

# ENCORE

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



**Spring**  
May 2024

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*"May God Bless America"*

*"In God We Trust"*



## SPRING HAS SPRUNG



Isn't Springtime wonderful? Warmer temperatures, flowers blooming, baseball, hot dogs and apple pie. Spring is all about new beginnings and transformations. It's a season that symbolizes starting fresh and starting over. After months of cold temperatures that often result in many of us feeling the Winter blues, Spring reawakens us and our surrounding environment, bringing everything back to life. We look forward to Good Friday, Easter, Memorial Day and Mother's Day... all Spring highlights.

The Baptist Health System Retirees enjoy getting together for lunch every three months including a Spring gathering. We have a good time fellowship and reminiscing, share a nice lunch and hear a wonderful program. During the last year we have had 4 to 6 new members at each meeting. And, we are excited that since our last gathering we have had several ask to be added to our mailing with plans to attend.

Back during the depression, a visitor came through the west side of Birmingham just a few blocks from Baptist Princeton. Night was approaching and the people were hurrying through the streets. The visitor noticed that each person was carrying a bronze lamp and he asked what was going on.

A preacher standing nearby responded. "These people are going to church. When the church was built it was decided that each member would bring their own light to light the service. There is no other way to light the church building and everyone goes to make it brighter. Each one understands if they are not there, the church will be darker."

Incredibly fascinated, the visitor went to the meeting house and there he spotted a place to

hang the lighted lamps on every seat. As more and more of the members arrived the building became brighter and brighter.

Why don't you make plans to light up Haynes Auditorium with your bright smile at our next BHSRO luncheon on Wednesday, May 15. Birmingham City Councilor, Crystal N. Smitherman will be our guest speaker. She serves the residents of District 6 (including Baptist Princeton).

Elsewhere in this newsletter you will find more on Crystal and the luncheon sign up form. 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.

***A kind word is like a spring day."** — Russian Proverb*

**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 one step to level access through the back entrance located adjacent to the parking deck. Sidewalk from the rear 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, 2024

**Cash Balance - December 31, 2023** \$ 2,323.76

Receipts:

2/14/24 Luncheon	\$ 600.00
Membership	\$ 827.00
<b>Total Receipts</b>	<b>\$ 1,427.00</b>

Disbursements:

Luncheon	\$ 736.02
Door Prize	\$ 25.00
Table Decor	\$ 36.94
<b>Total Disbursements</b>	<b>\$ 797.96</b>

**Cash Balance March 31, 2024** \$ 2,952.80

## Future Meetings

### Luncheons

August 14, 2024

November 13, 2024

### Board Meetings

July 10, 2024

October 9, 2024



**Spring Luncheon**  
**Make your reservation for Wednesday May 15, 2024**

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

- When:** Wednesday May 15, 2024,  
**Where:** Haynes Building - Princeton BMC  
 (East side of the hospital adjacent to Parking Deck. See directions on Page 2)  
**Menu:** Pot Roast w/hearty vegetables, Mashed Potatoes and Gravy, Southern Green Beans,  
 Rolls, Oreo Delight Dessert, Sweet and Unsweet Tea  
**Speaker:** Birmingham City Councilor Crystal N. Smitherman

**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*  
*Spring Meeting*  
*May 15, 2024*

**Complete form and return along with your check by May 8, 2024**

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

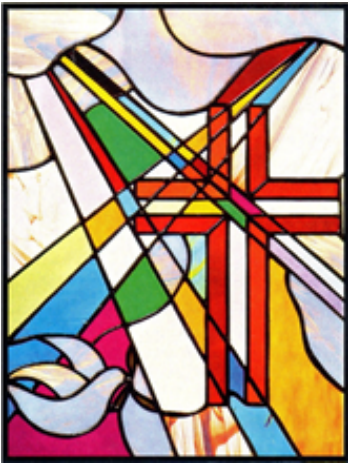
Name: \_\_\_\_\_

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 2024 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](http://www.facebook.com/BHSRO) At Email: [bhsro4102@gmail.com](mailto:bhsro4102@gmail.com)

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

**2024 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: \_\_\_\_\_

<b>Membership Dues</b>	<b>\$ 25.00</b>
<b>Associate Dues</b>	<b>\$ 15.00</b>

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 Spring Speaker

## Crystal N. Smitherman

Birmingham City Councilor Crystal N. Smitherman has been serving the residents of District 6 since she was first appointed to the vacant seat on January 2, 2019. She has since been reelected twice and is the youngest serving member on the Council.



In 2019, Councilor Smitherman earned her Juris Doctorate Degree from the University of Alabama School of Law and graduated from Hampton University with honors in 2015. She has worked extensively as a Legal Intern for several law firms in the City of Birmingham and served as an Outreach Education Contractor for Girls Inc. Councilor Smitherman was admitted to the Alabama State Bar in the fall of 2019. She currently practices with her father at Smitherman Law Office, LLC. Some key legislative accomplishments include:

- Chair of the Birmingham City Council's Budget and Finance Committee
- Guided efforts to allocate American Rescue Plan funding to neighborhood revitalization efforts throughout the city
- Supported & Voted on pilot program for guaranteed income for single mothers
- Spearheaded with the Mayor & Supported efforts to invest in modernizing citywide trash collection by implementing uniform bins at every household
- Launched monthly District 6 Farmer's Markets in food deserts in her community
- Led City Council's effort to passing resolution declaring Birmingham a Human Trafficking Free Zone

### *Lessons of Success*

1. When interviewing a grandmother, I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."
2. A business man in his 70's was asked what is his top 3 tips for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."

## The Laws of Life

Law of Gravity – Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

Variation Law – If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

Law of Close Encounters – The probability of meeting someone you know INCREASES dramatically when you are with someone you don't want to be seen with.

Law of the Result - When you try to prove to someone that a machine won't work, IT WILL!!!

Law of Physical Surfaces – The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

## RENEW Your 2024 Membership

**It is time to renew your 2024 membership.**

It's time again to renew your membership for 2024. You can send your renewal form with your Spring 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*

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)



## Today in History - May 15

On May 15, 1948, hours after declaring its independence, the new state of Israel was attacked by Transjordan, Egypt, Syria, Iraq and Lebanon.

On this date

In 1862, President Abraham Lincoln signed an act establishing the Department of Agriculture.

In 1928, the Walt Disney cartoon character Mickey Mouse made his debut in the silent animated short "Plane Crazy."

In 1967, the U.S. Supreme Court, in its unanimous *In re Gault* decision, ruled that juveniles accused of crimes were entitled to the same due process afforded adults.

In 1970, just after midnight, Phillip Lafayette Gibbs and James Earl Green, two Black students at Jackson State College in Mississippi, were killed as police opened fire during student protests.

In 1972, Alabama Gov. George C. Wallace was shot and left paralyzed while campaigning for president in Laurel, Maryland, by Arthur H. Bremer, who served 35 years for attempted murder.

In 1975, U.S. forces invaded the Cambodian island of Koh Tang and captured the American merchant ship *Mayaguez*, which had been seized by the Khmer

Rouge. (All 39 crew members had already been released safely by Cambodia; some 40 U.S. servicemen were killed in connection with the operation.)

In 1988, the Soviet Union began the process of withdrawing its troops from Afghanistan, more than eight years after Soviet forces entered the country. In 2000, by a 5-4 vote, the U.S. Supreme Court threw out a key provision of the 1994 Violence Against Women Act, saying that rape victims could not sue their attackers in federal court.

In 2007, the Rev. Jerry Falwell, who built the Christian right into a political force, died in Lynchburg, Virginia, at age 73.

In 2009, General Motors told about 1,100 dealers their franchises would be terminated.

In 2015, a jury sentenced Dzhokhar Tsarnaev to death for the 2013 Boston Marathon bombing that killed three and left more than 250 wounded.

In 2020, President Donald Trump formally unveiled a coronavirus vaccine program he called "Operation Warp Speed," to speed development of COVID-19 vaccines and quickly distribute them around the country. Comedic actor Fred Willard, whose films included "Best In Show" and "Anchorman," died at 86.

### *In Memory*

*Marcia Warren*

*March 9, 1943-December 31 2023*

Marcia Lynn Warren passed away peacefully on December 31, 2023. She was born in Dowagoac, MI and after high school she moved to Washington, D.C., Virginia, Tennessee, Mississippi and finally settled in Alabama where her accent perplexed a lot of people. She worked in Human Resources at the Baptist Medical Center and after retiring, she joined the BHSRO and she gave thousands of hours in volunteer time to the hospital gift-shop. She tied the best bows. After her husband, Don Warren, passed away, she



moved all the way to Settle to be with her daughter, son-in-law and grandchildren. She loved to read and watch Hallmark movies; She loved her family and her ice cream.

We were happy to have her and will miss her always.

Marcia was survived by her daughter, Lori (Michael), and her grandchildren Brenda, Vivian, Olivia and James, her step children Jeff, Pam Lisa and Brook.

# BHSRO 2024 Winter Meeting



*Baptist Health System Retiree Organization  
Since 1991*

BHSRO/Spring 2024



# Health Tips

## Stay engaged in your healthcare

**This is a six part series that provides hints for establishing habits for healthier living.**

### Part I - Fitness Tips

#### Get Up and exercise

The idea of healthy living may sound relatively simple, but maybe you're struggling with how to form healthy habits. A few nudges in the right direction, along with practical advice might help you take control of your health and your lifestyle habits. After all, it's easy to tell someone to eat more fruits and veggies or get regular exercise, but how do you put those things into action every single day?

Did you know Americans sit an average of almost 10 hours every day? That's just over two full days of sitting during a 5-day work week. All that sitting increases your risk for conditions like heart disease, diabetes, depression, dementia and more. The fact is, humans weren't designed to sit. Our bodies are strong moving machines. That's why regular exercise is important. Even a simple break every 90 minutes to stand up and move around is beneficial to your health.

A good fitness goal each week is anywhere between 2.5 and 5 hours of moderate-intensity aerobic physical activity — split up however you like. Plus, at least two days of full-body strength training are recommended by the U.S. Department of Health and Human Services. Exercise is not one-size-fits-all. There are lots of ways you can move your body and incorporate regular exercise into your daily routine. Here are 3 things to keep in mind:

- **Warm up and cool down:** Before you start moving, give your body time to warm up. This gets the blood flowing to your muscles, which may reduce the risk of injury and help with recovery. At the end of your workout, build in time to cool down after your exercise by taking deep breaths to regulate blood flow and take time to stretch.

- **Find your flexibility:** Stretching and yoga are two great ways to work on improving your flexibility. It helps improve range of motion in your bones, ligaments and joints. Plus, working on flexibility could also improve your overall physical performance.
- **Variety is key:** Mixing up your workouts will not only keep you mentally motivated, but it will test your body in new ways and perhaps work your muscles differently.

**Starting a fitness plan-** Making a change to your routine can be more manageable when you set achievable goals that fit your life style.

- **Start small.** It's OK if you may not have time for a 30-minute workout. Try starting with 5 minutes of exercise a day and work up to 10 or 15 minutes over time.
- **Find a buddy.** Exercising with a friend, coworker or neighbor can help you feel supported and may help you both stick to your goals.
- **Sign up for a rewards program.** Many health insurance providers offer programs that reward you for meeting health and activity goals. This may help you stay motivated. Rewards may include things like gift cards or money toward your health savings account.

- **Exercise may provide benefit**

Improve your relationships

Lower your health care costs

Supercharge your creativity

