

## What's new?

During this holiday season, I am mindful of those who have lost loved ones. Grief can be felt more strongly, and the loss of a family member can be intensified during the holidays, making this a time to focus on mental health and reaching out to those in need.

Angela Hamblen Kelly, administrator of [Baptist Centers for Good Grief](#), has provided [advice for navigating the holidays while grieving](#). If you're feeling the loss of a family member or close friend during this time, please be kind to yourself. If you know someone who may need help, refer them to the free grief counseling available year-round at Baptist grief centers.



There is plenty of hope this holiday season and many ways we can help those in need. I'm inspired by our work with Baptist Operation Outreach, a free health care clinic for the homeless that provides acute and primary care, mental health care and disease prevention guidance throughout the year. Together with Christ Community Health Services, we held our annual Tree of Faith, Hope & Love event recently. The festive gathering provided a warm meal and backpacks full of cold-weather essentials for 170 guests, many of whom were regular Baptist Operation Outreach patients.

With the approaching New Year, we're looking forward to continuing to make positive changes in wellness for the communities served by Baptist Memorial Health Care.

**Keith Norman**  
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Baptist Memorial Health Care

## Addressing Health Disparities



### BHSU HealthCORE Events

In November, Baptist Health Sciences University hosted its third annual TN Health Careers Summit & Expo alongside National Cancer Awareness Day, creating a dual-event experience that brought together students, health professionals and advocates. This significant day celebrated the future of health care

while raising awareness about cancer prevention and treatment in the Memphis community. The TN Health Careers Summit & Expo aimed to inspire middle school, high school and college students to consider careers in health and related fields. This half-day event included opportunities for students, parents, teachers and advisors to network with health professionals, attend a keynote panel, participate in breakout sessions and contribute to a statewide service project honoring veterans and health care providers.



In October, students and parents attended the third annual SHE (Science, Health, Empowerment) Leads the Way Symposium for young women in middle school, high school and college at Baptist Memorial Hospital-Memphis and remotely at Baptist Memorial Hospital-Leake. BHSU HealthCORE's keynote speaker was Jamila Smith-Young, a nurse practitioner and graduate of BHSU's nursing program. She is married to Memphis Mayor Paul Young. The event was part of the SHE Leads the Way Program, which promotes science, technology, engineering and math (STEM) fields while offering educational events, mentoring and networking with female leaders in health and science.

## Addressing Chronic Diseases



### AIM to Maintain

Once again, we joined with The Salvation Army Kroc Center of Memphis to offer Aim to Maintain, a six-week program to help community members maintain healthy

habits this holiday season and beyond. The collaboration includes classes, workshops, fitness tips and prizes. Aim to Maintain highlights wellness in the physical, emotional, mental and spiritual areas of our lives. Participants were invited to identify their goals and join the fitness journey through the New Year.



### Crittenden County Cares Community Initiative

In November, Freda Cunningham Barnett, clinical staff pharmacist with Baptist Memorial Hospital-Crittenden, delivered an insightful presentation, followed by a Q&A, during the Bite-Sized Benefits Lunch & Learn: "Brown Bag Pharmacy," as part of the Crittenden County Cares Community initiative. More than 50 people attended the event, which provided information on medication management and nutrition. The Crittenden County Cares Community initiative has held multiple events this year with medical professionals providing information on health and wellness, including such topics as cancer prevention and addiction medicine.

## Addressing Mental Health



### cityCURRENT Mental Health and Wellness Expo

Mental health is an important issue in Shelby County. To help provide more support, Baptist Memorial Health Care, in collaboration with Shelby County Government, hosted the cityCURRENT Community Mental Health and Wellness Expo in September. This free event featured experts and resources for mental health and keynote speaker Dr. Joy Harden, a licensed psychologist and author. Dr. Harden created the "Therapy for Black Girls" podcast and website in 2014 to make mental health topics more relevant and accessible to Black women and girls. Since then, she's focused on the stigma around mental health in the African American community, normalizing therapy for Black women, the need for Black women to set boundaries and addressing the effects of the pandemic and racial violence on Black women.

## Upcoming Events

[Black Men in White Coats, Feb. 22, 2025](#)

[Voices of Black Women with the American Cancer Society, an American Cancer Society Research Study](#)

## Stay in Touch

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!