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Saint Francis to Host Free Coaches Clinic

AUGUST 26TH 2016 BY DEE LOFLIN

Saint Francis to Host Free Coaches Clinic

SAINT FRANCIS TO HOST FREE COACHES CLINIC

Cape Girardeau, Missouri - Saint Francis Healthcare System will host its annual Coaches Clinic Thursday, September 15, from 8:30 am to 1:30 pm in the Health and Wellness Center – (150 S. Mount Auburn Road – Entrance 8).

Each year, the program focuses on topics relevant to today's coaches and athletes. The clinic's goal is to make coaches more aware of current issues and opportunities, and help them achieve excellence in their programs by keeping their athletes healthy and strong. This year's clinic features former NFL quarterback and current football and baseball coach Jay Schroeder, plus a presentation from Saint Francis orthopedic surgeon James M. Edwards, MD.

Schroeder's NFL career began in 1985 and ended with over 20,000 yards passing and 100 touchdown passes and a .648 winning percentage. Today, he coaches football and baseball at the high school and college levels, and is involved in many Christian and charitable organizations, speaking regularly across the country and internationally. He draws upon his football experiences to share the importance of leadership and teamwork in business, at home and in the face of adversity. Schroeder also will discuss the importance of today's athlete maintaining mental and physical health.

Dr. Edwards, an orthopedic surgeon at Saint Francis, will share helpful information on injury prevention and management in young athletes, and participate in a question-and-answer session with attendees.

“We are thrilled to provide another Coaches Clinic for our community,” says Steven C. Bjelich, FACHE-D, President and Chief Executive Officer at Saint Francis. “These clinics are designed to enlighten and inspire area coaches, so they can enjoy more successes and keep their athletes healthy and safe.”

This clinic offering is free, and coaches, athletic trainers, principals and school administrators are encouraged to attend. To register for this event, call 573-331-3996 by September 12.

Saint Francis Medical Center is a 289-bed facility serving more than 713,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis’ major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region’s first Level III Neonatal Intensive Care Unit; Heart Hospital; Emergency and Level III Trauma Center; Cancer Institute; and Fitness Plus.

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DAR Members Attend State Workshop

AUGUST 26TH 2016 BY DEE LOFLIN

DAR Members Attend State Workshop

Dexter, Missouri - The members of the Chalk Bluff Chapter Daughters of the American Revolution recently traveled to Columbia, Missouri for state workshops to prepare for the coming year.

Attending were Ann Polsgrove, State DAR School Chair, Kay Stevenson, Chalk Bluff Chapter Regent, and Mary Bess Green, State Chapter Development & Revitalization Commission Chair.

If you are interested in joining the Daughters of the American Revolution and learn about your Revolutionary War ancestor, please contact Kay Stevenson at kaystevenson82@gmail.com.

Children are also able to join the Missouri Bootheel Society Children of the American Revolution. For more information contact Kay Stevenson.

Shown in the photo from left to right are Ann Polsgrove, Kay Stevenson, and Mary Bess Green.

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Blood Emergency - Please Give Tuesday, August 23rd

AUGUST 22ND 2016 BY DEE LOFLIN

Blood Emergency - Please Give Tuesday, August 23rd

Blood Donation Shortage

Please give!

Dexter, Missouri - The ShowMe Times will host a Blood Drive along with Countywide Insurance, Mayer Law Office, and Montgomery Bank in the Countywide Insurance Building located at 140 S. Walnut Street on Tuesday, August 23rd from 2:00 p.m. - 6:00 p.m.

Blood donations are urgently needed in the final weeks of summer. The American Red Cross urges blood donors to give to help with critical summer blood shortages. With recent tragedies in Louisiana, injuries, and people displaced who may be undergoing treatment, the need is great.

Donors of all blood types are needed to give now to help ensure blood is available for patients in need. Those who donated blood earlier this summer may be eligible to donate again. Blood can be safely donated every 56 days, and double red cells can be donated every 112 days.

Schedule an appointment to give blood by downloading the free Red Cross Blood Donor App, visiting redcrossblood.org or calling (573) 624-7469 and leave a message as to what time you would like your appointment. If nothing else please drop-in and donate, no appointment necessary, but you may have to wait a few minutes.

YOU hold the power to save lives!

On average, the Red Cross must collect 14,000 blood donations every day across America for patients at about 2,600 hospitals and transfusion centers across the country. Blood and platelets are needed for many different reasons. Accident and burn victims, heart surgery patients, organ transplant patients, and those receiving treatment for leukemia, cancer or sickle-cell disease may all need blood.

Please join us at the ShowMe Times office in the Countywide Insurance Building and donate. Park on Stoddard Street or in the back parking area. We urge you to give blood and save 3 lives!!

Blood donors 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 side.

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Famers Market Ribbon Cutting

AUGUST 16TH 2016 BY DEE LOFLIN

Famers Market Ribbon Cutting

Dexter, Missouri - The Farmers Market has been in full swing this summer and has been quite successful at the new location on Market Street.

"We have 16 season pass vendors and 14 day vendors," stated Hillary Starnes, Executive Director of the Dexter Chamber of Commerce. "All together this season we have had 30 different types of vendors. Everything from homemade, handmade, or homegrown from southeast Missouri."

"Scott Garner and Bobby Garner had done a tremendous job getting the location together and ready each Thursday," continued Starnes.

National Farmers Market Week is August 7th - 13th 2016. Dexter Mayor Joe Weber signed a proclamation stated that Dexter recognizes and celebrates National Farmers Market Week and it will be celebrated annually.

The Dexter Farmers Market is held each Thursday from 4:00 p.m. - 7:00 p.m. at Circle G on Market Street behind Busy B Lumber.

If you are interested in setting up at the Farmers Market contact the Dexter Chamber of Commerce at (573) 624 - 7458.

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Dexter Community Care Center Hosts Ribbon Cutting

AUGUST 15TH 2016 BY DEE LOFLIN

Dexter Community Care Center Hosts Ribbon Cutting

Dexter, Missouri - The Dexter Chamber of Commerce held a ribbon cutting for Dexter Community Care Center on Wednesday, August 10, 2016.

The Community Care Center offers family medical care for all ages, well-child exams, well-woman visits, preventive and health maintenance, sports physicals, scout physicals, and school physicals. They also offer minor procedures and wound care. have a sore throat or a sinus issue, they can treat that as well. Thinking of losing weight or managing a health diet, they offer weight management, hormone testing and management.

Have you tried to quit smoking, but need a little extra help? The Community Care Center has a Smoking Cessation program as well to help you quit the habit.

At Dexter Community Care Center they are able to provide many on-site laboratory services and referrals for specialty needs. They accept most insurances and offer discounted services to non-insured patients. Give them a call at (573) 614-5762 for an appointment. They are located at 1523 Business Hwy 60, Suite 1 next door to Ultimate

Flooring & Paint. Hours of operation are Monday - Friday from 8:00 a.m. - 5:00 p.m.

Hollie Hughes, NP-C, Family Nurse Practitioner is now available. She has worked in the medical field for over 10 years and has worked as a Registered Nurse since 2005. She has been a Nurse Practitioner since 2010 in Family Practice. She is married with three boys that reside in Essex where she grew up. Hollie enjoys being outdoors, riding horses, playing sports, and being at the river, although she spends all her free time keeping up with her three sons.

Dr. Mowaffaq Said has been practicing Nephrology in Southeast Missouri for nearly 15 years. He is a Clinical Associate Professor at St. Louis University Department of Medicine and a member of the National Kidney Foundation. His main office is at the Missouri Delta Physician Services in Sikeston, but will also be treating patients at the Dexter Community Care Center.

Dr. Jennifer Waller, Obstetrics/Gynecology is also accepting patients at the Community Care Center in Dexter. Women's Care includes depression, infertility, menopause management, incontinence, family planning, gynecological surgery, prenatal care, and high risk OB care.

Other doctors will be featured on the ShowMe Times in the near future.

Shown in the photo are from left to right: Rhonda Hall (Chamber Director) Gini Dockins (MO Delta Retired), Shannon Davis (Receptionist), Donna Fields (Clinic Manager), Latina Hampton, (Director of Operations), Dr. Mowaffaq Said (Nephrology), Hollie Hughes (Family Nurse Practitioner), Dr. Colleen Hunter-Pearson, Teresa Hutchcraft (Montgomery Bank), Gina Watson (Montgomery Bank), Katie Levart (Nurse), Hayley Staggs (Nurse), Debbie Stidham, Chamber President, Jerry Corder, Alderman,

Back row from left to right: Sharon Urhahn, Director of Marketing, Keith Byrd Ultimate Flooring & Paint, Jerry Dockins, and Mark Stidham (Dexter City Adm).

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