

WEEKLY

Featuring content from the
channels of CHI St. Vincent

onespirit
COMMUNICATION

March 11, 2019



FEATURED PIC: Thanks to the coworkers and volunteers who supported participants during the 2019 Little Rock Marathon weekend.

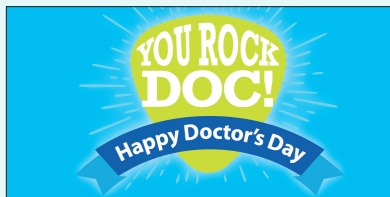
Find more online!

Visit onespiritblog.com for
coworker stories & photos.

Must-Know

Celebrate Doctors Day by Thanking Your Favorite Doc

Celebrate Doctors Day by saying thanks to your favorite doctor! In honor of the individuals who inspire us with their service, we are celebrating National Doctors Day on March 30. [Send your favorite doctors a thank you note by visiting onespiritblog.com](#). All thank you notes will be personally delivered to each physician.



OTHER HEADLINES:

[OB/GYNs Plan Move to
LRDC Offices](#)

Well-Being

Registration is Open! Participate in the Walk the Wonders Well-being Challenge

Ever dreamed of climbing Machu Picchu or roaming along the Great Wall of China? If so, this challenge is for you! Gather a team, power up your steps and unlock the wonders of the world together! Registration opens on 3/4/19 and Challenge begins on 3/18/19.

[Visit onespiritblog.com for registration information.](#)



OTHER HEADLINES:

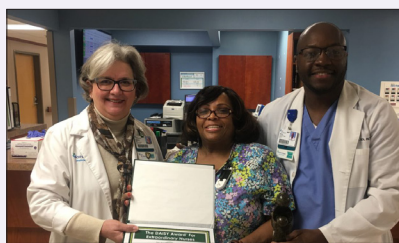
[Make Self-Care A Priority](#)

[Spring Into Fitness:
Check Out These Local
Gym Discounts](#)

Facetime

Pat Brown Receives Infirmar Daisy Award

Pat Brown, a nurse on 4E at the Infirmar, received the February Daisy Award. A patient's child nominated Pat, noting the care and compassion she showed after her mother experienced an excruciating headache following surgery. "She prayed for mom and sang for my mom. I have never seen the sheer amount of compassion from one person. God truly sent an angel to my mom's room."



OTHER HEADLINES:

[Oncologist Dr. Joseph
Beck Joins Medical Group](#)

Events & Perks

Auxiliary Linen Sale

Thursday, March 28, 7am-7pm

Friday, March 29, 7am-2pm

(DePaul Room, Infirmar)

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 30 vs Ole Miss: \$10 Hog Pen

April 2 vs UALR: \$8 Hog Pen / \$12 Reserved

April 26 vs Tennessee: \$10 Hog Pen

May 11 vs LSU: \$10 Hog Pen

PCA / Coworker Engagement Survey Begins

Monday, May 6

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



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Walk the Wonders Destination Challenge

Ever dreamed of climbing Machu Picchu? Or roaming along the Great Wall of China? Well, globetrotters — this trip's for you. Gather a team, power up your steps, and unlock the Wonders of the World together! Registration starts March 4th and the challenge begins March 18th. You can earn \$20 in wellness dollars for tracking steps all weeks of the challenge and earn another \$20 when your team reaches the final destination.

Purposefully Present Webinar:

Purposefully Present refers to a state of mind, body and spirit that you can achieve through mindfulness. What starts out as an exercise to relieve stress can actually, over time, become a daily practice that changes you, and ultimately changes your life.

Simply watch the video, feel free to take notes, and then finish with a short quiz. Complete these steps and earn \$20 per webinar. To get started visit the wellness website and navigate to the programs page.

For more information about your Wellness Program, please visit the *well-being* pages on InsideCHI

<http://home.catholichealth.net/wellbeing>

*For most locations, you can participate if you are eligible for or enrolled in the CHI Medical Plan and your spouse may participate if they are enrolled in the CHI Medical Plan. For CHI Franciscan Health locations, you and your spouse may participate if enrolled in the CHI Medical Plan.

Harvest of the Month:

Lemons: Serving as a good source of Vitamin C, lemons not only support weight loss, they improve skin quality and aid in digestion. Lemons can also be used to freshen breath and promote hydration.



Preventive and Biometric Screenings

Preventive and biometric screening exams are an important part of your overall well-being. This year you can earn \$50 once you complete a preventative exam and another \$50 for completing a biometric screening. You can find the forms for each screening on the programs page found on your wellness website. Check with your provider to see which preventive screenings are appropriate for you.

Get Tracking!

Did you know you can earn wellness dollars by just tracking your steps, calories, and sleep with your synced devices and apps? Get connected on your wellness website and start earning today!

- Take 10,000 steps 20 days in a calendar month to earn \$30 in wellness dollars
- Track calories 20 days in a calendar month to earn \$30 in wellness dollars
- Track sleep 20 days in a calendar month to earn \$30 in wellness dollars

