

In the right photo, hospice volunteer Kathy Regenwether visits hospice patient Gene Boyte at her home during a visit. The two hit it off right from the start, Boyte said. Regenwether said volunteering offers a break from her hectic schedule and a chance to sit and enjoy company. She has been a hospice volunteer for more than seven years. In the photo below, Boyte shares a laugh before Regenwether leaves. A hospice volunteer training session will be from 9 a.m. to 5 p.m. Sept. 22 at Baptist Trinity Hospice, 1052 Oakhaven. For information or to register, contact Sandra Livesay at 901-767-6767, extension 279.



Time to Sit and Talk

*Hospice Volunteer Always
Makes Time for a Visit*

Kathy and Gene like to talk, and their biweekly meetings are non-stop conversation.

Kathy Regenwether has been a hospice volunteer for Baptist Trinity Hospice for more than seven years, and looks forward to visiting Gene Boyte in Boyte's Southeast Memphis home.

"She's very good at it," Boyte said, digressing from their conversation to comment on their

Hospice Volunteer Training

9 a.m. to 5 p.m. Sept. 22

1052 Oakhaven

Lunch will be provided

To become a hospice volunteer, please call Sandra Livesay at 767-6767, extension 279.

patient/volunteer relationship. "We just sit and chat, and we really hit it off from the start."

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leader@bmhcc.org

GuideStone Annuity Representative Schedule

Dates and times are subject to change. Please contact your facility's Human Resources office for information. Baptist colleagues can contact Ken Peavy at 901-226-3518 or e-mail Ken.Peavy@GuideStone.org.

September 17	Baptist Memorial Hospital - Memphis
September 18	Baptist Memorial Hospital - Union City
September 19	Baptist Memorial Hospital - Huntingdon
September 20	Baptist Memorial Hospital - Union County
September 24	Baptist Memorial Hospital - Memphis
September 26	Baptist Women's Hospital
September 27	Baptist Memorial Hospital - North Mississippi
September 28	Baptist Memorial Hospital - Collierville

September Health Care Observances

Monthlong Observances

Baby Safety Month
 Cholesterol Education Month
 5-A-Day Month Campaign
 Gynecologic Cancer Awareness Month
 National Head Lice Prevention Month
 Leukemia, Lymphoma and Myeloma Awareness Month
 Light the Night (Leukemia and Lymphoma Society's annual event)
 Pain Awareness Month
 Prostate Health Month
 National Sickle Cell Awareness Month
 Thyroid Cancer Awareness Month

Weeklong Observances

Sept. 16-22: Prostate Cancer Awareness Week
 Sept. 16-22: Prostatitis Awareness Week
 Sept. 16-22: National Rehabilitation Awareness Celebration

Recognition Days/Events

Sept. 15: Neonatal Nurses Day
 Sept. 26: National Women's Health & Fitness Day
 Sept. 29: National Family Health and Fitness Day

Useful Numbers

Center for Education and Organizational Development

■ To register for classes and seminars hosted by CEOD, call (901) 227-0660.

Information Systems Customer Support Center

■ Open seven days a week, 24 hours a day. Colleagues needing computer technical assistance can call (901) 227-7777, (888) 838-3777 or e-mail HelpDesk@bmhcc.org.

So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.

I CORINTHIANS 9:7

BMHCC Helpline/Hotline 877-BMH-TIPS

If you have a question about legal or regulatory requirements, suspect any violation of BMHCC Standards of Conduct, legal or regulatory requirements or suspect that anyone is committing acts of patient abuse in any form, call 877-BMH-TIPS. Reports to the hotline may be made anonymously. Calls are handled confidentially to the extent allowed by law. Baptist does not tolerate retaliation for reports made in good faith. It is the policy of Baptist Memorial Health Care to admit and provide services to patients and guests without distinction due to race, color, age, religion, sex, national origin, handicap or disability. Marilyn Dunavant is Baptist's corporate compliance officer.



Baptist Booneville Relay for Life

The Baptist Memorial Hospital-Booneville team for the American Cancer Society's Relay for Life 2007 was very successful, raising more than \$2,700. As part of the Prentiss County Relay for Life, Baptist Booneville co-sponsored the survivors' dinner. In total, more than \$72,000 was raised due in part to Baptist Booneville and the Booneville community's support.

Wilson Elected President of CASA

Cindy Wilson, coordinator for physician recruiting for



Cindy Wilson

Baptist Memorial Health Care, was recently elected president of Court Appointed Special Advocates. CASA finds homes for Memphis/Shelby County children when the court takes custody of the children because of abuse, neglect or assault by parents or guardians.

Cardiac Classic Sept. 24

The 12th Annual Baptist Memorial Health Care Foundation Cardiac Classic golf scramble will be held Sept. 24 at Colonial Country Club in Cordova. The four-person scramble begins at noon, and lunch will be served beginning at 11 a.m.

All proceeds from the Cardiac Classic tournament benefit the Baptist Heart Institute, and initiatives that benefit cardiovascular patients and their care. During the past 11 years, the scramble has raised more than \$700,000, which has been used to provide medica-

tions to needy and indigent patients, purchase cardiovascular equipment and provide education for nurses and staff. For more information, please contact the Baptist Memorial Health Care Foundation at 901-227-5063 or sarah.harris@bmhcc.org.

Walk to Fight Breast Cancer

Again this year, the Baptist Centers for Cancer Care's Comprehensive Breast Center is a flagship sponsor for the American Cancer Society's 2007 Making Strides Against Breast Cancer walk. The event will begin at 9 a.m. Saturday, Oct. 20 at AutoZone Park. Employees, family members and friends are encouraged to walk with the Baptist team during this event. Registration is \$15 per person and includes a T-shirt. To register, please contact Marsha Bradford at Baptist Memorial Hospital - Memphis, Amanda Payne at Baptist Memorial Hospital for Women, Jackie Nunn at Baptist Memorial Hospital - DeSoto or Sean Woodall at Baptist Memorial Hospital - Collierville. The first two people who raise \$2,500 will win a Sharp 36-inch TV.

NEWS AND EVENTS

United Way Campaign Set for Oct. 15

Baptist's United Way fund-raising campaign for Baptist's Metro hospitals is scheduled to begin Oct. 15. Donations benefit United Way of the Mid-South, which services more than 200 programs within 100 non-profit agencies throughout the Memphis area, including Crittenden County in Arkansas and DeSoto, Tate and Tunica counties in Mississippi. United Way collaborates with a broad range of civic-minded people and organizations to identify and resolve issues. Partners include schools, government agencies, businesses, neighborhood associations and community development corporations.

United Way's Day of Caring, held Sept. 7, is the largest one-day volunteer service event in the area.

Kim Hunter of Claims and Risk Management is serving as Baptist's campaign manager.

Legs for Life Screening to be Held at Baptist

Baptist Memorial Health Care and the Memphis Interventional Radiology Clinic will co-sponsor three free Legs for Life® screening events for peripheral artery disease in September. Baptist Memorial Hospital-Memphis will host screenings on Sept. 17 and Sept. 21, and Baptist Memorial Hospital-DeSoto will host a screening event on Sept. 13. Each event will run from 9 a.m. to 4 p.m.

Legs For Life® is a national screening program dedicated to improving cardiovascular health.

The program is centered on educating the public about PAD. Affecting 10 million Americans, PAD is a disease of the arteries that causes leg pain after walking and numbness, and can cause constant sores and ulcers.

Participants may make an appointment for the screening by calling 800-4-BAPTIST or 901-227-8478.



Baptist Colleagues Spend A Day of Caring

In the top photo, Laurie Christensen, staff attorney for Baptist Memorial Health Care; Mary Martin of Corporate Audit; and Anne Forbus, manager in Corporate Audit, pull weeds along the shore of a water hazard at the Memphis Athletic Ministries golf course off Airways Blvd. Twenty-one corporate and metro hospitals colleagues participated in the United Way Day of Caring, the largest one-day volunteer effort in the Mid-South. In the left photo, Kim Hunter, director in Claims and Risk Management, trims some hedges around a practice putting green. Hunter is also serving as Baptist's campaign manager for the 2007 United Way Campaign.



BlueCross Foundation Awards Grant to Baptist Huntingdon

Baptist Memorial Hospital-Huntingdon has received a \$32,000 grant from the Tennessee Health Foundation, part of BlueCross BlueShield of Tennessee.

The grant will fund Baptist Huntingdon's Targeting Childhood Obesity program and will be dispersed during the next two years. Targeting Childhood Obesity will work with the Carroll County school system to educate about 600 sixth graders about proper nutrition, exer-

Susan Breeden, administrator and CEO of Baptist Memorial Hospital-Huntingdon, Calvin Anderson of BlueCross BlueShield Foundation, Baptist Huntingdon board member Thelma Traut, Dr. Steve Coulter with BlueCross BlueShield Foundation and Stephen Reynolds, president and CEO of Baptist Memorial Health Care, pose with a check representing the grant Baptist Huntingdon received to address childhood obesity.

cise and the importance of living healthy lifestyles.

Students will be rewarded based on a point system for bringing health information to class, as well as discussing health issues with their parents.

Hospice Volunteers

(Continued from page 1)

Hospice volunteers can serve in many ways by offering companionship and providing support to family members. They work behind the scenes by answering phones, making comfort baskets, reading books to patients, running errands or just holding a hand. They also allow family members to take care of personal business.

And as much as Boyte gets out of the visits, Regenwether says she gets more. Her hectic work schedule offers little time to stop and rest. As a manager for a manufacturing company, she often has little time to slow down. Her visits

to Boyte's home allow her that time to simply sit and talk.

"I had no idea how much I'd enjoy doing this," Regenwether said. "I'm constantly running to take care of things at home and at work. This is what I get to do for fun. She's an inspiration to me."

Regenwether lost a close friend to cancer, and said being a hospice volunteer never entered her mind until after that occurred.

"I just had an urge to want to go and help others," she said. "Before that happened I never would have done it. When you do things like

this, it confirms for you what's really important in life."

Regenwether is one of many volunteers for Baptist Trinity Hospice, but more are needed. Volunteer training for new hospice volunteers will be from 9 a.m. to 5 p.m. Sept. 22 at Baptist Trinity Hospice, 1052 Oakhaven. For information, call Sandra Livesay at 901-767-6767, extension 279.



Hospice volunteer Kathy Regenwether holds hospice patient Gene Boyte's hand during Regenwether's visit. Regenwether said she has had great experiences as a hospice volunteer.

"This is truly an unbelievable experience each time I visit her," Regenwether said. "It's not taking on more things or taking up more time – it's my chance to sit down for a minute and have a conversation with someone who has interesting things to say."

THE PRESIDENT'S CORNER



Stephen C. Reynolds, President & CEO,
Baptist Memorial Health Care Corp.

I was reminded the other day of Cooper Wilson, a youngster we highlighted last year in a story for Legacy, the annual publication of the Baptist Memorial Health Care Foundation.

Cooper was a patient at Baptist Memorial Hospital-Memphis' Pediatric Audiology department. As a hearing-impaired child, Cooper learned through therapy how to use what hearing he had to function with as little assistance as possible.

What sparked my memory was a recent health article in The New York Times, headlined "Early Action Proving Crucial to Hearing Success."

The article told the story of Hailey Ems, born weeks early, and her family's struggle when Hailey didn't meet certain developmental milestones associated with the first year of life.

It was Hailey's 10-year-old brother, the story states, who first said, "I don't think Hailey can hear."

He was right.

Hearing loss among infants can range from mild to profound deafness, and newborn screening is crucial – studies confirm that the earlier the intervention, the better the chance the child will develop listening and language skills.

Anne Oyler, an audiologist for the American Speech, Language and Hearing Association, said newborns who hear from birth learn to listen. But for us and for infants, hearing is even more important. She said more than 90 percent of what babies learn is from incidental listening – hearing-impaired children who aren't fitted with hearing aids until they're 2 only then begin learning what sounds are.

"If we catch kids in the first few months, we don't see delays and they do beautifully," Oyler said.

One in every 1,000 children is born deaf, and 90 percent of them have

parents with no hearing impairment. Up to 1 in 100 has some hearing loss.

In 1993, a Baptist Memorial Health Care Foundation grant allowed the Baptist Memorial Hospital-Memphis Audiology department to intervene aggressively and effectively to help ensure that newborns with any degree of hearing loss were provided prompt and appropriate amplification and aural rehabilitative services. Dr. Edward Kish, Au.D., heads up Baptist Memphis' Pediatric Audiology Center, where we do catch those hearing impaired newborns, equip the child and support the parents with whatever is needed to give those children a chance to fully develop.

Newborn screenings are just the first step. After comprehensive testing and diagnosis to determine the amount of hearing loss, newborns can be fitted with an amplification device. At Baptist's Pediatric Audiology Center, services include hearing evaluations for children through age 18; newborn hearing screenings; hearing aid and cochlear implant services; speech, language and hearing evaluations; and listening and language therapy. It's the only comprehensive diagnostic and therapy service for childhood onset hearing loss in the Mid-South area.

Individual therapy and diagnostic testing with speech pathologists and audiologists are alternated with group therapy sessions – and it's the group sessions where the individual work is put to practical use. Hearing-impaired children learn to interact in a classroom or group setting with others to work on their speech and listening skills.

The story reported that Ems, fitted with hearing aids after her brother's observation, is 6 years old and entering a local elementary school.

As for Cooper Wilson, he attends an area private school, and still visits the Audiology department twice a week for individual therapy to supplement his regular school.

We sometimes read about medical developments and revolutionary treatments and don't stop to think whether Baptist has that technology. Thanks to the efforts of Dr. Ed Kish, his staff, and the Baptist Memorial Health Care Foundation, we have a way to make an immediate difference in the lives of many Mid-South children.

Retirement planning for mid-50s and 60s

It is hard to believe how quickly the years have passed, but retirement is looming on the horizon and you are ready to get serious about your plans for retirement.

Here are a few things to consider as you prepare for the stage of life we know as retirement:

Evaluate where you are financially.

Financial planners would call this doing a financial inventory. On a single sheet of paper, list all of your assets, including your retirement plan, savings accounts, home, etc. Include the type of asset, the current value and the location of that asset. By putting all of this information on one page, you can easily see what you have and where it is.

Project when you want to retire.

There is nothing magic about retiring at age 62, 65 or even your full retirement age for Social Security. People are living longer and many people continue to work well past what some would consider normal retirement age. But your retirement date affects your financial needs in retirement.

See if you are on target to meet your financial needs in retirement.

Most financial planners would say the average family needs to have saved around 10 times their salary when they retire. This assumes you plan to replace at least 70-80 percent of your pre-retirement income. If you are behind, evaluate if you need to work longer, adjust your lifestyle or plan to work part-time in retirement.

Maximize your retirement contributions.

Several years ago, Congress greatly increased the amount that can go into retirement accounts. In 2007, employees age 50 or

older can contribute up to \$20,500 a year into their 401(k) or 403(b) retirement account. In addition, those 50 or older may be able to put up to \$5,000 into an individual retirement account. If you were not able to contribute to your retirement accounts in your early years, you may want to take advantage of these higher limits to help you catch up.

Evaluate your asset allocation.

Asset allocation is basically how you have your money invested. Most people want to reduce their risk and volatility as they move closer to their retirement date. Make sure you have an appropriate mix of stocks, bonds and cash to meet your needs throughout your retirement years. Makes changes if needed.

If you would like review your portfolio with your local GuideStone representative, Ken Peavy, please call 901-226-3518. In the coming weeks, he will visit your facility, and will gladly assist you with any questions you may have concerning your retirement benefit at Baptist.

SAFETY MATTERS

Patient, Family-Centered Care and Safety

According to the Institute for Family Centered Care, the core concepts of patient- and family-centered care include dignity and respect, information sharing, participation and collaboration.

How are these concepts intertwined in patient safety?

Dignity and Respect

When health care workers listen and honor the patient and family perspectives and choices, many times in that listening you hear the safety concerns. If a wife of a patient states: "My husband takes a blue pill at home for his blood pressure. Why is this pill white?" This is an opportunity to stop, assess and follow up. Why is this pill white? Listening to the family can help identify potential safety concerns.

Information Sharing

When the flow of information from

patients and families to the health care team as well as from the health care team is timely, complete and accurate, this assists the families in effectively participating in care as well as decision-making. An example could be patients who forget to call for help when they need to get out of the bed. Communicating this information and partnering with the family to sit with the patient and provide those reminders can help address safety concerns about falling.

Participation

Encouraging the patient and family to participate in their care promotes open lines of communication, learning and growth. Patients are more inclined to ask questions and be more informed regarding the care they are receiving.

Collaboration

Asking what works and what doesn't and having the patient share that information with the hospital helps the hospital in its journey toward patient safety. Listening and applying what the patient has told us helps us address safety concerns identified.

These are simplistic explanations that only begin to explain these patient- and family-centered care concepts as they relate to patient

safety. Patient safety is a value that is imbedded in every health care activity and that includes working collaboratively with our patients and families.



Ten Years of Helping Homeless Individuals

Denese Shumaker, the executive director of Baptist Operation Outreach health care van for the homeless, gets a hug from Brenda Evans, nurse practitioner for the van as she and the rest of the Baptist Operation Outreach van staff are recognized during a celebration of the 10-year anniversary of the program benefiting homeless individuals. For information about Baptist Operation Outreach, visit baptistonline.org.

CLASSIFIED AD GUIDELINES

Classified ads are published as a service to Baptist colleagues in each edition of Baptist Leader. Submissions for each edition of Leader must be received by 2 p.m. on the preceding Monday. For any ad, please include work number and location for verification purposes and **one non-work number for publication**.

Ads run at least once, and will run as space allows. New ads will receive preference over repeat ads. Services and goods offered must be legitimate and legal, and Leader cannot be responsible for misprints, omissions or false advertising. All ads may be rejected at the discretion of Baptist Memorial Health Care administration or the editor.

Ads for services and goods must be offered or wanted by Baptist colleagues, individuals or independent contractors. Franchises, other non-independent services, medical, dental and other clinical services are not eligible for classified ads.

To submit an ad, e-mail leader@bmhcc.org or fax to 901-227-3516.

- 2005 GMC Envoy XL SLE, 2 wd, pewter color, 32,000 miles, excellent condition. Call 901-828-5381.
- 2004 Nissan Titan XE king cab, garaged, very clean, Sirius radio, 93,000 miles, \$9,500 OBO. Call 901-603-8333.

REAL ESTATE

- East Memphis townhouse for rent, 1011 June Rd., 2 BR/1.5 BA, gated community, convenient to Baptist Memphis, \$975 per month. Call 901-210-7804.
- Olive Branch home for sale, 3 BR/2 BA with two-car garage, hardwood, new tile, master bath with whirlpool tub, fenced backyard and storage shed, \$124,000. Call 901-517-0421.
- Lakehouse for sale, Buena Vista Lakes subdivision, 3 BR/1 BA. Call 662-449-5341.
- High Point Terrace home FSBO, 2 BR/1 BA, new custom kitchen, new stainless steel appliances, new white tile bath, hardwood, custom bookcases, open plan, window boxes, custom shutters, new paint in and out, end of cove, \$172,500. Call 901-454-1182.
- Sycamore View home for sale, 2 BR/2 BA split floor plan, gas log fireplace, vaulted ceilings, whirlpool tub in master suite, one-year warranty, security system, \$99,000. Call 901-372-9933.
- North Memphis home for rent, 3 BR/1 BA, central heat and air, \$600 per month, vouchers welcome. Call 901-832-4712.

MISCELLANEOUS

- Size 16 wedding dress for sale, off-the-shoulder beaded bodice, flowing beaded skirt, \$400; slip, never worn, \$60; 1.5 carat emerald cut diamond surrounded by diamond baguettes and yellow gold wedding ring, yellow gold and diamond baguettes included in band for total of about 3 carats, appraisal paperwork if needed, \$5,000 OBO. Can e-mail photos. Call 901-237-2439 and leave a message.
- Authentic NFL DeAngelo Williams Carolina Panthers jersey, size 48, still in package with tags, \$195. Call 901-870-8612.
- 19-inch CRT computer monitor, \$40; twin bed heating pad, \$35; twin bed down comforter, \$40; cordless phone with second station and answering machine, \$25. Call 901-634-6493.
- ProForm 725 TL Performance treadmill, several preloaded training programs, vary speed and incline, digital display to monitor speed, time, distance and more, good condition, \$200. Call 901-755-7019.
- 52-inch Phillips big screen TV, great condition, like new, remote included, \$500. Call 901-503-0283.
- Solid oak executive desk, excellent condition, free. Call 901-270-9006.
- 61-inch JVC flat screen TV with remote. Call 901-438-7708.

- Seasoned oak firewood, all split, delivered for \$100 per truckload. Call 901-461-6075.
- I have 36 1/18 scale muscle cars, all for \$400 or \$20 individually. Call 662-449-5341.

SERVICES

- Aaron's tree service, cut down big or small trees, haul off all debris, excellent clean up, insured for all tree work. Call 901-461-6075.
- Custom painting and faux finishes; Venetian plaster, suede and leather finishes, custom trim work, crown molding, chair rails and more. Call 901-246-7129.
- Interior and exterior painting, window and door replacements. Call 662-316-3639.
- Interior painting, free estimates. Call 901-238-8833.

PETS

- Boston terrier puppies for sale, born Aug. 10, ready Sept. 21, three males and three females, \$250 each. Call 662-213-0760.
- Registered Labradors for sale, parents on site, born July 29, discount for Baptist colleagues. Call 901-606-8643.
- Female cat, about 3 years old, fixed and declawed, free to good home. Call 901-832-8346.

HOUSEHOLD

- General Electric hot water heater, \$200; green sofa and love seat, \$75; wrought iron coffee table with glass top, two matching end tables, \$175; white refrigerator, \$75. Call 901-362-1341 after 5:30 p.m.
- Hotpoint side-by-side refrigerator/freezer with filtered water and ice in door, two years old, \$500; large gas grill with cover, \$100; patio table with umbrella and four swivel rocker chairs, \$300; large oak corner computer workcenter, L-shaped, \$400. Call 901-486-2607.
- TV with stand, \$125; bed, \$50; recliner, \$50; chair and ottoman, \$50; solid oak desk, \$125; four shelving units, \$150. Call 662-449-5341.
- 36-inch Sony WEGA flat screen TV, excellent condition, \$375; 27-inch RCA TV, \$100; Sterns and Foster sleeper sofa, multicolored, \$250; white couch, \$125; two Queen Anne multicolored wing-back chairs, \$100 each. Call 901-830-3893.

VEHICLES

- 2004 GMC Envoy, V6, 78,000 miles, new tires, black, DVD player, third row seat, excellent condition, \$16,000. Call 662-316-3639.
- 2004 Mazda Speed, convertible, leather, turbo, 6 spd, Bose sound, 8,000 miles, excellent condition, under warranty, \$23,400. Call 901-737-7987 and leave a message.

Baptist Women's Hospital to Host Annual NICU Reunion

Baptist Memorial Hospital for Women will host its annual neonatal intensive care unit reunion on Saturday, Oct. 6 from 9 a.m. to noon at the hospital, located at 6225 Humphreys Blvd.

This is the 27th year for the free reunion, which celebrates the lives of patients who spent time in the neonatal ICU. About 10 percent of the babies born at Baptist Women's Hospital spend time in the hospital's NICU. On average, these children spend six weeks in the unit, and about one-third of them are TennCare, Medicaid or charity care patients.

During the reunion, NICU "graduates" and their families will visit with the nurses who cared for them, enjoy refreshments, play games and make crafts. Hospital staff will register NICU "graduates" in the hospital lobby.

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