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## June 2019 Health Briefs for SoutheastHEALTH of Cape Girardeau

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MAY 28TH 2019 BY DEE LOFLIN

## June 2019 Health Briefs for SoutheastHEALTH of Cape Girardeau

Cape Girardeau, Missouri - Health Briefs by SoutheastHEALTH of Cape Girardeau offers many short classes for all ages. There are weight management classes, sibling classes, diabetes self management support group programs and so much more.

### June 2019 Health Briefs

#### We Can Weekend

Reservations are now being accepted for We Can Weekend, a free weekend getaway designed to help adults diagnosed with cancer and their families on May 31- June 2 at the YMCA of the Ozarks. The event is designed to offer patients and their families a time for relaxation, recreation and connections with others experiencing the same challenges. It is hosted by Southeast Cancer Center staff and supported by the Southeast Health Foundation. For complete details go to [sehealth.org/wecan](http://sehealth.org/wecan)

#### Weight Management First Steps

Join us for this free, informative seminar as we discuss strategies for beginning the process of health improvement and weight management on Monday, June 3 at 6 p.m., and Thursday, June 20 at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Nutrition, physical activity and behavior modification will be discussed and you will receive details about the options HealthPoint Fitness offers to assist with this challenging effort. You will learn how our individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program. The program includes: Starting Point and Biometrics Weight Loss Programs; Nutritional Coaching; Personal Training; and more. Register online at [SEhealth.org/classes-events](http://SEhealth.org/classes-events) or call 573-986-4440.

#### Accelerated Childbirth Preparation Class

This all inclusive, one-night, accelerated class on Tuesday, June 4 from 6-8:30 p.m. at Southeast Hospital, is designed to accommodate couples who just want the basic information or whose schedules do not allow for five weekly evening classes. This class addresses the emotional and physical changes of pregnancy, the labor process as it occurs naturally, coping techniques for labor pain, medical options for pain control, common medical interventions and cesarean delivery. The physical and emotional changes that follow delivery, as well as normal newborn adjustment and breastfeeding, also are discussed. This class is taught by one of the OB nurses on staff at Southeast. Free for those delivering at Southeast; \$40 per couple for others. Please register at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

## Sibling Class Set for About to Be Big Brothers, Sisters

Sibling Class, scheduled Wednesday, June 6 and Wednesday, June 26 from 5:30 until 7 p.m. in the Harrison Room at Southeast Hospital, is designed to help children prepare, in a positive way, for the addition of a new family member. The class includes an entertaining video, hands on experience with life size infant dolls, a tour of the OB unit, creating a special memento, and a tasty snack. Parents are welcome to stay and observe the class. This class is geared toward children ages 3 to 8. Class size is limited. Register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

## Diabetes Self-Management Support Group

Southeast Diabetes Center hosts this free support group facilitated by Southeast's Diabetes Educators. The programs are geared toward people who are living with diabetes and trying to control blood glucose. Friends and family members are also welcome. This month's meeting will be from 1 to 2 p.m. on Tuesday, June 11 at HealthPoint Plaza in Cape. This month's topic is: "Eating for Better Health"—learn how to incorporate healthy foods in your meals without dieting. Register online or call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

## Breastfeeding Class

This class is open to all moms choosing to breastfeed, but is strongly recommended for all first time breastfeeding moms. The class will be held at Southeast Hospital from 6:00 to 7:15 p.m. on Tuesday, June 11. Instruction by Southeast nurse Jane Unterreiner, member of the International Board of Lactation Consultant Examiners, will cover the benefits of human milk, the lactation process, knowing if baby is getting enough milk and pumping. Partners are encouraged to attend as their support is critical for breastfeeding success. Class size is limited to 10 couples. It is free for those delivering at Southeast. All others will be charged \$20, payable at the class. Class size is limited. Please register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

## Heart Saver CPR Certification Class

This is an instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. It will be held on Thursday, June 13 from 9:30-11:30 a.m. at HealthPoint Fitness in Jackson. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, providing feedback, and guide the students' learning skills. The course is for anyone with limited or no medical training who needs a course completion card for CPR and AED use to meet job,

regulatory or other requirements. Cost of the class is \$45 and includes a booklet. Participants can reserve a spot by calling or stopping by the front desk of HealthPoint Cape or HealthPoint Jackson. For more information call 573-755-2301 or 573-986-4400.

### “Art for the Health of It” Exhibit

“Art for the Health of It”, a juried art show presented by Southeast Council on the Arts and sponsored by SoutheastHEALTH, will be on exhibit Thursday, June 13- Sunday, Sept. 8 in Southeast Hospital’s first floor hallway. This annual event is well received by patients, staff and visitors who enjoy viewing the talents of local artists and experience the healing properties of art. The exhibit will conclude with a reception for the artists on Sunday, Sept. 8 at 2 p.m., in Meeting Room 106 at the Hospital.

### A Guide for Navigating Grief

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, June 19 at HealthPoint Fitness in Cape. Topic for this month’s meeting, led by Crystal Montgomery, LCSW, a bereavement counselor with Southeast Hospice, is “Circle of Support.” For more information about this support group, please call Southeast Hospice, 573-335-6208.

### Heart/Lung Screening

A Low Dose CT Lung Screening and Calcium Scoring will take place Saturday, June 22 at Southeast Hospital Radiology Department. Appointments will be available from 8 a.m. to 3 p.m. and the cost is \$50 per person for one test or \$75 person for both tests. Appointments are necessary and can be made by calling 800-800-5123. To be eligible for lung screening, you must be between 55-77 years old, no previous lung cancer, current smoker or has quit within last 15 years and tobacco smoking history of 30 pack years or greater. Heart screens are open to those who are 35 years or older, with no previous bypass surgery or cardiac stent and has a risk of cardiac disease such as family history, cholesterol, hypertension, smoking and/or diabetes.

### Jamaican Me Crazy

Join us on Monday, June 24 from 6 to 7:15 p.m. to learn how to make summertime cooking fun, delicious and healthy as we explore Caribbean flavors. Healthy Cooking Classes at HealthPoint Fitness-Cape are taught by HealthPoint Nutritional Services Coordinator Raina Childers-Richmond, MS, RD, LD. Cost is \$5 for HealthPoint members and non-members. Click on [SEhealth.org/Events](http://SEhealth.org/Events) or call (573)986-4440 to register.

### Hernia Repair Community Seminar

Kevin Bartow, MD, FACS, Nicholas A. Boston, MD, Major Burger, DO and Joseph S. McCadams, MD of Cape Girardeau Surgical Clinic will discuss inguinal hernia repair. The robotic technology used in the procedure will be also demonstrated. This free seminar will take place at 5:30 p.m. on Tuesday, June 25 at the Drury Plaza Conference Center. Attendees can also register for a free hernia screening with the surgeons that will take place following the seminar. Pre-registration is required for the seminar and screening and reservations can be made by calling 800-800-5123.

### Lifesaver Class for New Parents

This class, from 6 to 7:00 p.m. on Tuesday, June 25 helps participants recognize, prevent and respond to life-threatening situations. In addition to infant CPR and response to a choking infant, this course will discuss the seven steps to reduce the risk of SIDS (Sudden Infant Death Syndrome). This class is free to those delivering at Southeast. There is a \$10 fee for others. Seating is limited; please register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

### Super Nova Camp

A fun camp for special needs children and adults is being planned on Wednesday, June 26 and Thursday, June 27 from 9 a.m. to 3 p.m. at HealthPoint Fitness in Jackson. Both HealthPoint members and non-members are welcome. Campers will enjoy a variety of indoor and outdoor activities as well as swimming and a movie! The camp is free for children ages 5 to adults. Reservations and more information can be obtained by calling HealthPoint Fitness-Jackson, 573-519-2301.

Coming Soon!

### Independence Day 5K

Celebrate patriotism and fitness this Independence Day by joining us at HealthPoint Fitness in Jackson for a dynamite event. The Independence Day 5K (Thursday, July 4) will bring together walkers and runners from the community in support of SoutheastHEALTH Children's Health & Wellness programs. Events include: Firecracker 1 Mile – Walk or run just for fun! (7:15 start time), 5K Walk – Walkers must walk the entire course, 5K Run will begin at 7:04 a.m. – Runners may walk or run throughout the course. Chip timing will be used to record times (5K Run/Walk). Again this year! Virtual Run/Walk – Support our cause! Register and run in your own area and we will send you a t-shirt! Dri-fit t-shirts to all participants! Register by Thursday, June 13, 2019 to guarantee your shirt size preference! Limited sizes available to those who register after June 13. For information, call 573-755-2301.

## Camp Day Break

This day camp for children with diabetes, ages 6 through 13, provides a wonderful learning experience in the art of coping with diabetes in the company of other children who face similar problems each day. The 2-day event will be held Thursday and Friday, July 25 and 26. For applications or further information, contact the Diabetes Center, 573-339-0121 or 888-339-0121.

### 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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