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SoutheastHealth Goes Tobacco Free

NOVEMBER 01ST 2013 BY DEE LOFLIN

SoutheastHealth Goes Tobacco Free

Submitted Article to

Dexter, Missouri - SoutheastHEALTH Center of Stoddard County in Dexter will become tobacco free inside and outside on **Monday, November 4, 2013**.

“In keeping with our mission to improve the health of those we serve, not only patients, their families and visitors, but also those who work with us, it is our responsibility to take a leadership role on this important public health issue,” said Adam Bracks, CEO at SoutheastHEALTH Center of Stoddard County.

The new policy prohibits the use of all tobacco products not only within all SoutheastHEALTH Center of Stoddard County-owned or leased buildings, but on Hospital-owned or leased grounds and parking lots as well.

“Patients who use tobacco are counseled,” Bracks said, adding that “physicians can and often do order nicotine patches or medication during a patient’s hospitalization. That policy has been in place for more than a decade.”

“We are committed to making a healthy difference in people’s lives by providing a tobacco free environment,” Bracks added.

[/images/Dexter High School 2013-14/Southeast Health Sign.png](#)

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Madeline Launius Recognized at SoutheastHEALTH

OCTOBER 23RD 2013 BY DEE LOFLIN

Madeline Launius Recognized at SoutheastHEALTH

*Submitted Article to
news@showmetimes.com*

Dexter, Missouri - Madeline Launius was recently recognized for her exceptional volunteer service with the cardiac rehabilitation program at the SoutheastHEALTH Center of Stoddard County. She received the Ilena Aslin Service Award.

Ten years ago, Launius suffered a heart attack. She was treated at Southeast Hospital. As a longtime Dexter resident, she completed her cardiac rehabilitation at Southeast's rehab clinic at the Dexter hospital. She subsequently started volunteering at the hospital in Dexter.

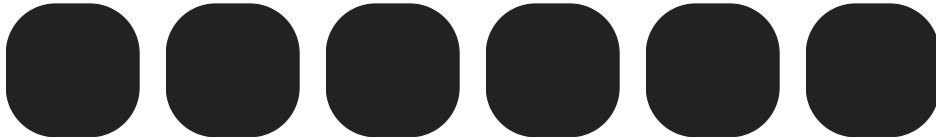
She has contributed more than 7,800 hours of service. She volunteers three to four days a week for five to six hours each day. She assists the cardiac rehab staff. Launius is a role model and inspiration for patients, encouraging them to embrace exercise and healthy eating. Bray said, "Staff members sing her praises and patients love here."

The service award is named for Ilena Aslin who continues to serve as a volunteer at the Hospital, in the community and throughout the region. A past president of the Auxiliary, she was Missouri's Auxilian of the Year in 2002 and served as president of the Missouri Association of Hospital Auxiliaries from 2008 to 2009.

Shown in the photo: Madeleine Launius of Dexter, Mo., center, receives the Ilena Aslin Service Award from Auxiliary President Judy Brown, left, and Ilena Aslin.

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Drive Carefully - Deer More Active This Time of Year

OCTOBER 08TH 2013 BY DEE LOFLIN

[Drive Carefully - Deer More Active This Time of Year](#)

Submitted Article

news@showmetimes.com

Missouri - Colonel Ron Replogle, superintendent of the Missouri State Highway Patrol, reminds drivers that deer are more active this time of year, and to please be especially vigilant during evening and early dawn hours. Deer behavior changes due to mating season, which may cause an increase in sightings and roadway crossings. Hunting and crop harvesting may result in these animals being in places they aren't usually seen. Drivers are urged to remain alert.

Last year, drivers in Missouri experienced 3,980 traffic crashes where deer-vehicle strikes occurred. One deer strike occurred every 2.2 hours in the state. In these crashes, five people were killed and 411 injured.

When you see deer, slow down and proceed with caution. Deer often travel in groups--stay on guard after a close call or when you see a single deer. Natural features also affect deer movement. In areas where there are streams or wooded corridors surrounded by farmland, look for more deer to cross roadways. Remember: Rural areas are not the only place where deer/vehicle strikes occur. In 2012, 25.5% percent of the traffic crashes involving deer happened in urban areas.

The majority of deer strike crashes occur from October through December each year, with the largest number taking place in November. Most deer strikes occur between the hours of 5 p.m. and 6:59 a.m. The Missouri State Highway Patrol reminds drivers that an attempt to avoid striking a deer could result in a more serious crash involving oncoming traffic. Try to remain calm. Panicking and overreacting usually lead to more serious traffic crashes. Deer create hazards for Missouri motorists. Please stay alert, and make sure you and the occupants of your vehicle buckle up!

LAST UPDATED ON OCTOBER 08TH 2013 BY DEE LOFLIN

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Jenni Hoffelt Wins iPad

OCTOBER 02ND 2013 BY DEE LOFLIN

Jenni Hoffelt Wins iPad

*Submitted to
news@showmetimes.com*

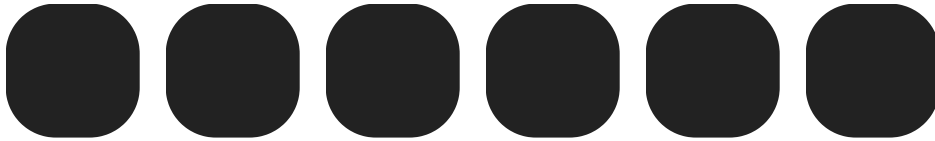
Dexter, Missouri - Sue Ann Williams, Assistant Administrator at SoutheastHEALTH Center of Stoddard County, presents the iPad mini to Jenni Hosfelt of Campbell. Jenni was the lucky winner of the Apple iPad Mini that SoutheastHEALTH Center of Stoddard County gave away at the Stoddard County Fair.

Congratulations Jenni!

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National Child Passenger Safety Week, Sept 15-21

SEPTEMBER 15TH 2013 BY DEE LOFLIN

[National Child Passenger Safety Week, Sept 15-21](#)

Submitted by

Dee Loflin, SMT Manager/Editor

Jefferson City, Missouri - The Missouri State Highway Patrol joins the National Highway Traffic Safety Administration (NHTSA), the Ad Council, and other safety advocates to commemorate National Child Passenger Safety Week (September 15-21, 2013).

The primary goal of this program is to remind all parents and other adults responsible for children traveling in motor vehicles of the importance of child safety seats and seat belts. Every year, children suffer needless injuries. Preliminary statistics indicate that in 2012, 17 children under the age of eight were killed in traffic crashes, and another 1,743 were injured.

Troopers issued citations to 2,362 drivers who failed to secure children less than eight years old in a child restraint/booster seat in 2012. Troopers issued citations to an additional 572 drivers who failed to secure a child 80 pounds or more or over 4'9" in a seat belt in 2012.

Troopers investigate traffic crashes every day. Nothing is more disturbing than a traffic crash that includes a child being hurt or killed. Child safety seats protect children. The Missouri State Highway Patrol encourages every driver to make sure child passengers in their vehicles are restrained properly.

Missouri law states:

* Children less than four years old are required to use an appropriate child passenger restraint system. [The fine for not complying with the law is \$50.]

* Children less than 40 pounds, regardless of age, must be secured in a child passenger restraint system appropriate for the child. [The fine for not complying with the law is \$50.]

* Children ages four to eight years old who weigh at least 40 pounds, but less

than 80 pounds, and are under 4'9" tall, must be secured in a child passenger restraint system or booster seat appropriate for that child. [The fine for not complying with the law is \$50.]

* Children ages eight through 15 must wear seat belts regardless of the type of vehicle in which they are riding or where they are seated (front or back). Like the child restraint law, this is a primary law, meaning you can be pulled over by law enforcement for noncompliance. The fine is \$10.

* Persons less than 18 years of age operating or riding in trucks (regardless of gross weight for which licensed) must wear seat belts.

*No person under age 18 is allowed to ride in the unenclosed bed of a truck with a licensed gross weight of less than 12,000 pounds on lettered highways, federal, state maintained highways, and within city limits. There are exemptions for agricultural purposes, special events, and parades.

* It is the driver's responsibility to ensure passengers under the age of 16 are buckled up safely. Those 16 and over are responsible for themselves.

There are many styles of child safety seats from which parents may choose. Infant seats are designed for children up to 22-30 pounds depending on the seat manufacturer. This type of seat should be placed into a vehicle so the infant faces rearward in a semi-reclined position. It is important to remember rear-facing infant seats should NOT be used in a front passenger seat equipped with an active air bag. If deployed, an air bag could hit the infant seat and injure or kill the baby. Airbag or not, the back seat is the safest place for a child.

Most convertible child safety seats are designed for children from five pounds up to 40 - 80 pounds, depending on the manufacturer. Like all seats, they have manufacturer's labels on the side indicating the maximum height and weight of the seat. They recline and face rearward in an infant position, and convert to sit upright and face forward for the toddler position. Most newer convertible seats can hold children who weigh up to 35 pounds in the rear-facing position. NHTSA recommends keeping children rear facing until they reach the maximum height and weight for the car seat. The child can then be turned around forward facing.

Booster seats are designed for children who have outgrown other safety seats

and must be used with an adult lap and shoulder belt. Lap/shoulder belts are designed for children who are at least 4' 9" tall or 80 or more pounds. Make sure the lap belt stays low and snug across the lower hip/upper thigh area, and the shoulder belt does not cross the face or the neck.

“Missouri's child safety seat survey revealed that when drivers are not buckled up, 28 percent of children were not restrained either. Parents, your child's safety begins with you. Please teach your children the value of using seat belts by setting the example. Place your child in the proper restraint or safety seat every time they ride in a vehicle,” said Colonel Ron Replogle, superintendent of the Missouri State Highway Patrol. “It’s a habit that could one day save their life.”

For safety reasons, the Missouri State Highway Patrol discourages the purchase of child safety seats at a garage sale. Also, a safety seat that has been in a vehicle during a traffic crash should be replaced.

There is no one "safest" child safety seat. Use the one that fits your child, fits in your vehicles correctly, and one that you will use every trip, every time. According to the National Highway Traffic Safety Administration, three out of four child safety seats are installed improperly. Car seat inspection stations are located all over Missouri. For more information about the proper use of child restraint systems or to schedule a child safety seat inspection, contact the nearest Missouri State Highway Patrol troop headquarters and ask for the public information and education officer, or visit www.seatcheck.org.

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