

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION

January 22, 2018

FEATURED PIC: Congrats to Med Surg Step Down at Morrilton for recently celebrating two months without a fall. Thanks for all the great work you do!

Find more online!

Visit onespiritblog.com for all coworker stories & photos.

Events

COWORKER PERKS



Collective Goods Sale

Sale on books, electronics, home goods, kids' gifts.

(North) Date: Tuesday, Jan. 30 | 7am-7pm
Regions Room

(Infirmiry) Date: Thursday, Feb. 1, 7am – 7pm
Vincent De Paul Room

Financial Peace University with Dave Ramsey

(Infirmiry) Date: Thursday, Feb. 1 | 6:30-8:30pm
Medical Library (9-week series)

Local Gym Partnerships

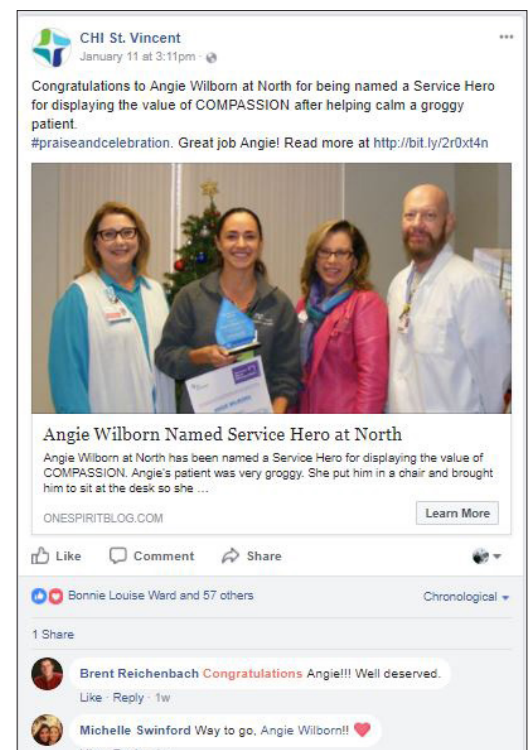
Interested in joining a gym for the new year?

We've got you covered. We're partners with gyms throughout Central Arkansas. To see what discounts are offered, visit onespiritblog.com/gyms.

Social Highlight



We appreciate all likes (and especially shares) for Facebook posts. Help continue to get the word out about our ministry.



Must-Know

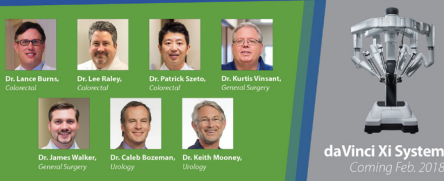
New Robotic Surgical Equipment Coming

The latest and greatest robotic-assisted surgical system will be up and operational at the Infirmiry in February. To learn more about the innovation — the daVinci Xi System, check out our consumer website.

Coworkers will have the chance to be part of hands-on demonstrations for the equipment on Monday, Feb. 5. Watch for more details about when and where the fun will happen.

The newest robot, which joins our first daVinci in the operating rooms, is part of the expanded equipment investment in the Arkansas market. We'll be discussing the three-year, multi-million dollar growth plan in the upcoming OneSpirit Forums.

Who are our robotic surgeons?



Well-Being

January Harvest of the Month: Pomegranate

In Turkey, this fruit is thought to bring blessings because of its red color, which symbolizes life and the human heart; while the seeds are thought to represent prosperity. So for those reasons, along with their nutritional benefits, this is the perfect fruit to start off our year.

Visit onespiritblog.com/wellness for tasty & easy pomegranate recipes like grilled salmon with pomegranate glaze.

OTHER HEADLINES:

The Step Challenge Begins TODAY! (Jan. 22)



Facetime

Coworkers Participate in Martin Luther King Day of Service

Our coworkers participated in the Martin Luther King, Jr. Day of Service at Pulaski Heights United Methodist Church on Monday, Jan. 15. Dr. Morris Kelley, along with nurses from the Heart Institute and Community Outreach, offered health screenings to participants and provided information on various health topics.

OTHER HEADLINES:

Dr. Rao Explains 6 Heart Disease Risk Factors We Can Control



Share: Content for OneSpirit, including blog and photos can be submitted to: webmaster@stvincenthealth.com

ONESPIRIT FORUMS

Updated 1/11/18

HOT SPRINGS Dublin Room

Monday, Feb. 5

1pm
2:30pm

Tuesday, Feb. 6

11am

Wednesday, Feb. 7

7:30am
2:30pm

Thursday, Feb. 8

7:30am
1pm

Friday, Feb. 9

7:30am
1pm
2:30pm

Saturday, Feb. 10

7:30am

Monday, Feb. 12

10:30am
3pm

Tuesday, Feb. 13

11am

Wednesday, Feb. 14

7:30am
11am
2pm

Thursday, Feb. 15

7:30am
11am

Friday, Feb. 16

7:30am
1pm

MORRILTON Cafeteria

Saturday, Feb. 17

6:30am
7:15am

Monday, Feb. 19

6:30am
7:15am
11am

Thursday, Feb. 22

7:15am
11am

Friday, Feb. 23

6:30am
11am

INFIRMARY Terrace Room

Wednesday, Feb. 7

10:30am 4:30pm
2pm 7pm
3pm

Thursday, Feb. 8

1pm
6:15pm

Friday, Feb. 9

7am
10:30am
1pm
4:30pm

Saturday, Feb. 10

4:30pm

Sunday, Feb. 11

9pm
10pm

Tuesday, Feb. 13

7am 4pm
2pm 5pm

Wednesday, Feb. 14

4:30am 10:30am
5:30am 4pm
7am

NORTH Admin Conf. Room

Thursday, Feb. 8

7:15 am
11:30 am
3 pm
6:15 pm

Friday, Feb. 9

7 am
11 am

Saturday, Feb. 10

6:30 pm

Monday, Feb. 12

10:30 am
6:15 pm

Tuesday, Feb. 13

7 am

Wednesday, Feb. 14

6:15 pm

MEDICAL GROUP

Central Arkansas

Thursday, Feb. 1

Morrilton *Hickey Building*
Noon

Friday, Feb. 2

Diabetes/Endo/Surgery Clinic
3:30pm

Wednesday, Feb. 7

Jacksonville Clinic - Noon

Tuesday, Feb. 13

Chenal Clinic - Noon

Wednesday, Feb. 14

North *Admin Conf. Room* - Noon

Conway Interfaith Clinic - 4pm

Thursday, Feb. 15

University Clinic - 11am & Noon

Parkview, Suite 450 - 11:30am

Lonoke Clinic - Noon

Hot Springs

Thursday, Feb. 1

MOB Suite 506 - 11:30am

Pediatrics Clinic - 4pm

Tuesday, Feb. 6

Glenwood - Noon

South Campus - 4pm

Wednesday, Feb. 7

**Conv. Care / Business Health /
Community Care** - 6:30am

Women's Center *Women's Clinic Lobby*

Noon

70 West - 4pm

Friday, Feb. 9

Orthopedics - Noon

Wednesday, Feb. 14

HSV Front Gate - Noon

270 West - 4pm

HEART INSTITUTE

Breakrooms

HCA - Kanis

Monday, Feb. 5

11am

Tuesday, Feb. 6

3pm

Wednesday, Feb. 7

8:30am

Tuesday, Feb. 13

3pm

HCA - University

Wednesday, Feb. 7

3pm

HCA - North Little Rock

Thursday, Feb. 8

Noon

HCA - Hot Springs

Friday, Feb. 9

Noon

Cardiovascular Surgeons - LR

Tuesday, Feb. 6

9:30am

