

Features



[TOP](#)

Central Gardens Welcoming Family Members for Visits

MARCH 27TH 2021 BY DEE LOFLIN

Central Gardens Welcoming Family Members for Visits

Dexter, Mo - It's been a very long year for families of residents at Central Gardens. When the COVID-19 Pandemic broke out in early 2020 the future was uncertain. How would they protect their residents? There were so many questions and very few answers, but the employees and staff at Central Gardens jumped in and took care of their residential families. Central Gardens had to take many steps to minimize the chance of further transmission of the COVID-19 virus. One was to isolate the residents. A very hard decision, but the virus had taken the lives of more than 170,000 long-term care residents throughout the United States, it was the safest and most logical decision.

Jump forward to today, a year later, 100% of the Central Garden residents have been vaccinated against the COVID-19 virus.

New visiting guidelines will begin April 1, 2021. Residents will not only be able to have guests visiting they will be able to leave the facility for day trips. A Resident can leave the facility and return by 6 p.m. Social distancing guidelines will be requested while out enjoying their day.

Facility visits will open to non-family members as well and visitors can stay until 6 p.m. There will still be a limit of three guests. They can have meals in their rooms and if they choose to go to a private dining area to eat with their family that is available as well. They also can go outside and enjoy the sunshine.

Central Gardens will continue to do screenings and follow social distance guidelines. Masks must be worn, a COVID-19 questionnaire must be filled out and only three at a time can visit.

Independent Living residents are now able to participate in activities inside the main building. Monthly birthday parties have resumed and those much anticipated outings are picking up.

The residents had been going out for milkshakes and driving around seeing the local sights, but they were well protected within the Central Gardens vehicle. Now they have big plans to tour and check out the local events in the area.

Many of the residents have turned to Social Media, Zoom, and Facetime to keep in touch with their families, but it's not the same as a visit from a loved one.

When asked about how it felt to hug family again, Mrs. Maxine Hedrick said, "Good, Oh so good!!!" That pretty much sums up the feelings of every resident living at Central Gardens. The future is looking bright and hopefully this virus is on its way out! We can't be more grateful to the staff at Central Gardens for protecting our families.

Pictured are Maxine Hedrick's family, Alan and Tracy Hedrick and great-grandson Russ Hedrick, son for Morgan and Tamela Hedrick.

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TOP

Ed Crow, Running for Liberty Township Treasurer

MARCH 24TH 2021 BY DEE LOFLIN

Ed Crow, Running for Liberty Township Treasurer

I'm Ed Crow, a lifetime resident, of Liberty Township. I was born near Dexter and was one of six children raised on a farm near Bernie, Missouri. I attended Bernie School District all twelve years, then received my Bachelors Degree from Murray State University, and have been involved in agriculture and local banking all of my working life.

I retired in 2015, but still retain a desire to be involved in helping our community. I served as Treasurer of Liberty Township in the past and understand the importance of our rural infrastructure to all residents in our local area.

My background in agriculture and banking gives me an overview of the transportation needs of the area and how to achieve the most value from available funding. I can formulate a balanced budget for Liberty Township, but most importantly see that the budget is followed and maintained.

I am not a politician - I term myself as a Progressive Conservative. I want to see the area grow and prosper, but I also realize we must live within our means and pay as we go. I do not believe in deficit financing.

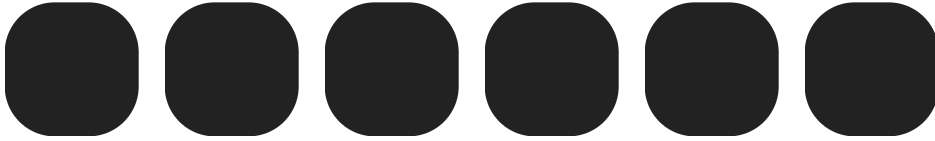
My wife Marilyn and I have three children and five grandchildren. All of our children are college graduates as are their spouses and all work and contribute to the well being of their communities. Three of our grandkids are in college with the other two still in high school.

I want to see jobs created and southeast Missouri prosper for them as well as your families. Our system of roads and bridges are an important part of the local economy and I would like to see them maintained as finances permit.

I respectfully ask for your vote and support as Liberty Township Treasurer on April 6th!
Thank you!

<https://showmetimes.com/Blogpost/vfan/Ed-Crow-Running-for-Liberty-Township-Treasurer>

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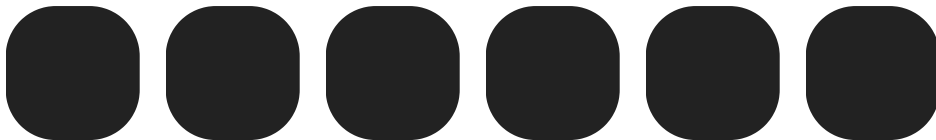
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March is Athletic Trainer Month - Featuring Lindsay Hampton

MARCH 22ND 2021 BY DEE LOFLIN

March is Athletic Trainer Month - Featuring Lindsay Hampton

Dexter, Mo - National Athletic Training Month is held every March in order to spread awareness about the importance of athletic trainers.

Lindsay Hampton is employed as an Athletic Trainer at Select Physical Therapy in Dexter, Missouri. She graduated from Missouri State University, Springfield in 2017 with a Bachelors of Science in Sports Medicine and Athletic Training. She continued her education at Missouri State University and graduated in 2019 with a Masters of Science in Athletic Training.

She passed the Board of Certification (BOC) Exam and has been a Certified Athletic Trainer for four years.

"I work at Select Physical Therapy in Dexter to provide coverage for Bloomfield High School sports, Puxico High School sports, and I also see Dark Horse gym members," commented Hampton.

She provides onsite injury evaluations, therapy exercise recommendations such as stretching, strengthening, cupping, and soft tissue manual therapy, and return to play programs.

As an athletic trainer she works to prevent athletes from encountering injuries and other related medical conditions during sporting activities. She applies preventive items, such as braces or tape and educates athletes on how to avoid injury. She also provides recommendations on helpful exercises and stretches to prevent further injury. She also acts as liaison between the patient and physicians, support staff, and medical assistants when necessary.

Hampton has a very compassionate personality which is an essential quality one must have to be an athletic trainer. She has worked hard over the past two years building a

rapport with students who enjoy sports at the high school level.

If you are interested in an athletic trainer in your high school, please give Select Physical Therapy a call at 573.624.6405

Select Physical Therapy FB

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Henry's Plants LLC Celebrates Opening with Ribbon Cutting

MARCH 15TH 2021 BY DEE LOFLIN

Henry's Plants LLC Celebrates Opening with Ribbon Cutting

Dexter, MO - The Dexter Chamber of Commerce celebrated the opening of Henry's Plants LLC with a ribbon cutting on Monday, March 15, 2021. The store is located at 907 Mallory Street.

Hours of operation are Monday - Saturday from 8 a.m. - 5 p.m. and Sunday from 1 p.m. - 5 p.m. Henry Kestner is the owner and stated that they will probably stay open until 7 p.m. some evenings as demand for plants increases. To call for more information (573) 820-6168.

"We will carry several varieties annuals and succulents as well as garden vegetable plants and ferns," commented Kestner. "We will have a complete line of garden seed and potting mix as well."

"You don't find anyone with garden seed anymore that is not pre-packaged. We will also have ribbon grass and lemon grass as well as a complete line of herbs and even a few cactus plants," continued Kestner. "We raise plants at our home in our greenhouses and then bring here to this location."

Pictured in front from left are Dexter Chamber President Cecil Haley, Sara Kate Elfrink, Maddie Guethle, Tiffany Wright, owner Henry Kestner, owner Linda Kestner, Tracy Elfrink, Grace Wood, Crystal Bishop, Dustin Mayer and Mark Whitehead. In back from left Chamber Economic Development Coordinator Ed Dust, Stan Elfrink, Anthony Elfrink, Dexter Mayor Jason Banken, Tara Barker, Linda Ulm, Diane Adams, Patrick Adams, Jake Nesselrodt and Dexter Chamber Executive Director Alisha Trammell.

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