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Dexter Rotary Club Blood Drive

MAY 24TH 2016 BY DEE LOFLIN

Dexter Rotary Club Blood Drive

Dexter, Missouri - The Rotary Club will host a Blood Drive on Tuesday, May 24th from 1:00 p.m. - 6:00 p.m. at Sacred Heart Church in Dexter.

The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.

Overall blood donations in the Red Cross Missouri-Illinois Blood Services Region have been approximately 3,000 fewer per month in June and July this year than the previous 10 months of the year. When demand for the most needed types begins to outpace donations, the Red Cross alerts donors to help restock the shelves.

Type O negative is the universal blood type and can be transfused to patients with any blood type. Types B negative and A negative can be transfused to Rh positive or negative patients. Eligible donors are encouraged to donate double red cells – a process where two units of red cells are collected while most of the plasma and platelets are returned to the donor – where available.

“Summer blood shortages are not uncommon, but they can be prevented when generous volunteers roll up their sleeves to help save lives,” said Todd Wagner, donor recruitment director for the Red Cross Missouri-Illinois Region. “Many donors have already given this summer. We’re now asking donors who haven’t donated, and those who are eligible again, to make an appointment to give now to help ensure blood products are available for patients.”

Platelets and type AB plasma also needed

Platelet donors and those with type AB blood are also continually needed to help ensure patients receive the lifesaving blood products they need. Platelets – a key clotting component of blood often needed by cancer patients, surgical patients and bone marrow recipients – must be transfused within five days of donation, so donations are constantly needed. Donors with type AB blood are urged to give blood or platelets to restock the plasma supply. Type AB donors have the universal plasma type, which can be given to patients of all blood types.

How to donate blood

The free Blood Donor App – available in app stores by searching for American Red Cross or by texting BLOODAPP to 90999 – not only makes appointment scheduling easy, but donors can also access their digital donor card and be notified when their donation is distributed to a hospital. Donors can also visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors in the Missouri-Illinois Blood Services Region can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

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2016 M*A*S*H Camps

MAY 24TH 2016 BY DEE LOFLIN

2016 M*A*S*H Camps

2016 M*A*S*H CAMPS

Missouri AHEC Science & Health Camp for Middle School & High School Students

ATTENTION ALL MIDDLE SCHOOL & HIGH SCHOOL STUDENTS! Have you ever wondered... What is it like to perform surgery? Work in the ER? Have a career in health care? Stop wondering! Register now for the 2015 Missouri AHEC Science & Health (M*A*S*H) Camps! Learn about science in the field of medicine, nursing, dentistry, and other health care occupations. Participate in hands-on learning activities that include: vital signs, CPR, first aid, suturing, injections, dissections labs, oral health, and more! And YES... have FUN too!

M*A*S*H Camp is a summer day camp held at various locations throughout the area. The following camps will be held this summer:

2016 Middle School M*A*S*H Camps

June 30 – Puxico Junior High School, Puxico, MO

2016 High School M*A*S*H Camps

June 1-2 - South Pemiscot High School, Steele, MO

August 3-4 – Sikeston Career & Technology Center, Sikeston, MO
August 10-11 – TRC Nursing & Allied Health Center, Poplar Bluff, MO

All students must complete an application in advance and submit it by the appropriate deadline. The cost of attending a 1 day camp is \$10.00 and a 2 day camp is \$20.00. Payment should be in the form of a check or money order made payable to SEMO AHEC and submitted with an application. Applications will be accepted on a first come, first serve basis and participants accepted will be notified by email.

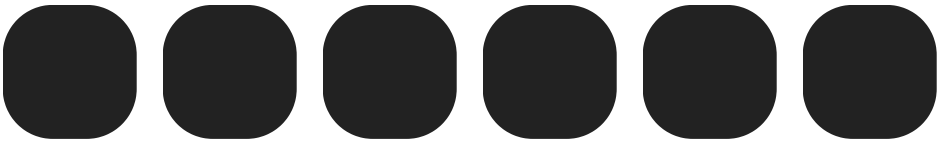
Information and applications can be obtained by visiting www.semoahec.org/mashcamp or by email from Sarah Jackson, SEMO AHEC Program Specialist, at sarah@semoahec.org. Early response is highly encouraged, as capacity is limited for these events.

M*A*S*H* Camp is a collaborative effort of community partners including: the Southeastern Missouri Area Health Education Center (SEMO AHEC), South Pemiscot High School, Puxico Junior High School, Sikeston Career & Technology Center, and Three Rivers College of Nursing & Allied Health. The mission of all academic and community partners in this unique learning opportunity is to provide early exposure and academic enrichment to students who are interested in becoming health care professionals in the Southeastern Missouri region.

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FREE Athletic Physicals for Stoddard County Middle and High School Students

MAY 05TH 2016 BY DEE LOFLIN

FREE Athletic Physicals for Stoddard County Middle and High School Students

Dexter, Missouri - SoutheastHEALTH Center of Stoddard County will offer Free Athletic Physicals for all Stoddard County Middle School and High School athletes on Thursday, May 5th from 3:30 p.m. - 5:30 p.m. at the Dexter High School cafeteria.

No appointments are necessary! If you don't have your insurance, etc at least come get the physical and they can work on the paperwork afterwards.

SoutheastHEALTH physicians and nurse practitioners will be on hand to conduct these physicals. Last year, nearly 300 students benefited from this program.

Please remember that all schools require a parent's signature on the physical form. Also you must provide proof of insurance.

If you have questions please contact SoutheastHEALTH at 573-624-5566 or your local middle school or high school.

If you would like to know more about SoutheastHEALTH and their services go to **www.SEhealth.org**.

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Hospice Volunteers Needed

MARCH 18TH 2016 BY DEE LOFLIN

Hospice Volunteers Needed

Dexter, Missouri - Was one of your New Year's resolutions to reach out and help others? Volunteer with Southeast Hospice and become part of a team that provides care, compassion and understanding for terminally ill patients and their families.

As a Southeast Hospice volunteer, you will receive 12 to 15 hours of free training on everything from communication skills and family dynamics to grief and patient/family rights.

Hospice Volunteer Coordinator Pearla Smith says volunteers come from all walks of life but have one thing in common: "to help others and make a positive difference for patients and their families during a very difficult time."

Smith adds, "Whether it's providing companionship to a person in the final months and weeks of life, offering support to family members and caregivers, or helping with community outreach and fundraising, the contributions of volunteers are essential to the important work of Southeast Hospice."

Besides volunteers, the Southeast Hospice team includes doctors, nurses, social workers, ministers and nurse assistants. Southeast Hospice serves patients and their families in Bollinger, Cape Girardeau, Perry and Scott counties, and portions of Stoddard, Mississippi and New Madrid counties.

For more information about volunteer training in your area, call (573) 335-6208 or 1-888-397-0646 or go online to SEhealth.org/Hospice.

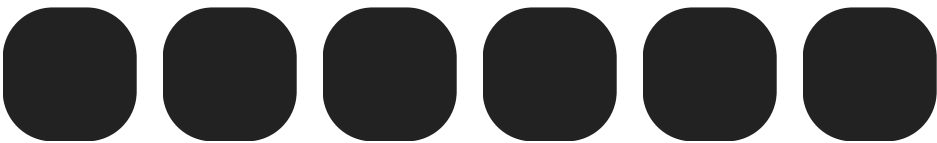
About SoutheastHEALTH

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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Southeast Hospice Recognizes Volunteers

DECEMBER 08TH 2015 BY DEE LOFLIN

Southeast Hospice Recognizes Volunteers

Cape Girardeau, Missouri - Southeast Hospice honored its dedicated volunteers at its 20th annual appreciation banquet held in November. McCombs Funeral Home and Cremation Center has sponsored the event since its inception.

Volunteer Joy Galentine of Jackson received the 2015 Cherub Award. The Guardian Angel Award went to Carolyn Pickens of Jackson, and Mark Kiblinger Cape Girardeau received the Gabriel Award.

The Cherub Award recognizes any volunteer or group of volunteers who offer support primarily in the areas of fundraising, office support and public relations. The Guardian Angel Award is given to a Hospice volunteer who expresses dedication to patients and families. The Gabriel Award is the highest award and recognizes a volunteer who has shown dedication to patients and families in a variety of ways, both directly and indirectly.

Galentine joined Southeast Hospice in 2011. "She spends a considerable amount of time in the Hospice office, putting in 237 hours this year through her almost weekly visits to the office," says Hospice Volunteer Coordinator Pearla Smith.

Pickens started volunteering with Southeast Hospice in 1997. "She has been known to serve two patients at a time. She relates well with patients and families, often delivering casseroles to families who have lost a loved one," Smith notes. Pickens also is trained as an 11th Hour Volunteer and Spiritual Volunteer. Including on-call hours, Pickens donated 1590.75 hours in 2015.

Kiblinger began volunteering with Southeast Hospice in 2007. Smith says, "Mark is considered a very good listener and is usually asked to by our social workers to visit our Veterans Administration patients." Kiblinger was saluted for his willingness to assist with special projects, office work and the Recollections Program which allows Southeast Hospice patients to share treasured stories and memories on a video.

All told, Southeast Hospice volunteers donated 12,573 hours of service to assist terminally ill patients and their families this year.

Volunteer Helen Hunt, who makes pillows for Hospice patients, reached a milestone of 4,134 donated hours this year.

Tina Bles was recognized for donating the most direct care hours, 118.5 and Phyllis Lee was recognized for donating the most on-call hours, 1,520. Ten-year volunteers Bles and Linnie Harris also were recognized.

Southeast Hospice welcomed new volunteers Jim Day, Maci Daniel, Erika Kropp and Cindy Moore.

Pictured are three Southeast Hospice volunteers who were recognized for outstanding service at the organization’s recent appreciation dinner. From left are Joy Galentine, recipient of the Cherub Award; Carolyn Pickens, recipient of the Guardian Award; and Mark Kiblinger, recipient of the Gabriel Award.

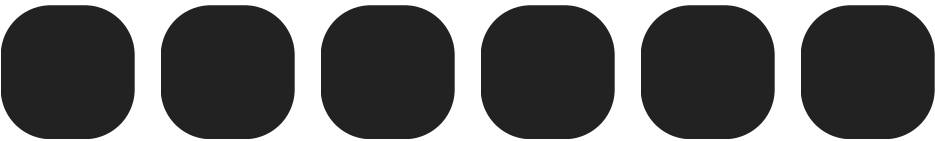
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