

## Baptist DeSoto kicks off Habitat for Humanity project with family meet and greet

Sixteen-year-old Ulysses Abston smiled excitedly as he reviewed the plans for his family's home, but there was something specific he was seeking.

"Which is the bigger bedroom?" he asked Baptist Memorial Health Care senior photographer Greg Campbell.

Campbell looked over the plans with Ulysses and pointed out the largest bedroom, which the Hernando High School sophomore promptly claimed as his.

Come November, Ulysses and his younger siblings, 13-year-old sister Andrica Abston and 12-year-old brother Anfrani Thornton, will join their mother, Angela Thornton, in a new home in Horn Lake, Miss., which will be built entirely by volunteers from Baptist Memorial Hospital-DeSoto in the hospital's first Habitat for Humanity house build.

"This build speaks to the heart of the Baptist mission of preaching, teaching and healing," said Walter Banks, director of human resources at Baptist DeSoto.

Volunteers from the hospital will work alongside the Thornton family, putting in 300 hours of labor to complete the home.

The build begins on Saturday, Sept. 11, with the framing work and will continue until Wednesday, Nov. 17, with the dedication. Volunteers will participate in all aspects of building, including doors, windows, roofing, insulation, painting and landscaping.

For Angela, the Habitat house means a safer environment for her children, both physically and socially. The family currently lives in a 30-year-old trailer with poor air-conditioning in an area of Hernando she views as unsafe for her three children.



Chaplain Steve Edmonds, director of pastoral care at Baptist Memorial Hospital-DeSoto, meets with the hospital's Habitat for Humanity family on Monday, Aug. 23, at Baptist DeSoto's Habitat meet and greet. Pictured (from left to right) are Anfrani Thornton, Chaplain Edmonds, Andrica Abston, Angela Thornton and Ulysses Abston.

As an added bonus, Angela's new house is in the same neighborhood as her brother's, and is just minutes away from her job at FedEx.

Colleagues at Baptist DeSoto are excited about the build, and more than 200 people have already signed up to help with the effort.

Angela is grateful for all the support the hospital has shown her family during the early stages.

"I just thank God every day for bringing Baptist to help build my family a home," she said.

## Overloaded backpacks can cause health concerns in children

The school year is here again and with new clothes and new friends can come serious back pain.

Children who carry overloaded backpacks can experience injuries while trying to adapt to carrying the weight by arching their backs, leaning forward or leaning to one side if only one strap is used.

These adaptations in posture can cause spinal compression and improper alignment and may hamper the proper functioning of

the disks between the vertebrae that provide shock absorption.

The muscles and soft tissue in the back are forced to work harder, which leads to strain and fatigue and leaves the back more vulnerable to injury.

To prevent injuries related to backpack use, physical therapists recommend children wear both backpack straps.

Using only one strap causes one shoulder to bear the weight of the bag.

*Continued on page 3*

## Baptist Collierville named Aetna Institute of Quality

Aetna recently named Baptist Memorial Hospital-Collierville an Institute of Quality for total joint replacement and spine surgery.

Aetna designates hospitals and facilities in its network as Institutes of Quality based on clinical performance and overall value.

They are then listed as Institute of Quality facilities in DocFind®, Aetna's online provider directory.

"We are proud to be named among Aetna's Institutes of

Quality in both total joint replacement and spine surgery," said Glenn Baker, administrator and CEO of Baptist Collierville. "It is proof that our physicians and employees are highly skilled, hardworking professionals."

Aetna will observe Baptist Collierville annually to ensure the hospital continues to meet program requirements.

Facilities can earn the Institute of Quality designation every two years.

## GuideStone 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. Additional information is also available at [www.GuideStone.org/BMH](http://www.GuideStone.org/BMH).

Aug. 31.....Baptist Memphis	Sept. 14.....Baptist Collierville
Aug. 31.....NEA Baptist	Sept. 16.....Baptist Union County
Sept. 1.....Baptist Booneville	Sept. 17.....Baptist Memphis
Sept. 2.....Baptist DeSoto	Sept. 17.....Baptist North Mississippi
Sept. 7.....Baptist Memphis	Sept. 20.....Baptist Memphis
Sept. 10.....Baptist Golden Triangle	Sept. 22.....Baptist Women's Hospital

Baptist Rehabilitation-Germantown is sponsoring a free, monthly support group for adults diagnosed with diabetes.

The group will meet at 7 p.m. the last Monday of every month in the hospital's community room. The hospital is located at 2100 Exeter Road. **August's meeting will be held Aug. 30.**

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.

**Baptist College of Health Sciences** will be hosting an open house for the Pinnacle Program on **Thursday, Sept. 9, from 6 p.m. until 8 p.m.**

The Pinnacle Program at BCHS is an accelerated bachelor's degree program in health care management. Health care managers plan, direct, coordinate and control the delivery of health care services – covering budgets, personnel and equipment.

Designed to meet the needs of adult students, the Pinnacle Program features classes that meet one evening a week for 19 months, a personalized program to meet each student's professional and personal goals, strong affiliation with community health care organizations and strong peer support from fellow program members.

To make a reservation for the open house, please contact Melissa Potosky, educational project specialist, at 901-572-2655.

Baptist Memorial Hospital-Memphis, located at 6019 Walnut Grove Road, will host free educational seminars on surgical weight loss options in the hospital's seminar rooms on **Thursday, Sept. 2, at 7 p.m.; Monday, Sept. 13, at 7 p.m.; Wednesday, Sept. 15, at noon; and Saturday, Sept. 25, at 10 a.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. The seminar on Sept. 2 will take place in seminar rooms four and five, and the seminar on Sept. 15 will take place in seminar room seven. All other seminars will take place in seminar rooms two and three.

*Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.*

**REVELATION 3:20**

## Foster named MPhA Distinguished Young Pharmacist

Jillian Foster, the director of pharmacy at Baptist Memorial Hospital-North Mississippi, was presented with the Distinguished Young Pharmacists Award at the annual meeting of the Mississippi Pharmacists Association in Destin, Fla.

Foster has been a member of MPhA for six years and previously served on the organization's government affairs committee. In 2008, she served as president of the Mississippi Society of Health System Pharmacists.

She completed her pre-pharmacy education at the University of Southern Mississippi and attended pharmacy school at the University of Mississippi. She received her bachelor's degree in pharmaceutical sciences in 2002 and her doctor of pharmacy in 2004. She also holds a master's degree in business administration from the University of Mississippi.

The award, which is sponsored by Pharmacists Mutual, is given each year to young pharmacists in each state for individual excellence and outstanding contribution.



Jillian Foster

To qualify for the award, pharmacists must have their bachelor's degree in pharmacy less than 10 years; hold a license to practice in their state; hold a current membership in the state pharmacy association; practice

retail, institutional or consulting pharmacy in the year selected for the award; and participate in national pharmacy associations, professional programs, state association activities and community service.

"It is an honor to be recognized with this award," Foster said. "Pharmacy is an exciting profession, and I have been fortunate to have a variety of wonderful opportunities thus far in my career."

## Baptist hosts breast cancer support group

Baptist's Women's Health Center hosts Women Helping Other Women, a breast cancer support group, on the second Tuesday of every month at 7 p.m.

September's meeting will be held Sept. 14 in the Women's Health Center at 50 Humphreys Blvd., Suite 23. Women diagnosed with breast

cancer, undergoing breast cancer treatment or recovering from breast cancer are invited to attend.

Glenn Ann Martin, Ph.D., psychologist, facilitates the support group. Martin received her doctorate in psychology from the University of Mississippi in 1994, which is the same year she began working with breast cancer patients.

**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.

## Backpack Continued from page 1

By wearing both shoulder straps, the backpack's weight is better distributed. A backpack that has padded, contoured shoulder straps will also help reduce pressure on the chest and shoulders.

Pay close attention to the way a backpack is positioned on the back, and the size of the pack should match the size of the child. Shoulder straps should fit comfortably on the shoulder and under the arms, so the arms can move freely.

The bottom of the pack should rest on the contour of the lower back and should sit evenly in the middle of the back.

Physical therapists recommend certain features to look for when selecting your child's backpack, such as a padded back to reduce pressure and prevent the contents from digging into the child's back, a waist belt to help distribute some of the load to the pelvis, compression straps on the sides or bottom of the backpack that compress the contents of the backpack and stabilize the articles when tightened, and reflective material so the child is visible to drivers at night.

When readying your child for school, there are four steps to follow for safe backpack use:

- Choose a backpack that is the correct size.
- The maximum weight of the loaded backpack should not exceed 15 percent of the child's body weight, so pack only what is needed. If the backpack forces the wearer to bend forward to carry, it is too heavy.
- Lift the backpack correctly. They can achieve this by facing the pack, bending at the knees, using both hands to check the weight of the pack, lifting with the legs and then applying one shoulder strap at a time.

- Be sure the child is wearing the backpack correctly. Both shoulder straps should be used and need to fit snugly but not too tightly. When the backpack has a waist strap, use it.

Wearing a backpack improperly over one shoulder can cause permanent misalignment of the spine, muscle fatigue and a lowered state of health.

Following these backpack safety tips will help prevent your child from the host of problems that can result from improper backpack use.

## Elkins receives DAISY Award at Baptist Memphis

Penny Elkins, a nurse working in the cardiovascular step down unit at Baptist Memorial Hospital-Memphis, recently received the DAISY Award for Extraordinary Nurses, which is given in appreciation of the work nurses do.

Elkins was recognized by a colleague for helping a patient on Easter after her 12-hour shift ended. The patient was discharged from the hospital and left behind a bag of belongings. Elkins took the time to drive to the patient's home in Millington to return the bag before going home to spend Easter with her family.



Penny Elkins

"Penny thinks nothing of going that extra mile for her patients," wrote Penny Foshee, a fellow nurse at Baptist Memphis. "I believe she should be recognized for being extraordinary."

Nursing administrators at Baptist Memphis accept nominations and select a nurse to receive the DAISY Award, and the honoree receives a certificate and a sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa.

"I am very pleased that Penny was recognized for her efforts," said Dana Dye, chief nursing officer at Baptist Memphis. "She surpasses expectations and has set a good example."

## BAPTIST MEMORIAL HOSPITAL FOR WOMEN



Courtney Smith (left), an RN in the mother baby unit at Baptist Memorial Hospital for Women, receives the hospital's Service First award for the third quarter from Anita Vaughn, hospital administrator and CEO (right). Smith was nominated by Sarah Halford, house supervisor at Baptist Women's Hospital, after she met with a mother who had delivered a baby with special needs. Smith, who has a child with the same diagnosis, offered advice and support to the family.

## BAPTIST HOME CARE & HOSPICE-NORTH MISSISSIPPI



Lee Gentry (left), administrative director for Baptist Home Care & Hospice-North Mississippi, presents Pam Foster (right), a home health aide, with the Service First award. Foster was nominated after assisting a patient who had broken her leg and was unable to clean her home for a regular inspection. The patient remarked, "It is so rare for someone to do something without being asked when it isn't part of their job."

## BAPTIST MEMORIAL HOSPITAL-UNION CITY



Teresa Vinson, director of quality at Baptist Memorial Hospital-Union City, was named "Queen of the Kitchen" at the 2010 Obion County Fair. She also won "Best of Show" out of more than 490 entries for her strawberry cake and pecan sandy pineapple coconut pie.

# CLASSIFIED ADS

## HOUSEHOLD

- Heavy oak dining room set, includes table, hutch and six chairs, \$500. For more information, please call Marcus at 678-614-8405.
- Two Broyhill brown leather recliners, good condition, \$75 each; Stearns & Foster multicolored sleeper sofa, excellent condition, \$150; television stand with glass doors, \$35. For more information, please call 901-830-3893.
- Dining room drop leaf maple table with four chairs, \$250; iron coffee table with glass top, \$75; pictures available by request. Please call 901-262-4373 for more details.
- Magic Chef gas stove, four burners, \$150 or best offer. Please call 901-826-5697 or 901-794-0109.

## MISCELLANEOUS

- Women's scrubs, tops and bottoms, Landau and Tafford brands, size large and extra-large, like new, \$5 each. Call 901-210-2795.
- Ladies one carat diamond ring, three stones, 18-carat white gold, excellent quality, \$1,700. Please call 901-497-9661.
- The brilliance of diamond combines with the elegant look of a marquise stone to form this beautiful 14-carat white gold bridal set. The engagement ring features a 1/6 carat marquise diamond, which is accentuated by round diamond accents on the ring and band, size 6, like new, \$400 firm. Serious inquiries can call 901-870-0922.
- Gibson SG Supreme guitar, 2005 Emerald Burst with hard shell case, \$1,650. Please call 901-216-1728.
- Amish, handcrafted Meadowbrook miniature horse cart and harness, comes with wooden and wire wheels, well-balanced with fenders, dash, spares box and patent leather trim, great condition, \$750. For more information, please call 901-493-8931.
- Craftsman riding lawnmower, only 3.5 years old, \$800. Please call 901-334-6370.

## RENTALS

- Four bedroom, 3.5 bath house for rent in Nesbit, Miss., living room, dining room, office and laundry room, \$1,295 a month with deposit. For more details, please call 901-828-9973
- Three bedroom brick home for lease in Raleigh, Tenn., walk-in closets, fenced backyard, covered patio, central air and heat, \$685 a month plus security deposit, mention this ad and receive a discount. For more information, call 901-494-1839.
- Large brick four bedroom, two bath home with double garage, two walk-in attics, fenced yard with big brick patio and large storage building, 10 minutes from Baptist Memphis and 15 minutes from Baptist Collierville and Baptist DeSoto, \$1,395 a month. Please call 901-592-1592.
- Three bedroom, 2.5 bath home for rent in Cordova, Tenn., fenced yard, rear entry garage, close to Baptist Memphis, Harding Academy and Riverwood Elementary. For more information, please call 901-268-8335.
- Five bedroom, three bath home for rent or sale, spacious kitchen, bonus room, office, hardwood

floors, carpet and tile flooring, excellent school district. Please call 901-877-7001 or 901-292-8700.

- Three bedroom, two bath home for rent in Lakeview Terrace area in Memphis, dining room, separate den, kitchen with refrigerator and stove, dishwasher, garbage disposal, storm doors, enclosed garage with remote opener, refinished hardwood floors, carpet in the bedrooms, central air and heat, \$825 a month. Call 901-406-2027.
- Three bedroom, 1.5 bath home for rent in Southaven, Miss., laundry room, kitchen, dining room and living room, available Sept. 1, \$875 a month plus deposit. Call 901-828-9973.

## VEHICLES

- 1999 white Chevrolet S10 pickup truck, burgundy interior, alloy rims, \$1,500. Call 901-598-2059.
- Honda Civic four-door sedan, manual transmission, 73,000 miles, under warranty, new tires, garage kept and in great condition, \$11,500. Call 901-827-2696.
- 2003 Yamaha V-Star Classic, 650cc, garage kept, low miles, chrome highway bars, saddlebags, windshield, \$3,000. Please call 901-218-5399.
- 2005 Yamaha Grizzly, automatic 4x4, 220 miles, never in mud, two sets of tires, gun rack, storage box on rear, cover, ramp, \$4,000. Please call Ken at 901-275-1187.
- 1997 BMW Z3 black convertible, cream leather upholstery, wonderful condition, 123,000 miles, new battery, price reduced, \$7,000 or trade for a nice, full-sized pickup truck. Please call 662-562-9788.

## WANTED

- Looking for three dedicated ladies to join diverse book club, meets every fourth Friday of the month from 5:45 to 7:45 p.m. in the Cordova, Tenn., area. Please call 901-239-2843 for more details.

## SERVICES

- For jobs too small for the big guys: handyman services, roofing, window and door installation, wood and siding repair, 11 years experience. Call Edwin at 601-519-7555.
- Interior painting, trim installation, most home repairs, decorative textures and finishes, free estimates. Please call Charles at 901-246-7129.
- Home renovations, room additions, decks, fencing, electrical, plumbing, carpet and tile installation, etc. Call Dan at 901-281-4879 for a free estimate.
- Landscape design and maintenance by Paul, 32 years of experience, residential and commercial properties, mowing, mulching, pruning, irrigation, irrigation repair, etc. You will receive a discount if you mention this ad. Call 901-482-4622.
- House cleaner with 20 years of experience under her mop, serving the Bartlett and Memphis area. Call Pam at 901-461-4833.
- Heating and air repair and plumbing services, HVAC certified, fast, dependable and affordable, some evening, weekend and holiday service calls, yearly cleaning and maintenance contracts offered. For more information, call Shawn at 662-306-0208 or 901-283-0342.

## 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](mailto:leader@bmhcc.org) or fax to 901-227-3516.

- Quality kitchen and bathroom remodels, additions, fire restoration, emergency repairs, tile, decks, handyman services, roof repair, sheetrock and paint. Free estimates, very reasonable prices. Call Marcus at 901-503-3429.
  - Bounce house and water slide rentals for birthday parties, reunions, church events, etc. Please call 901-496-4327 or 901-496-5247.
- ## PETS
- Free kittens to a good home, born July 14. Please e-mail [michelemuggridge@gmail.com](mailto:michelemuggridge@gmail.com) for more information.
  - Adult pomeranian, free to a good home, crate included, not house trained. Call 901-351-8280.
  - Miniature schnauzer puppy for sale, pictures available. For price and more information, please call 901-786-4318.
  - Chihuahua puppies, six weeks old, \$50. For more information, please call 901-389-0529.
  - Gorgeous, flashy 2005 APHA sorrel overo gelding with blue eyes, 15.3 hands, beautiful movement, very athletic and sweet, 90 days of training, \$800. For more details, please call 901-488-5690.
  - 32" golden palomino AMHA registered stallion, Buckaroo bloodlines, very petite and refined; 29" black and white AMHA and AMHR stallion, very docile, great with kids, has been shown in halter, jumping and obstacle classes at local horse shows, \$800 each. Please call 901-493-8931 for more details.

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Interim Editor: Lori Simpson  
phone (901) 227-3504; [lori.simpson@bmhcc.org](mailto:lori.simpson@bmhcc.org)

Photographer: Greg Campbell  
phone (901) 227-3510; [greg.campbell@bmhcc.org](mailto:greg.campbell@bmhcc.org)

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