

WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION

January 21, 2019



FEATURED PIC: Coworkers gathered to celebrate Tony Houston during his final day as President of Hot Springs. Tony accepted a job as Chief Operating Officer at CHI Memorial in Tennessee. To see more photos from Tony's reception, visit onespiritblog.com.

Find more online!

Visit onespiritblog.com for
coworker stories & photos.

Must-Know

Time Off Assistance Bank Helps Coworkers in Need

As a coworker, we support each other to imagine our best selves, not only at work but in our personal lives. Many of us will experience some type of personal hardship, such as an illness or the death of a close family member, and we may not have enough paid time off hours available to cover the time we need to be away from work. That's why we maintain a Time Off Assistance Bank that any of us can apply to when the need arises. It's one way of supporting each other through hard times and strengthening our coworker community.

OTHER HEADLINES:

Labor & Delivery Closing Feb. 9 at the Infirmar

Well-Being

CHI Perks: Over 50% Discount Offered on WeightWatchers Freestyle Program

No matter what your goal is—to lose weight, move more, develop a more positive mindset, or all of the above—WeightWatchers (WW) will bring you the science-based programs and tools that work. WW's new mission is to inspire healthy habits for real life. **CHI St. Vincent coworkers and their spouses can join the WW Freestyle™ program at over a 50% off WW standard costs.** What's even better? To help you gear up for success in the New Year, if you purchase a WW membership by Jan. 25, 2019 you will be eligible to redeem a FREE Jumpstarter Kit! In your kit you will receive a WW tote bag, WW water bottle, Resistance band with exercises, WW Best of Pasta mini cookbook, and a journal.

OTHER HEADLINES:

CHI Perks: Tee Up Savings at Hot Springs Village Golf Courses

Facetime

LaValeria Saxton-Smith to Appear on Family Feud

Hands on buzzers! What's the number 1 reason to watch Family Feud on Monday, Jan. 21 and Thursday, Jan. 24 at 6pm?

LaValeria Saxton-Smith, practice manager for the East Clinic, will be on the show!

The family used the last name McGee, which was her late father's last name. During taping, the family wore buttons with her father's picture and talked about his love for the show. Steve Harvey was so touched by the story that he shared it on his radio show the Monday after the family filmed.



Upcoming Events

Martin Luther King, Jr. Day Events

Monday, Jan. 21

INFIRMARY:

10:30-11:30am (Terrace Room)

Reception; refreshments will be served.

Noon (Chapel)

Mass in memory of Dr. King.

HOT SPRINGS & NORTH:

Beginning at 10am

Cupcake delivery to coworkers.

Mammogram Party

Thursday, Jan. 31 | 4-6:30pm

Breast Center at the Doctor's Building, Little Rock
Women 40+ eligible for annual screening mammogram. Regular exam fees apply. Most insurance accepted. If you do not have health insurance, ask about our Komen Grant.

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

YOU ROCK!

Did a coworker win an award, go above and beyond or do an awesome job?

It only takes a few minutes to type a thankful message and recognize them with a new online ecard!

Click the top banner on onespiritblog.com today to send your next e-card.