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Frank Kinder Appointed Chairman of SoutheastHEALTH's System Board of Directors

JANUARY 26TH 2018 BY DEE LOFLIN

Frank Kinder Appointed Chairman of SoutheastHEALTH's System Board of Directors

Frank M. Kinder Appointed Chairman of SoutheastHEALTH's System Board of Directors

Cape Girardeau, Mo. (January 24, 2018) – SoutheastHEALTH has announced the appointment of Frank M. Kinder as Chairman of the System Board of Directors, effective January 1. Kinder, a Cape Girardeau native, has a long history with the health system. His father James A. Kinder, MD, was the first board-certified pediatrician between St. Louis and Memphis and served on the Southeast Board of Trustees from 1977 to 1985. In May of 2000, the Board recognized his father's service by naming Southeast's Department of Pediatrics in his honor.

Frank Kinder returned to Cape in 2002 after a career in corporate marketing with companies such as Pizza Hut, Nestle, Accenture and Verizon. He joined Red Letter Communications in 2002 when he purchased half of the agency. During his time as President, Red Letter flourished, growing from 12 to over 50 employees. He sold his holdings in June of 2017 and resigned as president, but remains an advisor to the Red Letter Board. He currently consults on strategy and growth planning with several private clients.

“To be selected as Chairman of the System Board of Directors is an honor and a responsibility that I take very seriously. Over the past few years, SoutheastHEALTH enlarged its regional presence, forged new partnerships that benefit patients, expanded services and earned national recognition for the care we provide. I am particularly interested in the emerging collaborative efforts between SoutheastHEALTH and Saint Francis Medical Center, the results of which can only be positive for our community. SoutheastHEALTH has a strong and viable future, and I look forward to continuing my service,” said Kinder.

“Frank brings valuable leadership and experience to the Board of Directors and will have a key role as SoutheastHEALTH pursues our mission to offer the best in healthcare services to residents of southeast Missouri and southern Illinois,” said Bob Neff, SoutheastHEALTH's immediate past Board chairman and general manager of Ford Groves in Cape Girardeau.

Kinder began his affiliation with SoutheastHEALTH in 2006 when he became a member of the Hospital Association. He was appointed to the Board in the fall of 2009 to fulfill an unexpired term and in 2010 was appointed to the Board Executive Committee. Kinder has served on a number of health system committees and completed the Missouri Hospital

Association’s Governance Excellence Certification Program for board members. He also served as Chairman of the SoutheastHEALTH Medical Group Board of Directors.

“Frank’s depth of business experience along with his extensive track record in marketing strategy will continue to guide SoutheastHEALTH for ongoing success,” said Ken Bateman, President and CEO of SoutheastHEALTH. “These are turbulent times for healthcare, but I’m confident that with the help of the current system board, we will prevail through this volatile climate and continue to meet the needs of the communities we serve. I’d also like to extend my gratitude to Bob Neff for his service as Board Chairman. Under his leadership, SoutheastHEALTH achieved a credit rating increase, a return to profitability, and strong volume growth in our service area.”

Board officers also include Steve Green, Vice Chairman; Charlie Kruse, Secretary; Stan Crader, Treasurer; and Bob Neff, Immediate Past Chairman. Also serving on the Board of Directors are Ken Bateman, Donny Beasley, Jim Dufek, PhD, Kevin Ford, Chris Hutson, Mike Kohlfeld, Ben Lewis, Christine Mackey-Ross, Gabe Soto, MD, PhD, Al Spradling, III, and Burl Stamp.

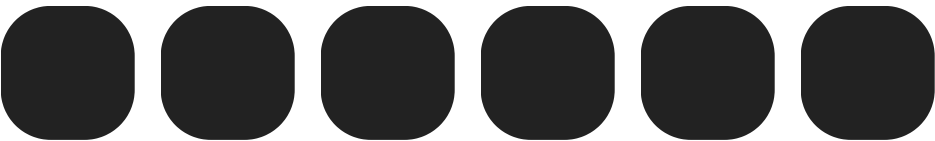
About SoutheastHEALTH

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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Merritt Keys Joins Southeast Neurology

JANUARY 17TH 2018 BY DEE LOFLIN

Merritt Keys Joins Southeast Neurology

Merritt Keys, BSN, RN, DNP, also has joined the professional staff at Southeast Neurology.

She completed her Bachelor of Science degree in Nursing at the Goldfarb School of Nursing at Barnes-Jewish College.

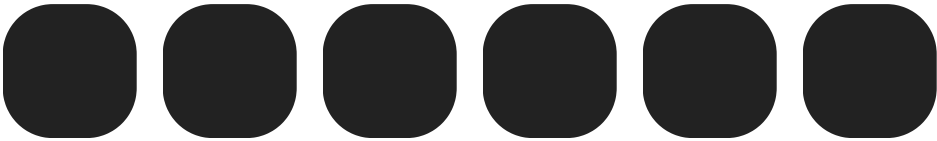
She earned her Doctor of Nursing Practice degree at the University of Missouri – Columbia.

Southeast Neurology is located at 1723 Broadway, Ste 310, Cape Girardeau, MO 63701.

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Crystal Iwuchukwu Joins Southeast Neurology

JANUARY 17TH 2018 BY DEE LOFLIN

Crystal Iwuchukwu Joins Southeast Neurology

Crystal Iwuchukwu, RN, BSN, FNP, has joined the professional staff at Southeast Neurology.

She completed her RN degree at Brookdale College and earned her Bachelor of Science in Nursing at Kean University.

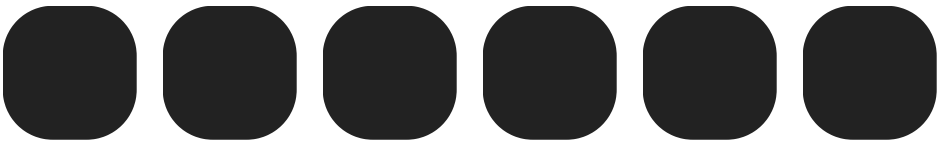
Iwuchukwu received her Nurse Practitioner degree from the Columbia University School of Nursing and her Family Nurse Practitioner degree from Southeast Missouri State University.

Southeast Neurology is located at 1723 Broadway, Ste 310, Cape Girardeau, MO 63701.

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Cheryll Rich Relocates Practice to Southeast Family Medicine

JANUARY 17TH 2018 BY DEE LOFLIN

Cheryll Rich Relocates Practice to Southeast Family Medicine

Cheryll Rich, MD, has relocated her practice to Family Medicine of Poplar Bluff.

She received her MD degree from the University of Missouri – Kansas City.

Dr. Rich completed a residency at Southern Illinois University Memorial Hospital of Carbondale.

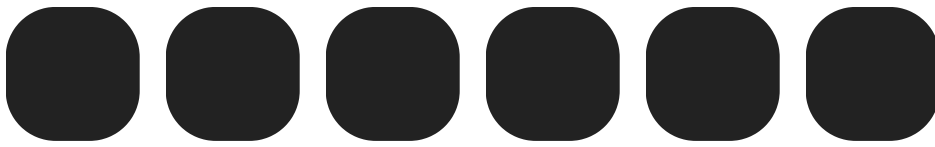
She is certified by the American Board of Family Medicine in Family Medicine.

Southeast Family Medicine is located at 2002 Kanell Blvd, Poplar Bluff, MO 63901

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Is It the Cold or Flu?

JANUARY 16TH 2018 BY DEE LOFLIN

Is It the Cold or Flu?

You're sneezy. You're wheezy. You feel just plain bad. Is it a cold or is it the flu? We got the skinny on these two winter woes from SoutheastHEALTH Infection Preventionist Carol Jordan.

If you have a cold, you'll probably have symptoms that get better in 7 to 10 days including:

- Runny, stuffy nose
- Mild sore throat
- Coughing
- Sneezing
- Headache or body aches
- Lethargy

If you've been bitten by the flu bug, you'll experience symptoms that come on quickly and last for 1 to 2 weeks including:

- Dry, hacking cough
- Moderate to high fever
- Shaking chills
- Severe muscle or body aches
- Stuffy, runny nose
- Severe fatigue

Headache

When to see a healthcare professional Contact your healthcare provider if your symptoms do not improve or if you have symptoms of pneumonia such as:

Trouble breathing

Severe sore throat

High, persistent fever

Chest pain

Cough that produces green mucus

Need a healthcare provider?

Southeast Primary Care has over 40 providers located throughout the region. Our team is specially trained and skilled in comprehensive first connection and continuing care for people of all ages.

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Best way to avoid the flu?

Get your flu shot.

If you are sick, stay home.

Wash your hands using the following steps:

Wet your hands with water and then apply soap.

Lather, and be sure to include the backs of your hands, between your fingers and under your nails.

Scrub for at least 20 seconds. Need a timer? Hum your favorite tune for 20 seconds or so.

Rinse well.

Dry using a paper towel or air dry hands.

No water? Use alcohol-based hand sanitizer that contains at least 60% alcohol.

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