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## 2013 Team Fitness Challenge

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DECEMBER 28TH 2012 BY DEE LOFLIN

2013 Team Fitness Challenge

Written by  
Dee Loflin, SMT Writer

**Dexter, Missouri** - Ready to lose those unwanted pounds? Perhaps you gained just a few pounds over the holidays. The Regional Healthcare Foundation announces the 2013 Team Fitness Challenge which will run from 1/10/2013 - 5/10/13. Sign up dates are January 10th, 17th and 24th.

The Challenge will be made of teams of 4 and you must have each participant's name when you sign up. Team members will weigh in every Thursday between 7:30 am - 5:30 pm; however team members do not have to weigh in at the same time on each Thursday.

Prizes:

1st Place Team \$1,000

2nd Place Team \$500

3rd Place Team \$250

The individual who loses the most pounds wins \$250. There will also be weekly drawings for prizes. Handouts with health information are also distributed weekly.

The Regional Healthcare Foundation does not promote any diet plan or regiment. The challenge is designed to provide encouragement and accountability for weight loss in an enjoyable format for the community.

The Regional Healthcare Foundation programs are based on a vision of healthy people living in healthy communities.

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## Santa Visits Missouri Southern Healthcare!

DECEMBER 18TH 2012 BY AMY ELLINGHOUSE

### Santa Visits Missouri Southern Healthcare!

**Dexter, Missouri** - Ole Saint Nicholas has been making his rounds throughout the community and recently stopped by Missouri Southern Healthcare to have his picture made with a few very special young people.

Santa was welcomed by more than 70 excited children anxious to share their last minute Christmas wishes for the upcoming holiday.

Missouri Southern Healthcare provided free photos of the kids with Santa and a coloring book with crayons. The staff members and volunteers of the hospital filled the room with smiles and Christmas joy as they offered cookies and punch to those waiting to get their picture printed to take home with them.

The event was a happy occasion for everyone as the Missouri Southern Healthcare staff shared a little of their holiday cheer with others.

</images/2012 Article Pics/Health/MOSO Christmas.png>

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## Santa is Coming to MSH

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DECEMBER 10TH 2012 BY AMY ELLINGHOUSE

### Santa is Coming to MSH

Jolly Old St. Nicholas will be making a stop by MSH tomorrow, December 11 from 3:30 to 6:30 p.m. Families can bring their children to have their photo made with Santa. In addition to free photos with Santa, cookies and punch will be served!

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## Healing at home

DECEMBER 05TH 2012 BY AMY ELLINGHOUSE

### Healing at home

#### **Home health services offer a wide variety of benefits for patients**

The number of people benefiting from home health services continues to grow each year in the U.S., allowing patients to receive care where they're most comfortable - at home.

"Home health agencies, with the benefit of medical advances, make it possible for patients to be cared for surrounded by loved ones in the setting they're most comfortable in," says Joy Ward, administrator for Dexter Home Health Agency, a part of Missouri Southern Healthcare.

"These services can benefit a variety of people with a wide range of needs," she added. Ward says home health services should be considered if:

#### **You are diagnosed with or recovering from:**

- High blood pressure
- Diabetes
- Parkinson's disease
- Congestive heart failure

- Heart disease
- Lung disease
- Cancer
- Cardiac bypass surgery
- Hip or joint surgery
- Stroke
- Any chronic illness such as asthma or progressive arthritis

**You have difficulty with:**

- Remembering to take your medication
- Walking, rising, or getting out of bed
- Maintaining proper hygiene
- Feeding and hydrating yourself
- Wounds or skin ulcers
- Vision, hearing, balance, strength, or memory

**You need:**

- Considerable help leaving your home
- Skilled nursing at your home because you are mostly homebound
- Physical, occupational, or speech therapy

**You frequently feel:**

- Overwhelmed and unable to care for yourself
- In danger
- Vulnerable to abuse, scams or fraud
- Lonely, sad or confused

In general, potential home health patients include cancer patients undergoing chemotherapy; transplant patients in need of IV antibiotics or pain management; seniors experiencing difficulty after an injury; diabetic patients in need of daily monitoring; and patients experiencing wound healing problems, says Ward.

Discuss with your medical provider or contact Dexter Home Health agency at [\(573\) 624-3511](tel:5736243511) for more information about home health care and to determine whether it's right for you or a loved one.

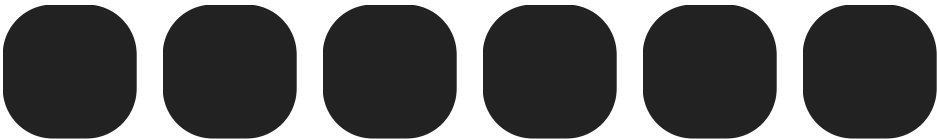
**About Dexter Home Health Agency**

Founded in 1983, Dexter Home Health Agency is the longest serving agency in the local area. With this experience comes a reputation for consistent and exceptional patient care and a history of forming strong relationships with the medical community. Dexter Home Health Agency one of the top agencies in the state, with a nationwide ranking as a Top Home Health Provider.

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## Give One Last Gift This Christmas Season!

DECEMBER 04TH 2012 BY UNKNOWN

### Give One Last Gift This Christmas Season!

**Dexter, Missouri-** "He's making his list and checking it twice...." begins the song "Santa Claus is Coming to Town" , and if *your* Christmas list doesn't include an entry for "donate blood" then you need to add it now.

The holiday season is here, and with it comes the exchange of gifts among family and friends. But many hospital patients and accident victims have a gift on their wish list this year that only generous hearts can give: a blood donation.

During the hustle and bustle of the holidays, many forget that there is always an ongoing need for blood. A blood donation can truly be the most meaningful gift of the season.

As many as 44,000 blood donations are needed every day across the country to meet the needs of patients. Make an appointment to donate by visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS.

### **Give one last gift this Christmas season.....give blood!**

Upcoming blood donation opportunities in our area include:

#### **Stoddard County**

December. 27 from 12-5 p.m. at Sacred Heart Catholic Church, 102 E. Castor in Dexter

#### **Butler County**

December 21 from 1-7 p.m. at Greater Poplar Bluff Chamber of Commerce, 111 W. Pine in Poplar Bluff



December 27 from 12-5 p.m. at Black River Medical Center, 217 Physicians Park Drive in Poplar Bluff

### **Dunklin County**

December 17 from 1-5 p.m. at Holcomb Elementary School, 102 Cherry St. in Holcomb  
December 20 from 11:30 a.m. to 3:30 p.m. at Twin Rivers Regional Medical Center, 1301 First St. in Kennett

### **Scott County**

December 19 from 1-5 p.m. at Missouri Delta Medical Center, 1008 N. Main in Sikeston  
December 22 from 9 a.m. to 12 p.m. at VFW Hall, 217 S. Frisco in Chaffee  
December 23 from 9 a.m. to 1 p.m. at St. Joseph Catholic Church, 604 Sycamore St. in Scott City  
December 26 from 3-6 p.m. at YMCA, 511 Taylor Street in Sikeston  
December 28 from 2-7 p.m. at Sikeston Factory Outlet Stores, 100 Outlet Drive in Sikeston

You've been given plenty of notice-so pick a date that works for you and donate! You never know when you or a friend or family member may be on the receiving end of a blood donation!

If you have questions about the process of being a blood donor, simply call 1-800-RED CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or join our blog at <http://blog.redcross.org>.

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