

ENCORE

Published specifically for the retirees of the Baptist Health System

Fall 2018

President's Message

Looking Forward by Looking Back

baptisthealth system
Answering the call.

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Among my favorite childhood memories was watching Mr. Green Jeans and Captain Kangaroo. Grandfather Clock, Dancing Bear and Mr. Moose also were popular co-stars in the pre-Sesame Street television show. It was the longest running children's television show of that time ending in 1984. Most of us would remember the group, The Statler Brothers, and their hit record back in 1966 with the unforgettable lyrics "smoking cigarettes and watching Captain Kangaroo....". Captain Kangaroo passed away in 2004 at age 76. Life in the Treasure House was over for all of us kids, both young and old.



Mr. Marvin was proud of the Navy Cross but he credits his sergeant with an even greater show of bravery. Sergeant Bob, which he called "the bravest man I ever knew" received the Cross on the same day. During very heavy fire Sergeant Bob actually stood up on Red beach and directed his troops to move forward and get off the beach. Bullets flying by and mortar rounds landing everywhere put Sergeant Bob in harm's way, but he stood his ground as the main target of gunfire so his men could get to safety.

Following the intense battle in which both were wounded Lee Marvin and Sergeant Bob became lifelong friends. The Sergeant's full name was Bob Keeshan. You and I and the rest of the world would come to know him as Captain Kangaroo.

Being a member of BHSRO gives you the opportunity to be around a lot of great people. Come be a part of this group, all of whom served to be a part of a great mission. I hope to see you on Tuesday, December 4.

As the story goes, the Captain's death touched people of all walks of life including Hollywood's, Lee Marvin who would be considered by many as quite the opposite of Captain Kangaroo. Personally, I was never a big fan of Lee Marvin, although I did like his role as the mean leader, Major Reisman, in the war movie The Dirty Dozen.

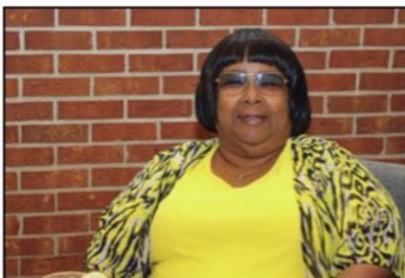
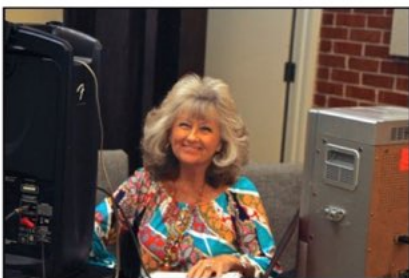
Lee Marvin wasn't your typical Hollywood actor who only did war bond commercials. He actually fought in World War II and was a genuine war hero. He won the Navy Cross in the initial landing at Iwo Jima when he was severely wounded.



"In God We Trust"



BHSRO 2018 Summer Meeting



Baptist Health System Retiree Organization

Established 1991

BHSRO / Fall 2018

BHSRO 2018 Summer Meeting



Health Tips

10 Healthy Habits for Seniors

People who had good healthy habits when they were younger tend to become healthy seniors, but it is never too late. Good health habits can make a difference even to seniors who are prone to illness or have not made their health a priority in the past.

Consider these 10 tips for keeping up with your health needs.

1. Eat healthy.

The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are as important as ever. Because seniors are prone to dehydration, they should drink plenty of water to stay energized and sharp.

2. Focus on prevention.

Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Seniors also need to get vaccinations that can help prevent influenza and pneumonia.

3. Get information on medication management.

Ask about and review your medications with your physician on a regular basis. Consider possible drug interactions and take note of any new symptoms (allergic reactions, drowsiness, loss of appetite and others) you experience after changing or starting medications.

4. Get some sleep.

Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure the bedroom is comfortable, cool and quiet.

5. Remember mental health.

The Geriatric Mental Health Foundation recommends that seniors do crossword puzzles, read and write and try new hobbies to stimulate their minds and engage with the world around them. Activities like these can ward off a decline in mental health.

6. Screen for vision changes.

Seniors who wear glasses should have their prescription checked every year for changes and have their eyes screened for health issues. Having the right pair of glasses

can reduce a senior's chance of falling.

7. Socialize.

Time spent with family, grandchildren and friends help seniors feel connected, especially if they have mobility issues. Those visits can also make seniors feel more upbeat, which is the best medicine at any age.

8. Stay physically active.

Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls can keep seniors healthier longer.

With their health under control, seniors can do more and stay active, which is important to their overall well-being. Happy, healthy seniors can still present a lot of care challenges, but they can also contribute more to their health, which can give caregivers a little less to worry about.

9. Take advantage of free physicals.

During the first 12 months on Medicare, seniors are offered free physicals. After that first year, they receive free annual wellness visits.

10. Visit the dentist every six months.

Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease and stroke. So, you should see the dentist regularly.



Revisiting the Memories

Material from "The First Fifty" by Janie Lott
and BHS Publications

In the 1920's two people became associated with the Birmingham Baptist Hospital who were destined to have a great influence on its future. Miss Ida Vines entered the Nursing Training School 1923. She graduated 1926 from the very same school what would someday carry her name. (Ida V. Moffett School of Nursing)



A bill collector named Clyde L Sibley was hired in 1929 for \$15 per week. This man's professional life and hospital growth were to take a parallel course for the next 36 years.



Leamon Smiley joined the staff in 1926 and remembers having to put planks on the floor to walk on because every time it rained hard the First East was under water. Mr. Smiley stayed with the BBH until he retired 50 years later.

Birmingham was called the 'hardest hit city in the nation' during the depression. Patient census fell so low in 1930-36 that one Christmas there was only one patient in the hospital. On paydays there was a race to the payroll office because those who got there first got paid. Some employees stayed on simply for food to eat and a place to sleep.

The hospital received two wagon loads of ice per day and it was Albert's Battles job to crush and deliver the ice to the floors. Mr. Battles also did many other jobs and the doctors said he could set traction as well as anyone.

In 1932 Bob Farley rode a bicycle back and forth to work. His job was originally to take care of the boiler room and other maintenance chores, but he soon became the nursing school bus driver. Students called him "Uncle Bob" and counted on him to get them back and forth safely.



Frank Sutton, Jr., M.D. Speaks at BHRO Fall Meeting

Frank Sutton, Jr., MD is the Executive Director at American Pulmonary Medicine Institute of Birmingham, Alabama.



Dr. Sutton attended University of Tennessee Medical School followed by a mixed medical/ surgical internship and residency in Internal Medicine under Dr. Gene Stollerman. After two years in the Air Force as a major, he completed specialty training in Pulmonary Diseases & Critical Care under the late Dr. Thomas Petty in Denver at the University of Colorado Medical School. He is Board Certified by American Board of Internal Medicine in both Internal Medicine and Pulmonary Disease.

Dr. Sutton is a pulmonologist in Birmingham, AL and has been practicing for 53 years.

Prior to his position with the American Pulmonary Medicine Institute, he served as Chairman, Department of Medicine, Cooper Green Hospital and Clinical Professor of Medicine University of Alabama Medical Center.

Future Meetings

Luncheons

**Tuesday, December 4,
2018**

February 21 , 2019

May 16, 2019

August 15, 2019

December 5, 2019

Board Meetings

January 8, 2019

April 9, 2019

July 9, 2019

October 8, 2019

**The BHSRO ENCORE
is published four times
a year.**

Items for publication are accepted on board approval, available space and subject to Post Office regulations for our class of mail. Please submit articles via email to Ron Koonce at:

bhsro4102@gmail.com

Phone: 205-222-4495

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A photograph of a large, modern building with a prominent green bush in the foreground. The building has a dark roof and light-colored walls. A large, leafless tree is visible in the background. The scene is outdoors with a clear sky.

Map of Princeton Campus

- Take I-65 North to the Green Springs Avenue Exit (#258)
- Turn left at the top of the ramp onto Green Springs Avenue.
- Turn right onto Martin Luther King, Jr. Drive and go 1.6 miles until you reach the Princeton campus on your left.

- Take I-65 South to 20 West/59 South toward Tuscaloosa
- Take the Arkadelphia Road Exit (#123) and turn left at the top of the exit ramp
- Follow Arkadelphia Road 1.7 miles until you reach the Princeton campus

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- Follow Arkadelphia Road 1.7 miles until you reach the Princeton campus

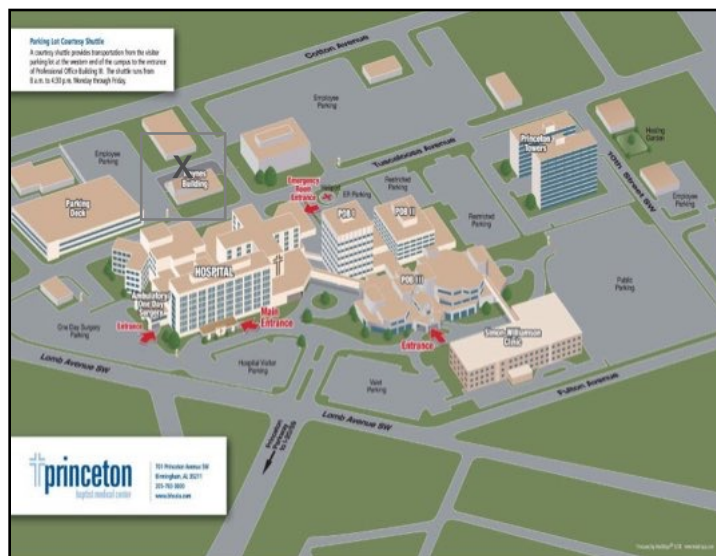

- Take 20 East/59 North to the Arkadelphia Road Exit (#123) and turn right at the top of the exit ramp
- Follow Arkadelphia Road 1.7 miles until you reach the Princeton campus

- Go West on 6th Avenue South to Elmwood Cemetery.
- Turn right onto Martin Luther King, Jr. Drive and go one mile until you reach the Princeton campus on your left.

Parking- Turn off Lomb Boulevard onto Tuscaloosa Ave. heading west with Princeton BMC on the right. Entrance to Parking Deck will be the first street on the left across from entrance to East Wing Parking lot. Arrangements have been made to have reserved parking on the ground level and additional parking available in lot immediately behind the Haynes Building. Enter the lot by driving through the ground floor of the deck, follow drive around to the left. The entrance to the lot will be to the right. We are asked not to park in spaces that are designated for “Job Applicants”. Please reserve the spaces at the near end of the lot for those that have mobility issues.

- Handicap Parking/Access—Parking Lot Behind Haynes**

- Parking is provided in the lot immediately to the rear of Haynes Building
- Enter Haynes with level access through the back entrance located adjacent to the parking deck. Sidewalk from the rear end of the rear lot will provide access to this entrance. This entrance is also accessible from Tuscaloosa Avenue with no parking.



President - Paul Lawson

President - Paul Lawson

First Vice Present - Darnell Foley

Second Vice President - Minnie White

Secretary - Barbara Tierce

Treasurer - Bob Greene

Newsletter Editor - Ron Koonce

Membership - Suzanne Challiss

Past President - Kaye Sutley

Rosemary Bamburg

Judy Brown

Jim Choate

Dr. Gary Fisher

Linda Martin

Sandra Whalen

Baptist Health System Retiree Organization

Brookwood Baptist Health

P.O. Box 830605, Birmingham, AL

35283-0605

www.BHSRO.com

www.Facebook.com/bhsro

Happy Birthday

October

10/04 Janice Frank
10/11 James Corbett
10/19 Phyllis Landers
10/26 Johnny Yarbrough
10/24 Angela Jones
10/27 Marie McCluskey
10/28 Anna Belle Johnson
10/30 Ann Williamson
10/31 Lizzie Allen

November

11/06 Amy Lofton
11/12 Anne Barranco
11/15 Linda Pugh
11/18 Shirley Huneycutt
11/19 Joyce Thomas
11/20 Grace Elmore

11/27 Darnell Foley

11/25 Nell Ogletree

11/26 Cel Bailey

11/26 Martha Young

11/30 Linda Goodwin

December

12/05 Judy Brown

12/08 Dianne Shelton

12/15 Mary Ann

MacDonald

12/15 Rosemary Bamberg

12/21 Diane Domberger

12/25 Jerry Strong

12/26 Peggy Branch

12/28 Pat McGraw

12/29 Claudia Alford

12/30 Denise Folkerts

12/30 Gwen Grasso



Remedy Center is a non-profit affiliate of the Birmingham Baptist Association that gives away durable medical equipment to those in need.

The ReMEDy Center is a non-profit ministry of the Birmingham Baptist Association in cooperation with the Alabama Department of Rehabilitation Services' STAR program. The Center opened its doors in Birmingham in 2009 at the former site of Central Park Baptist Church in Ensley.

The ReMEDy Center seeks to involve churches in an ongoing effort by the Alabama Department of Rehabilitation Services (ADRS) to provide pre-owned medical equipment to people in need. ADRS's STAR (Statewide Technology Access and Response) program accepts donations of medical equipment and places the items on a monthly inventory list available online. The equipment is then loaned to family members, caseworkers, school employees and others around the state who work with individuals with both long- and short-term disabilities or illnesses.

Churches and their members can help the ReMEDy Center find and collect equipment, help find people who need to be loaned this equipment and can help pick up or deliver within their communities. Services such as these allow churches to be good neighbors. In addition, if a church has unused space, it has the option to serve as a collection or distribution site as well.

The ReMEDy Center's long-term goal is to form partnerships with at least one church in every Alabama association in order to collect and loan equipment both to individuals in its community and around the state. In addition to church partners, the program also needs volunteers to locate equipment and people in need of equipment. A volunteer organization is essential to achieving and maintaining the ReMEDy Center's goal of providing durable medical equipment at no cost to those who need it.

The Remedy Center is open Monday, Wednesday and Thursday from 10 a.m. till 4 p.m. Appointments are required for those desiring to donate or receive items from Remedy.

2610 3rd Ave. South
B'ham AL 35233

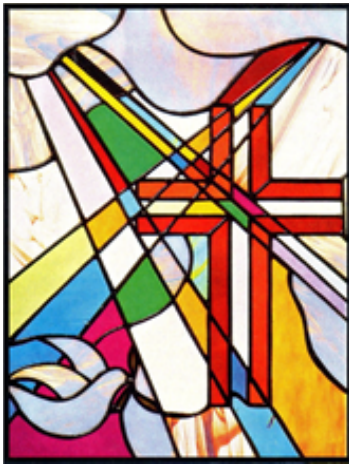
(205) 783-9170

RENEW Your 2019 Membership

It is time to renew your 2019 membership. If you have not renewed your membership, now is the time to send your membership renewal form and dues with your Fall luncheon meeting reservation. See page 7 for the membership form. Renewals are due now. Do not miss out on the benefits of being an active member.

Only paid members are eligible for luncheon meeting door prizes. Sign-in on your arrival to receive your door prize ticket.





*Do You Know a retiree who is
NOT a member of BHSRO? Invite
them to join for 2019 and their
first LUNCH IS FREE!*

Enjoy benefits of membership:

- First time members receive their first lunch free
- Receive quarterly issues of the ENCORE Newsletter
- Fellowship with fellow retirees at quarterly luncheon meetings in February, May, August & November
- Door prizes, and a \$25 cash prize drawing at each meeting
- Receive informative updates by management on Brookwood Baptist hospitals news and activities

Contact Us at



Email: bhsro4102@gmail.com

Visit website: www.bhsro.com

2019 Membership Enrollment/Renewal Form

Name: _____

Street: _____ City: _____ State: _____ Zip: _____

Birthday: _____ (Year Optional) Retirement Date: _____ Facility: _____

Home Phone: _____ Mobile Phone: _____

Email: _____ Spouse Name: _____

Will spouse become an associate Member? ☐ No ☐ Yes Spouse Birthday: _____

Membership Dues	\$ 15.00
Associate Dues	\$ 10.00

Make checks payable to BHS Retiree Organization and mail with form to:

Micha McMeans,
Baptist Health Foundation Ridge Park Plaza
P.O. Box 830605, Birmingham, AL 35283-0605



Fall Luncheon

Make your reservation for Tuesday, December 4, 2018

Fellowship begins at 11:00 AM with lunch served at 11:30 AM

When: Tuesday, December 4, 2018

Where: Haynes Building - Princeton BMC
(East side of the hospital adjacent to Parking Deck) -
See directions on Page 5

Menu: Roasted Chicken, Cornbread Dressing with Gravy, Fruit Salad, Green Beans, Sweet Potato Casserole, Pecan Pie, Cranberry Sauce, Coffee, Tea and Water

Speaker: Frank Sutton, Jr., MD is Executive Director at American Pulmonary Medicine Institution of Birmingham, Alabama. Dr. Sutton is a pulmonologist in Birmingham, AL and has been practicing for 53 years.

Advance reservations are required to allow us to provide for adequate seating and meal serving.
(See reservation form below)

Baptist Health System Retiree Organization

Tuesday December 4, 2018 Fall Luncheon Reservation Form

Princeton Haynes Auditorium

Complete form and return along with your check by November 27, 2018

Make checks payable to BHS Retiree Organization and mail with form to:

Micha McMeans,
Baptist Health Foundation Ridge Park Plaza
P.O. Box 830605, Birmingham, AL 35283-0605

Name: _____

Members: Please make reservations(s) for: ☐ Myself ☐ My spouse @\$12 each \$_____

Guest Reservations: ☐ I'm bringing _____ guest @ \$12 each \$_____

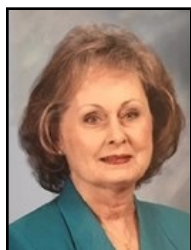
Guest Name(s): _____ (Please add amounts above & write one check for total due)

Total \$_____

In Memory

Judith Foster "Judi" Thomason

Judith Foster Thomason, "Judi," 78, of Hoover, went to be with the Lord Tuesday, September 11, 2018 after an 8-year battle with vascular dementia. She is survived by her loving husband, Bill, (Wm H) Thomason, sister Donna (Dan)



Phillips, four beloved children - Kelli (Charley) Groves, Cyndi (Phil) Smith, Melissa (Chris) Barnes, and Tripp (Sonya) Harris, and 6 cherished grandchildren - Kacey Groves, Connor Smith, Sarah Katherine Barnes, Barrett Harris, Emma Grace Harris, and Ward Harris. She was preceded in death by her parents, Hendon Grover Foster and Leona "Pete" Foster of Hueytown. Judi graduated from Bessemer High School and was Secretary of her senior class. She attended The University of Alabama and was active in Phi Mu sorority. She married and was a homemaker before she had to join the workforce. She first worked for Johnson, Rast and Hayes Realty as a secretary. Later she took a job as secretary in the corporate offices of Baptist Health System. She worked her way up to an assistant in Marketing and Communications and retired as a Human Resources Recruiter in 2001. She remained active in the BHS Retiree Organization. Her ultimate achievement was raising four self-sufficient children, despite the hardships of being a single working mother. She made sure they had whatever they needed to become successful. She belonged to Pacesetters where she served as president and was on the Board of Directors for several years. It was at Pacesetters where she met her husband, Bill. After retirement she volunteered weekly with the Perennials Group at the Birmingham Botanical Gardens. As an adult, Judi attended Canterbury United Methodist Church, Irondale United Methodist Church, and Riverchase United Methodist Church, where she was a member of the Cornerstone Class and was active in Lunch and Learn and the Day Trippers. Her memorial service was held at Valhalla Funeral Home, Midfield Alabama on September 17, 2018.

Please keep Judi's family in yours prayers.

Zellean Maddox

Zellean Maddox, age 76, of Birmingham, AL, passed away on August 23, 2018. Funeral services were held on Tuesday, August 28th at the 45th Street Baptist Church (7600 Division Avenue) with burial in Elmwood Cemetery.



Zellean graduated from A.H. Parker High School in 1959 and attended Tuskegee Institute from 1964-1966. She retired in 2007 after 39 years as a phlebotomist at BMC Montclair.

She was a long-time member of the BHSRO serving as Chair of the 2015 Nominating Committee and a member of the BHSRO Board.

Please keep Zellean's family in your prayers.

Anna Robinson

A long time member of the Baptist Health System Retiree Organization, Anna Robinson, of Birmingham, AL passed away in August 2018.



Anna retired from Princeton BMC in 2000 after many years of faithful service. Please keep Anna's family in your prayers.

*When the Lord calls our love ones home,
he leaves a gift of memories in exchange.
Hold on to your memories, and let them
and God guide you during your time of
grief.*

BHSRO Financial Report

Period Ending September 30, 2018

Cash Balance -September 30, 2018 \$ 1,953.58

Receipts:

Luncheon \$ 909.00

Total Receipts \$ 909.00

Disbursements:

Luncheon(5/22/18) \$ 677.60

Door Prize \$ 25.00

Entertainment \$ 250.00

Table Decorations \$ 13.20

Total Disbursements \$ 965.80

Cash Balance September 30, 2018 \$ 1,896.78

*9/18/18- \$25 Contribution to BHS Foundation in member of
Judi Thomason

Southern Wisdom

We have some self-earned wisdom based on our own experiences but there is wisdom out there that should applies to every one.



- Don't name a pig you plan to eat.
- Country fences need to be horse high, pig tight, and bull strong.
- It don't take a very big person to carry a grudge.
- Keep skunks, lawyers and bankers at a distance.
- Life is simpler when you plow around the stumps.
- A bumble bee is faster than a John Deere tractor.
- Trouble with a milk cow is she won't stay milked.
- Words that soak into your ears are whispered, not yelled.
- Meanness don't happen overnight. To know how country folks are doing, look at their barns, not their houses.
- Never lay an angry hand on a kid or an animal, it just ain't helpful.
- Two can live as cheap as one if one don't eat.
- The best sermons are lived, not preached.
- You can't unsay a cruel thing.

Spiritual Thoughts



Life with the Shepherd

Living like a sheep can bring you incredible peace of mind! The biblical shepherd knew everything about his sheep. He understood what foods were best for them and what would harm them. He knew when they should eat and when they needed their thirst quenched. The shepherd was an expert of the terrain and was aware of the best places for food and water. As long as the sheep trusted and followed their shepherd, they would always have their needs met at the right time. Their shepherd would give them the best that he had.

Do you have absolute trust in your Good Shepherd? Do you value the nourishment that comes from Him more than any you might obtain from the world? Do you ever worry that God might be withholding from you something that you need? The psalmist was convinced that he would "want" for nothing. By his very nature, the Good Shepherd cares for His sheep and would lay down His life for them —John 10:11.

Have you allowed your focus to shift from the Shepherd to what the Shepherd gives you? If you find yourself "wanting," it is not that your Shepherd is unable or unwilling to perfectly meet your needs. It may be that you lack the faith to receive all that He has to give. Could it be that you have become dissatisfied with what your Shepherd has been providing? Are you missing the joy that comes from having a Shepherd who cares for you? Return to Him and trust Him to meet the needs in your life that only He can.

Experiencing God Day by Day by: Henry T. & Richard Blackaby



THE FAMILY CIRCUS® By Bil Keane



Learning as We Age

Time Gets Better With Age

Read it through to the end, it gets better as you go!

- * I've learned that I like my teacher because she cries when we sing "Silent Night." Age 5
- * I've learned that our dog doesn't want to eat my broccoli either. Age 7
- * I've learned that when I wave to people in the country, they stop what they are doing and wave back. Age 9
- * I've learned that just when I get my room the way I like it, Mom makes me clean it up again. Age 12
- * I've learned that if you want to cheer yourself up, you should try cheering someone else up. Age 14
- * I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me. Age 15
- * I've learned that silent company is often more healing than words of advice. Age 24
- * I've learned that brushing my child's hair is one of life's great pleasures. Age 26
- * I've learned that wherever I go, the world's worst drivers have followed me there. Age 29
- * I've learned that if someone says something unkind about me, I must live so that no one will believe it. Age 30
- * I've learned that there are people who love you dearly but just don't know how to show it. Age 42
- * I've learned that you can make someone's day by simply sending them a little note. Age 44
- * I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others. Age 46
- * I've learned that children and grandparents are natural allies. Age 47
- * I've learned that no matter what happens, or how bad it seems today, life does go on and it will be better tomorrow. Age 48
- o I've learned that singing "Amazing Grace" can lift my spirits for hours. Age 49
- * I've learned that motel mattresses are better on the side away from the phone. Age 50
- * I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. Age 51
- * I've learned that keeping a vegetable garden is

worth a medicine cabinet full of pills. Age 52

- * I've learned that regardless of your relationship with your parents, you miss them terribly after they die. Age 53
- * I've learned that making a living is not the same thing as making a life. Age 58
- * I've learned that life sometimes gives you a second chance. Age 62
- * I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. Age 64
- * I've learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, And doing the very best you can, happiness will find you. Age 65
- * I've learned that whenever I decide something with kindness, I usually make the right decision. Age 66
- * I've learned that everyone can use a prayer. Age 72
- * I've learned that even when I have pains, I don't have to be one. Age 74
- * I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back. Age 76
- * I've learned that I still have a lot to learn. Age 78

Remember When

