent Neurology Clinic in Hot Springs. Dr. Way attended medical school and residency at UAMS. Before attending medical school, she worked as an RN at Magnolia Hospital.



Rebecca Duncan Recognized as a Service Hero at North

She put our values into action by demonstrating **EXCELLENCE** and **COMPASSION** after coming in when she was already off duty to help her coworkers get a mid-line started. *Read a snip from her nomination:*

A patient needed a large IV in a large vein. After multiple attempts to start the line failed, Brent went to the Emergency Department to see if there was someone who could start a mid-line. Rebecca had already left for the day, but turned around and came back to treat the patient.

Community Outreach Takes Nutrition Classes to City Employees

Jordan Howard, an RD with our Diabetes and Endocrinology Clinic – Little Rock, spoke to city employees about the importance of eating right and how eating affects the rest of their health and well being. He handed out Well-Fed Me recipe booklets and gave each employee a portion control plate to help them put good eating habits into practice. He also provided educational information about the services we offer at our clinics.



"This class inspired me to buy my first home."

- Joyce, Financial Peace Student

Beginning Sept. 19 through Nov. 14

A nine-week class for coworkers and community members, meeting once a week on Tuesdays at 6:30pm Visit <u>onespiritblog.com/financialpeace</u> for more info



why should I respect cultural differences?

because we are ALL created in God's image each person's background gives them a unique perspective strength lies in our differences because together we're better

Shantell, Medical Group

Reverence

JUSTIN ACTION

Respect cultural differences and honor individual preferences.



Recognize the value of a diverse workforce, remaining open to new points of view, ideas and talents.

Respect our patient's and coworker's rights toward personal spirituality and diversity.



"Help me understand what's important to you."

"What do you think?"

"Do you have any cultural or spiritual preferences that I need to be aware of?"



onespiritblog.com/values