

WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION

May 7, 2018



FEATURED PIC: Coworkers participated in the American Heart Association's annual Heart Walk to help fund education & research for heart disease & stroke. See more photos on onespiritblog.com.

Find more online!

Visit onespiritblog.com for
coworker stories & photos.

Must-Know

Coworker Celebrations Continuing All Week

Mark your calendars! Coworker Appreciation Week is happening through Saturday with a week full of fun activities at each hospital facility and Heart Institute. This is one of several ways throughout the year that we praise & celebrate our coworkers for all the work they do!

This week, we're also celebrating a high participation rate across the system in the Coworker Survey (PCA) that ends today.



OTHER HEADLINES:

[Drop Your Donation Drive](#)
[Items Off This Week](#)
[\(View Back For Needed Items\)](#)

Well-Being

Be Mindful Challenge - Registration Opens May 14

The goal of mindfulness is to train your mind to observe your thoughts and feelings without judgment or criticism. Some examples are keeping a gratitude journal, listening closely when people speak and taking a moment for yourself to calm and relax your mind. Join us for the Be Mindful Challenge to help you become more present and aware in the moment.



OTHER HEADLINES:

[Next Financial Peace](#)
[Class Begins June 2](#)

[Using Our Spirituality to](#)
[Rediscover Significance](#)

Facetime

Jennifer Kelley Named RNspire Honor Winner by Cardinal Health

Jennifer, BSN, RN, an orthopedic supervisor at the Infirmary, was selected for checking off over 100 RNs (in multiple departments and on two campuses!) during our CLABSI education initiative. RNspire recognizes everyday nursing heroes for their hard work, patience, dedication and caring. Jennifer will also be featured on the Cardinal Health RNspire's Facebook page.



OTHER HEADLINES:

[Child Abuse Rally](#)
[Raises Awareness](#)

Events

Upcoming Blood Drives

May 9 | 1-5pm | North (Region's Room)

Walks/Runs

Visit onespiritblog.com/walks-runs
for info on how to register for an event.

Mamie's Poppy Plates - Race to Remember

May 12 | 4pm | War Memorial Stadium

Go Gray in May 5K for Brain Cancer Awareness

May 19 | 8-10am | Morrilton

Crohn's and Colitis Foundation Take Steps Walk

May 19 | 10am | War Memorial Stadium

Relay for Life (Hot Springs)

June 1 | 6pm | Hot Springs Convention Center

Go! Mile Walk and Run

June 16 | 8:40am | Clinton Presidential Center

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

Thank YOU

Coworker Appreciation Week
MAY 6-12

Compassion



**Help local charities during the
Values in Action donation drive.**

Items requested:

- Canned goods (meat, veggies, fruit)
- Pasta/pasta sauce
- Juice boxes
- Peanut Butter/Jelly
- Biscuit/Baking mixes
- Powdered milk
- Feminine hygiene products/
incontinence products
- Cereal/cereal bars
- Single serving meals
(mac-n-cheese, soups, etc.)

