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MSH Home Health Is Loved By Patients

JANUARY 02ND 2013 BY STAFF WRITER

MSH Home Health Is Loved By Patients

Dexter, Missouri - Marked by experience and a dedication to their patients, the Missouri

Southern Healthcare physical therapy team has evolved over the years to be something special in home healthcare services. Shanan Zabelin, Krystal McGowan and Tracy Hedrick surround their work with a friendship that shows in their patient care.

Physical therapists (PTs) work with patients who have impairments, limitations, disabilities or changes in physical function and health status resulting from injury, disease or other causes. Their role includes examination, evaluation, diagnosis, prognosis and interventions toward achieving the highest functional outcomes for each patient/client.

The art of Physical Therapy began in Boston in 1881 as the first school of modern physical education/physical therapy was opened. The practice grew within the US polio epidemic of the late 1800's and again in the 1950's as PTs played a crucial role in field testing the vaccine prior to mass distribution, and in continued treatment of children afflicted with polio.

Physical therapy had its strong growth in Dexter in the early 1970's with the passionate work of Julie Minton. A relatively unknown field of care in that time in the region, Julie brought understanding and expansion to the physical therapy department of the Dexter Memorial Hospital. She dedicated her life's work to delivering physical improvements to her patients.

Julie was joined by Tracy Hedrick in 1988 after her graduation from the  University of Missouri-Columbia. As her first position in the physical therapy field, Tracy worked a dual role of both inpatient therapy and outpatient therapy for many years. During the transition to Missouri Southern Healthcare, Tracy found her love to be in the area of home health services.

"Home health became my love," noted Tracy. "The patients are really the reason I love it as they are such sweet people with a strong motivation to get better."

Tracy has witnessed a tremendous growth in the therapy services over the past 25 years. Physical therapy has become only one of the many services offered by Dexter Home Health Services. Occupational therapy, speech therapy, and other nursing services are offered by the group. Dexter Home Health Services is managed by Joy Ward, who oversees all the scheduling, reporting and operations of all segments of the department.

"We would not be where we are without the leadership that Joy brings to our department," said Hedrick. "Joy is simply the glue that holds it all together for us."

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Tracy has worked with many strong professionals over the years, but no

one greater than Krystal McGowen. Krystal is a native of Puxico and has been affiliated with Missouri Southern Healthcare since 1999. As a physical therapy assistant, Krystal is the rock that balances the heavy workload of the home health department.

"Krystal's work ethic has been a real key to the success of our physical therapy department," noted Tracy. "She has such a kind manner with our patients and is very competent in her work with patients."

As an PT assistant, Krystal's position is much of a physician's assistant to the department. As a graduate of Southeast Missouri State University, her educational training and years of experience have allowed her to become a vital part of the physical therapy team.

Initial evaluations and routines are provided by the registered physical therapists. Krystal plays the role of motivator and encourager to the patients to assist them in working through the assigned programs. She has had many opportunities to witness the positive improvements delivered by the use of physical therapy techniques.

The third member of the physical therapy team began with a friendship

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in the early '90's between Tracy and a local Dexter High School student, Shanan Zabelin (then Shanan Dorton). That friendship evolved into a desire by Shanan to enter the field of Physical Therapy at the University of Missouri-Columbia. Shanan graduated in 1998 as a registered physical therapist.

Shanan worked locally until which point Missouri Southern Healthcare continued to increase their patient load and home health service through Dexter Home Health. Shanan completed the current team by joining the group in 2011.

As registered physical therapists, Tracy and Shanan share the expanding load of patients throughout the Southeast Missouri region visiting patient's homes and residential care facilities.

This exceptional group of young ladies are always ready and willing to offer their services to those in need of rehabilitation. A special service offered by the department is to offer evaluations of patients to help prevent slips and falls.

As 2013 begins, the therapy team wishes everyone good health for the coming year. But if you should need their services, ask your physician to put Dexter Home Health Services

as your rehab team. In the event that your doctor is not familiar with these ladies, you can simply contact the Joy Ward at their office at 573.624.3511 or joy.ward@sunlinkhealth.com.

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2013 Team Fitness Challenge

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.

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Santa is Coming to MSH

DECEMBER 10TH 2012 BY AMY ELLINGHOUSE

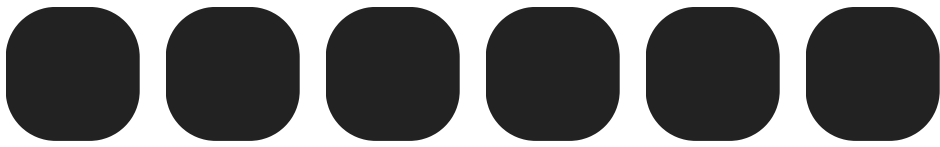
Santa is Coming to MSH

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.

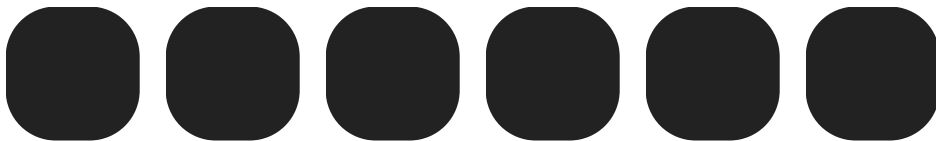
About Dexter Home Health Agency

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.

LAST UPDATED ON DECEMBER 05TH 2012 BY AMY ELLINGHOUSE

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