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UMC Veterinary Medicine Receives Generous Gift

FEBRUARY 11TH 2013 BY DEE LOFLIN

UMC Veterinary Medicine Receives Generous Gift

Columbia, Missouri- It may not sound like human health at first, but those of you who have canine companions, having a healthy pet is important. The education offered and the research that the University of Missouri Veterinary Teaching Hospital performs is state of the art when it comes to animal care. This education and research sometimes leads to human health as well.

Cottrell and Kay Fox, residents of Town and Country, Mo., a suburb of St. Louis, recognize the accolades of the hospital and have given an estate gift of more than \$5 million to the University of Missouri College of Veterinary Medicine.

Through their generous gift, Cottrell and Kay wanted to recognize the work of their long-time family veterinarians James Schuessler and Fred Bendick from St. Louis, both alumni of the college. Cottrell Fox is also a 1971 graduate of the University of Missouri School of Journalism.

"It gives us a great deal of pleasure to be able to give this gift to the University and the College of Veterinary Medicine as well as honor two great friends and veterinarians in James Schuessler and Fred Bendick," Cottrell Fox said. "Our pets and our family have received great care and benefited a great deal from the important research being done at the university. Kay and I have been touched by cancer in many ways, through family and good friends, and our hope is that this gift will help stimulate more lifesaving research in the future."

The Foxes' gift will support an endowment in companion animal medicine in honor of their family veterinarians, Schuessler and Bendick. The gift also will fund studies in comparative oncology, which is research to develop therapies and cures for people and animals with naturally occurring cancer, as well as to enhance training for graduate students and veterinary oncology residents.

The Foxes' interest in the MU College of Veterinary Medicine first began when their family dog was treated for cancer at the MU Veterinary Medical Teaching Hospital many years ago. As a part of that cancer treatment, MU veterinarians used a drug developed at MU called Samarium.

Years later, Kay Fox's father was treated for cancer using the same drug. Samarium was only made available for use on human patients because of the years of research by MU scientists in the College of Veterinary Medicine. Carolyn Henry, an MU professor of veterinary oncology, says this gift will be used to develop more effective methods of cancer diagnosis and treatment in both animals and humans.

"This gift will greatly enhance our comparative oncology research abilities," Henry said. "This truly will have an impact on people. What we learn through our comparative oncology work can translate into improved options for cancer care in people. This gift shows the Foxes' recognition of the power of having a 'one health' approach to medical and scientific discovery and will go a long way in moving our important research forward."

Henry also is the facilitator of the One Health, One Medicine area of Mizzou Advantage. The goals of One Health, One Medicine are to create and strengthen faculty networks and propel Mizzou's research, instruction and other activities related to comparative medicine to the next level.

The Foxes, concerned with what would happen to their beloved pets should their pets outlive them, reached an agreement with the College of Veterinary Medicine several years ago. The college agreed to ensure that their pets would be cared for for the duration of the pets' lives.

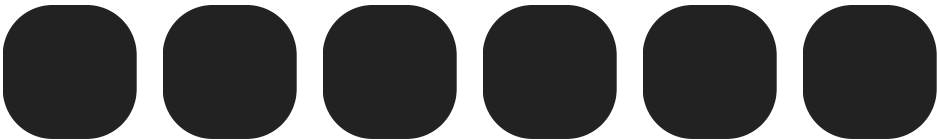
This idea helped stimulate the College of Veterinary Medicine “Perpetual Pet Care Program,” which provides comfortable homes for pets whose owners are temporarily incapacitated or who have passed away. This program can provide peace of mind for pet owners who want to ensure their pets will be cared for in homes after they are no longer able to care for their pets themselves. To place their pets in the program, donors can establish an endowment through the program.

“The Foxes have shown their dedication and love for their pets by giving us the wonderful idea for the Perpetual Pet Care Program,” Neil Olson, dean of the MU College of Veterinary Medicine, said. “Also, by generously funding an endowment for companion animal care and comparative oncology research, Kay and Cottrell Fox are not only establishing a legacy that will allow us to provide the highest quality care for our animal clients, but they are also helping to ensure that we can continue our quest to find treatments and cures for people and animals with cancer.”

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Poplar Bluff Regional Medical Center Announces Ribbon Cutting

JANUARY 16TH 2013 BY DEE LOFLIN

Poplar Bluff Regional Medical Center Announces Ribbon Cutting

*Written by
Dee Loflin, SMT Writer*

Poplar Bluff, Missouri - The Regional Medical Center is having their Ground Breaking Celebration on January 18, 2013. The presentation will begin at 11:00 a.m. at the new hospital campus at 3100 Oak Grove Road. Speakers from the hospital, medical staff and business community will there to honor the occasion. The actual Ribbon Cutting Ceremony will begin at approximately 11:30 a.m.

The Poplar Bluff Regional Medical Center is proud of their new 173 million hospital. "This is truly an exciting time for PBRMC, the community of Poplar Bluff and the entire region we serve," stated Charles Stewart, CEO of PBRMC and the Missouri Region.

"Just 15 months ago, we broke ground to start the construction process and now we are ready to open the doors to the future of healthcare for this region. This has truly been the most well organized project I have ever been involved with," continued Stewart.

The Poplar Bluff Regional Medical Center will also host a Community Open House on Saturday, January 19th from 10 a.m. to 2 p.m. This will give the public an opportunity to visit and take guided tours prior to the hospital's opening day.

From January 18th to January 26th, the hospital will complete the move from the North Campus on Westwood Boulevard to the new campus. Then on January 26th beginning at 6:00 a.m., Poplar Bluff Regional Medical Center at 3100 Oak Grove Road will officially open its doors to accept patients.

January 26th will also be "Patient Move Day". All patients at the current North Campus will be relocated to one of the new private patient care rooms at the Oak Grove Campus. PBRMC has partnered with local EMS and law enforcement units to ensure patients are moved as quickly and safely as possible.

Stewart said, "We are very grateful for the generous and dedicated support of our local EMS and law enforcement units during this transition."

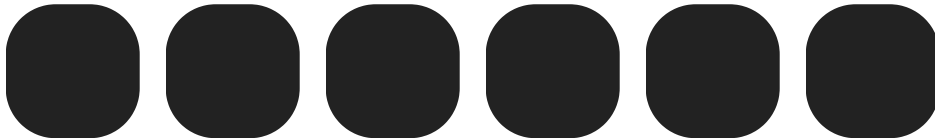
The new Poplar Bluff Regional Medical Center is a state-of-the-art 7 story hospital offering 250 private patient rooms, advanced medical technology, easier accessibility and an expansion of healthcare services.

Anyone interested in the event is encouraged to attend. This will be a unique opportunity to see a new hospital celebrate such an extraordinary endeavor.

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2013 Walkers for Wellness Project

JANUARY 11TH 2013 BY DEE LOFLIN

2013 Walkers for Wellness Project

*Written by
Dee Loflin, SMT Writer*

Dexter, Missouri - The Regional Healthcare Foundation of Dexter would like to invite you to participate in the 2013 Walkers for Wellness Project. It is a "FREE" program to promote and maintain walking as part of a healthy lifestyle.

Participants will meet at the Bearcat Event Center to sign in on Tuesday, February 5th from 6:30 a.m. to 7:30 a.m. or 6:30 p.m. to 7:30 p.m. Each person will weigh in and have their blood pressure taken.

Regional Healthcare Foundation's Carla Boxdorfer, Project Coordinator stated, "All information is kept extremely confidential. This is very important to many of our participants and we want them to know it is a priority."

There will be a log book located at the Bearcat Event Center or at the Regional Healthcare Foundation office so participants can log their time spent walking. You may walk anywhere you choose, the BEC, a treadmill, city park or around your neighborhood; however the log books are only located at the BEC and RHF.

On Thursday, April 25th you will be asked to come in for your final weigh-in and final blood pressure check at the Bearcat Event Center from 6:30 a.m. to 7:30 a.m. or 6:30 p.m. to 7:30 p.m.

There will also be opportunities for participants to win prizes! Your name will be entered into a drawing when you sign up in February and when you complete the project in April, each time you sign the log book, if your blood pressure goes down and if you loose weight. Wow! That's a lot of prizes to be given away!!

Prizes include a \$100 cash prize, two - \$50 cash prizes, man's exercise watch, a woman's exercise watch and much more.

If you can not sign up on February 5th the Regional Healthcare Foundation is offering an alternative date of Friday, February 8th from 9:00 a.m. to 12 p.m. and again from 1:00 p.m. to 5:00 p.m. located at 215 W. Grant Street in Dexter. If you do not sign in on one of those dates, you will not be eligible to win any of the prizes.

Also there is an alternate date for the final weigh-in and blood pressure check on Friday April 26th at the same location between the hours of 9:00 a.m. - noon and again from 1:00 p.m. - 5 p.m. And again, you must complete the project by performing a final weigh-in and blood pressure check to be eligible for prizes.

Regional Healthcare Foundation's Carla Boxdorfer, Project Coordinator says, "The 2013 Walkers for Wellness Project" was created to promote community awareness of the benefits of walking, for fitness and your health."

The 2013 Walkers for Wellness Project does not replace the Fitness Challenge that started

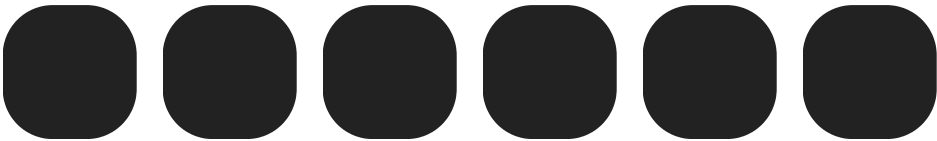
on January 10th; however this project only increases those participating of having a healthy lifestyle. You are encouraged to participate in both programs.

For further information, contact Carla Boxdorfer at the Regional Healthcare Foundation at 573-624-6107. or stop in at 215 West Grant Street.

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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.

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"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 the 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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