

ENCORE

Published specifically for the retirees of the Baptist Health System

Summer 2018

Member Spotlight

Margaret Gracianette

By

Suzanne Challiss & Karen Gracianette

baptisthealth system

Answering the call.

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Montclair retiree Margaret Gracianette's life has been influenced by a rich heritage blending the cultures of North America and Central America and a large, loving family. Her mother, born in America, grew up in Honduras where her father owned several hotels. Margaret was born Ana Margarita Torres in San Pedro Sula, Honduras, in 1936, the second of seven children. Fun-loving and vivacious, Margaret jokes that new people remember her when she tells them just to remember "*Margarita on the Rocks*"

As a child, Margaret attended a private Christian school that afforded an outstanding education. Margaret's mother was school secretary and taught English at the school and in the community. Margaret's parents placed a very high value on education. "I was expected to excel in my studies and so I did," she recalls. "At home I was taught manners, discipline, cultural, social and spiritual values." At school, in addition to typical academic subjects, Margaret was taught the classics, voice lessons, and typing, plus valuable life skills in sewing and gardening. Her top-notch secondary education expanded into art, classical music, French, advanced sciences and math. After graduating at the top of her class (valedictorian), Margaret decided to pursue a career in the medical field. She was offered a scholarship at Deaconess Hospital School of X-Ray in St. Louis, Missouri. Following graduation from the two-year program in 1956, Margaret moved to New Orleans to live with her older sister and brother-in-law. The three began planning and saving money to bring her American-born mom and her remaining brothers and sisters to the United States to live.

In 1956 Margaret met her future husband, Arthur John Gracianette, who was working at the time as a baker. They married two years later.

The young couple shared a passion for dancing and they taught ballroom dance classes until the

birth of their daughter Karen in 1960. During the next few years, they stayed busy building a family, and opening several restaurants in and around New Orleans. While helping to run the restaurants, Margaret gave birth to daughters Geree in 1962, Kim in 1963, and a son Arthur John, Jr. in 1964.

In 1976 Arthur's job as sales representative for Broaster Chicken franchises brought the family to Birmingham. Margaret got a job working at Baptist Montclair in Radiology. After several years, she went back to college at UAB for additional studies in radiation oncology. Margaret worked in the Cancer Center at Montclair for 26 years, retiring in 2005. During her career, she was honored as Employee of the Month and Employee of the Year. While at Montclair, three of her children worked at the hospital in three different departments. Daughter Karen, while attending college and acting in stage productions, worked the midnight shift in the cafeteria. Daughter Geree worked in the Cardiac Lab, and son Arthur, Jr., worked as a courier for the Lab while a student at John Carroll High School.

After their children grew up and moved on Margaret and Arthur found a renewed interest in dancing, and joined several dance clubs. The lively duo goes out dancing four times a week. Unfortunately, in **Sept 2016**, Margaret suffered a heart attack and remained in SICU for 16 days, until she was ready to rehab at home. *Today*, she still loves to go dancing, but **only** a few times a month, for short periods of time because of her newly found health limitations.

Margaret loves traveling the world, gardening, and was very proud to have volunteered for Her Choice Women's Center, a **pro-life** organization. Family remains her passion and priority. She enjoys her six grandchildren and loves family gatherings for birthdays, weddings here and in New Orleans.

REMEMBER THOSE WHO SERVED

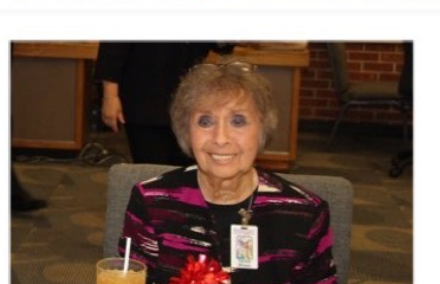


ALL GAVE SOME, SOME GAVE ALL

"In God We Trust"



BHSRO 2018 Spring Meeting



Baptist Health System Retiree Organization

Established 1991

BHSRO 2018 Spring Meeting



Revisiting the Memories

Material from "The First Fifty" by Janie Lott
and BHS Publications

Birmingham Baptist Hospital began operation in 1922 with a small infirmary, when the Birmingham Baptist Association contracted with Dr. William Christopher Gewin and acquired the Birmingham Infirmary and Nursing School, then located on Tuscaloosa Avenue, with not one dollar of operating capital.

It was rough going from the very beginning and the fledgling hospital's founding fathers worked hard to keep their dream of a Baptist hospital alive. Even though BBH operated its own nursing school, only four graduate nurses were actually employed by the hospital. They and around 60-70 students cared for 90 patients. Nursing students entered school at any time of the year and went to work the same day, caring for patients as well as doing most of the cleaning of the patient units.

The original hospital building was a large farmhouse or plantation that was constructed around 1900. The rooms were large and handsomely furnished, accommodating 150 beds. It boasted a laboratory "as good as could be found anywhere", 30 rooms with accessory equipment, both pathological and x-ray equipment and many private rooms.

Dr. J.M Long, from Georgia Baptist Hospital in Atlanta was the first superintendent, and Dr. J.D. Heacock, the first chief of medical staff. Any "reputable and ethical physician" was welcome to admit patients. 1,544 patients were admitted that first year from 33 states. The average cost per patient day was \$4.31. According to book-keeper records, daily charges were \$2 for a ward bed, \$5 for a private room and \$10 for the operating room.



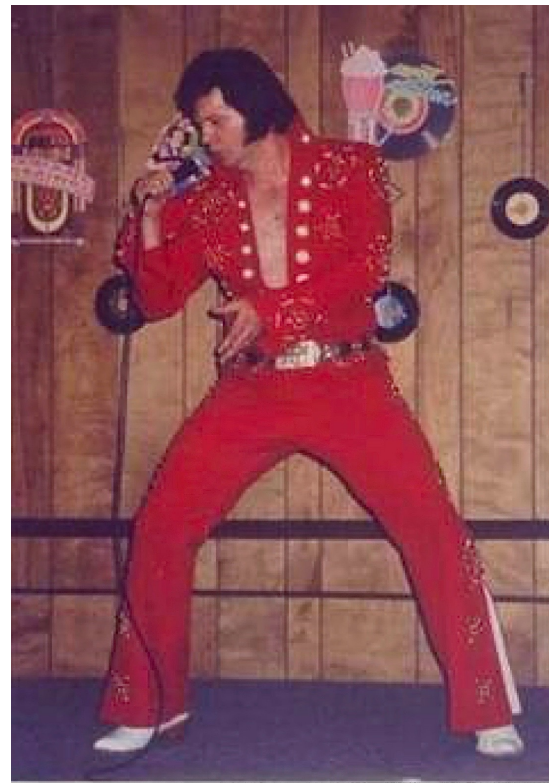
Summer Entertainment with Robert Glass A Musical Memory Lane

Join us on August 14, 2018 to take a trip to the music of "back in the day" with Robert Glass known for his Tribute to Elvis performances.

Robert Glass has won International Elvis and many other awards. He has performed for President Carter and his family entertained at the anniversary party of U.S. Attorney General Jeff Sessions, performed on cruise ships and in Las Vegas Shows.

The past twenty years he has performed as Elvis Impersonator along with his wife Pam, in their own show called "Elvis and Country Legends". Their music is from some of the greatest singers such as Conway Twitty, Loretta Lynn, George Jones, Tammy Wynette and Patsy Cline.

They perform a variety of different singers and music along with a variety of Gospel music.



"Thank You Very Much"

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.

- **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



BHSRO 2017 Directory Update

Copies of the 2016-2017 Pictorial Directory will be available at all 2018 meetings.

Copies will not be mailed to members unless by written request to BHSRO4102@gmail.com or by phone to Ron Koonce at 205-222-4495.

**"THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE OLD,
BUT ON BUILDING THE NEW."**

~SOCRATES

Happy Birthday

July	8/07 Angelene Hurst
7/01 Delores Cheeks	8/08 Jewelene Wesley
7/01 Lyn Mardant	8/13 Dot Claunch
7/01 Larry Thomas	8/13 Drew Dorris
7/05 Brenda Ingle	8/14 Ruby Hand
7/06 Don Landers	8/15 Josephine Wallace
7/10 Shirley Hendrix	8/19 Charles Pieplow
7/11 Margaret Armitage	8/20 Gary Fisher
7/11 Glenda Parsons	8/23 Larry Barr
7/14 Donna Walker	8/26 Debra Hyle
7/20 Stan Challiss	8/30 Sarah Barbour
7/20 Donna Kilpatrick	8/30 Nancy Murphree
7/22 Susan Peters	September
7/25 Chestine Read	9/03 Suzanne Challiss
7/28 Susan Moore	9/04 Pat Beck
7/31 Sandy Barr	9/04 Dotty Greene
August	9/04 Sandra Whalen
8/02 Stan Lofton	9/13 Jim Choate
	9/14 Anita Gray

same is true of our time spent with Him. He says "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth" Psalm 46:10 NIV. Take some time to be still, relax, deep breath and listen to God's creation. Not only will you be surprised by the various sounds you hear, you will experience a peace that comes from slowing your mind, even if its just for a moment.

Linda Story
Councilor
First Baptist Church Pelham

RENEW Your 2018 Membership

There is still time to renew your 2018 membership. If you have not renewed your membership, now is the time to send your membership renewal form and dues with your Spring luncheon meeting reservation. See page 7 for the membership form. Renewals are due now. Do not miss out on the benefits of being an active member.

If you have paid your 2018 dues, please mark the notation on your reservation form.

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



Spiritual Thoughts



Being Still

The act of being still often eludes us. We find ourselves caught up in the rat race of life. Running to and fro while scarcely stopping to enjoy where we just ran from and exactly what it is we are running to. It's no wonder that so many people both young and old, struggle with stress and anxiety.

A useful exercise in learning to be still is to practice *mindfulness*. In other words, learning to be in the present and not focusing on the past or future. I offer precise mindfulness with my patients while teaching deep breathing exercises. This exercise begins by sitting quietly with your eyes closed and inhaling through the nose, very slowly to the count of five. After doing this twice the patient is instructed to listen to the various sounds. Some sounds may be soothing and some may not be. It never ceases to amaze me when I hear sounds that often go unheard because I tune them out. Deep breathing exercises cause a relaxation response which competes with the stress and anxiety.

Once while practicing mindfulness, I became aware of the sound I seldom hear, God impressed upon me the

Future Meetings

Luncheons

Tuesday, August 14, 2018

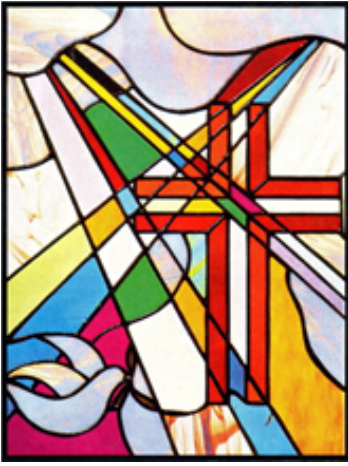
Tuesday, December 4, 2018

Board Meetings

Tuesday, October 9, 2018

Trivia Quiz Answers

- | | |
|-------------------|----------------|
| 1. Amelia Earhart | 7. Jane Wyman |
| 2. CD | 8. Apollo 11 |
| 3. 24 | 9. 100 |
| 4. Hydrogen | 10. Scarface |
| 5. Sputnik I | 11. Carbon |
| 6. US Civil War | 12. Tin/Copper |



*Do You Know a retiree who is
NOT a member of BHSRO? Invite
them to join for 2018 and their
first LUNCH IS FREE!*

Enjoy benefits of membership:

- First time 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 & 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 at



Email: bhsro4102@gmail.com

Visit website: www.bhsro.com

2018 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:

Micah McMeans,

Baptist Health Foundation Ridge Park Plaza

P.O. Box 830605, Birmingham, AL 35283-0605



Summer Luncheon

Make your reservation for Tuesday, August 14, 2018

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

When: Tuesday, August 14, 2018

Where: Haynes Building - Princeton BMC

(East side of the hospital adjacent to Parking Deck) -
See directions on Page 5

Menu: Glazed Pork Loin, Fresh Turnip Greens, Black Eye Peas, Macaroni & Cheese, Cole Slaw, Peach Cobbler, Corn Bread Muffins, Coffee, Tea and Water

Entertainment : Robert Glass and wife, Pam, will perform songs by a variety of different singers and music along with a selection of Gospel music.

Advance reservations are required to allow us to provide for adequate seating and meal serving.
(See reservation form below)

Baptist Health System Retiree Organization

Tuesday August 14, 2018 Summer Luncheon Reservation Form

Princeton Haynes Auditorium

Complete form and return along with your check by August 7, 2018

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

Micah McMeans,
Baptist Health Foundation Ridge Park Plaza
P.O. Box 830605, Birmingham, AL 35283-0605

Name: _____

Members: Please make reservations(s) for: Myself My spouse @\$12 each \$_____

Guest Reservations: I'm bringing _____ guest @ \$12 each \$_____

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

Total \$_____

I have already paid my 2018 BHSRO dues of \$15.00. I have not paid my 2018 BHSRO Dues.

President's Message

Singing A Wonderful Song

There is a saying around the Tuxedo Junction section of Ensley, "The man who sings his own praise will usually be singing a solo and will almost always pitch the song much too high." How true.



We will have ELVIS (Impersonator) in the building on August 14th for our luncheon entertainment!! He has won "International Elvis" and many other awards. His wife, Pam, also performs with him and they do some of the greatest singers. Mark your calendars now !

A few miles west of Birmingham lies the community of Powderly. It is a small but proud Jones Valley community made up of young and old sprinkled with a little good and bad.

As the story goes a stranger was spotted entering a certain dwelling. You can use your imagination as to the type of dwelling. Several residents saw him go in but did not see him again until he departed over an hour later. Each one began to speculate as to why he had entered the building.

"He went to fill his belly," said the glutton.

"He must have gone in to do bodily harm," said the devious, cold blooded one.

"No, he went in to have a drink," replied the sot.

"I think" said the kind librarian, "that he must have entered to lend a book to a friend or to do some work of benevolence".

Each observer answered in harmony with the trend of their thinking. The speculation of each was governed by what he or she might have done under

similar circumstances. Wouldn't it be wonderful if we all could jump at opportunities rather than jump at conclusions.

Throughout the year the Baptist Health System Retiree Organization provides numerous opportunities to get together to learn, enjoy and reminisce and people can come to only one conclusion about our group...

"There is something good going on there," said the scholar.



20 things to start doing in your RELATIONSHIPS

- Free yourself from negative people.
- Let go of those who are already gone.
- Give people you don't know a fair chance.
- Show everyone kindness and respect.
- Accept people just the way they are.
- Encourage others and cheer for them.
- Be your imperfectly perfect self.
- Forgive people and move forward.
- Do little things every day for others.
- Always be loyal.
- Stay in better touch with people who matter to you.
- Keep your promises and tell the truth.
- Give what you want to receive.
- Say what you mean and mean what you say.
- Allow others to make their own decisions.
- Talk a little less, and listen more.
- Leave petty arguments alone.
- Pay attention to your relationship with yourself.
- Pay attention to who your real friends are.
- Ignore unconstructive, hurtful commentary.

Period Ending June 30, 2018

Cash Balance - March 31, 2018 \$ 1,875.68

Receipts:

Luncheon \$ 978.00

Total Receipts \$ 987.00

Disbursements:

Luncheon(5/22/18) \$ 563.20

Door Prize \$ 25.00

Entertainment \$ 100.00

Table Decorations \$ 31.90

Website Renewal \$ 180.00

Total Disbursements \$ 900.10

Cash Balance June 30, 2018 \$ 1,953.58

Some Men & Women Humor!

Bookseller conducting a market survey asked a woman, "Which book has helped you most in your life?" The woman replied, "My husband's check book!!"

A prospective husband in a book store "Do you have a book called 'Husband - the Master of the House?'" Sales girl: "Sir, fiction and comics are on the 2nd floor!"

Someone asked an old man: "Even after 70 years, you still call your wife - darling, honey, luv. What's the secret?" Old man: "I forgot her name and I'm scared to ask her."

COOL MESSAGE BY A WIFE: Dear Mother-in-law, Don't teach me how to handle my children. I am living with one of yours and he needs a lot of improvement!

When a married man says, I WILL THINK ABOUT IT- what he really means is that he doesn't know his wife's opinion yet.



1. Who was the first woman to fly solo across the Atlantic ocean? _____
2. What is 400 in Roman numerals?.
3. How many carats is pure gold? _____
4. What is the most common atom in the universe? _____
5. What was the name of the Earth's first artificial satellite? _____
6. What war saw the most Americans die? _____
7. Who was Ronald Reagan's first wife? _____
8. What was the name of the first manned mission to land on the Moon? _____
9. What does the Roman numeral C represent?
10. Al Capone's nickname? _____
11. What Element is Diamonds made of?
12. Bronze is an alloy of what two metals? _____

Select answers to above questions from below:

Add Possible answers

- | | |
|-------------------|--------------------|
| A. Amelia Earhart | J. WWII |
| B. 24 | K. Jane Wyman |
| C. 18 | L. C |
| D. Nitrogen | M. Boss of Chicago |
| E. Carbon | N. Tin/Copper |
| F. Hydrogen | O. Scarface |
| G. Lead/Copper | P. CD |
| H. Apollo 13 | Q. Apollo 11 |
| I. US Civil War | R. Sputnik I |

Answers on page 6



The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.
William Arthur Ward

Liveyoureverydayextraordinary.com

Health Tips

More Adults Struggling with IBD

An upset stomach from time to time is normal. But having constant belly pain, diarrhea, and unexplained weight loss may be signs of inflammatory bowel disease—or IBD for short. The latest data shows this chronic disorder is afflicting more people than ever before.



Findings to digest

IBD is an umbrella term. It refers to a number of conditions that cause swelling, redness, and damage to the intestines. Two of the most common are ulcerative colitis and Crohn's disease. The former mostly harms the large intestine. Crohn's disease, on the other hand, can spread throughout the whole digestive tract.

Since 1999, the number of U.S. adults with IBD has close to doubled. In a recent study, researchers from the CDC found that 3.1 million adults now struggle with the disease. They based this finding on data from the National Health Interview Survey (NHIS).

The NHIS is a yearly survey. It asks health-related questions to a sample of households across the country. Researchers used the answers to estimate how common IBD is. They also found that the disease is more common in adults ages 45 and older. And it's more likely to occur in Caucasians.

More facts about IBD

Worldwide, cases of IBD have been on the uptick. People with certain genes or a family history of the disease are more likely to develop it. In these people, environmental factors may help trigger IBD. These may include smoking, using antibiotics at a young age, not being breastfed, having low levels of vitamin D, and eating lots of red meat and sugar-filled foods. IBD is a type of autoimmune disease. The immune system attacks itself, causing parts of the digestive tract to become swollen and inflamed. As a result, the body can't absorb nutrients or water as it should. The symptoms of IBD can be quite debilitating. Some people with it even suffer from anxiety and depression. Physical symptoms may include:

- Diarrhea, which may sometimes be bloody
- Weight loss
- Lack of appetite
- Rectal bleeding
- Joint pain

- Fever
- Constant Stomach Pain

These symptoms tend to come and go. Medicines may help prevent flare-ups. You may also be able to ease symptoms by curbing stress and not eating certain foods, such as those that are spicy and fried. In some cases, you may need surgery to remove or fix the damaged part of the digestive tract.

IBD or IBS: What's the difference?

Inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS) may sound like similar conditions. They may even share some symptoms, like diarrhea and stomach pain. But IBD and IBS are very different.

IBD is a chronic condition that damages the digestive tract over time. IBS may last for months to years. But it doesn't cause lasting injury to the body. If you think you may have either condition, talk with your healthcare provider. He or she can do some tests to pinpoint the cause of your digestive troubles.

Learn [more](#) about Crohn's disease, the most common type of IBD.

Online resources

[American Academy of Family Physicians](#)

[American Heart Association](#)

Source: Brookwood Baptist Health

IBD Diet Tips While Away From Home

When it comes to eating out, try to choose foods that would be the most similar to what you would eat at home. Order sauces and dressings on the side, avoid fried food, ask for limited spices, avoid foods that are oil-heavy, have a small portion of dessert, and don't overeat!

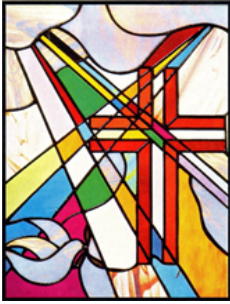
When you are at a party or a friend's house, if possible, let the host know your food preferences and needs, but if you cannot, then stick with the food you know you are safe with and have only a small portion of a known trigger food. If you are still hungry, eat when you get home.

Although, IBS can be challenging when it comes to food, it is important to take the perspective that there are still many foods to enjoy. Most importantly, start with a balanced and regular diet and then try the foods discussed above. If you are still experiencing symptoms, keep a food-symptom diary to help rule out the trigger foods and point out your safe foods. Most importantly... Enjoy and *Bon Appetit!*

Source: WebMD



P.O. Box 830605
Birmingham, AL 35283-0605



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Baptist Health System Retiree Organization

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