

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION



FEATURED PIC: Thanks to all who wore blue to celebrate Colorectal Cancer Awareness Month. Submit your team photo at chistvincent1@gmail.com.

March 5, 2018

Find more online!

Visit onespiritblog.com for coworker stories & photos.

Must-Know

New Insider & Policy Platform Launches Today

A new version of the Insider (our coworker intranet) launches today making it easier to find the information you need. Most of the content and links from the old Insider can be found on the new site — but in an easier-to-use format. The new Insider includes a menu along the top with important information, including a tab for departments as well as for Living Our Mission, Growth, Rewards, Well-being and Spirituality.



Well-Being

Earn Rewards - Make the Most of National Nutrition Month

Color Your Plate Challenge: Eating a diet rich in fruits and vegetables can improve heart health, lower blood pressure, improve kidney function, and reduce bone loss. That's why our next challenge focuses on eating plenty of fruits and vegetables! Registration opens March 12. The challenge is from March 26 to April 22. Log on to the wellness website to learn more!

Need help with your health?

Arkansas Health Network Health Coaches
Terry Gartin, RN (left) and Betsy Cobb, RN (right)



For more information, contact Terry at 622.4573 or Betsy at 552.3859

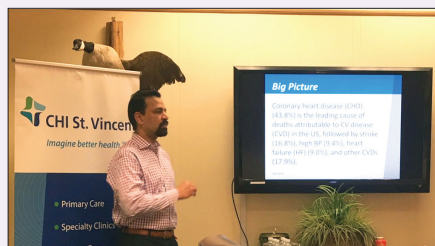
OTHER HEADLINES:

Learn More About CHI's Prenatal Program

Facetime

Dr. Vengala Discusses Heart Health with Engineering Team

Dr. Vengala recently spoke to a group at B&F Engineering in Hot Springs about heart health awareness. During the event, portion control plates were given out to attendees along with insightful information about heart attack signs and symptoms. **Check out our health tools online here.** If you know of anyone who might be interested in hosting a company health event, have them contact Tiffani Butler, employer relations liaison, at 501.442.5523 or tbutler@stvincenthealth.com



OTHER HEADLINES:

Better You Magazine Launches to Promote Heart Health

Events

COWORKER PERKS

Linen Sale (Infirmary, Terrace Room)

March 14 | 7am – 7pm

March 15 | 7am – 3pm

Spring Is Coming

Mid-America Science Museum Free Passes

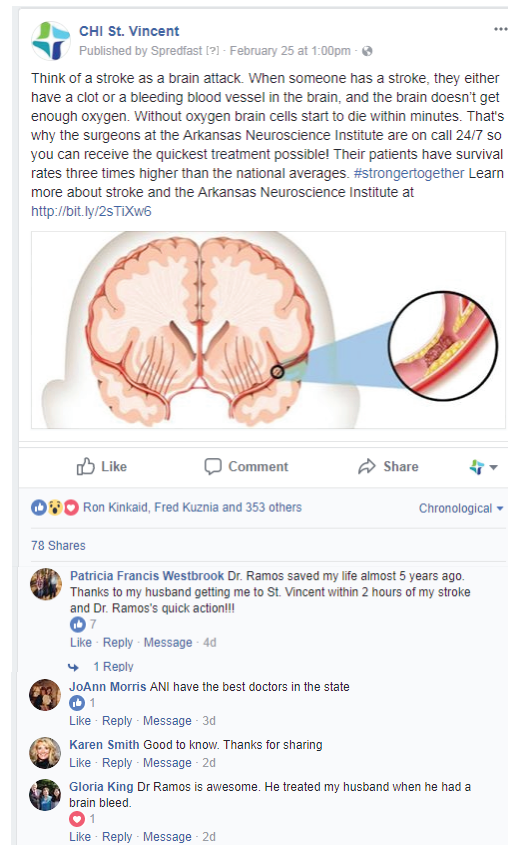
Must present ID.

Garvan Woodland Gardens-Hot Springs

Must present badge. Free admission for CHI St. Vincent coworkers, their spouse and any children under 18 years old.

Social Highlight

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



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

why should I be a good steward of our resources?

if I prove myself faithful in small things I will be given more and bigger things to be a steward over

because we all have to use what we have been given wisely

the way I allocate my time, effort, and money speaks volumes about my priorities

because together we're stronger

Velma Lee, Morrilton

Integrity

**VALUES
IN ACTION**

Be a good steward of our resources



Be aware of expiration dates; avoid unnecessary expense.

Print only when necessary.

Take only the supplies you need – don't stockpile.

Turn out lights and/or TVs when those resources are not being used.



"I noticed that the milk was going to expire in two days so I moved it to the front so we would use it first"

"Before you order more pens, let me look in my desk, I may have some to spare."



Looks like



Sounds like

onespiritblog.com/values

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