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Southeast Missouri Health Spotlight: Jane Flowers

AUGUST 07TH 2015 BY STAFF WRITER

Southeast Missouri Health Spotlight: Jane Flowers

Please tell us something interesting about yourself:

“My career in real estate began in 1977 and I enjoy helping young couples find their first home. I had my own company, Flowers Realty, but now I am currently a broker/salesperson for Trammel and Son Realty. I am also still involved with my son's and grandson's fish farms and farming operations. I was married for 51 years to Bill Flowers, and now my children and grandchildren are the highlight of my life. I am expecting my first great grandchild in November.”

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

“In the past, I had outpatient physical therapy and cardiac rehab at Southeast Hospital in Dexter and was pleased with their services so I chose Southeast Home Health.”

What do you enjoy most about home health therapy?

“The exercises make me feel better and stronger after I do them. The therapist motivate me to do better and continue my exercises when they are not there..”

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 more active and strong enough to not use a walker and to be able to work a few days each week in my office. ”

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 AUGUST 07TH 2015 BY STAFF WRITER

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Blood Drive at Bloomfield High School on Saturday

JULY 18TH 2015 BY DEE LOFLIN

Blood Drive at Bloomfield High School on Saturday

Bloomfield, Missouri - The American Red Cross is asking for your help. By letting community members know about the need for blood during the summer, you can give hope to patients in need.

Eligible blood and platelet donors are encouraged to choose their day to donate blood or platelets this summer.

There will be a blood drive at the Bloomfield High School on Saturday, July 18, 2015 from 10:00 a.m. - 3:00 p.m. The school is located at 301 West Missouri Street.

Donated blood is perishable and must be constantly replenished to keep up with the demand. Red blood cells, with a shelf life of only 42 days, are the most frequently transfused blood component, and are always needed by hospitals.

Eligible donors can give red cells through either a regular whole blood donation or a double red cell donation, where available. Double red cell donations yield twice the usual amount of red cells in a single appointment and are accepted at select donation locations. Double red cell donors must meet additional eligibility criteria, which will be determined at the donation appointment.

Donors with all blood types are needed, especially those with types O negative, A

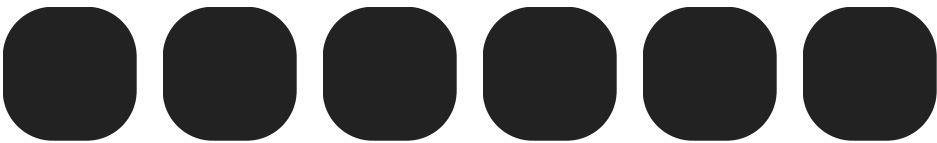
negative and B negative. Whole blood can be donated every 56 days, and double red cells may be donated every 112 days, up to three times per year.

To find a donation opportunity or make an appointment to give blood, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

LAST UPDATED ON JULY 18TH 2015 BY DEE LOFLIN

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SoutheastHEALTH Receives Society Award From ACS

JULY 16TH 2015 BY DEE LOFLIN

SoutheastHEALTH Receives Society Award From ACS

Cape Girardeau, Missouri - SoutheastHEALTH has received The Society Award for its support of Relay for Life, which annually raises funds for the American Cancer Society and the fight

against cancer.

SoutheastHEALTH representatives, who are actively involved in the fundraiser, presented Southeast’s check for \$10,000 to the Cancer Society.

Pictured from left at the Southeast Cancer Center: Mitzi Richter of the Southeast Cancer Center, holding the award; Kelli Behrle of the American Cancer Society; Scott Givens, manager of HealthPoint Fitness in Jackson; and Kim Thorwegen and Kasie Jones-Holder, both of the Cancer Society. Not pictured is Pam Buchheit of Southeast’s Social Services Department.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare 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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Bank of Advance to Host Blood Drive in Advance, MO

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Dexter, Missouri - Summer is a challenging time to collect enough blood and platelet donations to meet patient needs. Schedules can be busy – even for the most dedicated donors. In fact, in a recent survey of Red Cross donors, nearly 90 percent plan to vacation this summer, potentially making them less available to give.

That's why the American Red Cross is asking for your help. By letting community members know about the need for blood during the summer, you can give hope to patients in need.

Eligible blood and platelet donors are encouraged to choose their day to donate blood or platelets this summer.

The Bank of Advance will host a Blood Drive at their Advance location on Friday, July 17th from 1:00 p.m. - 5:00 p.m. The Bank of Advance is located at 105 East Gabriel Street.

Donated blood is perishable and must be constantly replenished to keep up with the demand. Red blood cells, with a shelf life of only 42 days, are the most frequently transfused blood component, and are always needed by hospitals.

Eligible donors can give red cells through either a regular whole blood donation or a double red cell donation, where available. Double red cell donations yield twice the usual amount of red cells in a single appointment and are accepted at select donation locations. Double red cell donors must meet additional eligibility criteria, which will be determined at the donation appointment.

Donors with all blood types are needed, especially those with types O negative, A negative and B negative. Whole blood can be donated every 56 days, and double red cells may be donated every 112 days, up to three times per year.

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Southeast Pediatrics to Sponsor Super Kids Event

JULY 15TH 2015 BY DEE LOFLIN

Southeast Pediatrics to Sponsor Super Kids Event

Cape Girardeau, Missouri - Area “Super Kids” are invited to take part in an event sponsored by Southeast Pediatrics at HealthPoint Fitness in Cape Girardeau from 6 to 7:30 p.m. on Thursday, July 30. The event is open to children, ages 4 to 10.

At “Super Kids,” children will visit stations and take part in these educational, hands-on activities:

- Play It Safe Outdoors – Learn the importance of having fun in the sun without burns and bug bites.
- How Sweet It Is! – Kids (and adults) will be surprised to see just how much sugar is hiding the beverages they love.
- Fun with Fitness – Join in the fun with HealthPoint Fitness class demonstrations and activities.
- Eating Healthy – Southeast’s dietitians will show kids how yummy foods can be fun and healthy.

The first 200 participants will receive \$10 Academy Sports gift cards for completing all of the stations and participating in the evening’s activities.

Parents and kids also may visit with pediatricians and staff from Southeast Pediatrics. The medical practice includes Greg Cugini, MD; Paul Leland, DO; Kali Francis, MD; and Chelsea Grigery, MD; and nurse practitioner Lindsay R. McVey, FNP, BC.

Space is limited, so register today by calling 1-844-482-5833 or register online at SEhealth.org/classes-events.

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