



### What's New?

As 2023 comes to an end, we've been reflecting on the past year and what we've accomplished in the community. As you'll recall, our top priorities as identified in the 2022 Chronic Health Needs Assessment are to address chronic diseases, mental illness, health disparities and maternal and child health. Through funding, programming and events, we've worked with you and other community partners to improve access to care, build capacity to serve our communities and promote equity.

You may recall some of the activities we've supported or developed to help our communities thrive:

- Diversity initiatives, such as Black Men in White Coats, SHE Leads the Way and Baptist Health Sciences University HealthCORE summer camps
- Chronic disease education and awareness events, including
  1. Promoting heart disease prevention at the Southern Heritage Classic
  2. Sponsoring national cardiac and concussion safety speaker Dr. Thom Mayer - who is medical director for the NFL Players Association - and a panel discussion on athlete health and safety
  3. Offering free CPR training
  4. Providing free online healthy eating, weight loss tips and weight maintenance education through Baptist's Diabetes Education Program RENEW
- Maternal and child health support through MyBaby4Me classes and donations, the Fresh Start Baby Shower and other education
- Mental illness support through Baptist Centers for Good Grief and CONCERN Employee Assistance programs

We have also supported community health needs throughout the region in many other ways. For example, in fiscal year 2022 (October 2021–September 2022), Baptist donated more than \$455 million to support our community and served more than 100 counties and 77,000 people across the Mid-South. We've included a snapshot of these achievements. Take a look at what we've accomplished together, and feel free to share this graphic with your social community!

I am grateful for your support and look forward to continuing this vital work for our Mid-South communities.

**Keith Norman**  
 Vice President/Chief Government Affairs and Community Relations Officer  
 Baptist Memorial Health Care

### Addressing community needs: Baptist Memorial Health Care's impact on the community in fiscal year 2022



### Addressing mental illness: Baptist offers monthly grief podcast



The holidays can be a challenging time for those who have recently lost loved ones. Baptist Centers for Good Grief started a bereavement podcast to help those grieving called "Grief is...Real. Big. Better Shared." Each episode takes an honest look at grief from an evidence-based perspective while sharing real life experiences.

Baptist grief centers provide free individual counseling and group support to children, teens and adults who have lost a loved one in Tennessee, Mississippi, Arkansas and Southeast Missouri. Listen to the latest episode on the [Baptist Centers for Good Grief YouTube channel](#).

### Stay in Touch

Not on the list for our quarterly newsletter? [Click here](#) to sign up!

Bookmark our [Events](#) and [Resources](#) pages, and check them frequently to find out about free community health events and to access free health resources.