

What's new?

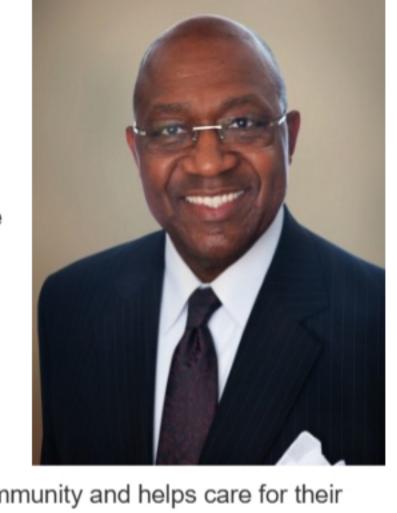
in the coming new year.

Relations Officer

As we enter the holiday season, it's a great time to reflect on the blessings we've received and share gratitude with family, friends and colleagues. This is also an ideal time to support others who need help.

It's my great honor each December to be part of the Tree of Faith, Hope & Love holiday luncheon for those

who receive care at Baptist Operation Outreach, a clinic that delivers free medical care to more than 1,300 individuals who are unhoused in our community. This festive event, hosted by Baptist Memorial Health Care and Christ Community Health Services, offers a hot meal and backpacks filled with essential winter items and toiletry kits to attendees. This event brings joy to the most vulnerable in our community and helps care for their physical, mental, emotional and spiritual needs.



Another way Baptist will be caring for the needs of community members this year is through Own Your Season wellness challenge. We are working with the Salvation Army

Kroc Center in Memphis on this activity, which begins Nov. 24 and runs through Jan. 4. The challenge focuses on helping participants use simple, daily actions to maintain a healthy lifestyle during the busiest time of the year. Support will include videos featuring workouts, nutrition tips and mental health guidance, as well as a podcast to help those dealing with holiday grief. We look forward to continuing to inspire positive changes for the communities we serve

Keith Norman Vice President/Chief Government Affairs and Community

Baptist Memorial Health Care Addressing Health Disparities



Ecosystem to host Family STEM Night and SHE (Science, Health, Empowerment) Leads the Way on Thursday, Oct. 23.

on affordable wound care products.

possibilities for innovation in their own city, Baptist joined with the Frayser

More than 120 participants enjoyed dinner and engaging in hands-on learning activities that revealed how science, technology, engineering and math are applied in real life. Attendees also had the opportunity to interact with Baptist's virtual nursing robots. Kayla Rodriguez Graff, CEO and co-founder of SweetBio, met with students during the

To engage families and empower young people to pursue careers in STEM and discover

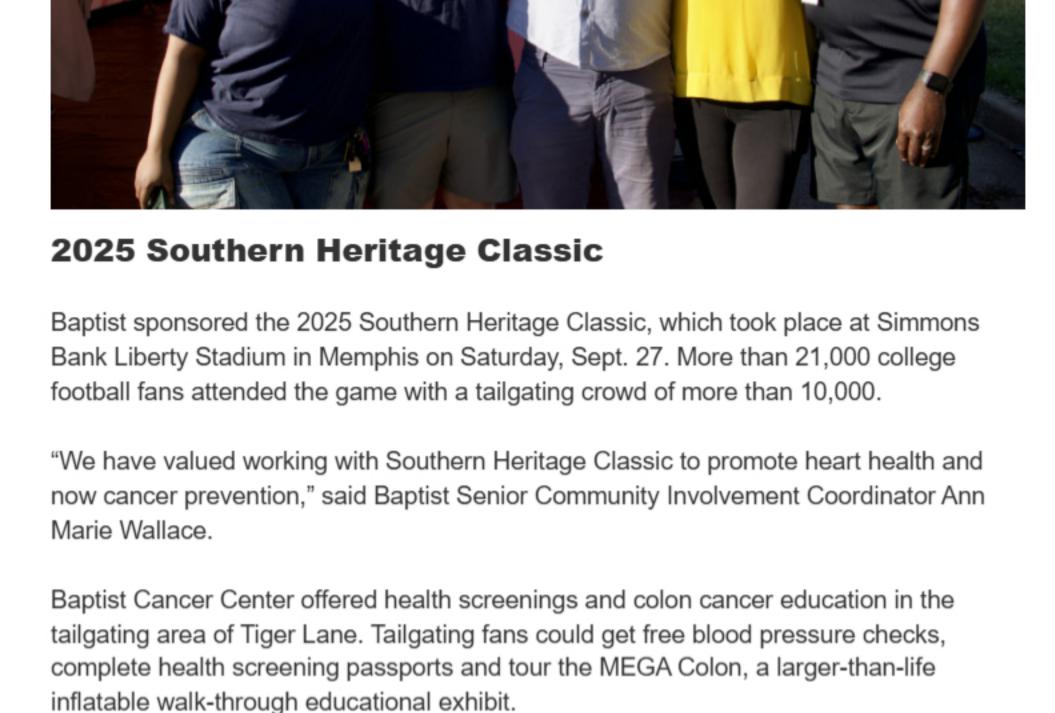
Community Parent, Teacher, Student Association and Memphis STEM in Medicine

Addressing Chronic Diseases

event and gave the keynote address, offering insight into the world of entrepreneurship

and biotechnology. Graff's successful Memphis-based medical device company focuses





Fans attending the game watched a "Baptist First Take" video on the jumbotron featuring

Dr. Randelon Smith, a gastroenterologist with Baptist Medical Group-Gl Specialists

Foundation. Dr. Smith highlighted the new recommended age for the average person

without a family history or symptoms to start colorectal screenings to help prevent colon

BAPTI BAP Free Flu Vaccines for Community Members Baptist Memorial Hospital-DeSoto and and DeSoto Community Health Center hosted a

free drive-through flu vaccine event on Thursday, Oct. 9, and Baptist Memorial Hospital-

About 140 adults got their flu vaccines during Baptist DeSoto's drive-through flu vaccine

Memphis provided free flu shots at the Frayser Branch Library on Friday, Oct. 24.

event. Several community members visited the Frayser Branch Library Community Room in Memphis to get their flu shots from Baptist Memphis team members, who also provided health education.

Own Your Season, Nov. 24-Jan. 4

Stay in Touch

cancer.

Bookmark our **Events** and **Resources** pages, and check them frequently to find out about free community health events and to access free health resources.

Not on the list for our quarterly newsletter? Click here to sign up!

Upcoming Events and Opportunities