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## Southeast Home Health Spotlight; Ruby Hayes

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MARCH 21ST 2015 BY STAFF WRITER

Southeast Home Health Spotlight; Ruby Hayes

**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.**

LAST UPDATED ON MARCH 21ST 2015 BY STAFF WRITER

<https://showmetimes.com/Blogpost/utnr/Southeast-Home-Health-Spotlight-Ruby-Hayes>

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## FREE Colorectal Cancer Screening Seminar

MARCH 20TH 2015 BY DEE LOFLIN

[FREE Colorectal Cancer Screening Seminar](#)

**Dexter, Missouri** – SoutheastHEALTH of Stoddard County will present an informational seminar entitled Preventing Colorectal Cancer by Gastroenterologist, Brent Keller, DO.

Colorectal cancer is deadly. Only lung cancer kills more Americans each year than this largely preventable disease. Colorectal cancer does not discriminate.

This disease affects men and women equally and often those who are diagnosed have experienced no symptoms even though the cancer has become more invasive.

That's the bad news. Here's the good news. If everyone age 50 or older had regular colorectal screening tests, at least 60% of deaths from this cancer could be avoided.

Please join Gastroenterologist Dr. Brent Keller and learn more about what you can do to help prevent colorectal cancer, the importance of screenings, and the latest treatment protocols. When it comes to cancer, knowledge is power.

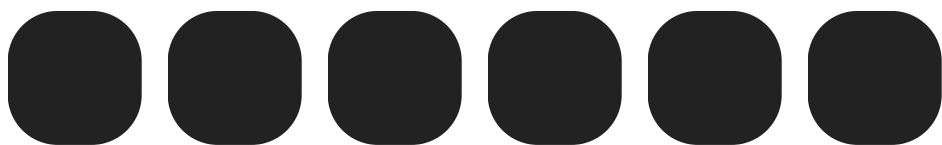
This is a free one-hour seminar with light refreshments to be held at the Dexter Chamber of Commerce on West Market Street, Thursday, March 26<sup>th</sup> at 6:00 p.m.

Reserve your seat today at 844-482-5833.

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# Lunch & Learn With SoutheastHEALTH

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MARCH 02ND 2015 BY DEE LOFLIN

## Lunch & Learn With SoutheastHEALTH

**Dexter, Missouri** – SoutheastHEALTH of Stoddard County will kick-off their new monthly series “Lunch & Learn With SoutheastHEALTH” on Wednesday, March 4<sup>th</sup> at 11:45 a.m. at the Dexter Senior Center.

The first Wednesday of each month, SoutheastHEALTH will present a variety of services including health screenings, educational opportunities, and informational speakers.

They will have staff members on hand to answer questions you may have about receiving your healthcare close to home.

The Dexter Senior Center is located at 23 W. Stoddard St. in downtown Dexter. This event is open to all seniors and additional topics of interest to attendees will be considered for future programs! Please join them for a spectacular informational Lunch & Learn program hosted by SoutheastHEALTH!

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# Stayin Alive Hands Only CPR Class

FEBRUARY 26TH 2015 BY DEE LOFLIN

## Stayin Alive Hands Only CPR Class

**Dexter, Missouri** – SoutheastHEALTH of Stoddard County will host a “Stayin’ Alive” Hands Only CPR class on Thursday, February 26<sup>th</sup> at 6:00 p.m. in the Dexter Chamber of Commerce building.

Learn how to perform hands-only CPR for adults, as well as how to use an AED..

Classes are free and appropriate for middle school age through adult.

Learn the signs and symptoms of heart attack and stroke and how to respond appropriately. This is a non-certification class and pre-registration is requested, but not required.

Got to [sehealth.org](http://sehealth.org) and pre-register and learn about other upcoming classes. Just click “classes and events”.

For more information call 573-331-6369.

LAST UPDATED ON FEBRUARY 26TH 2015 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/utkd/Stayin-Alive-Hands-Only-CPR-Class>

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## 5 Simple Steps for Flu Prevention

JANUARY 28TH 2015 BY DEE LOFLIN

### 5 Simple Steps for Flu Prevention

**Missouri** - A severe flu season is upon us and, when blood and platelet donors aren't feeling well, they can't give the gift of life. You can help the American Red Cross prevent a shortage of blood and platelet donations by taking these steps and spreading the word about flu prevention.

Avoid or minimize contact with people who are sick (a minimum of three feet distancing is recommended).

Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands afterwards. If tissue-less, cough or sneeze into your elbow or upper arm, not into your hands.

Keep your hands away from your eyes, nose and mouth to keep germs from entering your body.

Wash hands frequently with soap and water or an alcohol-based hand sanitizer.

Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

Learn more about flu prevention for you and your family.

If you're healthy and feeling well, click [here](#) to schedule an appointment or call 1-800-RED CROSS (1-800-733-2767). Patients in need don't get a sick day, so your donation is especially important when others are unable to give.

Together, we can ensure patients have the blood products they need.

LAST UPDATED ON JANUARY 28TH 2015 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/utfr/5-Simple-Steps-for-Flu-Prevention>

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