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## SoutheastHEALTH May 2022 Health Briefs

APRIL 28TH 2022 BY DEE LOFLIN

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Be a Healthier You in 2022!

Small changes can make BIG improvements to your overall health and wellness. It's not too late to join our Healthier You in 2022 Challenge! Visit [SEhealth.org/challenge](https://SEhealth.org/challenge). Our challenge this month is managing high blood pressure, a major risk factor for heart attack and stroke. The only way to know if you have high blood pressure is to have your blood pressure tested. Understanding the results is key to controlling high blood pressure. There will be two challenges in May. One is a short quiz to test your knowledge of stroke. The other is having your blood pressure checked. With every check-in opportunity, you will be entered into a drawing for one of the following prizes:

Spice House Gift Box – Salt Free Deluxe Collection

Heart Healthy Cookbook

Do something for yourself in 2022 to help stay healthier this year and in the years to come.

### Weight Management First Steps

Join us for this free, informative seminar as we discuss strategies for beginning the process of health improvement and weight management on Monday, May 2, at 6 p.m., and Thursday, May 19, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Nutrition, physical activity and behavior modification will be discussed and you will receive details about the options HealthPoint Fitness offers to assist with this challenging effort. You will learn how our individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program. The program includes: Starting Point Weight Loss Program, Nutritional Coaching, Personal Training and more. Class size is limited. Register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)986-4440.

### Red Wine and Chocolate Pairing

Red wine and chocolate – what a treat. Come see for yourself when the SoutheastHEALTH Ambassadors host a Red Wine and Chocolate Pairing from 6 to 9 p.m. on Friday, May 6, at Port Cape in downtown Cape Girardeau. The antioxidants found in red wine and dark chocolate are considered beneficial to heart health when used in moderation. Proceeds from the event help the SoutheastHEALTH Ambassadors' HeartStrong programs which include smoking cessation, providing scales and pedometers for congestive heart failure patients, Automated External Defibrillators for area organizations, CPR kits and more. Tickets are \$40 each and are available online at [SEhealth.org/winechocolate](http://SEhealth.org/winechocolate).

### Southeast to Host Take Action Days

In support of Earth Day celebrated in late April, SoutheastHEALTH has joined the Great Global Cleanup Campaign for a brighter, greener and cleaner planet. Southeast Hospital will host a cleanup event on the main hospital campus Friday, May 6, and Saturday, May 7. Volunteers are invited to help pick up trash, declutter, sanitize and refresh the campus. There are two shifts both days from 8 to 10 a.m. and 10 a.m. to noon.

All shifts will begin outside 1708 Lacey, just across the street from the hospital main entrance. Volunteers will be assigned to a specific cleaning job and given all the cleaning supplies and instructions. To sign up to help give Southeast Hospital a spring spruce up, visit <http://www.sehealth.org/takeaction/>

### Diabetes Self-Management Support Group

Southeast Diabetes Center hosts this free support group facilitated by Southeast's Diabetes Educators. The programs are geared toward people who are living with diabetes and trying to control blood glucose. Friends and family members are also welcome. The meeting will be from 1 to 2 p.m. on Tuesday, May 10, at HealthPoint Plaza in Cape. This month's topic is "How to Tame Your Salt Habit." Find out how much sodium you really need, what high sodium foods to avoid and ways to prepare and serve foods without adding sodium. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

### Heart Saver CPR Certification Class

This is an instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. It will be held on Monday, May 9, from 6 to 8 p.m. at HealthPoint Fitness in Cape. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning skills. The course is for anyone with limited or no medical training who needs a course completion card for CPR and AED use to meet job, regulatory or other requirements. This class is not for healthcare providers seeking a BLS class. Cost of the class is \$50 and includes a booklet. Participants can reserve a spot by calling or stopping by the front desk of HealthPoint Cape or HealthPoint Jackson. For more information, call 573-755-2301 or 573-986-4400.

### Healthy Cooking: Lettuce-less Salads

Join us on Monday, May 16, to learn more about salads without lettuce. If you think you don't like salad, "lettuce" change your mind. Come and explore different ingredient combinations that are bursting with flavors. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services Coordinator Laura Vollink, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call (573)986-4440.

### Grief Support Group: Grief Survival Checklist

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on

Wednesday, May 18, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Grief Survival Checklist." For more information about this support group, please call Southeast Hospice, 573-335-6208.

### Stop the Bleed

Launched in 2015 by the White House, Stop the Bleed is a national awareness campaign and call to action that encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. A person who is bleeding can die from blood loss within five minutes, so quickly stopping the bleeding is critical. SoutheastHEALTH Director of Cardiovascular Outreach Services Debbie Leoni, MSA, RN, will hold free Stop the Bleed classes Thursday, May 19. Classes are at 9 a.m., HealthPoint Fitness in Cape, and at 6 p.m., HealthPoint Fitness in Jackson. There will be one winner of a Stop the Bleed tourniquet kit at each session. Reservations are recommended but not required. To register, visit <https://www.sehealth.org/stopthebleed/>

### Coming in June: We Can Weekend

This special weekend offers adults diagnosed with cancer a no-cost, three-day weekend to spend time with their families, caregivers and others in similar situations while learning, recharging and relaxing. We Can Weekend is for people who are currently undergoing cancer treatment or have completed treatment within the past two years. This event will be held Friday through Sunday, June 3 – 5, at YMCA of the Ozarks in Potosi. For more information, visit [SEhealth.org/WeCan](http://SEhealth.org/WeCan). Reservations are required. We Can Weekend is made possible thanks to donations from the SoutheastHEALTH Foundation and donations to the Foundation's Cancer Care Fund.

### About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 14 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at [SEhealth.org](http://SEhealth.org).

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