

# WEEKLY

Featuring content from the channels of CHI St. Vincent

onespirit  
COMMUNICATION



February 25, 2019



**FEATURED PIC:** Thanks to all our coworkers who joined in the celebration of Heart Month by wearing red every Friday in February. Visit the OneSpirit blog to check out all the great photos of our teams.

**Find more online!**

Visit [onespiritblog.com](http://onespiritblog.com) for coworker stories & photos.

## Must-Know

### Hot Springs Hosts Annual Chili Cookoff Benefiting Relay for Life

Put on your chef's hat and get your pot and best spices. Or, just grab your bowls and your spoons, eat some delicious chili and help raise money for a great cause! Hot Springs will host a chili cookoff, benefiting Relay for Life, on Friday, March 1, from 11am-1pm in the Mercy and McAuley rooms. The entry fee for participants is \$20. Visit the Gift Shop to sign up as a participant. If you just want to sample the great chili offerings, it's only \$5 per person and you can vote on your favorite. Prizes will be awarded for 1st, 2nd and 3rd place.



## Well-Being

### Crush Your Wellness Goals with Habit-Formation Psychology

Resolutions are hard. So are the numbers on that bathroom scale in the morning. And the number of pages in that book you've always been meaning to read. But, by using the psychology around habit-formation, we can help you figure out how to choose your resolution and how to keep it. The best place to start is habit-formation, a process that can be broken into two phases: initiation and learning.

#### OTHER HEADLINES:

### Broccoli Recipes That Your Kids Will Eat

### Begin Earning Wellness Money! The 2019 Well-being Program Has Launched

## Facetime

### Officer Pelsynski Named Morrilton Service Hero

Officer Pelsynski was named Morrilton Service Hero for displaying the value of COMPASSION.

During the holidays, Officer Pelsynski volunteered to play Santa in Morrilton's annual Santa's Workshop community event. While playing Santa, he visited several patients, and one young patient became so excited to see Santa that it truly touched his heart. In fact, it touched him so much that he called the following week and asked if he could bring her a baby doll. Upon approval, he brought her the baby doll and was again moved as her face lit up when she received it.

Thank you Officer Pelsynski for showing such kindness and compassion!



## Events & Perks

### **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](mailto:hgulley@heartclinicarkansas.com)

### **Razorback Discount Baseball Tickets**

To purchase, visit the baseball page on [arkansasrazorbacks.com](http://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](mailto:webmaster@stvincenthealth.com)

# Free Heart Health Profiler

You and your heart might not be the same age.



Visit [onespiritblog.com](https://onespiritblog.com) to take the profiler and assess your risk for cardiovascular disease.

**Click this!**

