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Walkers for Wellness Winners Announced

MAY 19TH 2014 BY DEE LOFLIN

Walkers for Wellness Winners Announced

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri - The **Regional Healthcare Foundation's** Walker for Wellness program recently concluded with a total of 48 individuals taking part.

Participants in the program committed to walking in the program back in February of this year. Carla Boxdorfer is the Coordinator of the program. Walkers were encouraged to walk anywhere they wished, but to keep up their mileage on a log sheet located at the Bearcat Event Center or the Healthcare Foundation office.

A final weigh-in and blood pressure check was taken at the end of the program in late April.

Thirty-three of the forty-eight participants also signed up for the Walk with East Program, sponsored by the Arthritis Foundation. Sue and J.C. Daniel of Dexter volunteered to assist during the registration by taking blood pressures. Gym memberships were provided by fitness Connection as prize drawing. **SoutheastHEALTH of Stoddard County** supplied t-shirts for participants who finished the program.

Prize Winners were: Everett Hessling \$100, Louise Cooper \$50, Ruth McCollough, Tim Ward \$50 Gift card to Hibbett Sports, Gerianne Twomey Blood

Pressure Cuff, Mary Worley, 1 month Gym Membership to Fitness Connection, Kim Fitts, 1 month Gym Membership to Fitness Connection, Charles Corlies, 1 month Gym Membership to Fitness Connection.

Shown in the photo above are from left to right: Ruth McCollough, Louise Cooper, Mary Worley, Everett Hessling, and Program Coordinator Carla Boxdorfer.

The Regional Healthcare Foundation is ***"Dedicated to building healthy communities through programs and services designed to enhance overall health and wellness"***.

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2014 Regional Healthcare Foundation Fitness Challenge Winners

MAY 16TH 2014 BY DEE LOFLIN

Dexter, Missouri - Teams of four people each began the 2014 Fitness Challenge on January 8, 2014 and ended the challenge May 7, 2014.

There were 68 teams participating. Teams weighed in weekly on Wednesdays from 7:30 a.m. – 5:30 p.m. Charts were displayed each week to show the team's progress with percentage of loss. Team names appeared on the charts. Individual weights are completely confidential. Teams names were very creative!

There were many first time participants and also some who have participated in past challenges.

While the new challengers worked to lose weight, the returning challengers were looking for continued accountability and encouragement to lose and maintain the lower weight again. Those who have participated previously are quick to attest to the success of the challenge for losing weight.

The weekly team work and weigh in with accountability truly works to keep people motivated and dedicated to eating healthy and sticking to an ongoing exercise regiment. Encouragement and accountability as a team definitely keeps everyone on the team focused on the weight loss goal. At the end of the challenge, many express their appreciation for the program and wish the challenge was a year around event.

- * Each week flyers of information related to health were given out.
- * Weekly drawings were conducted (attendance incentive)
- * Body Mass Index was measured with the use of a monitor
- * Blood Pressure Check was available one week during the challenge
- * Southeast Hospital (Diabetes Program) provided "Eating on the Light Side" cookbooks for all participants.
- * Southeast Hospital also provided free Fitness Challenge T-Shirts for those who weighed in "7" times by March 26th.

* Ozark Wellness provided certificates for 1 month free Cross Training Class for all participants.

* McKenna Landers – Licensed Massage Therapist at Fitness Connection provided coupons to each participant for \$10 off any massage.

* University of Missouri Extension – Jeanie Huey, Nutrition Program Assistant provided posters and flyers for several weeks of the challenge.

* Novo Nordisk Pharmaceuticals Representative, Kevin Hayes, provided meal planning information and plate model for exhibit.

* Discount Coupon Collection Box was available each week.

While participants waited for their turn to weigh in, they could select coupons for savings while shopping for many household and personal items.

Winners were announced Wednesday May 14th

Winning teams based on percentage of loss as a team.

1st Place Team (Prize \$1,000) – Team Name: Scale Down 18.80% Charlie Corlies, Angie Laden, Scott Laden, Tim Ward

2nd Place Team (\$500) – Team Name: Williams Fab Four 13.29% Shannon Owens, Gary Williams, Jansen Williams, Kim Williams

3rd Place Team (\$250 – Team Name: City Slickers Chris Harris, Jim Overall, Ben Robinson, Josh Robinson

Individual Prize (\$250) for the person losing the most pounds – Tim Ward who lost a total of 83.75 pounds!!!!!!

Many challengers lost between 25-60 pounds.

The next challenge is scheduled for January 2015....perfect timing for weight loss after summer and all the winter holidays filled with food events .

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Baccalaureate Service Held for DHS Class of 2014

MAY 13TH 2014 BY DEE LOFLIN

Baccalaureate Service Held for DHS Class of 2014

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri - "I am not afraid of tomorrow, for I have seen yesterday, and I love today" is the class motto for the Dexter Senior High School class of 2014.

It was an emotional Mother's Day evening at the First Assembly of God Church. Students were gathered for the first time in their graduation gowns for pictures, hugs, and tears of joy.

Jacob Robinson, senior Class President, was the Master of Ceremonies. He introduced Rev. Ken Biggs of the First General Baptist Church to welcome parents, grandparents, family, and friends to the Baccalaureate Service.

Rev. Mike Kohlbaker of the First Assembly of God said the prayer and Invocation. DHS student and member of the Class of 2014, Krysta Winstead read scripture and Ashley

Long was the class speaker. Both did an amazing job talking to the students and assuring them of their future.

Rev. Brandon Powell of the Southwest Church of the Nazarene was the main speaker for the event.

Sarah Richardson, Class of 2014 student, sang beautifully, "Forever Love".

Benediction was given by Rev. David Dohogne of the Sacred Heart Catholic Church.

Zach Sims closed the beautiful service with a prayer. A reception followed in the Fellowship Hall.

It is our hope that each year students will feel they are not only welcome to participate in Baccalaureate Service, but that it is an honor to have each and every student there. We wish all of the students a safe and successful life.

Thank you to the Ministerial Alliance and those graduating students who have worked very hard to have this wonderful event.

Congratulations to the Class of 2014!

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Gold 4 Gaige Fundraiser

MAY 10TH 2014 BY DEE LOFLIN

Gold 4 Gaige Fundraiser

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – A fundraiser will be held for Gaige Willems who continues to battle leukemia. The “Gold 4 Gaige” will be held on Saturday, May 17th at the Dexter Fairgrounds.

Admission from 10 a.m. – 5 p.m. is only \$3.00. After 5 p.m., admission will be \$5.00 that will include live musical performances by Jesse C. Hammock of Powder Mill and Ryan Davis.

Craft fair, face painting, raffles, food, games, auctions and even a dunking booth will be featured at the event.

There will also be a Benefit Pageant sponsored by Smiling Faces Pageants. Boys will be in categories of 0-2 years, 3-5 years, and 6 years and up. Girls will be in categories of 0-11months, 12-23 months, 2-3 years, 4-6 years, 7-8 years, 9-12 years, and 13 years and up. This event will be held at the Stoddard County Fair Grounds. ***Please contact Brandi Long at 573-625-3818 or Shena Benton at 573-421-6157 for pageant information.***

All proceeds from Gold 4 Gaige will be donated to the Willems family to help defer the cost of medical and travel expenses for Gaige.

For more information about the Gold 4 Gaige Event, contact Kayce Mullins at 573-820-6868 or Ashlee Jackson at 573-421-1274. You may also e-mail these wonderful volunteers at kaycemullins@gmail.com or ashleeEj6@gmail.com

For other articles related to Gaige Willems, click **HERE**.

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Alexis May is May Calendar Girl

MAY 07TH 2014 BY DEE LOFLIN

Alexis May is May Calendar Girl

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Alexis May has been chosen as the May Calendar Girl.

Alexis is the 15-year-old daughter of Perry May and Patty May. She is a freshman at Dexter Senior High School.

She is involved in FCA, FLC, Teenage Republican Club (TARS), and Student Council (STUCO). Alexis participates in sports such as tennis and track. She also enjoys volunteering at summer church camp as a counselor.

Miss Alexis May is an attendant to Miss Dexter 2013, which is sponsored annually by the Dexter Senior High School Music Department. Each year the attendants are chosen as Calendar Girls throughout the year.

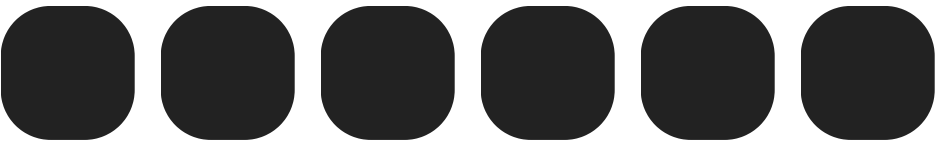
Congratulations Alexis!

Photo provided by Mrs. Shannon Putnam.

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