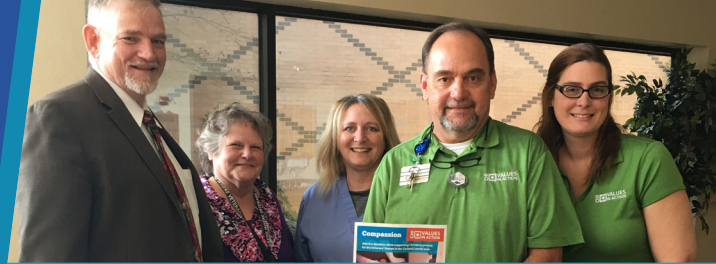


WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION



FEATURED PIC: Values in Action team members recently collected items to be delivered to veterans during the holidays. Hot Springs VIA members Megan Cotton, Adam Jarrett and Trisha Nicholas are pictured with Betty Witherspoon and Michael R. Dobbs, who will help distribute the donations.

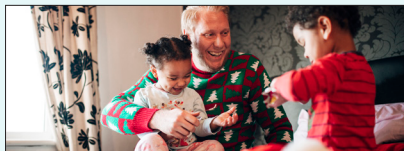
December 10, 2018



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

Must-Know

Celebrating Advent: Treasuring Christmas Memories



The Advent and Christmas season is a time of memories. We do not plan them; they come unbidden. They are triggered by someone's casual words that echo past Christmas conversations, or we return to a familiar Christmas space, or see a photo of a former Christmas gathering or hold a Christmas tree ornament that unexpectedly has evocative power. Sometimes these memories are painful. They hurt rather than enrich, carrying us back into experiences that are best forgotten. We rightfully put them out of our mind and get on with other things. To read this full advent reflection, visit onespiritblog.com.

Well-Being

Earning Wellness Rewards is Getting Easier in 2019

We've added many new opportunities for coworkers to earn and participate. For example: You can earn \$10 by just logging into the mobile app for the first time. Tracking your calories through an app like MyFitnessPal for 20 days will earn you another \$30.

Similar to 2018, you can earn up to \$450 in wellness dollars from January 14 to September 30, 2019 and all benefits-eligible employees as well as medical-plan enrolled spouses may participate in the Wellness Program.

OTHER HEADLINES:

Carrots are the December Harvest of the Month

CHI Perk: Local Gym Discounts in Your Area

Facetime

Electrophysiologist Dr. Kossidas Joins Heart Institute



Dr. Konstantinos Kossidas specializes in Cardiac Electrophysiology and is now seeing patients at CHI St. Vincent Heart Clinic Arkansas at 10100 Kanis Road in Little Rock.

OTHER HEADLINES:

Brittany Cole Receives Hot Springs DAISY Award

John Smith Named Morrilton Service Hero

Dr. Kossidas attended medical school at the University of Athens Medical School in Greece and completed his residency with the Lenox Hill Hospital Internal Medicine Program in New York. He completed his Clinical Cardiac Electrophysiology Fellowship at the University of Michigan in Ann Arbor.

Events & Perks

Blood Drives - Hot Springs

Wednesday, Dec. 19 | 9:30am-2pm

Thursday, Dec. 20 | 9:30am-4:15pm



Featured Health Tool



Looking for great health tips or inspiring patient stories? Visit the Better You Hub. It's the go-to resource for videos and health quizzes/tools (like the graphic below). The Better You Hub also has many of our past news and patient stories from local news stations and our Better You Magazine.

Learn more at chistvincent.com/betteryou.

3

tips for avoiding the flu

With a little preparation and precaution, you can lower the odds of being infected by the flu virus.

1

Get a flu shot

A flu shot helps your body produce antibodies that can protect you against H1N1 flu virus, plus 2 other influenza strains. Get your shot early before viruses begin to spread quickly.



2

Avoid crowds during peak season

Being in close proximity to a sick person who sneezes or coughs without covering their mouth increases the chances of viruses being inhaled through your respiratory system.



3

Practice healthy habits

When you eat right, drink plenty of fluids, get lots of rest and manage your stress, your body is better able to fight off germs and viruses.



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