

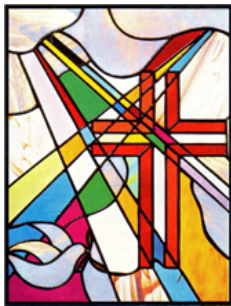
# ENCORE

*Published specifically for the retirees of Baptist Health*

**Summer**  
August 2025

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*"May God Bless  
America"*

*"In God We Trust"*



## President's Message

Our attendance at this past year's BHSRO luncheons has been terrific. We have had pre-Covid numbers in the house for Pam Huff, Secret Service Agent, Ken Valentine, Amy Allen and Sherri Jackson. A special thanks to Charlie Faulkner and the program committee for lining up these talented people.

Next up on Wednesday, August 20th, we are very excited to let you know that Dr. Cecelia Walker will be our luncheon speaker. Dr. Walker heads up the Baptist Health Pastoral Care program which is unmatched in our community. More on that in a minute.

Back in the day there was a kind-spirited, positive little fellow who lived "on the poor side of town" in less than desirable conditions. A neighbor invited him to attend a Vacation Bible School at a nearby church and by and by the child became a Christian. As time moved forward, the youngster seemed quite bright and settled in his new Christian faith and life. One day along comes a guy who surely in a thoughtless mood, tried to test or shake the child's simple faith in God by asking him, "If God loves you, why doesn't he take better care of you? Why doesn't he tell someone to send you warm shoes and clothes and better food?" The little fellow thought for a moment; then, in an honest thoughtful way, said, "I guess he does tell somebody, but somebody forgets".

My hunch is that none of us will ever forget our time well spent at the Baptist Health System. You wouldn't be receiving this newsletter if you did not have special feelings for the time you spent at Baptist.

If you haven't noticed we are on the verge of another football season. This brings to mind one of my favorite sports stories which bares repeating. Back in the day there was scheduled a very important game between a big Birmingham City High School and a small County School whose team simply couldn't cope with the big teams. Every time the small team ran a play it lost ten yards. Out from the stands someone shouted, "Give the ball to Calhoun," as though Calhoun might be able to break through the big team's defense. But Calhoun never got the ball and the team continued to lose ten yards every play. The man from the stands kept yelling the same advice, "Give Calhoun the ball".

Finally Calhoun walked over to the bleachers, looked up at the fan who wanted him to carry the ball and shouted, "Calhoun don't want the ball".

Here is your chance to take the ball and be a part of the winning BHSRO team. Go ahead and mark your schedules for Wednesday, August 20th, when we will suit up and play our next game at Haynes Auditorium Stadium. We will huddle up beginning at 11:00 am and the first play from scrimmage will be at 11:30 when the buffet line opens up. No tackling in the food line, please. We will have a wonderful halftime show, too, with Dr. Cecilia Ann Walker performing. The scrimmage will end at 1pm and you will on your way home with a big ole win.

Elsewhere in this newsletter you will find a luncheon reservation sheet. Go ahead and fill it out and send it in today. We can't win without you.

Paul Lawson

# BHSRO Summer Speaker

Dr. Cecelia Ann Walker



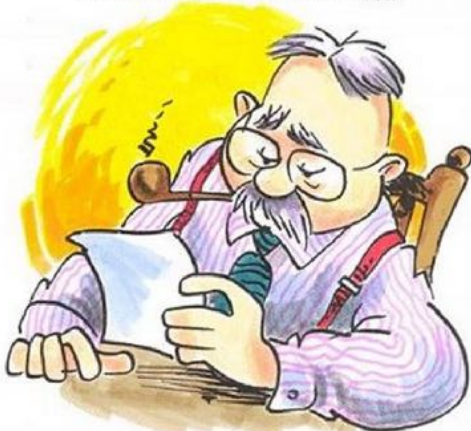
Dr. Cecelia Ann Walker, Executive Director of Chaplaincy and Clinical Pastoral Education for Baptist Health, has been named the 2024 alumna of the year for Samford University's Beeson Divinity School.

Walker, who also serves on Samford's board of trustees, was working as a librarian in the early 1990s when she felt God calling her into ministry.

In 2019, Walker was promoted to oversee all chaplaincy efforts and CPE for Baptist Health in her role as executive director.

Walker is the mother of two children: Gabrielle (d.2006) and Jeffery (d.2019). She is married to Roy Ambrose, Jr.

YOU KNOW YOU'RE GETTING OLD  
WHEN YOUR BANK SENDS YOU  
THEIR FREE CALENDAR...



ONE MONTH AT A TIME!

# BHSRO Financial Report

## Period Ending June 30, 2025

<b>Cash Balance - March 31, 2025</b>	\$ 3,319.48
Receipts:	
Luncheon	\$ 705.00
Membership	\$ 250.00
<b>Total Receipts</b>	\$ 955.00
Disbursements:	
Luncheon	\$ 767.43
Door Prize	\$ 25.00
Table Decoration	\$ 34.71
Website Renewal	\$ 204.00
<b>Total Disbursements</b>	\$ 1,031.14
<b>Balance June 30, 2025</b>	\$ 3,243.34

## 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 Summer 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.***

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 Dennis Locke, Editor at [dennishlocke@gmail.com](mailto:dennishlocke@gmail.com)

Phone: 205-966-5425



# Summer Luncheon

Make your reservation for Wednesday, August 20, 2025

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

**When:** Wednesday, August 20, 2025

**Where:** Haynes Auditorium–Baptist Health Princeton Hospital  
Free Parking available behind building.

**Menu:** Lasagna, Garden Salad, Garlic Bread, Oreo Delight,  
Sweet Tea, Lemonade and Water

**Speaker:** Dr. Cecelia Ann Walker, Executive Director of Chaplaincy and Clinical Pastoral  
Education for Baptist Health

**Reservations are required to allow for adequate seating and meal servings.**

**(See reservation form below)**

## *Princeton Haynes Auditorium*

### *Baptist Health System Retiree Organization*

#### *Summer Meeting*

*August 20, 2025*

#### Complete form and return along with your check by August 13, 2025

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

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

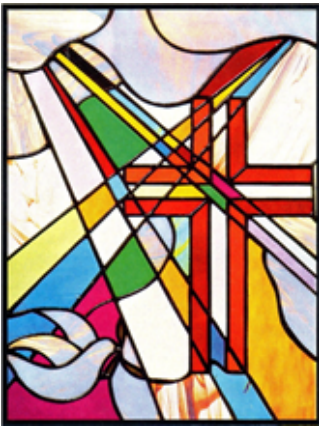
Name: \_\_\_\_\_

Members: Please make reservation(s) for: [ ] Myself @ \$15 \$ \_\_\_\_\_

Guest & Spouse Reservations: [ ] I'm bringing \_\_\_\_\_ guest(s) @ \$15 each \$ \_\_\_\_\_

Guest Name(s): \_\_\_\_\_ Total \$ \_\_\_\_\_

\_\_\_\_\_  
*(Please add amounts above & write one check for total due)*



*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:*

- 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 of Baptist Health news and activities

Contact Us [www.facebook.com/BHSRO](http://www.facebook.com/BHSRO) At Email: [bhsro4102@gmail.com](mailto:bhsro4102@gmail.com)

Visit Website: [www.bhsro.com](http://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 22<sup>nd</sup> St. South, Suite 3200  
Birmingham, AL 35205



# Recognition



The BHSRO Officers and Board Members acknowledge Board Member, Ronald Koonce, for his many accomplishments and years of service to Baptist Health and specifically to the Baptist Health System Retiree Organization. Ron is a tremendous asset and integral part of the BHSRO team.

Ron is a graduate of Samford University and the Birmingham Baptist Hospitals School of Medical Technology. He received the American Society of Clinical Pathologist National Board Certification in 1968.

Ron began his BHS employment in January, 1968 at Montclair in the Department of Clinical Chemistry. In 1980, he moved from the position of Section Head to Laboratory Data Center Manager with responsibility for the installation and support of the Montclair Laboratory Information System.

In 1990, he moved from Montclair to Corporate Information Systems as Corporate Director of Clinical Systems. His responsibilities included the installation and support of computer systems for the clinical departments in all BHS hospitals. Ron served as Interim Chief Information Officer/Senior Vice President in 1998-1999.

He is a two-time recipient of the Baptist Health System's "Excellence Award" being recognized for Innovation in 1989, and for Corporate Leadership in 1997.

After retirement in 2005, Ron joined the BHSRO Board and assumed the role of "ENCORE" Newsletter Editor. He has published these quarterly newsletters continuously since 2005. He has also been the official photographer for our various publications.

As Ron prepares to transition the "ENCORE" editor role to Dennis Locke, we want to recognize Ron's 20+ years of innovation and outstanding service to the BHS Retiree Organization and its members. He has modernized the newsletter and its distribution channels, built and maintained the BHSRO Website, and added our presence to Social Media. All while also serving in various roles for other volunteer organizations. Ron, we can't thank you enough for your invaluable contributions which have helped us to be so strong here in 2025.



## ***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.*

# BHSRO 2025 Spring Meeting



## *Baptist Health System Retiree Organization*

BHSRO Summer 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.

### Free 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.

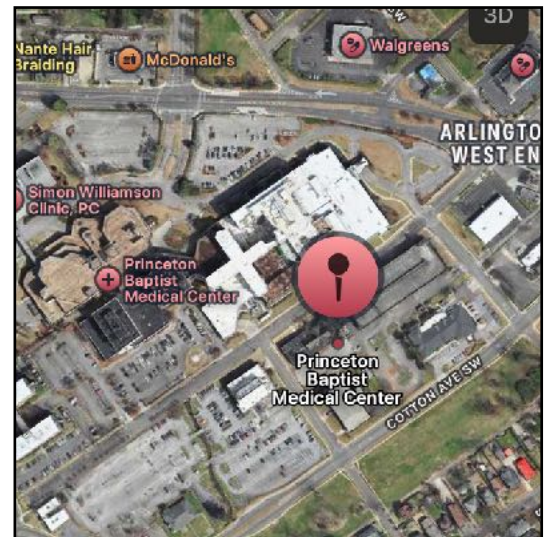
- **All hospital parking is now Free.**

### 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

October 15, 2025

### Luncheons

November 19, 2025

## 8 THINGS THAT CHANGE YOUR LIFE IN ONE YEAR

1. Stop complaining and appreciate how lucky you are every day.
2. Embrace loneliness and reinvent yourself in the process.
3. Say goodbye to the people that don't bring positive energy into your life.
4. Throw off the TV and set Internet controls.
5. Pick one skill you want to cultivate and put all your effort into developing it.
6. Commit to the goals you set and never look back.
7. Sweat every day to boost your mood.
8. Fail forward. Learn from every mistake you make.



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# Tips for Senior Living

## 8 ways older adults can reduce loneliness and social isolation

Chronic loneliness can damage your health as much as smoking. Experts share tips for creating social connections chronic loneliness can damage your health as much as smoking. Experts share tips for creating social connections.

Increasing social connection comes with enormous health benefits, including decreased risk of cardiovascular disease, stronger immunity, increased longevity, higher self-esteem and overall better social, emotional and physical well-being.

### 1. Maintain current connections

Take the energy to stay connected to those already in your life. Whether it's a phone call, writing a letter or a meet up, try to schedule a time each day to get in touch with friends, family or neighbors.

### 2. Engage in online social activities

The pandemic increased access to online social activities. The options are nearly limitless now you can attend faith-based groups, online classes, support groups, and more, all from the comfort of your home. Video chatting through applications such as Zoom, FaceTime, or other avenues also provides outlets to keep up with your loved ones near and far.

### 3. Volunteer

Volunteering with local organizations can provide an opportunity to give back to your community while forming and maintaining social relationships. Check with your local community centers, faith organizations, animal shelters or your town or city hall to see what opportunities may be available nearby.

### 4. Care for a pet (or pets)

For those who can care for pets, research has shown the companionships formed with pets improves both physical and mental health. Learn more about what the National Poll on Healthy Aging found about the impact pets have on older adults.

### 5. Establish a daily social routine

Incorporating at least one social outlet that seems enjoyable and feasible into your daily routine will help you to form better social habits.

### 6. Find grief support

Older adults often suffer a variety of different types of losses, whether that be from the loss of a spouse, close friend or relatives. Grief-support groups can help you navigate grief while also providing social support during that time. Many hospice organizations provide free bereavement or caregiver support groups to join.

### 7. Talk with your primary care provider

Talk over loneliness or social isolation concerns with your doctor or nurse practitioner. They can connect you with specific community resources that can get you more socially engaged and help.

### 8. Explore your sources of joy

When asked about sources of joy on Healthy Aging participants responded that being outdoors, physical activity, hobbies, skills, or projects, alone time and pets spark joy. Consider what your source of joy is. Take the time to identify your source of joy and ways to form and maintain strong social connections as part of a healthy routine.

Source:  MICHIGAN MEDICINE  
UNIVERSITY OF MICHIGAN

