

# WEEKLY

Featuring content from the  
channels of CHI St. Vincent

onespirit  
COMMUNICATION

March 19, 2018



**FEATURED PIC:** Coworkers from Values in Action team volunteered at the Arkansas Food Bank, demonstrating the core value of Compassion. Visit [onespiritblog.com](http://onespiritblog.com) to learn about available volunteer opportunities.

## Find more online!

Visit [onespiritblog.com](http://onespiritblog.com) for  
coworker stories & photos.

## Must-Know

### Hot Springs Volunteers Needed to Help Build Habitat for Humanity Home

Construction takes place on Tuesdays, Wednesdays, Thursdays and Saturdays (weather permitting) from 8 am – noon. While you are welcome to volunteer at your leisure during the build, Hot Springs will have a number of “designated volunteer days.” Although the warm feeling in your heart is reason enough, coworkers who are part of our healthcare plan can also earn well-being bucks for volunteering.



#### OTHER HEADLINES:

### Little Rock Black Nurses Association of Arkansas Hosts Recruiting Event

## Well-Being

### Eat More Fruits & Veggies With 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!** The challenge is from March 26 to April 22.



#### OTHER HEADLINES:

### Save Money By Using a CHI Pharmacy

## Facetime

### North Hosts Trauma Tour

North hosted a group of students from Sylvan Hills High School for a Trauma presentation and demonstration. We are dedicated to educating the next generation of healthcare professionals and this provided an excellent opportunity to do just that. The group of students were greeted by coworkers, MEMS and Air Evac teams who gave informative tours of the emergency department, an ambulance and a trauma helicopter.



#### OTHER HEADLINES:

### Coworkers Demonstrate Compassion While Volunteering at Food Bank

## Events

### COWORKER PERKS

#### Blood Drive (Infirmiry)

March 19 | 11:30am – 4pm

March 20 | 10am – 2pm

#### Blood Drive (Hot Springs)

April 18 | 7am – 10pm

April 19 | 7am – 10pm

#### 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.

### CLINICAL LADDER OPPORTUNITIES

#### Quality Audit Project for Hot Springs

Hand hygiene audits to be done via “secret shopper” format. **Contact:** Trish Gould, RN, Infection Preventionist, [trishgould@stvincenthealth.com](mailto:trishgould@stvincenthealth.com)

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

# Color Your Plate Challenge

Registration opens on 3/12/2018 and Challenge begins on 3/26/2018

*Eating a diet rich in fruits and vegetables can improve heart health, lower blood pressure, improve kidney function, and reduce bone loss. Join us for the Color Your Plate Challenge and start improving your health today! The goal is 20 servings of fruits and/or vegetables each week for four weeks.*

**If you reach the challenge goal to track 80 servings of fruits and/or veggies between March 26th-April 22nd, you will earn \$50 wellness dollars for participating.**

## To enroll:

- Log in to the *well-being* pages (formerly known as My Healthy Spirit) on InsideCHI.
- Click on "Wellness" and select "Your Wellness Website"
- Visit the 2018 Program page
- Select the Challenge section
- Select the available Challenge and click "Join"

## Questions?

Log in to the well-being pages (formerly known as My Healthy Spirit) on InsideCHI.

*\*Participation is limited to employees and covered spouses in a CHI Medical Plan.*



**well-being**

Formerly known as  
**MyHealthySpirit**

