

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION



FEATURED PIC: North leaders and coworkers came together with Dr. Ali Krishit and ANI coworkers to bless the new North CT/MRI Suite, Angio Suite, Operating Rooms, 3rd Floor ICU and Helipad. Dr. Krishit will begin seeing some patients at North in January.

November 26, 2018

Looking for more details? Visit OneSpiritBlog.com

Must-Know

Coworker Follow-Up Survey Concludes Wednesday, Nov. 28

A quick "pulse" survey is available online from now until Wednesday, Nov. 28. The seven-question survey will take just a few minutes. The survey results will help us identify where we can continue to improve together—without waiting for the annual survey next spring. Responses will be confidential; results will be shared in December.

OTHER HEADLINES:

Final Week of Behavioral Health Coat Drive

Shop Popup Store Before Friday, Nov. 30

Well-Being

Top Ten Ways to Minimize Your Healthcare Costs

10. Establish a relationship with a primary care doctor.
9. Take advantage of free preventive care.
8. Use specialists only after your primary care doctor.
7. Be prepared for your appointments.
6. Stay in network as much as possible.
5. Ask questions about tests, costs, and alternatives.
4. Avoid the ER when it's not an emergency.
3. Control prescription costs.
2. Track your costs.
1. Participate & earn money in wellness incentives.



OTHER HEADLINES:

Enjoy Discounts from These Local Gyms

Employee Assistance Program Helps When Coworkers Need It Most

Facetime

Carla Brooks BSN, RN, CEN Named North Service Hero



When we recognize the misfortune of others, we may think, 'That's too bad,' or 'What a shame.' Carla Brooks, however, thought, 'There's a simple solution' and immediately offered help.

A new PCT was hired at North but said she couldn't start work because she didn't have the funds to buy green scrubs PCTs are required to wear. Carla heard this and bought a set of green scrubs so that she could start work. When the PCT asked how she could repay her, Carla said she did not want repayment, she was glad to be able to help her out.

OTHER HEADLINES:

Dr. Elser Opens Pediatric Headache Clinic in West Little Rock

Events & Perks

Poinsettia Fundraiser, Hot Springs \$20 each; Delivered Dec. 7

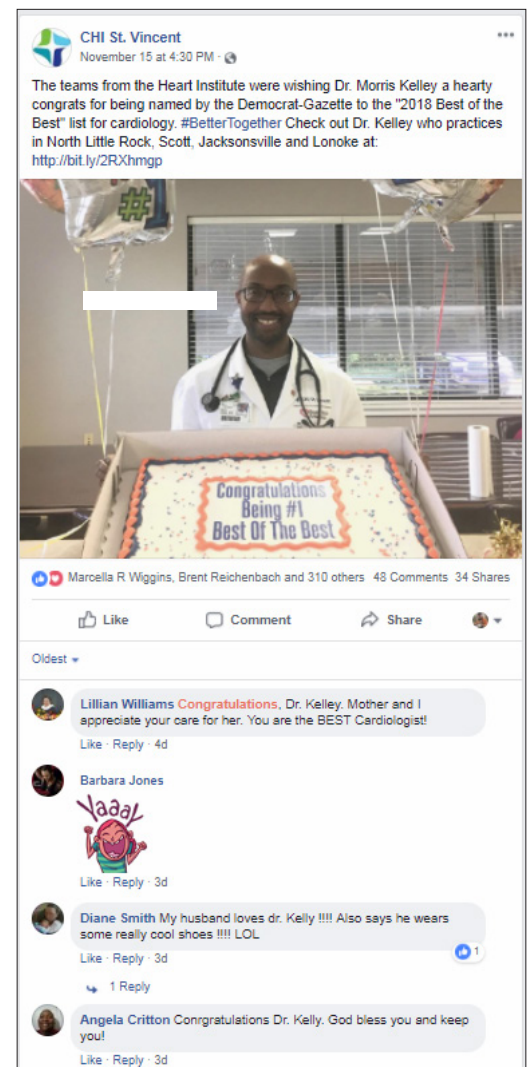
Call 501.622.3991 or 501.622.1918 to order.

Pancakes with Santa

Saturday, Dec. 8 | 8:30-11am
(Cafeteria, Hot Springs)

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

Merry Christmas



Sending thankful prayers and well wishes for a happy and healthy holiday season. Thank you for your service and devotion to Living Our Mission.

MORRILTON

Wednesday, Dec. 5 | 7am-3pm (*Dining Room*)

INFIRMARY

Friday, Dec. 7 | 7am-7pm (*Terrace Room*)

Saturday, Dec. 8 | 6-10am (*Terrace Room*)

NORTH

Monday, Dec. 10 | 7am-7pm (*Admin. Conference Room*)

HOT SPRINGS

Friday, Dec. 14 | 7am-7pm (*Dublin Room*)

Saturday, Dec. 15 | 7am-Noon (*Dublin Room*)

MEDICAL GROUP & HEART CLINICS

Check with your manager for the date of the gift box delivery.