

WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit
COMMUNICATION



FEATURED PIC: Tim Baier celebrated his 30th anniversary with Hot Springs with his team at the Orthopedic Clinic. Tim began work at what was then St. Joseph Regional Medical Center on Jan. 13, 1989 as an EMT-A.

February 18, 2019



Find more online!

Visit onespiritblog.com for coworker stories & photos.

Must-Know

Infirmery's Best Cellar to Have Flash Sale Friday, March 1

It's time to shop for a good cause! The Best Cellar will host a Flash Sale on Friday, March 1, 7am-3pm, in the Terrace Room.

Coworkers can bring in their clothing donations for the Flash Sale between now and Wednesday, Feb. 27. Items can be dropped off at the Infirmery's Volunteer Office, Outpatient Therapy or the Best Cellar. All donations are tax deductible.



OTHER HEADLINES:

The Cafeteria Wants Feedback From You

Well-Being

2019 Well-being Program Has Launched; Begin Earning Wellness Money Now

The 2019 wellness program has launched! After a hiccup that delayed the program by a week, you now have the opportunity to earn \$450 through a variety of programs. For a full list of ways to earn, visit onespiritblog.com/wellness.

OTHER HEADLINES:

Eat Healthy with These Heart Month Food Tips

Get a Detailed Report of Your Heart Health with the Heart Health Profiler (See Back Page)

Facetime

Spotlight Shines on Lab Team

The lab team at the Infirmery was recognized with the Spotlight Award for the love they are showing other departments.

During the month of December, shoe boxes, decorated as Christmas gifts, were placed around the lab. When lab team members felt coworkers outside the lab were going above and beyond expectations, they dropped hand-written accounts of that kindness and teamwork into the decorated boxes.

At the end of the month, the results were tallied, and the ED had the most positive comments.



OTHER HEADLINES:

Better You Mag. Hits 100,000 Mailboxes in Central and Southwest AR

Events & Perks

Clinical Ladder Workshop

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

Best Cellar Flash Sale

Friday, March 1 | 7am-3pm
(Infirmery, 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.

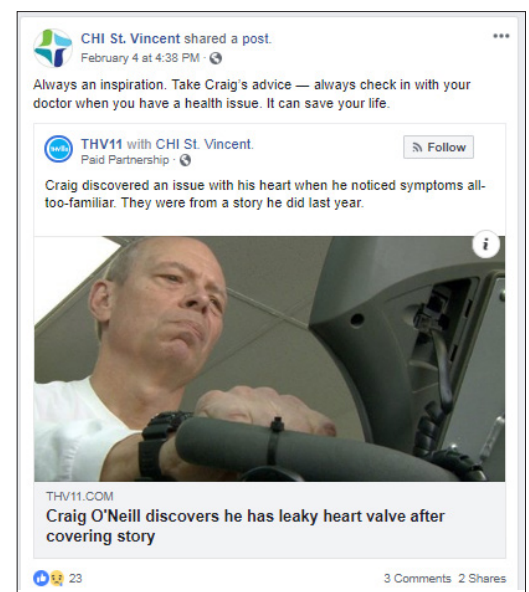
Sign up by emailing Heather Gulley at hgulley@heartclinicarkansas.com

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@stvincenthhealth.com

Free Heart Health Profiler

You and your heart might not be the same age.



Visit onespiritblog.com to take the profiler and assess your risk for cardiovascular disease.

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