

## Join Us for the Light Up a Life Tree Lighting Ceremony

Undergoing cancer treatment is incredibly difficult, and many patients find themselves overwhelmed by concerns about housing, transportation, and meals during this challenging time. St. Bernards, with the dedicated support of the Auxiliary, is committed to alleviating some of this burden through the Cancer Support Fund. This fund provides vital assistance to patients receiving long-term cancer therapy, helping them with housing costs, meals, gas cards, and bus fares.

To support this essential initiative, the St. Bernards Auxiliary will be hosting the 36th Annual Light Up a Life event on December 3rd at 5:30 PM in the Community Room. This festive occasion is not only a celebration but also a crucial fundraiser for the Cancer Support Fund. Attendees can look forward to a heartwarming tree lighting ceremony, a special visit from Santa, and delightful cookies for everyone!

Your generous contributions can make a significant difference in the lives of countless individuals facing cancer each year. We invite you to participate by selecting from the following donation options:

- **Tinsel — \$25**
- **Ornament — \$50**
- **Twinkle Lights — \$75**
- **Tree Topper — \$100**

Please note that no tangible items are provided in exchange for these contributions. Instead, the names of honorees will be displayed on a digital screen near the Christmas Tree, along with acknowledgment cards to celebrate their support.

If you would like to purchase an ornament in honor or memory of someone, which will be displayed near the Christmas tree, please visit <https://bit.ly/stbornament>. Together, we can provide hope and assistance to those navigating the challenges of cancer treatment.



## UPCOMING EVENTS

### November 13

Employee Holiday Giveaway  
11:00 am-8:00 pm  
Auditorium

### November 14

Employee Holiday Giveaway  
6:00 am-1:00 pm  
Auditorium

### November 15

Community Screening  
7:00 am-10:00 am  
Auditorium

### November 27

Tea for the Soul  
1:00 pm-3:00 pm  
Tower Entrance

### Employee Health Service Hours

Monday-Friday  
7:30 am-11:00 am  
12:00 pm-3:30 pm  
870-207-7350

*Walk-ins are available but could be subject to wait times.*

*Appointments are prioritized and highly encouraged.*

### Employee Pharmacy

Monday-Friday  
7:00 am-4:30 pm  
870-207-4995

# Welcome New Employees

Vee Allen, Respiratory  
Nicholas Bates, Discharge  
Abbey Beck, 1 East  
Adrienne Black, ISU  
Garrett Brooks, Staff Support  
Shelly Busby, Bus. Office  
Donquarius Chappell, SBBH  
Makayla Garner, 5 East  
Jaiden Giffin, SICU

Elizabeth Guerrero, NS  
Nikal Heard, NS  
Lexi Hill, NS  
Kaylan Hutsell, ISU  
Kimberly May, 2 North  
Betsy Neal, Wound Healing  
Kyra Woodward, 1900 Market  
Ashley Woolard, Ref Lab

## Tea for the Soul on November 27



Stop by for tea and cookies on:

**November 27**  
**1:00 pm-3:00 pm**  
**Tower Entrance**

During this time you can get to know our Pastoral Care team, learn what services they provide and share any prayer requests you have!

## Free Employee Holiday Giveaway

We would like to thank each of you for the amazing work you do each day of the year. In honor of that, we will be distributing your choice of either a turkey or chocolate cream pie (no sugar option available) to each employee at on:

**Wednesday, November 13**  
**12:00 pm-8:00 pm**

**Thursday, November 14**  
**7:00 am-1:00 pm**  
**Auditorium**

Please bring your **ID badge** when picking up your turkey. Once again, thank you. We have a lot to be thankful for!



## Congratulations to our Auxiliary Scholarship Recipients

The St. Bernards Auxiliary proudly awarded 10 scholarships, each worth \$2,000, to 10 employees. This initiative aims to support the ongoing education and professional development of our team and their families. We received an impressive 65 applications from our employees and their family members, showcasing the commitment to advancing education within our community. We are thrilled to announce the following recipients of the scholarships:

- **Makenzie McMellon, Nurse Extern**
- **Joree Pierre-Antoine, Radiology**
- **Josie Rieves, Cath Lab Holding**
- **Shereka Ray, NICU**
- **Bobbie Hurst, Hospice**
- **Rhemia Lewis, 5 East**
- **Camellia Barnes, Dialysis**
- **Emily Herron, ICU**
- **LaTavia Brown-Miller, Staff Support**



We extend our heartfelt congratulations to each recipient! Your hard work and dedication to your professions truly deserve this recognition.

## Get your Flu Shot by November 30th

November 30th is the last day to provide proof of the flu vaccination, unless granted an exemption. Any employee who hasn't received their flu shot by this date, will be placed on unpaid administrative leave.

All Medical Center Employees are in TrackMy, our Vaccine Administration Software. If you have received your flu shot at a local pharmacy, you will need to log into TrackMy, located on MissioNet under Flu and COVID Information or by scanning the QR code below, to upload your flu shot proof. *Please note if you received your flu shot at one of our Employee Flu Shot Clinics, you will not have to upload your proof.*



### How to upload your Flu Proof in TrackMy once logged in:

1. Select the **"Vaccines"** tile, then the blue **"Add a Dose"** icon
2. From the Vaccine drop down list select **"Influenza"** and Continue
3. On the Influenza—Dose 1 screen, complete all necessary information and upload the file (can be a photo or PDF file)
4. Select the Consent box and then **Submit**

# F.Y.I.

### Free Community Health Screening on November 15

Employees and the public and participate in a FREE Health Screening this Friday, Nov. 15 from 7:00 am-10:00 am at St. Bernards Auditorium.

Screening includes blood pressure, height and weight, BMI, Anemia, Glucose, Hemoglobin, A1C, Lipid Panel (Total Cholesterol, HDL, LDL, Triglycerides) and Colon Cancer Screening.

### Save the Date: Baby State

At St. Bernards Baby State, meet the region's best maternity service team. Win prizes, and receive valuable education about what you can expect when your little one arrives! You won't want to miss this great event!

**December 5  
6:00 pm-8:00 pm  
Auditorium**





## Get to Know Karen Koozer Olson



**Department  
& Title:** Auxilian,  
Auxiliary

**Years Volunteered:**  
Since before COVID

**Favorite Restaurant:** Omar's

**Favorite Meal:** Thanksgiving and  
Christmas morning brunch

**Favorite Kinds of Music:**  
Show tunes and anything Elvis

**Favorite Movies:** 1950-60's musicals

**Favorite TV Shows:**  
Call the Midwife & Anything PBS

**Favorite Sport:** Penn State Football

**Favorite Hobby:**  
Volunteering and traveling

**My Hidden Talent:** Organization skills

**Ability I Wish I Had:** Singing or dancing

**Favorite Place Traveled:** Barcelona

**Dream Vacation:** Going to cruise the  
Nile and it should be great

**Biggest Fear:** Heights and snakes

**Favorite Thing at St. Bernard's:**  
Multiple job opportunities

**Best Advice Received:**  
"If something is worth doing, it is worth  
doing right." - My mother

# Job of the Week

## \$250 Referral Bonus

JOB OPENINGS

If you refer someone for the "Job of the Week" and the candidate is hired within a month, we will reward you with \$250! St. Bernard's employees must refer an external applicant to receive the \$250. Refer an applicant at [https:// bit.ly/stbrefer](https://bit.ly/stbrefer) and follow the prompts. Please note that it will ask you for your Lawson ID number so that you can receive the bonus should your referral get hired. The \$250 will be awarded once the new hire has been with us for 90 days. If the applicant lists multiple references, the bonus will be shared between them.

### Sterile Processing Tech

40 hours, 11 pm-7 am, includes weekends/holiday rotations



Did you know as a employee of St. Bernard's, that you get special discounts at various businesses around town. Take advantage of these discounts below. To view the complete list of employee discounts, go to MissioNet, Human Resources and then click Employee Discounts.

## Silver Dollar City & Showboat Branson Belle

Purchase Discounted Tickets at  
<https://silverdollarcity.com/save>

Click "Get Tickets" and then enter  
Promo Code: 25607 to view all options

# Join Us For St. Bernards



# Employee Town Halls

Make sure to attend the upcoming Town Hall Meetings where Administrator, Michael Givens, will share the new things that are happening at St. Bernards. Get a sneak peek of our plans for the upcoming 125th Anniversary occurring in 2025.

## WEDNESDAY, DEC. 4

8 AM, 9 AM, 11 AM,  
12 PM, 5 PM & 6 PM  
COMMUNITY ROOM



## FRIDAY, DEC. 6

10 AM  
BEHAVIORAL HEALTH  
1 PM & 2 PM  
IMAGING CENTER



## THURSDAY, DEC. 5

7 AM, 8 AM, 9 AM,  
10 AM, 11 AM, 12 PM,  
1 PM, 2 PM, 3 PM & 4 PM  
COMMUNITY ROOM



Receive a 125th Anniversary Gift,  
enjoy refreshments & holiday treats!

\*Must be present to receive gift

# My Work is *Important* to the *Success* of St. Bernards

## 1 Main

On 10/12/24, I was at the hospital to visit a love one who had been rushed there by ambulance. On my way to the hospital, I had an accident so I was pretty shaken up. Once I made it there, I ran into Shae Battles in the hallway. I was asking her for directions and she begin telling me how to get where I needed to be. She saw that I needed a little more assistance and then said, "You can follow me, I will walk you there." I don't know where she was on her way too when I stopped her, but the fact that she took the home to personally escort me to the area I needed to be when my mind was all cloudy and I could hardly think straight is something I really appreciated.

*A Patient's Family*

## IT/MIS

Roger Scott is one of the kindest people to work with. He is knowledgeable and always willing to help. Recently, we had a CRNA that could not log into the surgery cameras. I would have helped them myself, but could not find a time to meet with the CRNA. After speaking to Roger, he just said to have them to call him when they had time. Roger took care of the CRNA and got them connected to the surgery cameras as needed. Roger, I really appreciate you helpful attitude and your willingness to get the job done. I really enjoy working with you.

*Michael Phillips, Bio Med*

HEART & VASCULAR

# BAKE SALE



**BENEFITTING THE PATIENT TRANSPORTATION FUND**

Now through November 22, you can order Pies (\$25 each) or Cakes (\$35 each). Pies are made from Kiss the Cook and cakes are made from Something Sweet in Paragould. Access the order/ payroll deduct form and see all flavors available at <https://bit.ly/stbakesale>.

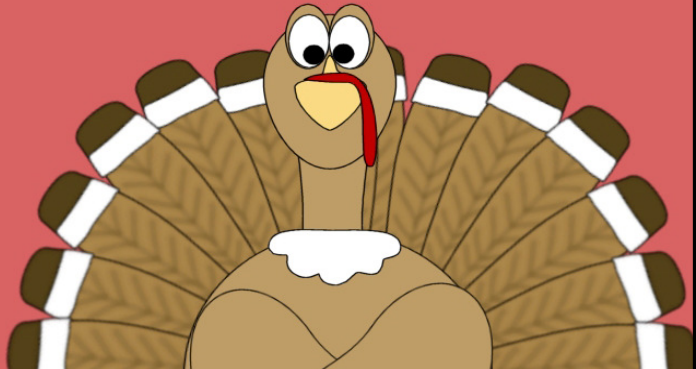
**Pick up day:**  
**November 27, 7:30 am-9:00 am**  
**Ground lobby - Heartcare Center**

Questions? Contact Kevin Hawley at 870-219-9710

## *Free Thanksgiving Meal for Staff Working*

As a thank you to all of our employees working on Thanksgiving Day to ensure our patients are well cared for, we will be providing a free meal this day.

Come by the Cafeteria to enjoy a main course, 2 veggies, a roll, cobbler and a drink at no cost! Thank you again for living out our mission no matter the day of the year!



## Be a Mission Maker - Give a Little to Help A Lot

Our annual Employee Giving Campaign is set to run from October to February. Any employee who signs up to donate will be entered to win one of five \$200 Visa gift cards, with a winner announced monthly! Amy Elk, Radiation Oncology, was our first month's Visa Gift Card winner!

Additionally, participants will receive a Mission Maker badge reel as a token of appreciation. Employees can allocate their contributions to support the causes they're passionate about, helping to advance St. Bernards' mission through our diverse service lines.

Join us in making a difference—become a Mission Maker and start donating today at <https://bit.ly/stbmm>! Your support matters!



Everyone who enrolls gets a MISSION MAKER Badge Reel.

Sign up today and be entered into 5 drawings for a \$200 Visa Gift Card. One winner will be pulled each month from October - February.

## Candy Cane Crawl Shopping Event & Fundraiser



Scan for more details



Employees can shop at the downtown Gearhead Outfitters, Running Threads and Everyday Chef in the coming weeks to help support the St. Bernards Foundation while getting a head start on their holiday shopping.

- **November 18-20: Everyday Chef**
- **November 25-27 : Gearhead Outfitters (Downtown location)**
- **December 2-4: Running Threads**

Go to <https://bit.ly/stbcandycane> to view full details and times. Since this is a fundraiser event for the St. Bernards Foundation, no discounts will be allowed on items purchased with payroll deduction. 20% of sales made through payroll deduction will be donated back to the Foundation.

*Support a great cause while you shop for the holidays!*





## Open Enrollment Deadline is Nov. 15

Benefits Open Enrollment started on November 4 and goes through November 15. If you want your current benefit elections to stay the same, no action is needed on your part **except** for Flexible Spending Accounts. All benefits will carry over from the previous year, which means you **do not** have to complete open enrollment this year **unless** you wish to make changes or participate in the Health Care Flexible Spending Account (FSA) or Dependent Day Care FSA, update dependents or update beneficiaries for 2025.

If you have dependents living outside of Northeast Arkansas (even for school), be sure to update their address in the benefit enrollment system to reflect that they will need access to providers outside of our area.

### Rate Changes for 2025:

#### Medical Insurance Rate Changes Per Pay Period

<b>2024 Rates:</b>	Employee + Child(ren) \$115.00
Employee Only \$35.00	Family \$210.00
Employee + Spouse \$150.00	

#### Vision Insurance Rate Changes Per Pay Period

<b>2024 Rates:</b>	<b>2025 Rates:</b>
Employee Only \$3.42	Employee Only \$3.50
Employee + Spouse \$6.84	Employee + Spouse \$7.00
Employee + Child(ren) \$6.51	Employee + Child(ren) \$6.67
Family \$9.01	Family \$9.22

#### New for 2025!

As of January 1st, more than 100 new prescription medications will be free for employees and their dependents using our benefit plan when having them filled through the Employee Pharmacy. More details to come!

### Open Enrollment Important Information & On-Site Schedule:

If you wish to make changes to your benefits, you can enroll online on our BenefitsHub site at [SBMCbenefits.info](https://sbmcbenefits.info) and clicking on the "Open Enrollment" tab. You will then scroll down the page and click on icon that says "To Enroll Online, Click Here." to go to the enrollment portal. *Passwords have been reset to your Social Security Number without the dashes.*

Tuesday, November 12th	Stroud Hall	7:00 AM – 6:00 PM
Wednesday, November 13th	Stroud Hall	7:00 AM – 6:00 PM
Thursday, November 14th	Community Room	7:00 AM – 6:00 PM
Friday, November 15th	Community Room	7:00 AM – 4:00 PM

Be sure to explore the site fully prior to enrolling. When finished enrolling, be sure to **print and review** your benefit summary for verification.

While meeting with an enroller is not required, if you would like to meet with someone in person to help you with enrollment, please check the Open Enrollment schedule pictured right.

If you have any other questions, you are welcome to reach out to our team in Human Resources at [hr@sbrmc.org](mailto:hr@sbrmc.org) or at 870-207-1600.