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SoutheastHEALTH Foundation to Host Princess Tea

JANUARY 19TH 2015 BY DEE LOFLIN

SoutheastHEALTH Foundation to Host Princess Tea

Cape Girardeau, Missouri - SoutheastHEALTH Foundation will host a Princess Tea on Saturday, March 28, at The Plaza by Ray's in Cape Girardeau.

Queens, fairy godmothers and everyone in the kingdom are invited to bring their favorite princess to a fairytale tea. Two sessions will be offered: 10 a.m. and 2 p.m.

Tickets are \$240 for a "royal table" of eight, which guarantees that you will be able to sit together as a group. The cost of an individual ticket is \$25.

Princess makeover tickets also are available for purchase at \$10 per princess. Appointments will be scheduled at the time of ticket purchase.

Sessions often sell out, so it's best to buy your tickets now.

This enchanting event, which annually draws hundreds of participants, will benefit SoutheastHEALTH's Pediatrics, OB and Neonatal Intensive Care units. Proceeds will help provide excellent healthcare to other little princesses, princes and their families when they need the best healing in all of the land.

Princess Tea guests will enjoy sweets and tea or lemonade fit for a queen with very special appearances by Cinderella and some of her princess pals, including some new princesses who will leave you "Frozen" with delight. Young princesses will be invited to the dance floor to sing and dance with their new princess friends.

Tickets are available at the SoutheastHEALTH Foundation at 60 Doctors' Park, Lower Level, in Cape Girardeau. For more information, call 573-986-6622.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier health care system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 14 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

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Time to Join the 2015 Team Fitness Challenge!

DECEMBER 26TH 2014 BY DEE LOFLIN

Time to Join the 2015 Team Fitness Challenge!

Dexter, Missouri – Have you made that New Year's Resolution yet? Now is the time for the 2015, yes that's right 2015 Team Fitness Challenge is BACK! The Regional Healthcare Foundation located at 215 West Grant Street in Dexter, Missouri, hosts the annual fitness challenge.

The Challenge begins on Wednesday, January 14th and runs through April 29th. You may sign-up for the fitness challenge January 14th, 21st and the 28th at the Regional Healthcare Foundation.

Teams of 4 compete to lose the greatest percentage of weight. Weigh-in days are Wednesdays from 7:30 a.m. – 5:30 p.m.

1st Place Team wins \$1,000, 2nd place team prize is \$500 and the 3rd place team prize is \$250! There will also be a \$250 individual prize for the person who loses the most pounds!

There is no fee to participate just stop by and change your life! Participants who weigh in 9 times by March 25th will receive a 2015 Team Challenge T-shirt!

Teams must have a named picked out when they come to sign-up and you can be as creative as you like. Teammates do not have to come and weigh-in at the same time. If an individual still wants to participate, but does not have a team,

they will be assigned to a team.

If Dexter Schools are closed due to weather, the Regional Healthcare Foundation office will also be closed. Progress charts are posted weekly by team names and percentage of loss. Individual weights are kept completely confidential. Weekly drawings of various items will be announced and weekly handouts related to health and nutrition will be available.

It's time to get your team together and lose some weight! This is your year!!

If you have questions contact the Regional Healthcare Foundation at (573) 624-1607 and follow them on Facebook by clicking **HERE**.

LAST UPDATED ON DECEMBER 26TH 2014 BY DEE LOFLIN

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SoutheastHEALTH Hires New CEO

DECEMBER 15TH 2014 BY DEE LOFLIN

SoutheastHEALTH Hires New CEO

Healthcare Executive Kenneth W. Bateman, CPA, MHA, Brings 20 Years of visionary Leadership

Cape Girardeau, Missouri - SoutheastHEALTH System Board of Directors has appointed Kenneth W. Bateman, CPA, MHA, as the healthcare organization's new President and CEO, effective Dec. 15.

John Thompson, chairman of the System Board, announced the hiring in the Harrison Room at Southeast Hospital. The Board unanimously approved the hiring.

Bateman has an extensive record of leadership as a CEO, and proven performance in financial growth, quality and delivering timely results in renowned hospitals and health systems.

Known as a collaborative administrator, Bateman has broad and diverse expertise as a CEO, Thompson said. Bateman specializes in building synergistic relationships with physicians, board executives and leadership of stand-alone organizations as well as matrix environments common with large systems.

"Kenneth's visionary leadership will greatly benefit SoutheastHEALTH as we welcome an experienced and committed business strategist whose combined skill set provides a unique understanding of the challenges and opportunities of navigating healthcare reform," Thompson said.

"I'm confident in Ken and look forward to working closely with him and others on the leadership team to articulate our vision and position the organization for future viability in the challenging healthcare landscape. He is the right leader at the right time for SoutheastHEALTH," Thompson said.

Prior to joining SoutheastHEALTH, Bateman served as chief operating officer at Somerset Medical Center, in Somerville, N.J., and prior to his CEO tenure, he served as CFO at Somerset Medical Center in Somerville. He's spent his career in healthcare leadership and financial executive roles with various for-profit organizations and not-for-profit hospitals and systems.

Bateman said, "I am eager to join SoutheastHEALTH and begin working with a dedicated group of professionals whose main goal is providing the best healthcare services for patients in the community. I look forward to working with the executive leadership team to continue to have SoutheastHEALTH be the premier healthcare organization in our region."

Kenneth and his wife Pamela have one child, Eric, who attends Franklin & Marshall College in Lancaster, Pa., where he is studying Business. The couple will live in the Cape Girardeau area.

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Melba Baker Named Auxilian of the Year

DECEMBER 04TH 2014 BY DEE LOFLIN

[Melba Baker Named Auxilian of the Year](#)

Dexter, Missouri - The SoutheastHEALTH Auxiliary of Dexter recently named Melba Baker of Dexter, their Auxilian of the Year.

Melba has been a member of the hospital Auxiliary for over 15 years. She has served as president over the past year and will begin her second term in January. Melba also serves as the gift shop chairman and works the gift shop desk weekly.

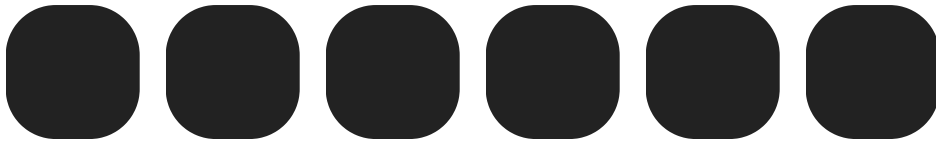
The SoutheastHEALTH Auxiliary of Dexter is always looking for new members. If anyone is interested in becoming a volunteer, stop by the information desk at the hospital.

For more information about SoutheastHEALTH of Stoddard County located in Dexter, Missouri click **HERE**.

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Becking Clinic Giving Away Deluxe Get Away Spa Package

NOVEMBER 05TH 2014 BY DEE LOFLIN

[Becking Clinic Giving Away Deluxe Get Away Spa Package](#)

Dexter, Missouri – Are you looking for the perfect deluxe spa package? Would it be better if you received it FREE?? Well, Becking Clinic is giving away TWO gift cards to a Deluxe Get Away at the Spa!

With this card you will receive a 60 minute Elemental Nature Massage, a 60 minute Elemental Nature Facial, a 60 minute Spa Manicure, and a 60 minute Spa Pedicure. This FREE Deluxe Spa Package is worth \$225!

How can you win you ask? Easy, all you have to do is send those you know to the Becking Clinic to learn about their Weight Loss Program! Each time one of your friends begins their ChiroThin Program; you will be entered to WIN the package! There is no limit to the number of entries.

Offer is valid for the month of November 2014! So get started today and call 573-243-9777.

Check out their website by clicking **HERE**.

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