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Lake Wind Advisory Issued for Stoddard County

MAY 09TH 2022 BY DEE LOFLIN

Lake Wind Advisory Issued for Stoddard County

Stoddard County, MO - Weather provided by Bagby Wealth Management - The National Weather Service in Paducah, KY has issued a Lake Wind Advisory in effect until 6 p.m. today.

Affected Area

Southwest Indiana, southeast Missouri, western Kentucky and southern Illinois

Description

...LAKE WIND ADVISORY IN EFFECT UNTIL 6 PM CDT THIS EVENING...

WHAT...South winds 15 to 20 mph with gusts up to 30 mph expected.

WHERE...Southwest Indiana, southeast Missouri, western Kentucky and southern Illinois.

WHEN...Until 6 PM CDT this evening.

IMPACTS...Strong winds and rough waves on area lakes will create hazardous conditions for small craft.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

Boaters on area lakes should use extra caution since strong winds and rough waves can overturn small craft.

LAST UPDATED ON MAY 09TH 2022 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vh77/Lake-Wind-Advisory-Issued-for-Stoddard-County>

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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. 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 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.

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. 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.

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Frost Advisory Issued for Stoddard County

APRIL 26TH 2022 BY DEE LOFLIN

Frost Advisory Issued for Stoddard County

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The National Weather Service in Paducah, Kentucky has issued a Frost Advisory from 3 a.m. to 8 a.m. Wednesday, April 27th.

Affected Area

Portions of southeast Missouri, much of southern Illinois, northwest Kentucky, and the Kentucky Pennyrile

Description

...FROST ADVISORY IN EFFECT FROM 3 AM TO 8 AM CDT WEDNESDAY...

WHAT...Temperatures as low as 35 degrees will result in frost formation.

WHERE...Portions of southeast Missouri, much of southern Illinois, northwest Kentucky, and the Kentucky Pennyrile.

WHEN...From 3 AM to 8 AM CDT Wednesday.

IMPACTS...Frost could damage sensitive outdoor vegetation if left uncovered.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

Take steps now to protect tender plants from the cold.

LAST UPDATED ON APRIL 26TH 2022 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vh4h/Frost-Advisory-Issued-for-Stoddard-County>

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Frost Advisory Issued for Stoddard County for TONIGHT!

APRIL 18TH 2022 BY DEE LOFLIN

Frost Advisory Issued for Stoddard County for TONIGHT!

Image not found or type unknown

Stoddard County, MO - The National Weather Service in Paducah, KY has issued a FROST ADVISORY for 2 a.m. - 8 a.m. Tuesday morning.

In southeast Missouri, along and south of a Doniphan to Cape Girardeau line, in southern Illinois along and south of the Shawnee Hills, and in west Kentucky, the Purchase area and Livingston county

Description

...FROST ADVISORY IN EFFECT FROM 2 AM TO 8 AM CDT TUESDAY...

WHAT...Temperatures as low as 33 will result in frost formation.

WHERE...In southeast Missouri, along and south of a Doniphan to Cape Girardeau line, in southern Illinois along and south of the Shawnee Hills, and in west Kentucky, the Purchase area and Livingston county.

WHEN...From 2 AM to 8 AM CDT Tuesday.

IMPACTS...Frost could kill sensitive outdoor vegetation if left uncovered.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

Take steps now to protect tender plants from the cold.

LAST UPDATED ON APRIL 18TH 2022 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vh2s/Frost-Advisory-Issued-for-Stoddard-County-for-TONIGHT>

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Light Frost Possible Tonight in Stoddard County

APRIL 18TH 2022 BY DEE LOFLIN

Light Frost Possible Tonight in Stoddard County

Image not found or type unknown

Stoddard County, MO - The National Weather Service in Paducah, Kentucky has issued a Special Weather Statement with regards to frost late tonight.

...SPECIAL WEATHER STATEMENT...

Isolated areas across southwest Indiana, west Kentucky, the southern tip of southern Illinois, and the southern half of southeast Missouri may experience a brief freeze or patchy frost late tonight, mainly in sheltered areas. Drier air moving in tonight along with a persistent northwest breeze should prevent widespread frost formation.

LAST UPDATED ON APRIL 18TH 2022 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vh2p/Light-Frost-Possible-Tonight-in-Stoddard-County>

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Tornado Watch Issued for Stoddard County

APRIL 13TH 2022 BY DEE LOFLIN

Tornado Watch Issued for Stoddard County

Image not found or type unknown

Stoddard County, MO - The National Weather Service in Paducah, Kentucky has issued a Tornado Watch for Stoddard County.

Affected Area

Stoddard County

Description

MO . MISSOURI COUNTIES INCLUDED ARE

BOLLINGER BUTLER CAPE GIRARDEAU CARTER
CRAWFORD DENT DOUGLAS HOWELL IRON
JEFFERSON MADISON MISSISSIPPI NEW MADRID
OREGON OZARK PERRY REYNOLDS RIPLEY SCOTT
SHANNON ST. FRANCOIS STE. GENEVIEVE STODDARD
TEXAS WASHINGTON WAYNE

More Information

TORNADO WATCH 121 IS IN EFFECT UNTIL 400 PM CDT FOR THE FOLLOWING LOCATIONS

LAST UPDATED ON APRIL 13TH 2022 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vh29/Tornado-Watch-Issued-for-Stoddard-County>

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Hazardous Weather Outlook for Wednesday in Southeast Missouri

APRIL 12TH 2022 BY DEE LOFLIN

Hazardous Weather Outlook for Wednesday in Southeast Missouri

Image not found or type unknown

The National Weather Service in Paducah, KY has issued a Hazardous Weather Outlook for southeast Missouri for early Wednesday through the evening hours.

This Hazardous Weather Outlook is for portions of southern Illinois, southwest Indiana, western Kentucky, and southeast Missouri.

DAY ONE...Tonight

Scattered thunderstorms will be possible late tonight. Locally heavy rainfall and

lightning are expected to be the primary hazards, though some small hail cannot be ruled out.

DAYS TWO THROUGH SEVEN...Wednesday through Monday

Severe thunderstorms are expected to develop over southeast Missouri early Wednesday afternoon, then progress eastward through the rest of the region later Wednesday afternoon and evening along and ahead of a cold front. Damaging winds, large hail, and even some tornadoes will all be possible with this system.

In addition, torrential rainfall with these thunderstorms may produce flash flooding, especially in southern portions of western Kentucky where 2 to 5 inches of rain fell last night.

SPOTTER INFORMATION STATEMENT...

Skywarn spotter activation will likely be needed, especially Wednesday afternoon and Wednesday evening.

Weather provided by Bagby Wealth Management.

LAST UPDATED ON APRIL 12TH 2022 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/vh27/Hazardous-Weather-Outlook-for-Wednesday-in-Southeast-Missouri>

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