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# Youth Mental Health First Aid Training to be held in Dexter

MAY 20TH 2019 BY DEE LOFLIN

## Youth Mental Health First Aid Training to be held in Dexter

Dexter, Missouri - University of Missouri Extension invites you to attend the Youth mental Health First Aid class.

"Sometimes first aid isn't a bandage or CPR or even calling 911. Sometimes first aid is YOU!

The class will be held on June 12, 2019 from 8 a.m. - 5 p.m. and is perfect for teachers!

To register call 573.568.3344. Cost is \$10 and includes lunch a participant manual to take with you.

The MU Extension Office is located at 1723 W. Business 60. Ste. 3 in Dexter.

A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

Anyone 18 or older can take the class, but is is recommended for those who regularly have contact with young people ages 12 -18 - teachers, coaches, social workers, faith leaders and other caring citizens.

"One in five people will have a panic attack once in their lifetime. What would you do when this happens to a student, loved one, or church member? Attend the Youth Mental Health First Aid course to recognize symptoms of mental health problems, how to help,

and how to guide the youth to professional help. University of Missouri Extension is sponsoring Youth Mental Health First Aid training on Wednesday, June 12 in Dexter. The 8-hour training will be held at the University of Missouri Extension FNEP office from 8:00 a.m. to 5 p.m. The registration fee is \$10, which includes lunch and a workbook. This course is POST certified for 8 interpersonal hours and CEU's are available for an additional charge. Instructors, who are certified Youth Mental Health First Aid Trainers, include Stephanie Milner, 4-H Youth Development Specialist for University of Missouri Extension and Field Specialist in Human Development Mary Engram."

This 8-hour course teaches people how to give first aid to youth experiencing a mental health crisis situation. Participants will learn the signs and symptoms of the most common mental health problems, where and when to get help, and what type of help has been shown to be effective. The purpose of the program is to also demystify the whole topic of mental illness, and to increase mental health literacy and to decrease misconceptions, stereotypes or biases concerning mental health illnesses.

This course is open to anyone, especially those who have an interest in and/or work with youth such as youth volunteers, teachers, school administration, coaches, faith communities, employers, caregivers including parents and foster parents and the general public.

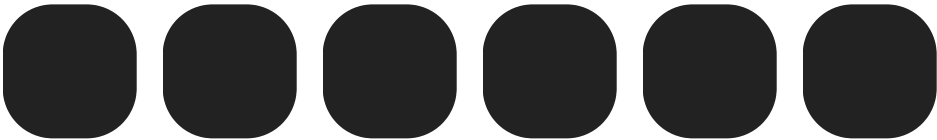
For more information and to register contact the University of Missouri Extension Center at 573-568-3344.

MU is an equal opportunity/ADA institution.

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## Keller Public Library Memorial Donations

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### Keller Public Library Memorial Donations

Dexter, Missouri - The Keller Public Library in Dexter has released their latest list of Memorial Donations to the library. If you would like to donate a book in memory of a loved one please contact Pam Trammel, Director at (573) 624-3764 or stop in at 402 West Grant Street in Dexter.

In memory of Bob Eaton: 1850 Missouri Agricultural Census: Stoddard County by Linda Green and Missouri Agricultural Census: Butler County by Linda Green donated by Terry Turlington.

In memory of Don Gard: The Lewis and Clark Expedition Day by Day by Gary E. Moulton donated by Stoddard County Historical and Genealogy Society.

In memory of Muriel Brown: The Fallen by David Baldacci donated by Tommy and Pam Horton.

In memory of Anson Knoderer: Growing a Revolution: Bringing our Soil Back to Life by David Montgomery donated by Jim and Carole Vaughn.

In memory of Joan Lewellyng: Turbulence by Stuart Woods (audio edition) donated by Darryl and Diana Orr.

In memory of David Sherfield: The Forgotten Road by Richard Paul Evans donated by D.H.S. Class of 1975.

In memory of Stewart Barney: Building Family Ties with Faith, Love & Laughter by Dave Stone and The Traveler's Summit by Andy Andrews donated by Darryl and Diana

Orr; The Face of God Illuminated in the Light of Grief by Maud Makoni donated by Jeanie French.

In honor of Noreen Hyslop: It Happened Like This: A Life in Alaska by Noreen's niece, Adrienne Lindholm, donated by Jeanie French.

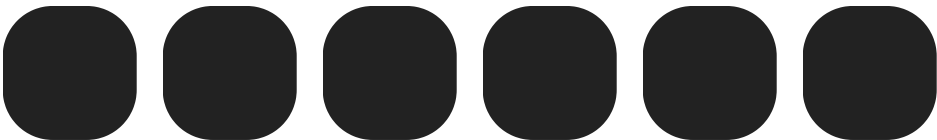
In memory Jim Miller: Horse Training In-Hand by Ellen Schuthof-Lesmeister donated by Jeanie French.

In memory of Cleo Holder: Five-star Trails: 43 Spectacular Hikes in Arkansas and Missouri by Jim Warnock donated by Shannon and Candy Collier.

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<https://showmetimes.com/Blogpost/vclv/Keller-Public-Library-Memorial-Donations>

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# Beautifying Historic Downtown Dexter

MAY 08TH 2019 BY DEE LOFLIN

## Beautifying Historic Downtown Dexter

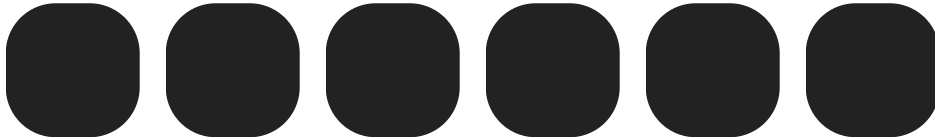
Dexter, Missouri - On Wednesday, May 1, 2019 the Historic Downtown Dexter Association planted flowers to beautify our downtown area.

Flowers sponsored by The Gill Group and National Title and Escrow.

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<https://showmetimes.com/Blogpost/vcki/Beautifying-Historic-Downtown-Dexter>

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## Republic Services to Host Annual Customer Appreciation Day/Open House

MAY 08TH 2019 BY DEE LOFLIN

### Republic Services to Host Annual Customer Appreciation Day/Open House

Republic Services invites the public to their Annual Customer Appreciation Day/Open House to tour their brand-new state-of-the-art Maintenance Facility & Training Center.

They also have their 3rd Annual Food Drive during the Open House.

Republic Services and Lemons Landfill will donate \$250 to the Stoddard County Food Bank as well as all canned and dry goods collected during the Open House.

Open House will be Friday, June 7, 2019 from 11 a.m. - 2 p.m. This will be the perfect opportunity to meet and greet employees and take a landfill tour!

If you haven't taken a tour of the landfill then you will be amazed at how clean and beautiful the landfill actually is and you can learn how they keep it that way!

They will serve Fireside Pizza and salad, soft drinks and bottled water!

They are located one mile north of the Hwy 60 and Hwy 25 intersection. Watch for signs.

If you are bringing a group or would like a tour please RSVP Kristie Greer at 573.891.1158.

Check out their website at [www.republicservices.com](http://www.republicservices.com) or [www.disposal.com](http://www.disposal.com)

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# Stay Strong Stay Healthy Classes Offered

MAY 06TH 2019 BY DEE LOFLIN

## Stay Strong Stay Healthy Classes Offered

Dexter, Missouri - You can start on the road to better health with the Stay Strong, Stay Healthy program, an eight-week course of one-hour, twice-weekly classes. The evidence-based program is built on simple, strength-building exercises that will improve balance, health and state of mind. No, it is not strenuous weight lifting. You will start at a level that is right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over age 60.

No special clothes or equipment needed— weights provided! These exercises are easy to learn, safe and effective. Each hour-long class includes: warm-up exercises, easy strengthening exercises, with or without weights, and cool-down stretches.

During the program, you will learn exercises to improve strength, balance and flexibility. After the program ends, you can continue in the comfort of your home or with a group.

Class location will be at The Lunch Box formerly known as the Stoddard County Nutrition Center located at 23 West Stoddard. Dexter, MO 63841. Phone: 573-624-7234. The classes will meet Monday and Thursday for eight weeks starting Monday, May 20, 2019 at 1:00 p.m.

For registration, please contact: Maude Harris (573) 545-3516

“Stay Strong, Stay Healthy” is a program to help women and men learn the basic balance and strength training exercises used in research studies at Tufts University Center for the Study of Aging.

Classes will start May 20th and end on June 28th. Participants meet twice per week for 8 weeks. Class time is 1 p.m.

Classes will be held at The Lunch Box located at 23 W. Stoddard Street in Dexter.

For Additional Information or to Register Contact:

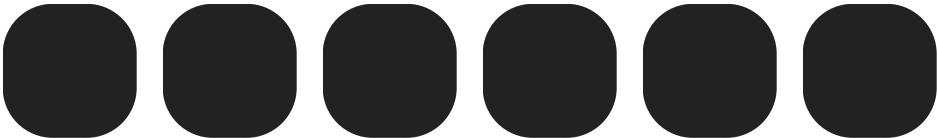
Maude Harris  
University of Missouri Extension  
Scott County  
(573) 545-3516

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