



Celebrating nurses;
hospital week

A new way to learn

Foundation grants enhance
caregiver education

Just a short time ago, clinicians continued learning through traditional techniques – lecture, Microsoft PowerPoint and other teacher-model techniques that kept coffee companies in business.

Today, Baptist's nursing department is shifting to a learner model, which offers students a more interactive learning environment where they train in a more hands-on manner and apply information in a realistic setting.

"Studies show more being retained when the learner takes an active role in their education," said Cindy Wooten, director of system staff development.

Systemwide, Baptist clinicians going through orientation for critical care can participate in Essentials of Critical Care Orientation, an e-learning course offered by the American Association of Critical Care Nurses. ECCO includes 10 modules pertaining to critical care with interactive content, supplementary material and examinations. Implementation of ECCO was made possible through the nursing enrichment grant from the Baptist Memorial Health Care Foundation.

Together with simulation labs, clinicians can transfer the module straight to the simulation

(Continued on page 4)



Above, an architect's rendering of the Baptist Memphis Education Center and Dr. H. Edward Garrett Sr. Auditorium. Groundbreaking for the center is scheduled for 1:30 p.m. June 23 in the Medical Plaza 3 Pavilion (the 6029 building) on the campus of Baptist Memorial Hospital-Memphis.

Reminder of a life of service

As part of its "Celebrating 125 Years" feature, the March 4 issue of The Journal of the American Medical Association reprinted a 1973 article that followed up on a 1964 coronary artery bypass surgery, the first successful bypass surgery in the nation.

It was a surprise to Dr. Edward Garrett Jr.

(Continued on page 3)

BAPTIST MEMORIAL HOSPITAL - UNION CITY



CRASH into a clinical career

Left to right, CRASH Course participants Lakevius Turner, Megan Flowers, Glorian Browning (instructor), Raegan Perry and Kaitlynn Brimm look over SimMan at Baptist Union City as part of their training during CRASH Course camp. Through a grant from the Baptist Memorial Health Care Foundation, Baptist Union City was able to offer the nurse camp, designed for area high school students who have an interest in health care careers, especially nursing. This year, the camp brought high schoolers from Georgia and North Carolina. The camp alternates between classroom lecture and clinical shadowing and has expanded to Baptist Memorial Hospital for Women, Baptist Memorial Hospital-DeSoto and Baptist Memorial Hospital-North Mississippi.

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.

June 23Baptist Corporate Building	June 25Baptist Union City
.....Baptist DeSoto	June 26Baptist Memphis
.....Baptist North Mississippi	June 29Baptist Memphis
June 24Baptist Huntingdon	

Being overweight can affect a lot more than your popularity. Obesity is a major risk factor for diabetes, heart disease, and a host of other serious illnesses. **Baptist Memorial Hospital for Women's six-week Teen RENEW program** is for boys and girls ages 12 to 18 who are at least 20 pounds overweight. It's free, personalized, and fully supervised by licensed professionals. The program begins June 22 and offers individualized sessions for participants with a dietitian and personal trainer to come up with a food and exercise plan; lifestyle instruction from a certified diabetes educator; and free blood testing for diabetes or prediabetes. Parental involvement is encouraged. For information, call 901-227-9133.

Baptist Rehabilitation-Germantown hosts a free, monthly support group for adults diagnosed with diabetes. The group will meet at 7 p.m. June 29 in the hospital's community room. Designed to benefit both the newly diagnosed and those who have been living with the disease, the support group provides a comfortable setting for discussion, education and encouragement. Spouses and family members are encouraged to attend. No reservations are needed. For more information, please call 901-757-3428.

Lee Schwartzberg, MD, FACP, is the featured guest speaker at the "San Antonio Breast Cancer Symposium/2009 ASCO Update" June 25 at Baptist Memorial Hospital-Memphis. Dinner is served at 6 p.m., and lecture begins at 6:30 p.m. Sponsored by the **Baptist Center for Education and Organizational Development**, the program is designed for medical oncologists, breast surgeons, pathologists and other professionals involved in the field of breast cancer. CME credit available. Register by June 22 by calling 901-227-2544.

Semmes-Murphey Neurologic and Spine Institute's L. Madison Michael, MD, will present "1 in 5 People Have This Brain Tumor: What You Should Know About Pituitary Adenoma," from 6-7 p.m., July 21, at Semmes-Murphey Clinic, 6325 Humphreys Blvd. A question and answer session will follow the presentation. To register for the free seminar, call 901-522-2619 or visit www.semmes-murphey.com.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

I CORINTHIANS 13: 4-7

Leader recently listed the three Baptist nurses named part of the Metro Excellent 11. In addition to Baptist clinicians listed in the Top 100 nurses in Shelby and Fayette counties, three were selected among the Excellent 11, honoring 11 nurses as the best of the best. **Larceina Ricks, Baptist Memphis; Cyndi Godley, Baptist Women's Hospital; and Ann Warblow, Baptist College of Health Sciences** were three Baptist colleagues named to the Excellent 11 list. Each year, Celebrate Nursing, a nursing support and advocacy group for Shelby and Fayette county nurses, selects the top 100 nurses in the area. From that list, the organization then names its Excellent 11. In this issue, we highlight **Ann Warblow**, who has been a nurse for almost 50 years.



Ann Warblow

- 1. What place does this honor have in your professional career?** Three students I taught in the past were also recognized in the top 100 nurses, and one was also named to the Excellent 11. For me, the whole experience has been the perfect ending to a wonderful and rewarding career.
- 2. Why did you decide to become a nurse?** I was very young — 17 years old — when I decided to become a nurse. I had no idea what it would involve. I did think I might be able to make a difference by helping others. I can't remember ever having been sorry about my decision.
- 3. What is the most rewarding part of your job?** The most rewarding part of my job has been my involvement in the education of student nurses — being a part of helping them develop the nursing skills to help others.
- 4. What part of being a nurse do you think you do best?** Caring — about patients, their families and students.
- 5. How long have you been a nurse? With Baptist?** I have been a nurse since 1960 — 49 years. I have been employed by Baptist College of Health Sciences for almost 10 years.
- 6. Is there a past event or person who shaped the way you deal with patients?** There were many people who influenced my nursing career — a teacher in my undergraduate program, the director of nursing education at St. Joseph Hospital when I worked there on the faculty, and the many faculty, all expert clinicians, I have worked with over the years.
- 7. How does it feel to be recognized as the best of the best by your co-workers and peers?** It is a very humbling experience. I am so very honored. I believe that nursing and teaching are truly ministries. I feel I have been very blessed to be called to do both.

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.



Ripley Primary School's kindergarten classes recently visited **Baptist Memorial Hospital-Lauderdale** as part of its community field trip. The classes learned about the radiology, emergency, surgery and respiratory care departments. Above, Ricky Ancar of radiology is pictured presenting information about the radiology department.

Janice Hill, CEO and administrator at Baptist Memorial Restorative Care Hospital, recently was named by Gov. Phil Bredesen to the Tennessee Department of Health's Board for Licensing Health Care Facilities, which is the licensing and regulating body for all hospitals, recuperation centers, nursing homes, homes for the aged, home care organizations, assisted living facilities, alcohol and drug prevention and/or treatment facilities, birthing centers, residential hospices, and ambulatory surgical treatment facilities.



Janice Hill

Baptist Memorial Hospital-DeSoto recently recognized **Jessica Mann**, a registered nurse in the emergency department, with the **DAISY Award for Extraordinary Nurses**, which is given in appreciation of the work nurses do.

Mann was nominated by a patient from St. Louis she cared for in the

emergency room the patient became ill during her 40th anniversary vacation in Tunica.

Each month, Baptist DeSoto's nursing administrators accept nominations and select a nurse to receive the DAISY Award. At a presentation in front of the nurse's colleagues, physicians, patients and visitors, the honoree receives a certificate and a sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa.

At the Lauderdale County Chamber's **annual membership banquet**, **Elizabeth Mosely** was named

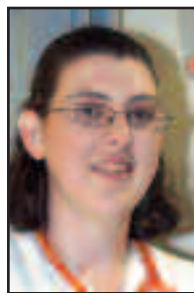
Lauderdale Chamber/ECD Outstanding Volunteer of the Year. Mosely has volunteered at **Baptist Memorial Hospital-Lauderdale** since 1987.



Elizabeth Mosely

Crystal Poole was named **second quarter Service First Champion at Baptist Memorial Hospital-Tipton**. Poole, who is in her fourth

year as a Baptist colleague, works for critical care services in observation, critical care and the emergency department. Poole was nominated by respiratory therapy's Sandy Warra, who had the following to say: "Crystal is the definition of teamwork. She is compassionate, gentle, very thorough in her assessments and with her paperwork. She truly puts the patients first as well as being a great team player. She is willing to listen and learn from the experience of others."



Crystal Poole

Garrett auditorium

(Continued from page 1)

"A nice surprise," he said recently. "I remember when the article came out I was in college."

H. Edward Garrett, MD. Garrett Jr.'s father, along with Michael E. DeBakey, MD, was on the team that performed that first successful bypass surgery and authored the article. But that surgery is a small sample of the overall accomplishments of both Garrett physicians, not to mention their contributions to the Mid-South community.

Garrett Sr. also played a significant role in the creation of vascular surgery as a separate field, including specialized training and examination programs. He was also one of a select few physicians to be a member simultaneously of the American boards of general, vascular and cardiac surgery. In fact, Garrett Sr. can be credited as being one of the founders of vascular surgery. His JAMA article was only one of many published articles.

Garrett Jr., a cardiovascular surgeon who performs heart transplants, said he didn't initially intend to become a physician, but after spending some time in the operating room at Baptist Memorial Hospital-Medical Center, he decided that was what he liked doing.

"I knew from then on that if I went to medical school, I wanted to become a surgeon," he said.

The Garrett family continued that legacy of serving and supporting the community recently by offering a significant gift to the Baptist Memorial Health Care Foundation.

Because of the gift, a new auditorium on the Baptist Memorial Hospital-Memphis campus will be named the H. Edward Garrett Auditorium.

"My father's accomplishments and contributions deserve to be



Dr. Ed Garrett Jr. shakes hands during a transplant patients picnic in 2007. The Garrett family recently made a significant contribution to the Baptist Memorial Health Care Foundation for an education center and auditorium. A groundbreaking for the center will be June 23.

remembered," Garrett Jr. said. "And there is a community need for an auditorium on the hospital campus."

The Dr. H. Edward Garrett Sr. Auditorium groundbreaking is scheduled for 1:30 p.m. June 23 in the Medical Plaza 3 Pavilion on the campus of Baptist Memorial Hospital-Memphis.

"Dr. Garrett Jr. is revered among the Baptist family for his commitment to his profession and his community," said Scott Fountain, senior vice president and chief development officer for Baptist Memorial Health Care. "His father was one of the true pioneers of medicine, and the Garrett family continues that legacy."

"The Baptist family is grateful for the Garrett family's gift. We're equally grateful that Dr. Garrett Jr. makes such a difference in the lives of many families in the Mid-South by giving patients a second chance at life," said Stephen C. Reynolds, president and CEO of Baptist Memorial Health Care. "Dr. Garrett Jr. has a servant's heart, and many in the Mid-South are living, breathing testaments of his devotion to the community."

Ready for a new era of education and clinical practice

Through a grant from the Baptist Memorial Health Care Foundation, Baptist Memphis will house a new patient simulation lab featuring the latest in patient simulators to complement clinicians completing various training modules like the ECCO for critical care.

"We envision ECCO and the simulation lab to offer the latest information and training for our clinicians," said Robert Parker, clinical development instructor at Baptist Memphis. "Our staff clinicians can complete interactive modules and then transfer that to real-life situations in the lab."

And the simulators have come a long way. Baptist Memphis' lab will feature SimMan 3G, a patient simulator with operating modes for programmed scenarios or creating adaptable scenarios. In addition, SimMan 3G is more life-like, with on-command verbal and physical responses. The lab will also feature SimNewb, an infant patient simulator. An added benefit is the simulators are wireless. SimMan can present in a wheelchair.

"We will have many different



Cindy Wooten, director of system nursing staff development, uses a stethoscope on SimMan at the patient simulation lab at Baptist Memorial Hospital-DeSoto. The new lab at Baptist Memphis will house the latest in patient simulators and offer an unprecedented level of clinical education and practice.

patient scenarios for clinicians to practice," said Judy Bedard, director of clinical development at Baptist Memphis. "Just like a real patient, we can also practice handoffs, say, from critical care to med/surg."

Scenarios can continue for days with the new lab, as well as be videotaped for training. The lab, scheduled to open in October, will feature training for ED, ICU, pediatrics, med/surg and birthing. In addition, there will be a control room for instructors, a skills room and classroom.

"Clinicians will be able to practice their skills and their senses through the simulators," Parker said. "Touch, hearing and smelling are all very important parts of assessing a

patient's condition, and it's the kind of thing lecturing in a traditional classroom setting can't address."

In just a few years, simulation has gone from being extremely rare to becoming a requirement for student training and continuing education.

"The great thing about this is the lab can be for everyone," Bedard said. "Families and patients on ventricular assist devices can train with them. Myriad other medical conditions and treatments can be practiced by clinicians or anyone who needs training to help a friend or family member. The possibilities for helping patients are endless, and this lab is a large commitment to quality and clinical excellence."

ECCO

(Continued from page 1)

lab and reinforce their work in the ECCO module using the most up-to-date techniques and information.

"Nurses can go through a module or two on the computer, and we can then take them straight to a lab to work on applying the module to a patient," said Judy Bedard, director of clinical development at Baptist Memphis. "We've found our nurses respond to the interactive nature of the module and then are able to perfect their technique through the lab."

And although now only available in the critical care setting, more interactive learner oriented e-courses are being explored for emergency, step-down and other units.

"Through the work of our staff development and clinicians and the support of hospital leadership and the Foundation, we're working toward creating virtual patient care settings and scenarios to train our caregivers by simulating the patient environment," said Beverly Jordan, vice president and chief nursing officer for Baptist Memorial Health Care. "And no matter if you're a nurse right out of school or a seasoned professional, this new way to learn and practice can keep all caregivers up to speed on the latest and most efficient ways to care for patients."

Kristi Jackson, RN at Baptist Memorial Hospital-DeSoto and adjunct faculty at the University of Memphis Loewenberg School of Nursing, recently published "Twin to Twin Transfusion Syndrome," published in the June/July 2009 Association of Women's Health, Obstetric and Neonatal Nurses' Nursing for Women's Health. Jackson co-authored the article with Nancy Mele of the University of Memphis.

Kathy Hunt, program chair of nuclear medicine technology at Baptist College of Health Sciences, was elected president of the Society of

Nuclear Medicine — Technologist Section. Hunt will be inducted during the annual meeting in Toronto in June. One of her first assignments will be to represent the technologists section at the Annual Congress of the European Association of Nuclear Medicine in Barcelona, Spain.

Also, the The College's April 2009



Kathy Hunt

seniors who majored in nuclear medicine achieved a 100 percent first-time pass rate on their registry examinations. Three students passed with highest distinction, and three passed with distinction.

Saphia Jaffery, a nuclear medicine technology senior at The College, received the 2009 Paul Cole Scholarship funded by the Education and Research Foundation of the Society of Nuclear Medicine. The Paul Cole Scholarship honors the memory of a champion of student education, Paul Cole, who died in 1986 when he was serving as presi-

dent of the SNM-Technologist Section. Jaffery was one of 16 nationally to receive the scholarship in the baccalaureate degree category.

Amber Johnson, a nuclear medicine technology senior at The College, placed second in the scientific poster competition at the Tennessee Society of Nuclear Medicine Technologists Annual Meeting in Gatlinburg, Tenn. Her research was titled "United States Pharmacopeia Chapter 797, A Gap Analysis of a Nuclear Medicine Department."

MORE NEWS AND EVENTS

BAPTIST MEMORIAL HOSPITAL-UNION CITY



At left, during National Nurses Week, Crystal Broyles, left, and Jill Hopper of Baptist Union City's nursing administration helped wash the nursing staff's vehicles as part of their celebration for National Nurses Week.

Baptist Memorial Hospital-Union City sponsored a poster contest during National Hospital Week for all sixth grade students enrolled in Obion County and Union City Schools. At right, pictured, left to right, are the winners who were recognized at a luncheon at the hospital: Diana Sanchez, Union City; Aaron Fitzgerald, Union City; Morgan Laster, Ridgemont; Autumn Payne, Ridgemont; Garrett Berry, South Fulton; and Sierra Coley, South Fulton. Hospital representatives presented each winner with an art kit, and Sierra Coley, grand prize winner, received an additional \$100 Wal-Mart gift card. Congratulating the students were (back row, left to right) Randy Pitts, principal, Ridgemont Elementary School; Derick Ziegler, administrator and CEO, Baptist Memorial Hospital-Union City; and Dan Boykin, principal, Union City Middle School.



BAPTIST MEMORIAL HOSPITAL-NORTH MISSISSIPPI



Emergency preparedness

John Robinson, center, director of safety, security and emergency preparedness for Baptist North Mississippi and area coordinator for the North Mississippi statewide medical assistance team, takes a break during a recent training setup of a mobile hospital. In as quick as four hours, an area the size of a football field can be transformed into a 50-bed hospital with clean water, electricity, records, lab services and many other services a small hospital or clinic would have. Baptist North Mississippi was selected by the state last year as a host site for North Mississippi's emergency response medical team.

BAPTIST MEMORIAL HOSPITAL-TIPTON

Talkin' about the car wash....



Baptist Tipton's administrative team got into the spirit of National Hospital Week by washing cars for staff members. Money raised benefitted the American Cancer Society's Tipton County Relay for Life and Baptist Tipton presented the donation at the event at Brighton High School May 29-30. The team washed cars for several hours as cars were parked around the corner to get in line for the car wash. Pictured above, left to right, are Shelia Fleming, director of medical review services; Chuck McGlasson, chief nursing officer; Skipper Bondurant, administrator and CEO; Monique Hart, chief financial officer; and Myra Cousar, director of personnel.

CLASSIFIED ADS

SERVICES

- Carpet cleaning, high heat truck mounted system, five rooms and hallway for \$85, includes pre-spray and steam clean.
- Residential repair and construction services, painting and carpentry. Call Chad at 901-825-0877.
- Babysitting days, nights, weekends and holidays in the Hernando area, call Lyndsay at 901-691-0737.
- Residential cleaning services, specializing in homes larger than 3,000 square feet, detailed cleaning for each room. Call 901-503-9816 for information and pricing.
- Home renovations, room additions, decks, fencing, electrical, plumbing, carpet and tile installation. Call Dan at 901-626-7159 for a free estimate.

MISCELLANEOUS

- Picnic table, 8 feet, pressure treated 2X10s, \$300. Call 662-429-5161 after 5 p.m.
- 55-gallon fish tank with oak stand, fresh or salt water, heater, high-flow filter, under gravel filter, gravel glass cover and light, \$200. Call Steve at 901-237-7183.
- NordicTrack 1000 treadmill, folds for storage, \$400. Call 901-756-8057.
- Sears X-Cargo Sport 20 rooftop carrier, fits most SUVs, vans or cars with luggage racks, used once, \$100. Call 901-413-0258.
- Olhausen pool table, French style, cherry finish, eight foot full slate table with premier set of Belgian balls, dufferin maple house cue, four additional maple in-laid cues, bridge stick, wall rack, two-piece imported, full dust cover, triangle rack, excellent condition, \$1,700. Call 901-412-9615.
- Two white drawer pedestals for front-load washer and dryer, does not include washer and dryer, both for \$175. Call 901-734-2012.
- Coach purses, one blue, one tan, very good condition, \$75 each; five-piece luggage set, leopard print, great condition, \$150. Call 901-239-2932 after noon.
- Eddie Bauer highchair, \$60; three-in-one crib, light oak color, \$100; both in very good condition. Call 901-488-6424.
- 52-inch Hunter fan for sale, Oak oval dining table and four chairs. Call 901-683-6931.
- Air hockey table, 7-feet, electronic score keeper, extra equipment included, excellent condition, \$200; twin Nautica bed in bag, reversible comforter, solid navy and navy, red and white plaid with two sets of sheets included, excellent condition, \$80. Call 901-753-5024.
- Tripod, about 3-feet tall, sturdy, black, iron, works great, \$30; GEO Safari educational computer game, ages 5 and up, great shape, \$35; stair stepper, clean, works great, \$45. Call 901-389-0529.
- Nintendo game system with hand controllers, about 10 games, works perfectly, \$50. Call 901-389-0529.

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.

- Texas de Brazil \$100 gift card, no expiration date, will sell for \$75; black leather shoes, new spring line from Bandolino, never worn, \$30, 3-inch heels, size 6. Call 901-857-2765.

REAL ESTATE

- Condominium for sale or lease/purchase, 1 BR/1 BA, historic Claridge House, 109 N. Main at Adams, half carpet and half hardwood floors, stainless steel appliances, security, one year warranty, river view, \$105,000. Call 901-603-8333.
- Somerville home for rent, 3 BR, about 35 minutes from Wolfchase mall, credit check, one month rent deposit and \$730 per month. Call 901-412-2897.
- Home for rent at 5590 Mason Road, 3 BR/2 BA, hardwood floors in living room, hall and bedrooms, large den, fenced back yard, central heat and air, fireplace, \$1,150 per month with \$650 deposit, \$200 non-refundable pet deposit. Call 901-763-3977.

VEHICLES

- 2005 Chevrolet Tahoe, black, tinted windows, tan interior, new tires and floor mats, runs great, third row seat included, 92,000 miles, \$14,500. Call 901-461-0820.
- 1998 Chrysler Town and Country LXI van, white,

excellent condition, leather, heated seats, loaded, new tires, never wrecked, about 127,000 miles, \$4,999. Call 901-837-4701.

- 1991 Corvette, black with black interior, runs like new, excellent condition, 140,000 miles, six disc CD changers, T-top, \$6,500. Call 731-394-0131.

PETS

- Two female cats free to good home, sisters are black with white spot under chin, both spayed and declawed, current on vaccines, litter box trained, may request vet references. Call 901-493-6049.
- 3-year-old male fawn boxer and 2-and-a-half-year-old male German shepherd, both neutered, free to good home. Call 901-258-0886.

WANTED

- Two couches in good condition, any color or fabric, wanted for very needy family, can pick up in Shelby or Tipton counties. Call 901-606-3635.

HOUSEHOLD

- Queen size bed, box springs, mattress and frame, black wrought iron headboard, \$50. Call 901-299-1513.
- Maple dining table with four chairs and bench, excellent condition, \$200. Call 901-753-4472.
- Cherry rolltop desk, good condition, \$250. Call 901-756-8057.

Baptist Memorial Hospital-Memphis will host free educational seminars on surgical weight loss options in the hospital's seminar rooms on Saturday, June 20, at 10 a.m. and Monday, June 29 at 7 p.m. During the seminars, Dr. George Woodman will address the benefits and risks of weight loss surgery and its growing use for the treatment of morbid obesity. The seminars are part of the **Baptist Weight Loss Center**, which offers options to help individuals whose body mass index indicates they are either overweight or obese. No reservations are required. Both seminars will take place in seminar rooms two and three. For more information about Baptist's educational seminars or the Baptist Weight Loss Center, please visit memphis.baptistonline.org or call 901-226-LOSE.

Baptist Women's Hospital hosts one-day expectant parents classes covering baby basics June 27 from 9 a.m. to noon. Participants receive information on infant care, surviving the first few weeks and infant safety. Cost is \$30 per couple. For information, call 901-226-5764.