

# ENCORE

*Published specifically for the retirees of the Baptist Health System*



**Summer**  
August 2023

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*"May God Bless  
America"*

*"In God We Trust"*

## Prayer

I don't know what possessed me to write an article on prayer. I certainly don't do it enough or for the right reasons. I am usually off praying for the outcome of some ballgame, for a dear friend to be healed or for fortune to come my way. I love the ole hymn "Sweet Hour of Prayer" and my goal is to make that a top priority for myself.



Several years ago a college professor asked his class if they accepted the "modern" idea of prayer or the "medieval" idea. By the "modern" idea he meant that a person benefits only psychologically from prayer, that prayer does not even leave the room in which it is uttered; in effect, that there is no God to hear and answer prayer. The "medieval" version, according to this professor, is that God does exist and that he can and does hear and answer the prayers of his children.

Great men have testified to the power of prayer. President Lincoln once said, "I have been driven many times to my knees by the overwhelming conviction that I had no where else to go. My own wisdom, and that of all about me, seemed insufficient for the day."

President Eisenhower said, "Prayer gives you courage to make the decisions you must make in a crisis and then the confidence to leave the result to a Higher Power."

Since our last get together we have lost several of our BHSRO members. We are sad, of course, and we join everyone who cherishes the sweet memories of working with them on the Baptist Health System team. Several others have been sick and we pray for a fast and good recovery.

So, my prayer today is that everyone circle Thursday, August 24 on the calendar. We have luncheon plans at Princeton's Haynes Auditorium and you need to join the fun. When you are not with us you deprive others of the encouragement you could give them, and you deprive yourself of the strength they could share with you.

Elsewhere in this newsletter you will find the luncheon sign up form for Thursday, August 24. The doors open at 11:00am, buffet lunch at 11:30am followed by fun and frolic. We promise to have you on your way by 1:00pm.

**P.S. Available on the east side of Haynes Auditorium (the side of the building facing the parking deck) is a ramp for easy access to meeting. You are invited to use that entrance and avoid the steps.**

## *Directions to Meeting Location - 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.

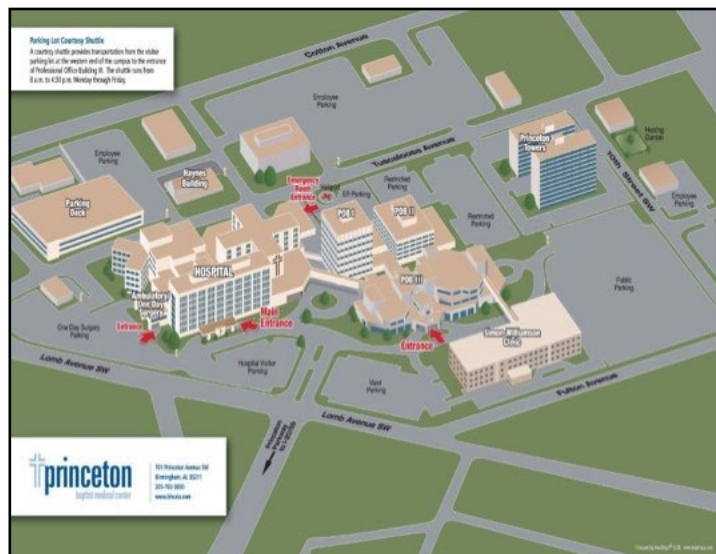
- ***Identify yourself as BHS Retiree upon exiting deck for complimentary parking.***

### **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 near end of the rear lot will provide access to this entrance. This entrance is also accessible from Tuscaloosa Avenue with no parking.



## *Map of Princeton Campus*



## *Financial Report*

Period Ending March 31, 2023

**Cash Balance - March 31, 2023** **\$ 2,724.36**

Receipts:

5/18/23 Luncheon /Membership \$ 690.00  
**Total Receipts** **\$ 690.00**

Disbursements:

Luncheon \$ 811.08  
 Door Prize \$ 25.00  
 Table Decor \$ 37.01

**Total Disbursements** **\$ 873.09**

**Cash Balance June 30, 2023** **\$ 2,541.27**

### **Future Meetings**

#### **Luncheons**

November 8, 2023

#### **Board Meetings**

October 5 2023

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: [bhsro4102@gmail.com](mailto:bhsro4102@gmail.com)

Phone: 205-222-4495

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## Summer Luncheon

### Make your reservation for Thursday August 24, 2023

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

**When:** Thursday August 24, 2023

**Where:** Haynes Building - Princeton BMC  
(East side of the hospital adjacent to Parking Deck. See directions on Page 2)

**Menu:** **TBD**  
Banana Pudding, Tea or Coffee

**Speaker:** **TBD**

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*

### *Summer Meeting*

### *August 24, 2023*

**Complete form and return along with your check by August 17, 2023**

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 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 2023 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 on Brookwood Baptist hospitals news and activities

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

Visit Website: [www.bhsro.com](http://www.bhsro.com)

**2023 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:

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



# BHSRO Summer Speaker

<Name>

Photo

To Be Added



**You know how they  
throw the ball into the  
crowd after they win  
the game? That's not  
allowed in bowling.  
I know that now.**

## **RENEW Your 2023 Membership**

**It is time to renew your 2023 membership.**

If you have not renewed your membership, now is the time to send your membership renewal form and dues with your 2023 Summer Luncheon meeting reservation. See page 4 for the Membership form. Do not miss out on the benefits of being an active member.

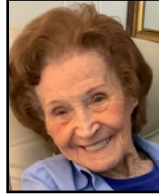
*Only paid members are eligible for luncheon door prizes.  
Sign-in on your arrival to receive your door prize ticket.*



## *In Memory*

### **Anna Belle Johnson October 28, 1926 — May 19, 2023 Birmingham, Alabama**

Anna Belle Briggs Johnson, 96, of Birmingham AL, drew her last breath May 19, 2023. She was born to Nuna B. Briggs and Louise Paasch on Oct. 28, 1926 in Bay City, TX.



Her husband, Emmett R Johnson preceded her in death in 2011 after 60 years of marriage. Their children survive: Gay Lynn Johnson and Galen Malcolm Johnson who live in Birmingham. Her only grandchild, Barbara, and her husband Thomas Gardner who live in Austin TX. Of Anna Belle's five siblings only Gene Briggs, of Lake Jackson, TX, now lives.

As a new high school graduate in 1944, Anna Belle read in the newspaper about a public health program, Cadet Nurse Corps, recruiting nurses to address the shortage caused by the war. Anna Belle said Baylor Hospital's school of nursing "opened her world".

As a newly certified RN, she moved to Waco, TX to work in the student infirmary while studying for her BSN at Baylor University. She returned to the large hospital setting in Dallas and life immediately changed when she met Emmett. Theirs was a three courtship. So in love they didn't wait for a summer wedding. Mother took her first plane ride to Chicago and they went straight to the pastor's study to get married. Emmett's classmate stood as witnesses. Anna Belle worked while Emmett completed his masters degree at Northwestern.

With opportunities of expanded responsibilities, invitations from Baptist hospitals came asking for Emmett's servant leadership in Paducah KY, Jacksonville FL, Amarillo TX and then in 1975 from Birmingham Baptists. As a dedicated wife, homemaker, and mother, she considered herself an enabler in the journey for Emmett's passion to offer patient care as service to God and community.

With each move they joined a local church which supported family life and community involvement. At times she worked in the nursery, volunteered on missions committees, taught preteens in Sunday School, or served as camp nurse for church camps. In Birmingham she was a faithful member of Mountain

Brook Baptist Church and Hope Sunday School Class. She enjoyed Kenilworth, a literary club, the Cherokee Bend Garden Club, and supporting Samford students with the Legacy League. Anna Belle was a great cook, avid morning walker, gardener, and lover of travel—from camping out west to international trips.

### **Gladys Browder Turpin February 6, 1927- February 7, 2023**

She was preceded in death by both parents, five brother, and one sister.

Gladys accepted Christ at an early age and was baptized at Flint Hill Baptist Church Verbena, Alabama. Later in life, she moved and joined the Sixth Avenue Baptist Church in Birmingham, Alabama under the leadership of Reverend Jon T. Porter, where she was a former member of the Sanctuary Choir and Sunday School Class #1. She graduated from Chilton High School in Clanton, Alabama and attended Alabama A&M College in Huntsville, Alabama. She retired as a nursing assistant from Baptist Medical Center with twenty one years of service. She departed this life on February 7, 2023 and leaves to cherish her memory: a loving and devoted daughter, Gwendolyn Davidson; two sisters, Virginia Trice of Las Vegas, NV, and Kay Booker of Springfield, MA; two brothers, Gene Browder of Marbury, AL and Norman Browder of Lilburn, GA; and a hosts of nieces and nephews, relative and friends.

### **Vivian Seals June 2023**

We are deeply saddened by the passing of Mrs. Vivian Seals.

Visitation was held On Friday, June 23<sup>rd</sup> - Bushelon Funeral Home, Birmingham, AL 35211  
Funeral service was on June 24<sup>th</sup> at New Pilgrim Baptist Church, Birmingham, AL 35211.



# BHSRO 2023 Spring Meeting



*Baptist Health System Retiree Organization  
Since 1991*



# Health Tips

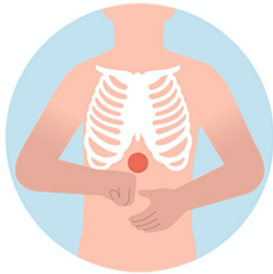
## Alone and Choking? Self-Heimlich Can Help

It is a natural response to cough when you choke on something (usually food). However, if coughing is not enough to expel the object from your throat, you must perform a Heimlich maneuver on yourself. Choking can block your airways and make it difficult to breathe. In extreme cases, it can lead to death. In fact, choking is the fourth leading cause of unintentional, preventable death.

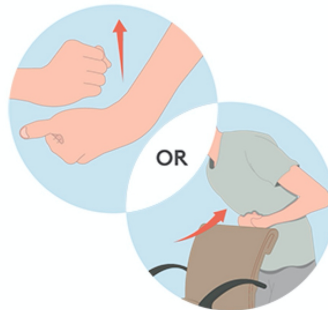
The Heimlich maneuver involves thrusting the abdomen upwards so the lungs can force enough air to push out the blockage. This first-aid technique is simple to perform on yourself. Learn how to do Heimlich maneuver with only three steps for when you're alone and choking:

### How To Do Heimlich Maneuver

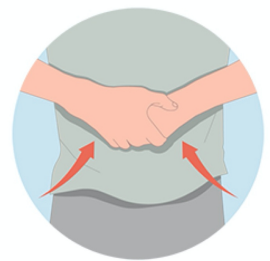
**The Heimlich maneuver is a safe and quick technique to save a life. You don't need to have any medical training or knowledge to do it. It's a great technique to expel an object from the throat that won't get out through coughing alone.**



Put your fist above your navel. The thumb of that hand should rest below your rib cage.



Grab the first fist with your other hand, which you will use to push forcibly inward and upward simultaneously. You can also lean over a railing, table edge or chair backrest. Quickly thrust your upper abdomen against the edge.



Keep pushing your abdomen until the blockage clears.

Sources: National Library of Medicine- National Safety Council- Red Cross