

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION



February 11, 2019



FEATURED PIC: Central Arkansas cardiac units are celebrating Heart Month by selling Rock the Red Headbands as a fundraiser for the American Heart Association. The headbands cost \$5 each.

Find more online!

Visit onespiritblog.com for coworker stories & photos.

Must-Know

The Cafeteria Wants Feedback from You

A consumer experience survey is being conducted of each of the four hospital cafeterias until Friday, March 1. The survey takes less than 10 minutes and asks for feedback on a variety of topics, including quality of food, menu options, hours of service and staff. Visit onespiritblog.com to take the survey.

As a thanks, you will receive a coupon for a free item when you have completed the survey.

Well-Being

Take the New Heart Health Profiler & Learn Your Heart Age

This assessment tool gives you detailed report outlining your risk for cardiovascular disease. This is an important step to improving your health. The Heart Health Profiler takes about five minutes creates an online or printed report that you can share with your physician.

Facetime

Coworkers Go Red for Heart Health Awareness

The first Friday in February is National Wear Red Day to promote heart health awareness, but this year we decided to make every Friday in February "Wear Red Day". Some teams came strong right out of the gate, others...well.

Now it's time for everyone to show their support of Heart Month! Get your teams together and see who can make the best showings and submit the best photos. Submit photos of your team dressed in red to chistvincent1@gmail.com.

OTHER HEADLINES:

Nominate Your 2019 Outstanding Nurse

Celebrate Heart Month by Wearing Red Every Friday in February

OTHER HEADLINES:

Earn Well-being Cash by Volunteering at Little Rock Marathon

Diabetes Care Just Got Way Easier—and a Whole Lot More Affordable



OTHER HEADLINES:

Erin Dawes Named First Coworker of the Quarter at North

Dr. Safwan Sakr Joins Rheumatology Team

Events & Perks

Clinical Ladder Workshop

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

Best Cellar Flash Sale

Friday, March 1 | 7am-3pm
(Infirmary, Terrace Room)

Little Rock Marathon Expo Booth

Friday, March 1 | 10am-8pm

Saturday, March 2 | 10am-6pm;

Volunteers are asked to work 3-hour shifts.

Sign up by emailing Heather Gulley at

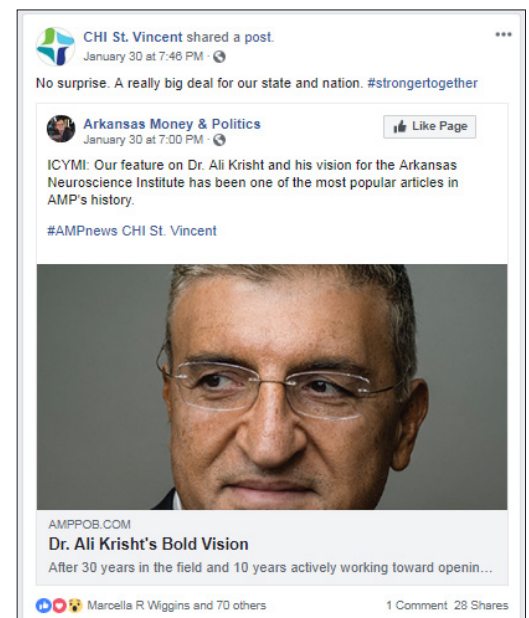
hgulley@heartclinicarkansas.com

Razorback Discount Baseball Tickets

To purchase, visit the baseball page on arkansasrazorbacks.com and enter the promo code **HealthcareBSB18**. Discounted tickets are available for the following games: March 2, March 30, April 2, April 26 and May 11.

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

Common Grounds



Updated Jan. 31

HOT SPRINGS

Mercy/McAuley room

Monday, Feb. 4

8am, 6pm

Wednesday, Feb. 6

8am, 4pm

Thursday, Feb. 7

8am, 10:30am

Friday, Feb. 8

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

Saturday, Feb. 9

10am

Monday, Feb. 11

2:30pm

Friday, Feb. 15

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

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.