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SoutheastHEALTH October Health Briefs

OCTOBER 01ST 2020 BY DEE LOFLIN

SoutheastHEALTH October Health Briefs

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, October 5, at 6 p.m., and Thursday, October 29, 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. Pre-registration is required. Register online at SEhealth.org/classes-events or call 573-986-4440.

Share Virtual Walk

The SoutheastHEALTH Foundation will host its Annual Share Walk for Remembrance and Hope the weekend of October 9 – 11. The walk will be held virtually due to COVID-19 challenges. Participants who have their own walk are encouraged to send any videos or pictures to Matt Latham at mlatham@sehealth.org. A memorial video will be put together with the family's photos or videos and will be posted on SoutheastHEALTH's social media. If you are walking in memory of someone and would like the name included in the video, please direct that information to Matt Latham as well. The walk allows families to find comfort in friendship and strength in shared experiences of pregnancy and infant loss along with hope for healing and happiness. Proceeds from the walk allows Share to continue to support bereaved families at no charge. For more information, contact Matt Latham, 573-519-4923.

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. The meeting will be from 1 to 2 p.m. on Tuesday, October 13, at HealthPoint Plaza in Cape. This month's topic is "Tools and Gadgets in Diabetes Care." The program will focus on some of the tools and gadgets on the market that may be beneficial in managing diabetes. Pre-registration is required. Register online or call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

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, October 14, from 6 to 8 p.m. at HealthPoint Fitness in Jackson. This course teaches skills with the American Heart Association's practice-while-watching technique, which allows instructors to observe the students, provide 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 \$50 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.

An Apple Explosion

Fall is the best time of year to enjoy apples. There are many varieties and so many healthy ways to prepare them. Join us from 6 to 7:15 p.m. Monday, October 19, for fun, new recipes and samples. 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. Class size is limited to 10 participants and pre-registration is required. Click on SEhealth.org/Events or call 573-986-4440 to register.

Grief Support Group

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, October 21, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Seasons of Change." For more information about this support group, please call Southeast Hospice, 573-335-6208.

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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New Chief Executive Officer Named to Lead New Southeast Behavioral Hospital

SEPTEMBER 29TH 2020 BY DEE LOFLIN

[New Chief Executive Officer Named to Lead New Southeast Behavioral Hospital](#)

New Chief Executive Officer Named to Lead New Southeast Behavioral Hospital

Southeast Behavioral Hospital, the new psychiatric facility partnership between SoutheastHEALTH and Universal Health Services, is pleased to announce the appointment of Tim Cockrell, RN, BSN, MHSA, as Chief Executive Officer/Managing Director, effective August 1, 2020. In this role, Cockrell is responsible for leading the team to deliver high-quality behavioral healthcare to patients in the region. Cockrell brings more than 25 years of expertise and experience in the behavioral health field to this new facility.

The hospital, currently under construction at 639 South Silver Springs in Cape Girardeau, is slated to accept its first patients in February, 2021 following six to eight weeks of intensive staff training. The 102-bed hospital includes two adult care units, a geriatric unit and a child and adolescent unit along with outpatient services.

SoutheastHEALTH President and CEO Ken Bateman said, “Cockrell’s wealth of experience in the behavioral health field, coupled with his proven leadership record, will not only meet expectations for accessible, high-quality, advanced behavioral health services, but will be world class. We have a shared vision and commitment to patient and family-centered care with strong clinical outcomes.”

Most recently, Cockrell served as System Director of Behavioral Health at Appalachian Regional Healthcare in Hazard, KY, where he oversaw all behavioral health units and services across the system. Prior to that, Cockrell served as Administrator at Crossbridge Behavioral Health in Montgomery, AL, a 60-bed freestanding psychiatric hospital and partial hospitalization program. Cockrell has also held senior level administrator roles at Physicians Regional Medical Center, Knoxville, TN, Patients’ Choice Medical Center in Mississippi and Central Mississippi Medical Center, Jackson, MS.

Cockrell earned his Master’s degree in Health Services Administration and his Bachelor’s degree in Nursing from Mississippi College, Clinton, MS, and his Associate’s degree in nursing from Meridian Community College, Meridian, MS.

Cockrell has served on several boards in the behavioral health field including the National Alliance on Mental Illness (NAMI), Mississippi Nurses Association, American College of Healthcare Executives and Mental Health America (MHA) Board of Directors, among others.

Most recently, the public relationship event announcing the opening of the new Southeast Behavioral Hospital took first place for best corporate partnership event at the state marketing and public relations competition from Missouri Hospital Association (MAPHRM) <https://vimeo.com/446937243/2321721255>.

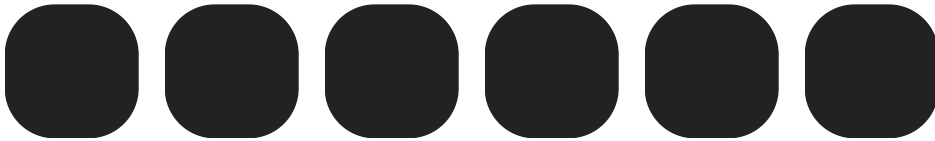
On a personal note, Cockrell says he looks forward to exploring all that the Cape Girardeau community and surrounding region has to offer, along with continuing to enjoy golfing and hunting.

About Southeast Behavioral Hospital

Southeast Behavioral Hospital is excited to begin offering a full continuum of inpatient and outpatient services to the people of southeast Missouri, starting in Spring 2021. Currently under construction, our 102-bed facility will offer a wide range of mental, emotional and behavioral health services for children, teens, adults and seniors experiencing mental health issues, such as depression, anxiety and co-occurring substance use issues. <https://southeastbehavioral.com/>

<https://showmetimes.com/Blogpost/vemn/New-Chief-Executive-Officer-Named-to-Lead-New-Southeast-Behavioral-Hospital>

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SoutheastHEALTH July Health Briefs

JUNE 29TH 2020 BY DEE LOFLIN

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SoutheastHEALTH July Health Briefs

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, July 6, at 6 p.m., and Thursday, July 23, 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 or call 573-986-4440.

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, July 14, at HealthPoint Plaza in Cape. This month's topic is "Making the Most of Your Healthcare Visits." Learn tips on how to prepare for visits with your diabetes care team and questions to ask to get the support you need. Register online or call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

Grief Support Group

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, July 15, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Support Circles: Expansion and Contraction." For more information about this support group, please call Southeast Hospice, 573-335-6208.

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, July 16, from 9 to 11 a.m. at HealthPoint Fitness in Cape. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide 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 \$50 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.

A Toast to Healthy Drinking

Important hydration and nutrition can come in liquid form. Curious about healthy smoothies, protein drinks, juicing and infused waters? Join us from 6 to 7:15 p.m. Monday, July 20, to explore delicious ways to drink the good stuff during the summer months and all year round. 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 or call 573-986-4440 to register.

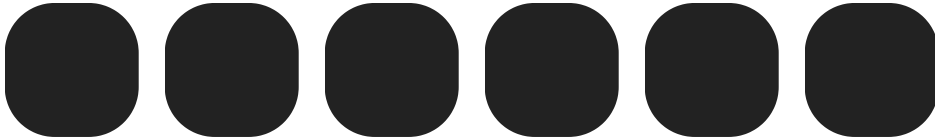
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SoutheastHEALTH Welcomes Gabrielle Sierman

JUNE 09TH 2020 BY DEE LOFLIN

SoutheastHEALTH Welcomes Gabrielle Sierman

Orthopedics and Sports Medicine has always been a passion for Gabrielle Sierman. Before embarking on a career in nursing, Gabrielle earned a Bachelor of Science degree in Health Management with an emphasis on exercise science. That experience led to her nursing education, culminating with a Master’s Degree in Nursing, Family Nurse Practitioner.

Gabrielle says Orthopedics is a “rewarding area of healthcare that allows us to provide interventions that help patients get back to their functional daily living and activities that they enjoy. It’s important to listen and understand my patients’ goals and devise a plan together to help them achieve those goals.” Her Orthopedic experience includes nursing on an Orthopedic unit and post-anesthesia care.

A resident of Cape Girardeau since 2008, Gabrielle enjoys Cape’s friendly community atmosphere. In her free time, she enjoys traveling, exercising and spending quality time with her family and dogs.

Services: Orthopedics

Credentials: Education

2019, Southeast Missouri State University, MSN

2015, Southeast Missouri State University, BSN

2014, Southeast Missouri Hospital College of Nursing and Health Sciences, RN

2012, Southeast Missouri State University, BS

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International Artist Joe Craig Gifts Over \$90,000 of Portrait Art to Pandemic Workers at SoutheastHEALTH

MAY 27TH 2020 BY DEE LOFLIN

International Artist Joe Craig Gifts Over \$90,000 of Portrait Art to Pandemic Workers at SoutheastHEALTH

On May 6, 2020 and May 8, 2020 Joe Craig, founder of the Soulmarks Foundation and Craig Photography in Dexter, Missouri, brought his Hero Project to SoutheastHEALTH in Cape Girardeau. During the two-day photo shoot, Craig captured over 200 portrait sessions with hospital staff.

The Soulmarks Hero Project was initiated to highlight and honor those called to service during the worldwide COVID-19 pandemic. By capturing the images and stories of healthcare workers, Craig pays homage to the pandemic heroes, saluting their outstanding endeavors and providing them with a unique pictorial record that ensures their story can be handed down and appreciated by future generations of loved ones.

On May 29, Joe Craig and his team will return to the hospital to unveil over 200 portrait prints as gifts to the staff. Each person will receive a Soulmarks gift of legacy art; a boxed art print signed by Joe Craig and a full-sized digital file, which retails for \$450 at any of his studios. The overall value of the gift to the hospital staff is over \$100,000.

Those photographed have already been sending their appreciation and feelings to Craig ahead of the unveiling:

“For those of you that know me, I love creativity. When an individual envelops their creativity to pay homage to those of us who face “the monster” of COVID-19 on the frontlines, they capture an emotion words can’t describe. I felt UNCERTAINTY to my

core and I know many others share/shared this panic right along with me. Thank you Soulmarks Foundation for honoring me and many others as pandemic heroes...this tribute and image is something I will treasure forever. God bless you and your team.” - Janice Quade

“Thank you again for giving us this chance, and honoring us, instead of fearing us. It means more to us than you will ever know.” - Jackie Twidwell

“You will not remember me or my name, that is ok. I was there to hold your hand to make you comfortable, ease your pain and fear. I may not see myself as a Hero, this Is my job and I am happy to do it. ” - Brandy Matlock“They say the hands are a mirror to the soul. Joe Craig has photographed my hands several times in my life-in the many school dances and cheerleading pictures with lifelong friends, my Senior pictures, my wedding day when my parents gave my hands in marriage to my best friend, and now in this tribute to the heroes, during this scary and crazy time in my 32 year career at Southeast Health. I do not see myself as a hero, but as a friend, daughter, wife, sibling, coworker and labor and delivery nurse that will always offer her hands to applaud, squeeze, high five and to hold whenever those true heroes in my life need it. Thank you Joe Craig for the Soulmarks that you have captured in my life.”

Julie Schott

“I don't consider myself on the frontlines of anything, but I'm still there.

I don't think of myself as a hero either, but I'm still there.

I was there for your dad when he desperately needed that cervical spine fusion.

I was there for your grandma when she couldn't wait any longer on that vertebral augmentation for her compression fracture.

I was there for your uncle when he had to have that emergent brain surgery.

I was there....I am still there...For you.” - Tina Ford

Since 1972, Joe Craig has established himself as an internationally-acclaimed photographer. He has spent 40 years perfecting his life's work, an artistic and soulful approach to portraiture called Soulmarks, and teaching this philosophy to others. Joe's instinctive talent and magnetic charisma keep him in high demand as portraitist, photographic consultant and lecturer around the globe.

In addition to the Joe Craig Luxury Group (JCLG), a line of portrait studios exclusively available on luxury cruise lines and at destination resorts, he also dedicates time to the

Soulmarks Foundation, which works to gift portrait sessions to those who could not otherwise have access to experience the healing power of photography. The Foundation is funded by contributions from the Joe Craig Luxury Group and the generosity of others.

The Soulmarks Foundation gift at SoutheastHEALTH is given in memory of Elmer Seyer and Carolyn Corlew

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