Purchase Baptist-branded apparel and accessories through new online store

Do you want new Baptist-branded items? Great news! The Baptist Online Store, www.bmhccstore.com, is now available to purchase top-quality merchandise.

The online store provides an enhanced shopping experience for colleagues to purchase Baptist-branded clothing, bags, business accessories, drinkware, writing instruments, recreational items, and holiday and event marketing pieces.

Colleagues can sign in to create an account, create wish lists or check on the status of a previous order. Custom requests can be created for large orders, and users can also purchase gift certificates.

The online store is available to order securely anytime by using a credit card or Paypal.

The vendor for the online store, P.O.P. Solutions Group, will host online store exhibits at Baptist Memorial Hospitals where colleagues can view the items in person.

Upcoming online store exhibits will take place at the following locations:
- Jan. 30 – Baptist Collierville
- Jan. 31 – Baptist Women’s
- Feb. 4 – Baptist Booneville
- Feb. 6 – Baptist North Mississippi

Additional dates will be scheduled at remaining entities. Check with the HR representative at your entity for dates and times.

Baptist North Mississippi welcomes new administrator and CEO

Baptist Memorial Hospital-North Mississippi recently named William (Bill) C. Henning, FACHE, as hospital administrator and CEO. Henning will begin his new position on Feb. 4.

Henning is a health care business leader with more than 20 years of experience in hospital operations, including strategic and financial planning, development of physician networks, clinical services and community relations. He most recently served as a regional vice president for Quorum Health Resources in Frisco, Texas, where he was responsible for 11 hospitals in four states.

Henning received a BS and an MBA from the University of Georgia in Athens, Ga.

“We are excited to welcome Bill to the Baptist North Mississippi leadership team,” said Jason Little, executive vice president and chief operating officer of Baptist Memorial Health Care. “Bill brings a wealth of experience in health care leadership, which will greatly contribute to the advancement of Baptist North Mississippi. He will oversee all hospital projects, including the new hospital build in Oxford.”

Henning and his wife, Jan, have three daughters.

Baptist College and Blue Mountain College partner to offer dual degree programs

Seated left to right, Dr. Betty Sue McGarvey, president of Baptist College of Health Sciences; Stephen Reynolds, president and CEO of Baptist Memorial Health Care; Dr. Barbara McMillin, president of Blue Mountain College; standing left, Dr. Bill Sobotor, provost of BCHS; and Dr. Sharon Enzor, vice president of Academic Affairs at Blue Mountain College.

Baptist Memorial College of Health Sciences and Blue Mountain College recently signed a working agreement that will enable Blue Mountain students to earn dual degrees in the health care field.

Continued on page 3
Volunteers needed for Project Homeless Connect, Thursday, Feb. 14

Spend your Valentine’s Day showing Memphis some love! Community Alliance for the Homeless is hosting its biannual event offering a range of services to the homeless community. Project Homeless Connect, Thursday, Feb. 14 from 9 a.m. to 3 p.m., is a massive one-day event targeting unsheltered homeless individuals in Memphis and Shelby County where resources and services needed to leave homelessness are provided.

Dozens of agencies and service providers join together to break down barriers that make it difficult for individuals to leave homelessness.

Baptist Operation Outreach provides the medical screenings and appointment scheduling for the event. Volunteers are needed in the Baptist Memorial Health Care area and throughout the event. Colleagues can sign up for the following shifts: 8:30-10:30, 10:30-12:30, and 12:30-3:30.

If you are interested in volunteering, please contact Ann Marie Wallace at annmarie.wallace@bhmcc.org or call 901-227-3512. For more information, visit the Community Alliance for the Homeless at communityallianceforthehomeless.com.

Baptist and Vanderbilt offer smoking cessation tips

The Baptist Cancer Center and Vanderbilt-Ingram Cancer Center invite you to a free educational seminar on how to quit smoking. This is the first seminar in our Cancer Awareness Seminar Series. Enjoy light refreshments, enter to win a door prize, and start your new year smoke free!

Smoking Cessation Tips and Your Options for Lung Cancer Screening

Tuesday, Jan. 29
6 – 7:30 p.m.
Baptist Memorial Hospital - Memphis Education Center located at 6027 Walnut Grove Rd. in Medical Plaza 2, first floor (Classrooms BEC 3-5).

Featured speakers:
Dr. Raymond Osarogiagbon
Boston Baskin Cancer Foundation
Baptist Cancer Center

Dr. Pierre Massion
Director, Thoracic Program
Vanderbilt-Ingram Cancer Center

Space is limited, so please register online at baptistonline.org/seminars or call 800-4-BAPTIST.
Baptist College

Continued from page 1

With the agreement, BMC students will be able to earn Bachelor of Science degrees in three areas: biology at BMC and Bachelor of Health Science at BCHS, biology at BMC and B.S. in nursing from BCHS, and business administration at BMC with a concentration in health care management at BCHS.

The dual program of biology and health science includes majors in radiation therapy technology, respiratory care, diagnostic medical sonography, nuclear medicine technology, medical radiography and medical laboratory science.

Both the health science and nursing degree programs are 3+2 curriculums where students attend BMC for three years and their final two years at BCHS. Both degrees are awarded at the conclusion of the two years at Baptist. In the Business Administration program, BMC students will complete their final 21 hours at BCHS.

Dr. Barbara Childers McMillin, president of BMC; Dr. BettySue McGarvey, president of BCHS; Stephen Reynolds, president and CEO of Baptist Memorial Health Care Corporation; Dr. Sharon Sobotor, provost of BCHS; participated in the signing ceremony. It was noted by both Reynolds and Dr. McMillin that the agreement with BCHS — whose predecessor was the Baptist School of Nursing, opened along with Baptist Memorial Hospital in 1912 — is also historical.

One hundred years ago, brothers Dr. B.G. Lowrey and Dr. W.T. Lowrey, both Blue Mountain College presidents, articulated a vision that ultimately influenced the formation of the Baptist health care system that has now touched the lives of thousands of Mid-Southerners.

That vision will be extended to include new opportunities for Blue Mountain College to partner with BCHS to provide health care education, a venture that will serve to enhance the original mission.

W.T. Lowrey served as president of Baptist Memorial Hospital’s board of trustees from its founding in 1912 until 1943.

Lisa Hight, Baptist Memorial College of Health Sciences associate professor of biology

New Biomedical Sciences degree gives students more choices at Baptist College

People who want to pursue a career in a health-related field but have not been able to choose which profession they want to enter now have a new option. Baptist College of Health Sciences now offers a biomedical sciences degree ideal for students who are faced with this dilemma.

“I like this program because I’m not locked into a specific career path,” says Kanesia Shaw, a student in the biomedical sciences program. “The coursework spans several health care areas, preparing me for a graduate program for any health care or biomedical profession.”

BCHS launched the new biomedical sciences program in October, and classes will begin next fall.

“We felt this degree could give students an opportunity to prepare for graduate studies in many of the health care professions such as medicine, dentistry, pharmacy, and other health care fields,” says Kendricks Hooker, chair of the biomedical sciences program.

Alongside general core education, the biomedical sciences program combines dynamic human health science courses.

“It took some time because we wanted to compare what other similar programs and institutions were offering,” says Hooker.

“Additionally, we got feedback from local institutions to ensure that we were offering the best curriculum to our students. “We believe that a challenging curriculum will prepare the students as they move forward in their academic careers.”

The Biomedical Sciences program at BCHS is the only program of its kind in Memphis. Students will be surrounded by clinicians and have opportunities to shadow current health care practitioners and join organizations that develop leadership skills.

“As a result, we want Baptist College of Health Sciences students to be comfortable in a clinical environment, even before they enter graduate programs,” says Hooker. “This should give them a competitive advantage when applying to graduate programs.”

Biomedical Sciences students will create and develop health care research projects to enhance the strong science-based curriculum, not only preparing them for graduate school, but also helping students determine their career path.

The program requires 124 hours of coursework and includes advanced science courses like pathophysiology, immunology, genetics, organic chemistry, biochemistry, and histology.

“These new courses are designed to prepare students for pursuing graduate degrees in health science fields that are beyond the current scope of Baptist College of Health Sciences,” says Lisa Hight, associate professor of biology. “The curriculum will prepare students to be competitive in advanced health care studies.”

“We are proud to offer this degree to our students; this degree will further expand our impact on the health sciences both here and in other communities. Baptist Memorial Health Care is an established, well-respected leader in medicine, and Baptist College of Health Sciences has a track record of educating bright young minds,” says Hight. “We are confident the biomedical sciences program will continue that tradition.”

“Graduating from Baptist College of Health Sciences will not only be an honor for me but it will also provide opportunities to work with Baptist Memorial Health Care,” says Shaw.

To learn more about the Baptist College of Health Sciences biomedical sciences program, please call 1-866-575-2247 or visit www.bchs.edu.

“People who want to pursue a career in a health-related field but have not been able to choose which profession they want to enter now have a new option. Baptist College of Health Sciences now offers a biomedical sciences degree ideal for students who are faced with this dilemma.”
Ask the Expert: Eight things you should know about birth defects

January is National Birth Defects Prevention month, and Teresa Bentley, Neonatal Intensive Care Unit nurse manager at Baptist Memorial Hospital for Women, answers questions for this month’s Ask the Expert column.

1. How common are birth defects in infants?

According to the CDC, one in 33 babies is affected by birth defects. However, birth defects covers a wide range of problems, and there are hundreds to thousands of different defects that affect babies.

Some are more common than others. There are genetic defects like Trisomy 18 or Trisomy 21, which is Down syndrome, that happens from having an extra chromosome. There are also defects that are passed along in the family from the parents having a genetic characteristic that, combined, result in a defect. Finally, there are structural defects like a heart defect, cleft lip or palate, etc.

2. What are the chances of a baby being born with a birth defect?

As there are many different defects there are many different causes. There was a lot of research in recent years about spina bifida, and researchers found that the children of moms who took vitamins high in folic acid had a lower occurrence.

The March of Dimes took this research and started teaching it to parents early in pregnancy, and the incidence of this defect has fallen dramatically.

3. What are the types of birth defects?

There are defects that affect every organ of the body. Anencephaly occurs when a baby is born without a brain. Other defects can include cleft lip/palate, several different types of heart defects, spina bifida, Down syndrome, etc.

4. What are the causes of birth defects?

It varies, depending on the type of defect. It can be influenced by mom’s nutrition like the folic acid and its relationship with spina bifida. Or, it can be genetically passed along. It can be a mutation from cell division, or it can occur when twins are dividing, as in conjoined twins.

5. What are the risk factors for birth defects?

This depends on individual birth defects. If you just look at one defect, like Down syndrome, the risk for having a baby with Down syndrome significantly increases with the age of the parents. If the mom is having her first baby after 40, her risk is much greater than a mom who is in her 20’s and having her first baby.

6. What genetic factors play a role in birth defects?

Specific gene mutations can cause a child to be born with an inherited condition such as PKU or Sickle Cell Trait. Unless a family is aware of their history or risk of being a carrier of a certain type of defect, they do not receive counseling.

Join the Salvation Army Kroc Center for special Baptist rates

The new Kroc Center, which will house the Baptist Memorial Health Care Fitness Center, will open Feb. 23, and Baptist colleagues have the opportunity to join with special rates.

Baptist colleagues can become a member of the Kroc Center for $30 a month for an individual or $50 a month for a four-person family living in the same household. The $50 registration fee will be waived for all colleagues until the grand opening and open house on Feb. 23.

To join, visit the Kroc Center office at 324 South Hollywood Street, just behind the Liberty Bowl, or download the membership form online at krocmemphis.org/membership.

Often families have babies who have a defect that was diagnosed in utero by ultrasound -- but this doesn’t catch every defect.

Sometimes families have an infant and were not prepared for the defect and must go through a detailed learning process to care for their baby. Often these families will have genetic counseling for their future family planning just to make them aware of the risk for each subsequent pregnancy.

7. How can birth defects be prevented?

This also depends on which individual defects. Folic acid was a great discovery for the reduction of one, but there may be other discoveries in the future to prevent other birth defects.

8. What is a common myth about birth defects?

As you can imagine, there is a lot of guilt that can be associated with having a baby with a birth defect. I think the biggest myth is that parents did something to cause the defect. Many times we never know why it happened.

“As you can imagine, there is a lot of guilt that can be associated with having a baby with a birth defect. I think the biggest myth is that parents did something to cause the defect. Many times we never know why it happened.” Teresa Bentley, Neonatal Intensive Care Unit nurse manager at Baptist Memorial Hospital for Women
With almost 30 years of experience and background in medicine, Dr. John Speca is a board-certified orthopaedic surgeon with Baptist Medical Group’s Tipton Orthopaedic Physicians.

After graduating from Loyola University’s School of Medicine and spending more than 20 years with the United States Ski and Snowboard Association, Speca served as an orthopaedic surgeon at St. Mary’s Hospital in Strator, Ill., until he joined BMG.

**Hometown:** Chicago Heights, Ill.

**Family:** Five children and four grandchildren

**Education:** Bachelor of Science in Biology from Loyola University of Chicago, medical degree from Loyola University Stritch School of Medicine; Christ Hospital in Oak Lawn, Ill., for internal medicine internship; Medical College of Ohio in Toledo, Ohio for Orthopaedic Surgery

**Professional organizations:** American Academy of Orthopaedic Surgeons, US Ski Team Medical Pool

**Specialty:** Orthopaedic Surgery

**What do you enjoy doing outside of your job?** Golf, reading, travel and trying new restaurants.

**Who or what inspired you to pursue a medical degree?** I’ve wanted to be a physician since childhood about the time my younger brother was born.

I had an admiration for my family doctors, and my mother was a nurse.

I became interested in orthopaedics as a result of a family friend who helped me accompany him to an orthopaedic meeting, then having me work with him for a summer at the A.I. duPont Institute for Crippled Children in Wilmington, Delaware. My interest in general orthopaedics came during medical school and my exposure to the multiple facets of it.

**What is a highlight of your career?** Being involved with the US Ski Team for 22 years as of now. I also had a great two-week stint at the US Olympic Training Center in Colorado Springs as the on-site physician.

I am also in the Olympic Committee Advanced Physician Pool and therefore I am eligible for Olympic Event coverage.

**Where has your career taken you in terms of cities and states?** I have lived in Illinois, Ohio, Indiana and now Tennessee for my practices and have been to many cities around the country for meetings. With my ski team involvement, as well as travel with the American College of Sports Medicine, I have been to many countries in Europe as well as Japan, China and Korea.

**Other career activities:**
I am a certified ImPACT Consultant with ImPACT Concussion Protocols, I have been a sideline volunteer Physician for NCAA Div. III, multiple high schools and currently Munford High School in Munford, Tenn.

I have also volunteered at the NCAA Division I and II Indoor Track Championships, Great Floridian Triathlon and the Disney World Marathon.

**What would you like your Baptist colleagues to know about you?** I put my patients’ well-being first and try to be their best advocate. Although it may sound rather hokey, I feel like I have been blessed in so many ways by God: to have provided me with the parents, country, support, mental capacities and drive to accomplish these goals and be privileged to have had so many wonderful experiences.

As anyone knows, the climb isn’t always easy and there are many potential hazards, but determination, family support and faith can put those tough times behind.

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**Colleague’s Corner: Find peace by losing control**

Do you feel stressed out? Do you feel sometimes you can’t take anymore? There are many things in our world affecting our lives: things we can’t control.

But, there’s one thing that only you control, and that’s your spirit.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (NKJV) 2 Timothy 1:7.

When you try to control your world, stress will surely ensue. Realistically, no one has complete power over their life.

There are too many factors that influence our physical, financial and emotional states: unexpected tragedy, illness, and how others treat you. Yes, sometimes we are the cause of our own unfortunate issues because of the choices we make.

Nevertheless, I’m sure you’ve seen those who have done every-

thing wrong and appear to have everything right in their life.

This is where stress steps into the production of our existence.

Stress paints the colors of gloom and doom on our circumstances. We grow and nurture this stress when we try to control our world. Lose control and take back your spirit. When things around you go wrong and are without logic, step back.

Don’t try to make sense of it. Step into the spirit because that is where you have life. Lose control of the world and gain control of yourself. Find peace in the spirit.

"The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.” (NIV) Romans 8:6.

*by Kim Ridley, registered nurse and nurse recruiter for Baptist*
HOUSEHOLD

- GE washer & dryer, white, $300 for both. Call 901-503-4869 or 901-238-8333.
- Solid oak computer desk and attached bookshelf. Light oak color, matching oak swivel chair, $200. Call 901-387-8185.
- Full size Beautyrest box springs, $90, still in plastic. Call 662-429-8153.
- Solid wood dining room table and four matching chairs, to be sold as a set only. Without extra leaf, table is 47 inches long and 47 inches wide circle. Extra leaf adds 10 inches to length when inserted. $100 cash only. Can email pictures. If interested, please call or text 901-603-0077.

MISCELLANEOUS

- Black futon for sale; dining table set for sale; 30 inch white TV for sale; White '99 Toyota Camry for sale, good condition, 189,180 miles, great A/C and heater, new tires and battery. Spacious trunk. Tape and CD player, Asking $2,500. Call or text 601-500-1876.

RENTALS

- Three bedroom, one-bath house for rent. Stove/refrigerator included. Rent, $650. Call 901-628-8490.
- Sublet wanted for one bedroom/bathroom of a three bedroom and three bathroom house. Seeking mature male or female. Walk in closet and large bedroom. Washer and dryer already installed. $295 a month. Great location. Located off of College Hill at Old Sardis Place. Three miles from Ole Miss campus. Safe neighborhood with security system. Pets are welcome. For more information, call or text 901-500-1876.

REAL ESTATE

- Spacious 1,750 square foot three bedroom, 2.5 bath home for sale in lovely East Memphis neighborhood. Less than 10 minutes from Baptist East and walking distance to grocery, restaurants, and the Greenline! Home in excellent condition and move-in ready. Freshly painted, hardwood living room and dining, attached two-car garage, extra office/sewing room, private garden patio, and large walk-in attic. Roof replaced Dec. 2012, new hot water heater and furnace, $129,500. For more info or to view, please call Harriet at 901-685-6000.
- Four bedroom, two and 1/2 bath newly remodeled house in quiet cove and great neighborhood. Every room has been redone with all new kitchen appliances. Newly painted, hardwood floors, two car garage and fenced backyard with large deck. Recently landscaped yard with brand new detached mother in law suite. In great school district and five minutes from Baptist Memphis. Call 803-319-4247 for more information.

SERVICES

- Planning a wedding or special event? Call Simply Perfect Weddings and Events. Complete planning services and day-of coordination. Call 901-355-5169.
- Home renovations, room additions, decks, fencing, electrical, plumbing, carpet and tile installation, etc. Call Dan at 901-281-4879 for a free estimate.
- Interior painting, trim installation, most home repairs, complete texturing and finishes. Free estimates. Please call Charles at 901-246-7129.
- Ballroom dancing lessons for $10! Get two private lessons, one group class and one practice party at Fred Astaire Dance Studio in Bartlett at 6252 Stage Plaza East (behind Exline’s and next to the bowling alley). Call 901-213-9393 today and mention you heard about it from Ayoka Pond.
- Security systems installed for a special rate for Baptist colleagues. Call Don at 901-331-3615.

WANTED

- Wanting to buy an iPhone 3GS. If you have one for sale please text your information to 662-316-7959.

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.