

WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION

December 03, 2018



FEATURED PIC: Members of the Well-being Team handed out free banana smoothies during the monthly Well-being Wednesday. The smoothies were provided to the Infirmary by Healthy Hangout Nutrition and to Hot Springs by Wolf Nutrition.



Thank you for your dedication and hard work as you live our core values each day.

Must-Know

Celebrating Advent: The Important Message of Christmas Trees

Advent is the beginning of the Church's liturgical year and includes the four Sundays leading up to the celebration of Christmas. Advent prepares us to celebrate the Lord's birth and look for ways Jesus lives in us each day. With December, Christmas trees begin to appear. We suddenly notice they are in our hospitals, our office buildings and the vast variety of sites where we deliver healthcare. Christmas trees may be hard to avoid, but their message is easy to miss. To read about the message of Christmas trees and this full advent reflection, visit onespiritblog.com.



Well-Being

Volunteering During the Holidays Helps Keep You Healthy

Did you know that volunteering can be good for your health? You might be surprised by all the good-for-you reasons to do good for others. Studies show that people who volunteer have lower mortality rates, greater functional ability and lower rates of depression than those who don't volunteer. Plus, people over 50 who volunteer regularly are less likely to develop high blood pressure.



OTHER HEADLINES:

10 Expensive Habits You Should Break Today

Coworkers Required to Get Flu Shot by Dec. 7

Facetime

Volunteer Jan Gardner Named President-Elect of Arkansas Hospital Auxiliary Association

Jan will serve as president-elect for the next year before assuming her role as president in October 2019. During that time, Jan will travel to the state's seven districts, championing the auxiliary's various projects.

Jan began volunteering at North in 2010 and said she enjoys giving back to the community she has called home most of her life.

"I love the family atmosphere of the hospital. You know everyone who works there. Whether you know their first name or just their face. It's that closeness and camaraderie working together for that common cause. We all have CHI in common."



Events & Perks

Poinsettia Fundraiser, Hot Springs

\$20 each; delivered Dec. 7

Call 501.622.3991 or 501.622.1918 to order.

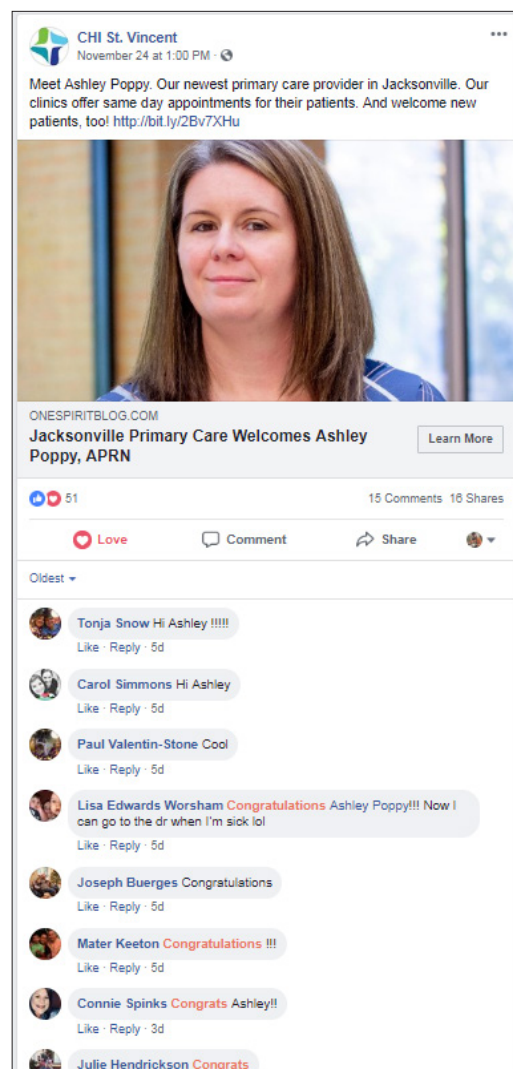
Pancakes with Santa

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.

PRAISE
& CELEBRATION
IHS