

# WEEKLY

Featuring content from the  
channels of CHI St. Vincent

onespirit  
COMMUNICATION



**FEATURED PIC:** Congratulations to the 24 coworkers at North who had perfect attendance for a year. Those coworkers were thanked for their hard work with a breakfast.

May 14, 2018

## Find more online!

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

## Must-Know

### Citrix Receiver Update Scheduled to Begin This Week

Desktops and laptops with Citrix Receiver or Citrix Online Plug-in at Infirmiry, North and Morrilton will be upgraded, beginning May 14. The full upgrade is expected to continue during the next two weeks.

This update will improve performance and decrease security risks and costs. Fewer outages and improved Citrix performance are expected after the upgrade has been completed.



### OTHER HEADLINES:

[National Trauma  
Survivors Day Celebrated  
Wednesday](#)

[Auxiliary Donates Funds  
to ANI Project](#)

## Well-Being

### Be Mindful Challenge - Registration Is Open!

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:

[Sign Up Now for the  
Go! Mile Walk/Run](#)

[Infirmiry to Offer Yoga &  
Mediation Classes](#)

## Facetime

### AY Readers Name Infirmiry Rehab & Physical Therapy as Best

Rehab & Physical Therapy were listed in AY Magazine's May "Best Of 2018" issue as one of the best places for physical therapy in central Arkansas. These selections are nominated and voted on by the readers. It shows that their hard work and effort does not go unnoticed.



### OTHER HEADLINES:

[Hot Springs Therapist  
Recognized by Magazine](#)

[Hot Springs Helps  
Students Find Strength](#)

## Events

**Financial Peace University**  
June 2 | 2-4pm | Infirmiry

## Walks/Runs

Visit [onespiritblog.com/walks-runs](http://onespiritblog.com/walks-runs)  
for info on how to register for an event.

**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

**Arkansas Foodbank - Take a Run at Hunger 5K**  
June 2 | 8am | Two Rivers Park (Little Rock)

**Stepping for Diabetes Walk**  
June 9 | 9am | Sylvan Hills High School (Sherwood)

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

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## Challenge: “Be Mindful”

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. Registration opens on 5/14/2018 and Challenge begins on 5/28/2018-6/24/2018.



## Be Mindful Challenge

*Are you a health nut? Do you love motivating your friends and coworkers to be healthy? You would make an awesome a Well-being Ambassador!*

Visit [onespiritblog.com/ambassador](http://onespiritblog.com/ambassador) for more info.

## Fidelity Webinars:

This month we feature three new webinars from our friends at Fidelity. “Create a Budget, Ditch Your Debt and Start Building for the Future”, “Take the First Step to Investing”, “Turn Your Savings into Retirement Income”, and “Power of Positivity”.

Our new monthly featured webinar is “Power of Positivity” you will discover some of the research that is known about positivity – what it is, what it isn’t, the brain science behind positivity, and how you can cultivate more positivity in your life for greater health and well-being.

## Harvest of the Month:

**Honeydew:** Honeydew melon is only 60 calories per cup, and is composed of about 90% water. It is a good source of vitamin C and has potassium content comparable to that of a banana, with fewer calories.

Honeydew is also a source of B vitamins thiamine, niacin, pantothenic acid, as well as the trace mineral copper.



## Personal Health Assessment:

You can earn \$75 by completing a Health Assessment on the wellness website anytime between 1/8/2018-9/28/2018. While you can update and/or change your Health Assessment throughout the year, you will only receive one \$75 reward per program year.

