

ENCORE

Published specifically for the retirees of the Baptist Health System

Spring
May 2025

In This Issue

Presidents Message	1
Speaker	2
Financial Report	
Luncheon RSVP	3
Membership 2025 Form	4
Baptist News	5
Winter Photos	6
Directions	7
Meeting Schedule	
Senior Tips	8



*"May God Bless
America"*

"In God We Trust"



President's Message

Can You Sleep When the Wind Blows?

Spring has arrived! It is the season of renewal and growth. We see blue skies, and rainbows, warm weather, azaleas and dogwoods blooming, green lawns and garden planting. But on the flip side spring brings us bad weather including tornadoes and severe thunderstorms with damaging high winds. James Spann is often on the air.

Back in the day there lived a well-to-do farmer in western Jefferson County who was eagerly gearing up for the spring planting season. The farmer had a wonderful spread but desperately needed some help tending his land. He advertised seeking men to work but received only one applicant. He was an 18-year-old, who upon arrival, was asked several job-related questions.

First off, the farmer questioned if he could run a tractor. "No sir, replied the youth." Then he asked the applicant if he could handle a milking machine. "No sir, I've never worked with one." After several more questions, all with negative answers, the farmer asked, "Well, what can you do, young man?" He answered, "I can sleep when the wind blows."

The farmer didn't really understand his answer but was in dire straits. He gave the job to the young man to begin work immediately. The benefits included room and board.

It was not many days afterward that a severe spring storm popped up in the middle of the night. The wind began to blow, accompanied by rain, thunder and lightning. The farmer was awakened and ran to the young man's room. True enough, he was sleeping through

the storm. Rather than trying to waken the youth, the farmer himself ran out to the barn to check on the animals and the valuable equipment.

He found the doors to the barn were tightly shut and bolted. The animals were in their shelters, properly secured. On the way back to the house the farmer remembered what the young man had told him: "I can sleep when the wind blows".

Each week we learn of BHSRO members who are confronted with the winds of challenge which completely alter their way of life. Sickness, mounting years and the passing of a family member are all winds of concern, discouragement and sadness. We want you to know that you are in our group's prayers.

On the horizon are the winds of excitement. CBS42 News Anchor, Sherri Jackson, will be our luncheon speaker on Wednesday, May 21. We anticipate a large attendance so get your RSVP in pronto. You can read more about Sherri elsewhere in *Encore*. You will also find a luncheon sign up form. The doors open at 11:00am, buffet lunch at 11:30am followed by fun and frolic.

We promise to have you on your way home by 1:00pm.

BHSRO Spring Speaker



Sherri Jackson

Sherri Jackson is a two time EMMY award-winning anchor and managing editor who works at CBS 42 where she serves as the weekday evening anchor at 5, 6 & 10 pm. She joined the CBS 42 team in January 1998.

Two time EMMY Award winning News Anchor Sherri Jackson is a veteran journalist. Sherri anchors the 4,5,6 and 10 PM News at CBS 42 in Birmingham, AL. She is the PM Managing Editor.

Sherri has done exemplary work as a journalist investigating environmental contamination, holding local government accountable, informing the community about potential dangers of digital devices and social media, fighting the war on cancer with information, and shining a spotlight on long overdue honors for those who've given their all to make our community what it is today.

She's been named "Best News Anchor" numerous times by the Alabama Broadcasters Association. In 2019 Sherri was selected for the inaugural class of Top Women in Alabama Media.

Source: CBS 42

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, Editor at: ron.koonce@gmail.com

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BHSRO Financial Report

Period Ending March 31, 2025

Cash Balance - December 31 2024	\$ 3,585.08
Receipts:	
Luncheon	\$ 690.00
Membership	\$ 475.00
Total Receipts	\$ 1,165.00
Disbursements:	
Luncheon	\$ 872.15
Door Prize	\$ 25.00
Table Decoration	\$ 33.45
Baptist Health Donation	\$ 500.00
Total Disbursements	\$ 1,430.60
Balance March 31, 2025	\$ 3,319.48

RENEW Your 2025 Membership

**It is time to renew your 2025
membership.**

It's time again to renew your membership for 2025. You can send your renewal form with your Spring Luncheon meeting reservation. See page 4 for the Membership form. Do not miss out on the benefits of being an active member.

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



Spring Luncheon

Make your reservation for Wednesday May 21, 2025

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

When: Wednesday May 21, 2025

Where: Haynes Auditorium—Baptist Health Princeton
Parking available behind building.

Menu: Greek Style Chicken, Herb Posted Potatoes, Mixed Roasted Veggies, Apple Cobbler, Rolls, Sweet/Unsweet Tea, Lemonade and Water

Speaker: Sherri Jackson is a two time Emmy award winning anchor and managing editor at CBS 42

Reservations are required to allow us to provide for adequate seating and meal servings.
(See reservation form below)

Princeton Haynes Auditorium

Baptist Health System Retiree Organization

Spring Meeting

May 21, 2025

Complete form and return along with your check by May 14, 2025

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

Thea Benson
Baptist Health System, Inc.
Ridge Park Place
1130 22nd St. South, Suite 3200
Birmingham, AL 35205

Name: _____

Members: Please make reservations(s) for: ☐ Myself -@ \$15 \$ _____

Guest & Spouse Reservations: ☐ I'm bringing _____ guest @ \$15 each \$ _____

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

_____ Total \$ _____



*Do You Know a retiree who is
NOT a member of BHSRO? Invite
them to join for 2025 and their
first LUNCH IS FREE!*

Enjoy benefits of membership:

- First time new 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 and November.
- Door prizes, and a \$25 cash prize drawing at each meeting
- Receive informative updates by management of hospitals news and activities

Contact Us www.facebook.com/BHSRO At Email: bhsro4102@gmail.com

Visit Website: www.bhsro.com

2025 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: _____

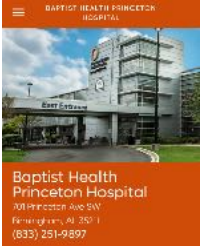
Membership Dues	\$ 25.00
Associate Dues	\$ 15.00

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

Thea Benson
Baptist Health System, Inc.
Ridge Park Place
1130 22nd St. South, Suite 3200
Birmingham, AL 35205



Baptist Health



Welcome to Baptist Health Princeton Hospital

Serving our neighbors for more than a century, Baptist Health Princeton Hospital in Birmingham is a 505-bed facility dedicated to a patient-first approach.

A recognized leader in aortic valve surgery, COPD, heart attack, heart failure and stroke, we provide fast, lifesaving response times for patients with chest pain or stroke symptoms. Our full range of services includes comprehensive emergency room care; cardiovascular care, including structural heart and valve care; orthopedics, including rehabilitation; a comprehensive sleep center; a comprehensive bariatrics center, providing surgical and nonsurgical weight-loss procedures; and women's care for all stages of life.

We have achieved Primary Stroke Center certification from The Joint Commission and accreditation from the American College of Surgeons Commission on Cancer and from the American College of Surgeons Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). Baptist Health Princeton Hospital, is committed to contributing to the future of healthcare through our clinical research and medical residency program.

Cancer Care

When you are fighting cancer, you want the most experienced team by your side. At Baptist Health Princeton Hospital, you have an entire team working together and applying their skills to offer you the most effective treatment options and the best possible outcomes.

Digestive Health Care

Baptist Health Princeton Hospital provides comprehensive diagnostic and treatment services to patients with disorders of the gastrointestinal tract. Get the relief you need with both inpatient and outpatient services available.

Emergency Care

When the unexpected happens, it's important to know where to go for the emergency care you need. At Baptist Health Princeton Hospital, our ER is equipped to handle any emergency situation, big or small, and at any time of the day or night, and has earned Primary Stroke Center certification from The Joint Commission.

Heart and Vascular Care

Heart and vascular services at Baptist Health Princeton Hospital include advanced diagnostics, evidence-based treatments and minimally invasive techniques with a focus on patient-centered care. In addition to general cardiology care, our specialized services include aortic valve surgery, coronary angioplasty, coronary/peripheral vascular diagnostic intervention and surgery, electrophysiology, and structural heart services and procedures.

BHSRO MISSION STATEMENT

The BHSRO is a faith based organization that is consistent with the values and character of the Baptist Health System with a purpose to provide a focal point for common, compatible activities of its affiliated companies, opportunities for retirees to fellowship, communicate, a continued informational connection to the current operational activities of the Baptist Health System and enable opportunities to support the community through financial gifts to charitable organizations.

FAMILY TREE OF VINCENT VAN GOGH

His dizzy aunt	Verti Gogh
The brother who ate prunes	Gotta Gogh
The brother who worked at a convenience store	Stop N Gogh
The grandfather from Yugoslavia	U Gogh
His magician uncle	Where-diddy Gogh
His Mexican cousin	A Mee Gogh
The Mexican cousin's American half-brother	Gring Gogh
The nephew who drove a stage coach	Wells-far Gogh
The constipated uncle	Can't Gogh
The ballroom dancing aunt	Tang Gogh
The bird lover uncle	Flamin Gogh
An aunt who taught positive thinking	Way-to-Gogh
The little bouncy nephew	Poe Gogh
A sister who loved disco	Go Gogh
The brother with low back pain	Lum Bay Gogh
And his niece who travels the country in an RV	Winnie Bay Gogh
I saw you smiling . . . there ya Gogh	

BHSRO 2024 Winter Meeting



*Baptist Health System Retiree Organization
Since 1991*

BHSRO Spring 2025

Directions to Princeton Haynes Building



From I-65 North

- 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.

From I-65 South

- 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

From I-20/59 West

- Take 20 West/59 South to 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

From I-20/59 East

- 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

From Downtown Birmingham

- 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.

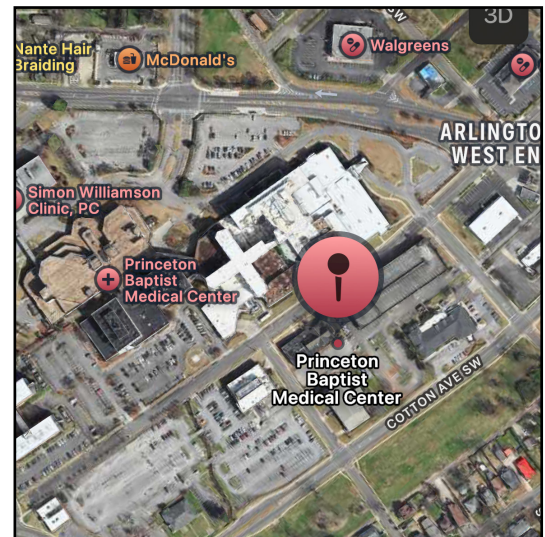
- **All hospital parking is now Free.**

Handicap Parking/Access—Parking Lot Behind Haynes

- **Free Parking is provided in the lot immediately to the rear of Haynes Building.**
- **Enter Haynes with one step to level access through the back entrance located adjacent to the parking deck. Sidewalk from the near end of the rear lot will provide access to this entrance. This entrance is also accessible from Tuscaloosa Avenue.**



Map of Princeton Campus



Future Meetings

Board Meetings

July 16, 2025

October 15, 2025

Luncheons

August 20, 2025

November 19, 2025

Take The...

Older then Dirt Quiz

Do you remember?

1. Blackjack chewing gum and Teaberry.
2. Wax Coke-shaped bottles with colored sugar water.
3. Candy cigarettes.
4. Soda pop machines that dispensed glass bottles.
5. Coffee shops or diners with table-side jukeboxes.
6. Home milk delivery in glass bottles with cardboard stoppers.
7. Party lines on the telephone.
8. Newsreels before the movie.
9. P.F. Flyers.
10. Butch wax.
11. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (There were only three channels, if you were lucky).
12. Peashooters.
13. Howdy Doody.
14. 45 RPM records.
15. S&H green stamps.
16. Hi-fi's.
17. Metal ice trays with lever.

**You have to SHARE
if you remember 4 or more!**

@stuff

7 Tips for Moving into a Senior Living Community

The active housing market has many older adults considering whether now is the time to downsize and move. Senior independent living communities welcome adults ages 55 and older and typically offer of cottage homes and apartments, and sometimes both. They are an attractive option because they offer a broad range of amenities that bring like-minded individuals together and can make retirement healthier and more enjoyable than it would be in an average neighborhood.

If you are considering a senior living community could be right for you, here are seven tips of a few things you should know.

1. Location- Maybe you want to move closer to children and grandchildren, or stay within a few miles of familiar stores, healthcare providers and services you use now. A quick Google search online can help you find communities that cater to older adults nearby or in another area.

2. Living Options and Services -Will this be an interim move, or do you want a community that can serve your needs as they change? Many senior communities offer both independent and assisted living, or personal care, so that you can add on services as you need them, which is more cost effective.

3. Experience the Community for yourself- Senior living communities offer life enrichment programming for their residents. Plan a visit on a day when you can see the kinds of programs offered. Many also offer a “trial stay” so that you can experience what a real day would be. Some communities focus on outdoor activities, trips, social or religious groups, and some offer all of the above. Ask for a calendar of events to see if the offering appeals to you.

4. Get to Know the Staff & Your Neighbors- You want to live in a community where the management and residents have an excellent relationship. Make sure to meet with management and talk to residents to get a clear picture of what community life is like.

5. Know What You are Looking For- When you know what you want to spend your time doing in retirement, it is easier to choose a place that suits

your needs. If you prefer nature, hiking and the great outdoors, find a place in a rural setting, or if you like shopping, exploring museums and culture, look for a community in a more urban setting.

6. Understand the Cost- Choose a community that fits best with your budget. Oftentimes there are incentives for moving in. Ask your contact at the community about current incentives which may be better than usual coming out of the pandemic.

7. Discover the Amenities- Senior living communities offer an array of features and perks that you would not find in traditional multifamily housing. For example, is transportation available to appointments, are meals factored into the cost? How far is the nearest hospital? Are religious services on-site? Are pets allowed? What happens if you need a higher level of care?

Moving to a senior living community is a big step, as many seniors leave homes they have lived in for decades. But the low interest rates are pushing home prices skyward, making this an ideal time to consider cashing in your equity for a lifestyle more ideally suited to your stage in life.

Source: United Church Homes

