



Pictured left to right are Curt True, assistant director of the Obion County Library, Baptist Memorial Hospital-Union City Administrative Assistant Pam Harris and Baptist Union City Marketing and Public Relations Coordinator Kara Ward enjoying a lunch at Teresa Vinson's home. Vinson regularly cooks meals for colleagues and community members. You could say it is her mission. (Photo inset) Vinson laughs during lunch conversation.

Ministry of community

Fellowship takes different courses for Union City colleagues

You are welcome. Being a thread within the fabric of a community means taking those three words to heart. Both as a host and guest, you are welcome.

Two colleagues at Baptist Memorial Hospital-Union City have incorporated helping fellow colleagues and the community into their daily lives. And through different paths, their missions of help crossed at the Obion County Cancer Agency, an organization that provides assistance to local cancer patients. In 2001, the agency began hosting the Hometown Walk of Hope, its primary fundraiser.

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New shuttles at Baptist Memphis

Migraines focus of 'Smart Medicine'

Baptist colleagues raise more than \$8,000 during March for Babies

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, contact April Mollerberg at 901-226-3516 or e-mail April.Mollerberg@GuideStone.org.

July 7	Baptist Memphis	July 22	Baptist Lauderdale
July 8	Baptist Collierville	July 23	Medical Alternatives
July 9	Baptist Tipton	July 24	Baptist Trinity
July 10-11	Baptist Golden Triangle	July 28	Baptist Memphis
July 14	Baptist Memphis	July 29	Baptist DeSoto
July 15	Baptist Booneville	July 30	NEA Baptist
July 16	Baptist Women's Hospital Baptist Union County	July 31	Baptist Huntingdon Shared Services (Corporate)
July 17	Baptist North Mississippi		Baptist Union City

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.

Beware of fraudulent sweepstakes award letters

A call to the Better Business Bureau of the Mid-South may have saved two Memphis women from becoming victims of fraudulent sweepstakes scams. Employees at a Memphis office recently were surprised to find out that not one but two of their coworkers had received award notification letters indicating they had won thousands of dollars.

Courtnee Cole's letter from Zycon Financial Corp. said that she had been selected as a winner in their annual Integrated Consumer's Clearing Awards. Her prize? \$40,000. But her funds would be "on hold" until she paid the required processing and administration fees on her winnings. Enclosed with the letter was a check made out to Cole for \$2,990. Cole deposited the check into her bank account but didn't immediately wire the money out because her bank told her there would be a seven-day hold on the check.

The BBB urges consumers to exercise caution if you receive a prize notification letter and not to, under any circumstances, send a check or wire transfer money to any individual or company that you don't know. As real as it may look, the check will not have any funds to back it up. The money that you will be wiring out will be your own. And within a few days, when your bank realizes that the check you deposited is fake, you will be held liable for the money sent to the scammers. This will be the case even if the bank makes the funds available for withdrawal.

Contact the BBB to report the scam at 901-759-1300, 800-222-8754 or www.bbb.org.

Stand fast therefore in the liberty wherewith Christ hath made us free.

Galatians 5:1



Going over old times

Jessie Cochran, right, has a laugh with Dr. Fenwick Chapel at the Baptist retiree reunion June 19 at the Memphis Zoo. Below, Rose Johnson, left, talks with Sally Nethery.



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.

AROUND THE SYSTEM

Mission

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And while their stories are quite different, they are tied by a common ministry of help, support and love.

What's for dinner?

Arrive about 15 minutes late for lunch, and it feels as if you're walking into a family of 30 on Thanksgiving. There's no telling who's going to be there, but guests are sure of two things – the food is going to be good, and the door is always open.

Teresa Vinson is chief quality officer at Baptist Union City. Teresa and her husband, Dale, live near the hospital, and lunch time at the house might mean any number of people, Baptist colleagues and others in the community, taking advantage of the Vinson's open door policy and coming over to eat.

Recently, just as many other days during the year, Vinson fixed a special lunch including sausage and potatoes, green beans, corn casserole and a green salad from the garden. Dessert was key lime pie and chocolate cake – and you had to have both. Baptist colleagues and community members showed up every few minutes to fix a plate and fellowship with others about community news and events. No one knocked – they just came in and said hello.

Vinson said she probably has people over for lunch or dinner at least four days a week. And guests this day include a few Baptist colleagues and the assistant director of the Obion County Library.

Another day that featured Dale's grilled chicken and strawberry cake brought at least 25 from the hospital out for lunch.

"Cooking is relaxing to me," Vinson said. "If I have a stressful day, there's nothing better than getting in the kitchen."

And Vinson doesn't just cook for employees. She's provided food for physicians and physician events, catered weddings and events for friends and colleagues, cooked for church functions, and made food to raise money. Lunch conversations at the Vinson's home revolve around food – what's been cooked and how it rated with other past recipes, ongoing experiments and future plans.

"The only thing I don't do is clean up," Vinson said.

But there's a long list of volunteers for that.

Vinson began by offering to host lunch-n-



Lorraine Gossett, director of HealthQuest Center for Wellness, shows Jim Leake different programs on the treadmill. Leake won one of HealthQuest's popular events, the Biggest Loser competition. Through the event, Leake continues to exercise and lose more weight. Even better, his family joins him most mornings to exercise.

learns nearly 10 years ago, but her status really blossomed because of the Hometown Walk of Hope.

"That's how this really evolved," she said. "During the auction for the cancer agency, I'd donate a lot of baked goods. I've always liked to bake."

Her heavenly chocolate cake brought \$200. Her rolls and breads are frequently part of physician meetings and other functions. More than one Union City colleague reported disgruntled physicians or community leaders found a way to forgive through Teresa's baked goods. She also sets a dessert table during Doctor's Dday events. Her baked goods and lemonade are popular staples of participants at the walk, and her cooking efforts helped the hospital team raise more than \$12,000 for the cancer agency this year.

From Baptist events, seminars and meetings for 20 people to community events involving hundreds, Vinson's passion is making sure there's something good to eat.

"I know all their favorites," she said. "You could say cooking is my ministry, and I love doing things to help others."

"Both Dale and Teresa are very giving people."

"Cooking is relaxing to me. If I have a stressful day, there's nothing better than getting in the kitchen."

— Teresa Vinson

said Don Hutson, CEO and administrator at Baptist Union City. "The hospital and the community are so much better because of their generosity."

Healthy body, healthy spirit

Lorraine Gossett used unorthodox techniques and some old-fashioned savvy to create a successful health and wellness center in Union City. A few short years after becoming director in 1994, not only was the wellness center becoming a focal point for the community, a local agency helping residents fighting cancer began to realize the power of a growing ministry.

HealthQuest Center for Wellness is just like other Baptist HealthPlexes throughout the system in that it's a center for rehabilitation and fitness. Baptist kept the name HealthQuest because of the community's familiarity with it. But similarities end there. When Gossett became director, she soon recognized the need for more space to accommodate more members.

"Everything was done from scratch," she said.

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Mission (Continued from page 3)

"People didn't know what wellness was."

Taking the age-old business practice of getting people in the door, Gossett began hosting community events and health screenings. Hosting events like blood donations through the bloodmobile may bring 300 or so to the fitness center. Other events and seminars are hosted there, including a karate class for children. Another big step was relocating HealthQuest to a larger, more conspicuous space.

"It's become a very recognizable place in the community," Gossett said. "We moved to our current location in 1997, and it's become the place everyone knows about for fitness, seminars and other events."

For karate classes, Weight Watchers and smoking cessation seminars, all you have to say is, "It's at HealthQuest."

HealthQuest also became a referral center for physicians whose patients needed a place for cardiac or other types of rehabilitation.

"We had bypass patients coming for a few weeks of rehab, then joining," Gossett said. "In addition, we have programs for seniors, pregnant women and post-partem women."

Many in the community have participated in HealthQuest's Biggest Loser competition, which Gossett began doing in December 2005. It's an eight-week weight-loss competition that offers significant prizes. The concept is similar to the TV show.

"It's not just women. We've had couples and men go through the competition, and we recently hosted a group competition," Gossett said. "In fact, one man who won the competition lost more than 70 pounds in eight weeks. When he began, he probably weighed more than 300. Participating in this probably lengthened his life by at least 15



Baptist Union City Administrator and CEO Donald Hutson fixes himself a plate during a lunch at Teresa Vinson's home. Vinson's baked goods and lemonade are popular staples at the Hometown Walk of Hope, an annual fund-raising event to benefit the Obion County Cancer Agency.

years."

What's better, Gossett says, is that his family and he arrive at 5:30 every morning to work out.

As Baptist Union City's industrial relations coordinator, Gossett administered more than 500 free flu shots last year to area industry.

Through this effort, the mission of physical health was expanded to a healing ministry guided by Galatians 6:2, "Carry each other's burdens, and in this way you will fulfill the law of Christ." That's when she became known as the lady who raises money for cancer.

"I wanted some of the money we raised through Relay for Life to stay here and help Obion County, and they (American Cancer Society) said 'no,'" Gossett said. "So we began focusing our efforts on organizing the Hometown Walk of Hope to help the Obion County Cancer Agency, which meets the needs of county residents diagnosed with cancer."

Her ministry began to blossom, and in a strange turn of events, Gossett's son was diagnosed with cancer last year.

"We prayed that God would use this to shape our life and learn," she said. Her son chaired this year's Hometown Walk of Hope, the agency's largest iuuu. "And out of my work for the agency, I started Refuge, a support group for cancer patients and their families."

This year's event raised more than \$180,000 to benefit needy cancer patients.

"I don't know what's in store for me, I just know there's no slowing down," Gossett said. "I think I connect somewhat with people because I know their story. More importantly, I know they need someone to hear them or someone to help them, and I'm there to do either one."

Baptist North Mississippi celebrates Men's Health Month with senior golfers



Baptist Memorial Hospital-North Mississippi joined the Delta Area Senior Golfers and Mallard Pointe Golf Course for a special tournament June 19 to celebrate National Men's Health Awareness Month. More than 140 participated in the scramble and were given door prizes. Melinda Gordon, community relations coordinator at Baptist North Mississippi, greeted each player with a gift bag of health information and golf items. The hospital will be hosting the annual Men's Health Fair in September to provide health education and screenings.

Migraines focus of 'Smart Medicine'

The July episode of WKNO's "Smart Medicine" health news-magazine features information and treatment options for migraine sufferers. In addition, the show, sponsored by Baptist, will feature information on summer salad ideas, tips on changing your strength training routine, Baptist's Expense Navigator and Down syndrome.

Show dates and times are July 24 at 7:30 p.m. on WKNO/WKNO-HD; July 25 at 12:20 a.m. on WKNO/WKNO-HD; July 26 at 3 p.m. on WKNO/WKNO-HD; and July 26 at 8:30 p.m. on WKNO2.

BBB alert: extended auto warranties – deceptive offers increase

The Better Business Bureau of the Mid-South has recently

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AROUND THE SYSTEM

detected a significant increase in deceptive mailings and phone calls regarding extended auto warranties. Local consumers say they are being harassed with phone calls.

Deceptive automobile warranty offers may come via mail or phone and often give the impression that they are from the manufacturer of the vehicle and are an extension of a current warranty when, in fact, they are not.

Warranty offers often try to create a sense of urgency by using language such as "Final Notice! Re-establish protection. Call within 72 hours."

They may actually identify your car or truck, further suggesting that the warranty company knows the details of your current warranty, although they are usually just buying mailing lists. Sometimes, the offer references a vehicle you owned in the past.

Many of these companies are located in the St. Louis area and many have unsatisfactory records with the BBB there. BBB suggests that consumers who receive such offers check out the company with the BBB. If you determine the offer is legitimate, be sure you understand the coverage and any exclusions.

Baptist colleagues raise more than \$8,000 for March of Dimes

Baptist recently received recognition and awards for support of the 2008 March of Dimes' March for Babies. The event, co-chaired by Baptist Memorial Health Care President and CEO Stephen Reynolds and Baptist Memorial Hospital for Women Administrator and CEO Anita Vaughn, raised more than half a million dollars for the March of Dimes. Baptist colleagues raised more than \$8,000 in addition to Baptist's \$25,000 corporate gift. The Corporate Building's team won first-place awards for online and team fundraising. In addition,



New rides at Baptist Memphis

The new guest shuttles at Baptist Memorial Hospital-Memphis are proudly displayed by their drivers, Stella Barnes, Torron Fields and Elaine White.

Baptist received a Chairman's Club Diamond Award for its corporate gift.

Semmes-Murphey seminar

Semmes-Murphey Neurologic & Spine Institute is hosting an educational seminar on spinal cord stimulation for relief of chronic pain. Claudio Feler, MD, is hosting the free seminar from 6-7 p.m. July 16 at Semmes-Murphey Clinic at 6325 Humphreys Blvd. A question-and-answer session will follow the presentation. Although there is no charge to attend the seminar, registration is recommended and can be made by phoning 901-522-2619 or going online at www.semmes-murphey.com.

Healthy churches answer challenge

Christ Missionary Baptist Church members lost a total of 450 pounds to earn top honors in Grace magazine's 2008 Healthy Church Challenge. Baptist is a sponsor of the friendly competition. About 10 churches competed this year, losing a total of nearly 900 pounds. The top three individual winners for the event were Tameka Seldon, who lost 32 pounds; Latesha Fitzgerald, 28 pounds; and Portia Robinson, 27. Second- and third place churches were Breath of Life Christian Church and Olivet



Baptist Minor Med-Rehab ribbon cutting

A group of Baptist Minor Med and Rehab colleagues gather outside Baptist Minor Medical and Rehabilitation Center-Bartlett recently for a ribbon cutting commemorating relocating to a new building on Highway 64 in Bartlett. Baptist operates four Minor Medical Centers throughout the metro-Memphis area, including a center in Olive Branch, Miss. Serving between 8,000 and 9,000 patients a month, the centers provide a combination of urgent care, workers' compensation and a broad range of occupational health and preventive services.

Fellowship Church.

Baptist Collierville welcomes new surgeon

Baptist Memorial Hospital-Collierville recently welcomed Dr. Lovell Smith to its hospital surgical staff.

Smith earned his medical degree from the Indiana University School of Medicine in Indianapolis. Prior to relocating to the Memphis area, Smith practiced in Crown Point, Ind., at St. Anthony Medical Center. He joined Collierville Surgical Associates on June 2.

Smith has postgraduate training in many laparoscopic surgery techniques, including gastrointestinal endoscopy. His main interests include laparoscopic gallbladder, appendix, colon, spleen and anti-reflux surgeries. His laparoscopic colon work, in particular, has centered on colorectal cancer and inflammatory diseases of the colon and small bowel.

CLASSIFIED ADS

YARD SALE

- Three-family garage sale July 19 at 640 Featherwind Cove South in Cordova, furniture, clothes and household items for sale.

REAL ESTATE

- Cordova home for sale, large corner lot, 3 BR/2.5 BA, bonus room over two-car garage, master bath with Jacuzzi and walk-in closet, ceramic tile in kitchen with island, two gas fireplaces, fenced back yard with 30-foot above-ground pool and large two-level deck, detached 30X12 workshop, \$189,000. Call 901-848-7826.
- Totally remodeled Memphis home for sale at 8291 Walnut Grove, 4 BR/2 BA, hardwood flooring, corian and stone countertops, new cabinets and hardware, new lighting, small swimming pool with new liner and equipment, hot tub, renovated master suite and many more extras, \$209,000. Call 901-647-6304 for viewing appointment or information.
- More than three acres in south central Tipton County, about two miles north of Shelby County in the Dove Heights subdivision off Hwy. 14, \$55,000. For information, call 901-873-1013.
- Memphis duplex for rent at 3459 Woodhollow, 2 BR/1.5 BA, walk-in closet in second bedroom and double closet in master bedroom, separate LR/DR, washer and dryer connection, central heat and air, stove furnished, \$600 per month, \$500 deposit, no pets. Call 901-345-3167.
- Memphis two-story townhouse for sale in Chatham Village, 2 BR/1.5 BA, gated community, new appliances, updated kitchen and baths, located close to the pool, \$96,000. Call 901-233-1828.
- East Memphis home for rent at 5725 Angela, \$2,490 per month, 4 BR/3 BA, bonus room with refrigerator, kitchen with all appliances and pantry, laundry room and storage room, oversize master suite with fireplace and Jacuzzi and two walk-in closets, wall-to-wall carpets and hardwood flooring, woodburning fireplace in den and security system. Call 901-490-6840.
- Horn Lake home for sale, 3 BR/2 BA, 1,495 square feet, brick, hardwood, granite counters, fireplace, marble Jacuzzi, two-car garage and attic, \$129,900. Call 662-342-1543 or visit www.owners.com/WTP5058.

VEHICLES

- 1991 Lexus LS400, black, leather, sunroof, good condition, \$1,900. Call 901-338-2489.
- 1987 Mercedes 300D, desert taupe, leather, diesel, well kept, runs, \$3,000 OBO. Call Tee at 901-384-0896.
- 1984 Lincoln Continental, white with blue interior, runs and looks great, \$1,200. Call 901-864-3826.
- 2003 Ford Explorer Sport, 2 dr, navy, about 28 mpg fuel economy, 94,000 miles, \$4,500. Call 901-326-0687.
- 2001 Jeep Cherokee 4D sport for sale, gray, 90,000 miles, great condition, 6 cyl., 2WD, auto, air, CD, power, cruise, \$4,340. Call 901-496-1703.

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.

- 2003 Harley Davidson Softail, black, anniversary edition, 7,600 miles, 1450 cc engine, fuel injected, alarm system, \$10,500. Call 662-236-1581.

SERVICES

- Mobile car wash and detailing, trucks too. Call 901-292-6288.
- Home renovations and remodeling, decks, fencing and more, free estimates. Call Gabe at 901-496-8745.
- Residential air-conditioning repair and installation, HVAC-certified, free estimates. Call Tony at 901-674-1074.
- Handyman, construction and lawn care. Call 901-292-6288.

MISCELLANEOUS

- White wedding gown, size 8, strapless with beadwork and embroidery, \$650. Call 901-218-6842.
- Eight tickets to Six Flags St. Louis good for general admission on any operating day through Sept. 28, 2008. Will split tickets up and sell a group of four tickets for \$20 each or all eight for \$15 each. Call 901-873-1013.
- Evenflow foldup front and back double stroller, black, snack tray, storage compartment underneath, \$40 OBO. Call 901-351-8173.

- Elliptical exercise machine, \$40; stair stepper, \$60; row machine, \$20; wedding dress, antebellum, size 7-8, with hat and slip, \$60; Disney, exercise movies, VHS, \$1.50 each, can e-mail list of titles; two scooters, \$50. Call 901-867-8407 and leave a message.
- Coach purse with wallet, four months old, black signature with black leather trim, wallet is all black leather, \$120 for both. Call 901-368-5522.
- Graco Magnum XR-9 airless spray paint system, new in box, never used, heavy build quality, made in USA, continuous duty contractor-grade, \$525 OBO. Call Robert at 901-412-2731.
- Medela Pump-In-Style breast pump, includes messenger-style bag with insulated section, battery pack, three ice packs and all necessary parts, \$75. Call 901-826-4551.
- Stanley lawn tractor, hydro-automatic, 42-inch cut, 17.5 hp with canopy, \$550; Cub Cadet lawn tractor, hydro-automatic, 2000 series, 42-inch cut with grass catcher, \$650. Call 901-497-3003.
- Rally Pride 3-wheel scooter, two years old, sheepskin seat cover, rain cover, basket, headlights, excellent condition, \$800; truck/car carrier for scooter or wheelchair, \$400; miscellaneous handicap items, bath chair, bedside chair commode, transfer board from bed to scooter or chair, \$150; manual wheelchair, standard size, good condition, \$250. Call 901-603-0796.
- 1.05 carat 3-stone diamond engagement ring, GIA-certified .69c oval center, .36c side pears, 14K white gold mounting, brand new, \$1,950. See pictures at <http://members.tripod.com/~JonsAuto/Diamond>. Call 662-342-1543.

HOUSEHOLD

- Ashley glass, wood coffee table with wrought iron legs, \$85. call 901-368-5522.
- Mission-style oak dining room table with two hide-away leaves, two captain and four straight highback chairs, great condition, 88X42 with both leaves in place, \$800 OBO. Call 901-737-2600 and leave a message.
- Solid wood cherry finish sleigh style crib including mattress, \$100; lavender and butterfly patterned complete crib bedding set includes comforter, bumper pad, dust ruffle, lamp shade, window valance, diaper stacker, mattress pad, musical mobile and three matching sheets, \$75; both for \$150. Call 901-826-4551.
- Roll top desk with chair, \$250; six-piece master suite, \$600; 11-piece wrought iron patio furniture set, \$350; General Electric refrigerator, 25 cubic feet, black, \$600; Frigidaire 17 cubic foot refrigerator, white, \$200. Can e-mail photos. Call 901-484-0678.
- Entertainment center, 54X48X18, \$50; coffee table and two end tables, \$200. Call 662-342-1543 or visit <http://my.att.net/p/PWP-Radu>.

WANTED

- Carpool to Corporate Building from Olive Branch 2-3 days a week, nonsmoker. Call Ann at 662-893-7892.

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