

WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION

March 12, 2018



FEATURED PIC: Thanks to the Heart Institute volunteers who supported runners during the 2018 Little Rock Marathon. For more photos from the event, visit our Smug Mug page.

Find more online!

Visit onespiritblog.com for
coworker stories & photos.

Must-Know

Thank a Doctor in Celebration of Doctors Day March 30

Each one of us — by choice or by chance — has been touched by a doctor's compassionate and caring ways. In honor of the individuals who inspire us with their service, we are celebrating National Doctors Day, March 30. The day shines a spotlight on the essential role they play in our daily lives and thank them for all they do. Write your doctor a Thank You Note and we'll give them a personalized card from you. Visit onespiritblog.com to share your thanks.

OTHER HEADLINES:

Submit Your Nomination for 40 Nurse Leaders Under 40

Well-Being

Register Today for the 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 is open today!** The challenge is from March 26 to April 22.

Log on to the wellness website to learn more!



OTHER HEADLINES:

Use Your FSA Money Before Time Runs Out!

Save Money By Using a CHI Pharmacy

Facetime



Forrest Whichard Named Vice President of Operations

Forrest will oversee perioperative, therapy, lab and imaging services and security, among other operational responsibilities. "Forrest's breadth of experience will be a welcome addition to our team," said Polly Davenport. "We are glad to have Forrest working alongside us as our ministry continues to grow to serve the needs of the community."



OTHER HEADLINES:

Medical Group Celebrates Big Moves in 2017

Events

COWORKER PERKS

Linen Sale (Infirmary, Terrace Room)

March 14 | 7am – 7pm

March 15 | 7am – 3pm

Spring Is Coming

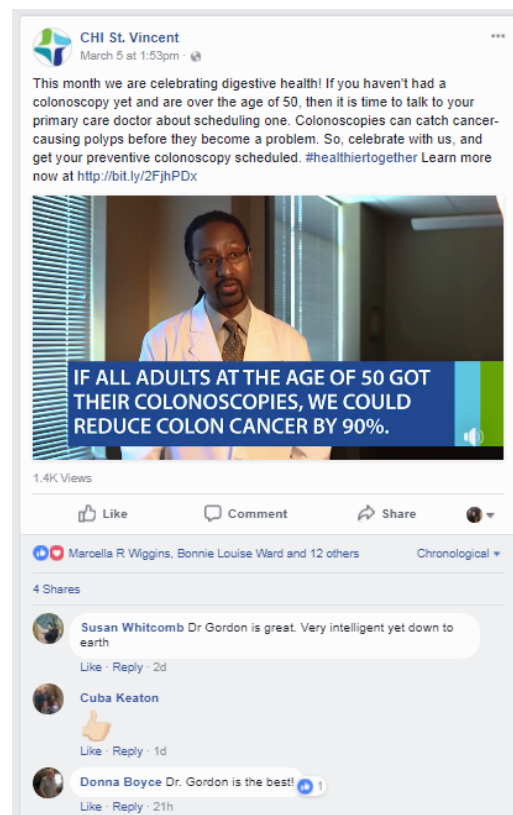
Mid-America Science Museum Free Passes
Must present ID.

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



March 2018 | Volume 3

Challenge: ***“Color Your Plate”***

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 and the challenge begins on March 26th and ends on April 22nd.



Color Your Plate Challenge

For more information about your Wellness Program, please visit the well-being pages on InsideCHI (formerly known as My Healthy Spirit).
<http://home.catholichealth.net/wellbeing>

Webinar: “The Skinny on Popular Diets”

You can learn to differentiate the truth from false advertising of some of the most popular diets on the market today, by watching our latest webinar. You will discover that sound nutritional principles focus on moderation, portion control and exercise.

Harvest of the Month:

Spinach: The possible health benefits of consuming spinach include improving blood glucose control in people with diabetes, lowering the risk of cancer, reducing blood pressure, improving bone health, lowering the risk of developing asthma, and more.



National Nutrition Month and Colorectal Cancer Month:

March is Colorectal Cancer Awareness and National Nutrition Month. Proper nutrition improves your chances of maintaining health and can decrease the risk of cancer. National Nutrition Month and Colorectal Cancer Awareness month both seem to be intricately related to the importance of promoting a healthy diet and lifestyle.

