

WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION



FEATURED PIC: Several Hot Springs coworkers recently helped lay sod at the Habitat for Humanity House. The house is nearing completion and the dedication will be scheduled this fall.

September 03, 2018

Stories From OneSpiritBlog.com

Coworker blog written by
coworkers for coworkers.

Must-Know

The St. John's Bible On Display at Infirmary Beginning This Week

In 1998, Saint John's Abbey and University commissioned renowned calligrapher Donald Jackson to produce a hand-written, hand-illuminated Bible. It will be on display at the Infirmary Sept. 4 - Oct. 31 and then move to our Hot Springs campus for the remainder of the year. We are the only central and south Arkansas Catholic health system to host The Saint John's Bible as it tours the country.



OTHER HEADLINES:

[My CHI Knowledge
Hub Launches This Fall](#)

Well-Being

Learn How a Health Savings Account Can Help You

Annual Enrollment – your time to select your benefits for 2019 – is coming in October, which means you'll want to know about health savings accounts (HSAs). An HSA gives you a way to set money aside for out-of-pocket medical expenses; plus, it can reduce the amount you pay in taxes.

Visit onespiritblog.com to view how our HSA works!

OTHER HEADLINES:

[Enter to Win an
Apple Watch & Other
Fun Fitness Items](#)

[You May be Eligible
for the Health Care
Assistance Program](#)

Facetime

Students Volunteer at Hot Springs as Part of Football Classic

Students and coaches from Fountain Lake and Hot Springs school districts volunteered as part of the Inaugural First Security Bank Football Classic, which included a week of community activities before the two teams competed Friday night. Students sported their football, band and cheer uniforms as they greeted patients and guests arriving at the hospital.

OTHER HEADLINES:

[Hot Springs Continues
Work on Habitat House](#)

[Dr. Greenfield
Speaks to Law Firm
Employees About
Stress Management](#)

Events & Perks

**Special Mass with the Bishop to
Celebrate The Saint John's Bible**
Friday, Sept. 7 (Infirmary Chapel)

Heritage Week: Details Coming Soon!
Week of Sept. 24-29

Freedom from Smoking Quit Group (8-Week Class)
Begins Wednesday, Oct. 3 (Infirmary)

CHI Perks: Discount Hog Football Tickets
Saturday, Oct. 13 (Little Rock)

Redeem the healthcare discount at
onespiritblog.com/perks

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



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Webinar: Money Myth Busters

Are you listening to all of the financial wellness buzz out there and still not feeling financially fit? Check out this month's new webinar, "Money Myth Busters" Discover some of the most common money myths and gain practical tips to keep your finances on track.

Important Reminders:

September 28th is the last day to earn wellness dollars and select your reward, or you will be defaulted to the gift card option. The last day to redeem earned wellness dollars for gift cards is October 31st.

Earned wellness dollars can be redeemed for gift cards* or a health account contribution. Only employees and spouses enrolled in the CHI medical plan for 2018 are eligible to participate in the Wellness program.

**Gift card rewards are considered taxable income and will be taxed in your paycheck in December.*



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>

Harvest of the Month:

Garlic: *This bulb-shaped plant is part of the onion family and is loved by many for its distinct flavor and health benefits. This tasty food is incredibly nutritious- it is low in calories and rich in vitamin C, vitamin B6 and manganese. It also contains trace amounts of various other nutrients.*



September is Fruits & Veggies-More Matters Month

Fruits & Veggies-More Matters helps people to focus their attention on eating MORE fruits and vegetables! More than 90% of both adults and children don't eat the amount of fruits and vegetables recommended by the latest dietary guidelines for Americans. Fill at least half of your plate with fruits & veggies at every meal and snack.

Webinars

You can earn \$25 per Webinar completed. Wellness Webinars are a fun way to learn about a range of health and well-being topics! These 15-20 minute online videos can be viewed at your convenience. Simply watch the video, feel free to take notes, and then finish with a short quiz. Complete these steps and earn \$25 per Webinar. New Webinars are launched monthly through September.

