

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION

January 28, 2019



FEATURED PIC: Ten National Park College students signed Pathway Program agreements and will join the Hot Springs team when they graduate in May 2020. Learn more about the program by visiting onespiritblog.com.

Find more online!

Visit onespiritblog.com for coworker stories & photos.

Must-Know

Meet Your Leaders at Common Grounds Chats

Forums are changing in February. We're introducing Common Grounds chats—a chance for coworkers to talk with our leaders.

These chats will be relaxed and informal. Coworkers can grab a cup of coffee and spend a few minutes getting to know our new leaders or visiting with leaders who have been in their roles for a while. There will also be time for coworkers to ask questions about things that matter to them. See the times on the back of this newsletter and make plans to attend one of the Common Grounds chats.

OTHER HEADLINES:

Volunteers Needed for LR Marathon on March 1 & 2

Well-Being

Life Is a Journey. Sometimes You Need a Guide.

Forming new habits doesn't have to be hard. Journeys support your commitment to small, specific steps to create new habits and achieve results. For each Wellness Journey activity you complete, you will earn \$50 towards either your HSA or gift card. Journeys are personalized pathways that support healthy habits in areas like: Stress Less, Exercise, Quit Smoking, Financial Well-being, Diabetes and Back, Muscles & Joints.



OTHER HEADLINES:

January Harvest of the Month: Grapefruit

Mindfulness Training Starts Here

Facetime

Nursing Students Sign Pathway to Patient Care Excellence

Hot Springs signed 10 National Park College nursing students to the Pathway Program. The students selected for the Pathway Program will graduate in May 2020 and commit to work as registered nurses at Hot Springs for two years upon completion of their respective coursework and licensure. The hospital provides a financial aid package that covers the cost of tuition and fees for qualified applicants for four semesters, up to \$5,000.



OTHER HEADLINES:

Donna Fincher Named Service Hero in Hot Springs

Mary Gallaway Receives Infirmery Daisy Award

Upcoming Events

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.

Clinical Ladder Workshop (Infirmery)

Wednesday, Feb. 20 | 7am-2pm (Ozark Room)

Little Rock Marathon Expo Booth

Friday, March 1 | 10am-8pm

Saturday, March 2 | 10am-6pm

Volunteers are asked to work 3-hour shifts at Statehouse Convention Center
Task: Blood Pressure Checks

Contact: Sign up by contacting Heather Gully at hgully@heartclinicarkansas.com

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@stvincenthalth.com

Common Grounds



HOT SPRINGS Dublin Room

Monday, Feb. 4

8am, 6pm

Wednesday, Feb. 6

8am, 2pm

Thursday, Feb. 7

8am, 10:30am

Friday, Feb. 8

7:30am, 10:30am, 2:30pm

Saturday, Feb. 9

10am

Monday, Feb. 11

2:30pm

Thursday, Feb. 14

7:30am

MORRILTON Cafeteria

Saturday, Feb. 9

11am

Monday, Feb. 11

6:30am, 7:15am, 11am,
2:15pm

MEDICAL GROUP

Leaders will use this time to round on the clinics.

INFIRMARY Terrace Room

Sunday, Feb. 10

3pm

Tuesday, Feb. 12

7:30am, 2:30pm

Wednesday, Feb. 13

7:30am, 7pm

Thursday, Feb. 14

1:30pm

Friday, Feb. 15

10:30am

NORTH Admin Conf. Room

Thursday, Feb. 14

7:15am, 11am

Saturday, Feb. 16

6:30pm

Wednesday, Feb. 20

6:15pm

Thursday, Feb. 21

Noon

HEART INSTITUTE

Breakrooms

HCA – Kanis

Monday, Feb. 4

12:30pm, 3pm

Monday, Feb. 11

Noon

Tuesday, Feb. 12

11:30am

Thursday, Feb. 14

4pm

HCA – University

Thursday, Feb. 7

8am

HCA – North Little Rock

Wednesday, Feb. 6

Noon

HCA – Hot Springs

Friday, Feb. 15

Noon

Cardiovascular Surgeons – LR

Monday, Feb. 11

10am

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