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RHF 10th Annual Team Fitness Challenge

JANUARY 04TH 2017 BY DEE LOFLIN

RHF 10th Annual Team Fitness Challenge

Dexter, Missouri - The Regional Healthcare Foundation will once again sponsor the "TRI" Team Fitness Challenge! This is the 10th year the Fitness Challenge has been in existence and is quite popular with the community.

The main focus of people who participate is to improve their health. People are very conscious that diabetes, heart disease, and high blood pressure are on the rise in our area. The Fitness Challenge offers weekly accountability for weight loss. Team support serves as a reinforcement for shedding those unwanted pounds.

The 2017 TRI Team Fitness Challenge will begin on Wednesday, January 11th and continue until Wednesday, April 26th.

Teams may sign up for the Challenge on January 11th, 18th or the 25th. Teams will consist of 3 people and each team must have a creative name ready at time of sign-up. Individuals who do not have a team can still sign up and will be combined into teams of three.

Each week handouts will be provided about health and nutrition. Blood pressure checks will be made at the beginning of the Challenge and then at the end of the Challenge for comparison

Many people enjoy the holidays and all the fine dining and special treats knowing they will get serious about losing those extra holiday pounds by participating in the Fitness Challenge!

A new component has been added to the Fitness Challenge this year. The Walkers for Wellness Program, a piggyback program for previous Fitness Challenges, will now be the Exercise for Wellness Program and a part of the Fitness Challenge. Participants may enroll for the Exercise for Wellness Program along with the Fitness Challenge. participants may sign up for both programs or sign up for one of the programs.

Weekly charts for the "TRI" Team Fitness Challenge will be available to show the progress of each team. Charts will list team names and the percentage of weight loss for the team.

Weights are completely confidential.

Prizes For Fitness Challenge: Prizes are based on the greatest percentage of weight loss of the team.

1st Place Team - \$1,000

2nd Place Team - \$500

3rd Place Team - \$250

There will be a \$250 cash prize for the individual who loses the greatest number of pounds.

Additional Incentives For Fitness Challenge : Weekly Drawing for \$25 Wal-Mart Gift Card

To enter weekly drawing participant must have lost weight!

Perfect Attendance Drawing For Fitness Challenge!

Participants weigh in weekly on Wednesdays from 7:30 a.m. until 5:30 p.m. Team members are not required to weigh in at the same time of day.

Let's get those bodies shaking and moving!! Enter the Fitness Challenge and change your life!

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Church of Christ Hosting Blood Drive

JANUARY 02ND 2017 BY DEE LOFLIN

Church of Christ Hosting Blood Drive

Dexter, Missouri - The American Red Cross is dangerously low on blood donations. The Dexter Church of Christ is hosting a Blood Drive on Friday, January 6, 2017 located at 1014 North One Mile Road in Dexter from 2 p.m. - 6 p.m.

No appointment is necessary; however if you can go online to schedule your appointment it will decrease the time you have to wait. The need is great this time of year and the American Red Cross needs blood NOW!

A decline in donations occurs from Thanksgiving to New Year's Day when donors are busy with family gatherings and travel. However, patients don't get a holiday break from needing lifesaving transfusions. In fact, every two seconds, someone in the U.S. needs blood.

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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Sue Ann Williams, CEO, Addresses Crowd at Groundbreaking Ceremony

DECEMBER 22ND 2016 BY DEE LOFLIN

Sue Ann Williams, CEO, Addresses Crowd at Groundbreaking Ceremony

Dexter, Missouri - Cold temperatures did not deter a large crowd for the official groundbreaking for SoutheastHEALTH Center of Stoddard County's Emergency Services Expansion and adult Voluntary Behavioral Health Unit in Dexter. More than 50 jobs will be added to the facility.

Pictured: Sue Ann Williams, CEO, SoutheastHEALTH Center of Stoddard County addresses the crowd at the Groundbreaking Ceremony of the new Emergency Department expansion and the Adult Behavioral Health addition. Aaron Mathis, President of the Regional Healthcare Foundation, Ken Bateman, President and CEO of SoutheastHEALTH and Robert Neff, SoutheastHEALTH System Board Chairman look on.

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SoutheastHEALTH Hosting Blood Drive on Wednesday - Urgent Need for Blood

DECEMBER 20TH 2016 BY DEE LOFLIN

SoutheastHEALTH Hosting Blood Drive on Wednesday - Urgent Need for Blood

Dexter, Missouri - SoutheastHEALTH Center of Stoddard County will host a Blood drive on Wednesday, December 21, 2016 from 1 p.m. - 5:00 p.m. The Bloodmobile will be located at 1200 North One Mile Road, Dexter. No appointment is necessary; however if you can go online to schedule your appointment it will decrease the time you have to wait. The need is great this time of year and the American Red Cross needs blood NOW!

A decline in donations occurs from Thanksgiving to New Year's Day when donors are busy with family gatherings and travel. However, patients don't get a holiday break from needing lifesaving transfusions. In fact, every two seconds, someone in the U.S. needs blood.

Platelets and type AB plasma also needed

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Groundbreaking Ceremony Held at SoutheastHEALTH in Dexter

DECEMBER 20TH 2016 BY DEE LOFLIN

Groundbreaking Ceremony Held at SoutheastHEALTH in Dexter

SoutheastHEALTH to Break Ground on Dexter Emergency Services Expansion, Adult Voluntary Behavioral Health Unit

Dexter, Missouri -Southeast Health Center of Stoddard County announced today a groundbreaking ceremony for its Emergency Services expansion and Adult Voluntary Behavioral Health Unit at 2:30 p.m. on Thursday, December 15. The ceremony will be at the front entrance to Southeast Health Center of Stoddard County.

Southeast's Emergency Services serves a critical role in providing emergent and life-saving care to individuals throughout Stoddard County by providing 24/7 service, which gives residents an inherent sense of safety and security. The project, a total of 30,982 square feet, will substantially increase the size of Emergency Services and is designed with the patient experience in mind. The Emergency Services expansion will be located adjacent to the new Southeast Medical Plaza.

Totaling ten new exam rooms, features include a new waiting/triage area, trauma room, cardiac room, obstetrics room, three exam rooms for behavior health patients and four rooms for non-emergent healthcare needs. There also will be two additional ambulance bays and an update to the main hospital lobby. The Emergency Services expansion is expected to be completed by late fall 2017.

The Adult Voluntary Behavioral Health Unit located on the second floor of the new addition will include 15 private patient rooms with full bathrooms along with areas for activities, group therapy, dining and visiting.

The Emergency Services expansion will help meet the growing number of patients seeking care, said Southeast Health Center of Stoddard County Chief Executive Officer

Sue Ann Williams. She noted that patient volumes in Emergency Services have grown nearly 18 percent since 2012. Approximately 12,000 patients are treated in Emergency Services annually.

“This project and the investment it requires underscores SoutheastHEALTH’s commitment to Dexter and the surrounding region and also exemplifies the outstanding community support of the Regional Healthcare Foundation,” said Ken Bateman, President and Chief Executive Officer of SoutheastHEALTH.

The project, he continued, will be grounded in the “principles of safety for our community, patients, staff and physicians, evidence-based practice, exceptional patient and family experiences and patient care coordination, providing high quality care, at a low cost, close to home.”

The Adult Voluntary Behavioral Health Unit will allow a more centralized location for services, he noted. The Emergency Services expansion’s holding area for behavioral health patients will provide a safer environment for patients and staff. Southeast Hospital does not have a dedicated screening and holding area, and there is not space for such an area in the Cape Girardeau facility. Approximately 650 behavioral health patients are treated at Southeast Hospital annually. A late fall 2018 completion is projected for the Adult Voluntary Behavioral Health Unit in Dexter.

Once the expansion is complete the enhanced service offerings will provide 50 to 75 new jobs in Dexter and its surrounding communities. “The economic impact of this expansion is significant for residents of Stoddard County,” said Charlie Kruse, SoutheastHEALTH System board member and local Dexter farmer. “When businesses look to relocate their services, the first things they seek are the education and healthcare services available. This expansion is a tremendous investment in our community and further exemplifies the outstanding partner we have with SoutheastHEALTH.”

SoutheastHEALTH recently expanded its Cardiology services in Stoddard County by welcoming Fernando Arzola, MD, to the Southeast Medical Staff. Dr. Arzola, who is permanently based in Dexter, will help meet the increasing demand for cardiac and vascular services in and around Dexter.

“The expansion and investment in Cardiology and now Emergency and Behavioral Health services clearly defines SoutheastHEALTH’s commitment to the economic vitality of Dexter and surrounding communities,” said Greg Mathis, SoutheastHEALTH Regional Board of Directors Chairman. “I look forward to the successful completion of this project

and ribbon cutting in 2017.”

Architects for the Emergency Services and Adult Voluntary Behavioral Unit project are Bates and Associates of St. Louis. Construction will be overseen by Kiefner Brothers Construction of Cape Girardeau.

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. For more information, visit SEhealth.org.

Turning the first spade of dirt for the Groundbreaking of the new Emergency Department expansion and the Adult Behavioral Health addition at SoutheastHEALTH Center of Stoddard County are from left, Tom Kiefner, General Contractor, Jason Banken, Chamber President, Dr. Bobby Jibben, Chief of Staff, Joe Weber, Mayor of Dexter, Ken Bateman, President and CEO of SoutheastHEALTH, Sue Ann Williams, CEO of SoutheastHEALTH Center of Stoddard County, Kathy Vickery, Vice President of Regional Operations, Robert Neff, SoutheastHEALTH System Board Chairman, Aaron Mathis, president of the Regional Healthcare Foundation and Brian Pansing, Architech.

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