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Pollock Speaks to Senior Citizens

SEPTEMBER 08TH 2015 BY DEE LOFLIN

Pollock Speaks to Senior Citizens

Dexter, Missouri - On Wednesday, September 2nd, Monta Pollock, PT, Rehab Services

Supervisor, spoke to senior citizens at the Dexter Senior Center.

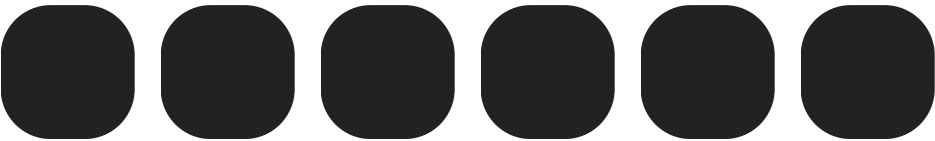
She covered topics such as stretching, good posture, body mechanics, and the importance of exercise for overall health and prevention of other medical problems.

Photo and article by Amy Ellinghouse of SoutheastHEALTH of Stoddard County.

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Red Cross Blood Drives Planned in Remembrance of 9/11

AUGUST 31ST 2015 BY DEE LOFLIN

Red Cross Blood Drives Planned in Remembrance of 9/11

Red Cross partnership with 9/11 Day

*encourages people
to give blood to honor those lost on 9/11*

The American Red Cross is partnering with 9/11 Day to offer individuals a chance to help others and commemorate the events of Sept. 11 by giving blood or platelets or volunteering their time with the Red Cross.

9/11 Day was launched in 2002 as an annual day of service to honor the victims and heroes of Sept. 11. Since then, it has evolved into the largest annual day of charitable engagement in the U.S. and was designated as a National Day of Service and Remembrance by the U.S. Congress in 2009. Each year tens of millions of people observe the day by performing acts of service and good deeds.

“This annual observance increasingly resonates with people with each passing year, for the benefit of countless people and communities in need, and that’s surely gratifying,” said Jay S. Winuk, co-founder of 9/11 Day. “Those who participate are making a real difference. The Red Cross is an ideal partner to engage people to step forward, and we’re confident that blood donors, volunteers and organizations will answer this call for help while honoring the heroes of 9/11.”

Winuk lost his brother Glenn in the 9/11 attacks. Glenn J. Winuk, an attorney with Holland & Knight in downtown Manhattan, served as a volunteer firefighter and EMT for almost 20 years. After helping evacuate the Holland & Knight law offices where he was a partner, he raced to the nearby World Trade Center’s south tower to help with rescue efforts. He died when that tower collapsed – a borrowed first-response medical kit was found by his side.

“Giving blood or platelets is a fitting way for people to remember those who lost their lives on 9/11 and to honor the first responders who rose up in response to the attacks and those who serve and protect communities every day.”

Blood donors of all types – especially those with types AB, O negative, A negative and B negative – and platelet donors are encouraged to give. Type O negative is the universal blood type that can be transfused to patients of any blood type. It is often used to treat trauma patients and is always in demand by hospitals.

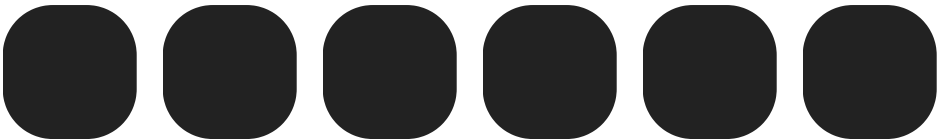
“The Red Cross is proud to partner with 9/11 Day and empower members of our communities to give blood and volunteer to commemorate this anniversary while making a profound contribution to community preparedness,” said Donna M.

Morrissey, director of national partnerships, Red Cross Biomedical Services. “Giving the gift of life to someone else is a way to continue the healing process in the face of tragic circumstances Americans couldn’t imagine before that day.”

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U.S. News & World Report Ranks SoutheastHEALTH

AUGUST 27TH 2015 BY DEE LOFLIN

U.S. News & World Report Ranks SoutheastHEALTH

Cape Girardeau, Missouri - Southeast Hospital ranks among the nation’s “High Performing” hospitals as rated by U.S. News & World Report.

Southeast ranked high in treatment of patients with chronic obstructive pulmonary disease or COPD in this year’s study, which evaluated hospitals regarding five procedures and medical conditions.

Southeast Hospital was the only hospital in the southeast Missouri region to receive a “high performing” rating. The Hospital was credited with success in preventing unplanned returns of COPD patients to the Hospital for causes related to COPD within 30 days of discharge.

Southeast Hospital’s pulmonologists emphasize the importance of rehab in treatment of patients with pulmonary disease.

Khalid Khan, MD, of Southeast Pulmonology says, “I refer my patients to Southeast Pulmonary Rehab because they are able to provide the proper treatment for lung disease. The facility and staff are excellent. My patients always come back telling me how much better they feel after going through the program.”

Aravind Pothineni, MD, of Southeast Pulmonology and medical director of Pulmonary Rehabilitation, says, “The American College of Chest Physicians recommends that patients with moderate, severe or very severe COPD, who have had a recent exacerbation (increased severity of any symptoms) in less than four weeks, undergo pulmonary rehabilitation to prevent future exacerbations of COPD.”

Dr. Pothineni adds, “It has been well established that pulmonary rehabilitation improves quality of life, exercise tolerance and dyspnea (shortness of breath) in patients with various pulmonary pathologies.”

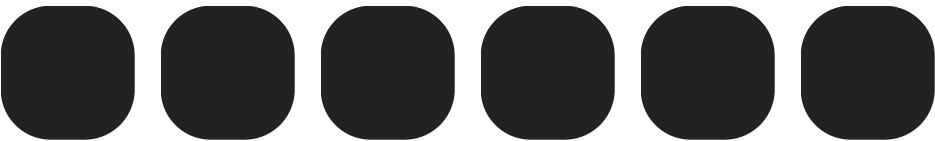
Ben Harder, chief of health analysis for U.S. News, notes, “The choice of hospital is one of the most important and costly decisions an individual makes. We evaluated the treatment of more than 3.6 million patients and identified a small percentage of hospitals that have superior outcomes compared with their peer institutions.”

U.S. News evaluated more than 4,500 hospitals across the nation. Only about 10 percent of hospitals were rated as high performers.

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When It Comes to Home Health Providers, There is a Difference!

AUGUST 26TH 2015 BY DEE LOFLIN

When It Comes to Home Health Providers, There is a Difference!

When it comes to Home Health Providers, there is a difference!

Established in 1983, Southeast Home Health of Dexter (formerly Dexter Home Health Agency) has served our area for nearly 35 years – longer than any other provider in the area.

Southeast Home Health of Dexter enables patients to remain where they feel most comfortable – at home – while still receiving many skilled therapy and rehabilitation services via in-home visits.

Home Health is a professional service provided to people who have a medical need which requires the skills of a nurse or therapist. Most patients who use home health are those who have recently been hospitalized and have a change in their condition or medicines, a new diagnosis, or those who have had surgery. Many people who require dressing changes can also benefit from home health services.

As part of SoutheastHEALTH's regional system of care, transitioning from hospital to home health or vice versa is quicker, easier and ensures a true continuum of care. With access to the system's extensive resources, including consultations with specialty departments, patients can feel confident they are receiving the best care possible.

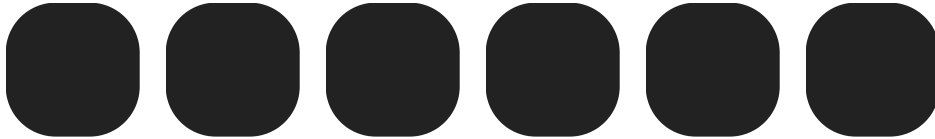
Southeast Home Health of Dexter offers a number of services including skilled nursing, physical therapy, occupational therapy, speech pathology, and home health aide. Our staff is made up of experienced professionals that are dedicated to Southeast Home Health of Dexter and our community. There is a difference in home health providers. The difference is Southeast Home Health of Dexter.

Pictured is the Southeast Home Health of Dexter staff. Back row from left, Kristen Allen, RN; Terri Bennett, CCC-SLP; Sarah Guethle, OTR/L, CLT; Brandy Cannady, RN; Ron Moses, RN; Front row from left, Kim Moore, RN; Krystal McGowen, PTA; Tracy Hedrick, PT; Sherri Hann, Home Health Coordinator. Not pictured, Jennifer Stone, LPN.

Photo and article submitted by Amy Ellinghouse.

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Want to Quit Smoking? The Time is NOW!

AUGUST 24TH 2015 BY DEE LOFLIN

Want to Quit Smoking? The Time is NOW!

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The Time is Now!

If you're like many smokers and other tobacco users, you know you should quit. You just aren't sure how to do it.

Creating a quit-tobacco plan may improve your chances of stopping for good. Having a plan helps prepare you for coping with the physical and emotional issues that often arise when you stop using tobacco, such as nicotine withdrawal and strong urges.

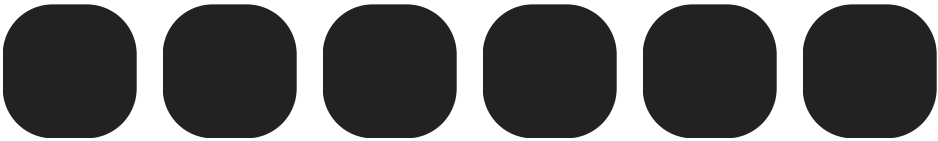
Join us for this free, one-hour class to learn more about the many options available to help you quit for good.

Classes will be held in Dexter on Thursday, August 27, 2015 at 6:00 p.m. in the Hospital Boardroom. To register for a class online, visit sehealth.org/tobacco

For more information, call 573-331-6369.

<https://showmetimes.com/Blogpost/uukk/Want-to-Quit-Smoking--The-Time-is-NOW>

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