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Southeast Home Health Spotlight; Ruby Hayes

MARCH 21ST 2015 BY STAFF WRITER

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Please tell us something interesting about yourself:

I am 101 years old and was driving independently until I was 99 years old. I fully plan to put out a garden this year at a 101 years of age. For 20 years, I took a greyhound to California, every year taking a different route to travel and see the United States. I was in high school during the Great Depression. We survived by growing our own food and I was forced to quit high school because I didn't have clothes to wear.

What made you choose our agency to provide your home health care?

I was in Southeast Hospital in Dexter. My son and daughter were so pleased with the care that I received in the hospital, that they continued with Southeast for my home health services.

What do you enjoy most about home health therapy?

I have always loved exercise and just really enjoy having a program to follow.

Please share some of the goals you have for the future and how therapy might help you reach those goals:

I would like to be able to walk independently with only my cane. Also I would like to regain enough strength and balance to allow me to enjoy my garden this spring and summer.

The Home Health Spotlight is a courtesy of the caring professionals of Southeast Health! You have a choice in who will provide your home health services. Remember to request Southeast Home Health of Dexter or contact us at (573) 624-3511 for additional information.

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