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SoutheastHEALTH Clinic in Dexter Earns National Recognition

MARCH 31ST 2021 BY DEE LOFLIN

SoutheastHEALTH Clinic in Dexter Earns National Recognition

The Clinic at Walmart, a rural health clinic operated by SoutheastHEALTH in Dexter, MO, has been recognized as one of the top rural primary care practices in the United States according to the 2021 Lilypad Awards, the first and only ranking program for the nation's nearly 4,600 rural health clinics. The award recognizes rural health clinics that outperform their rural primary care practice peers in terms of efficiency and operational excellence.

SoutheastHEALTH of Stoddard County CEO Sue Ann Williams, says “the COVID-19 pandemic underscores the vital role of primary care in rural areas. Rural health clinics are an essential component of our commitment to serve patients close to home. We commend the staff of the Clinic at Walmart for providing excellent care.”

Utilizing data from the Centers for Medicare and Medicaid to calculate rural-relevant metrics across five domains, the Lilypad Awards provide a comprehensive and objective assessment of rural health clinic performance. The awards evaluate both provider-based (hospital owned) or independent practices to produce a comprehensive ranking program for every rural health clinic in the country.

The Clinic at Walmart, staffed by Matthew Moses, MSN, APRN, FNP-BC, and Heather Polk, MSN, APRN, FNP-BC, offers primary and family medicine services on a walk-in basis, seven days a week.

About Lilypad

Lilypad is a Maine-based analytics firm founded in 2011 to provide mobile and web-based performance improvement applications for healthcare provider organizations and State Offices of Rural Health.

Pictured is Matthew Moses.

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SoutheastHEALTH January 2021 Health Briefs

JANUARY 11TH 2021 BY DEE LOFLIN

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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, January 11, at 6 p.m., and Thursday, January 28, 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 Weight Loss Program, Nutritional Coaching, Personal Training

and more. Class size is limited. Register online at SEhealth.org/Events or by calling (573)986-4440.

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 Saturday, January 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. This class is not for healthcare providers seeking a BLS class. 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.

Healthy Cooking: Comfort Foods

During this time of year, colder weather makes us long for some of those favorite dishes Mom made. Join us on Monday, January 18, to learn how good lighter versions of these tasty, soothing morsels can be. 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 sizes are limited. To register, call (573)986-4440.

Grief Support Group: Grief 101

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, January 20, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Grief 101: What is Normal?" For more information about this support group, please call Southeast Hospice, 573-335-6208.

American Red Cross Blood Drive

Winter is a critical time when it comes to adequate blood supplies. This month, give the gift of life. SoutheastHEALTH Volunteer Services will host a blood drive on Thursday, January 28, from 11:30 a.m. to 5:30 p.m. in the Southeast Hospital Harrison Room. Registration is required to allow for social distancing. To make an appointment, visit rcblood.org/appt.

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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October is Breast Cancer Awareness Month

OCTOBER 05TH 2020 BY DEE LOFLIN

[October is Breast Cancer Awareness Month](#)

Through the challenges and the changes - we're always by your side.

Our team of specialists offer the highest quality of breast cancer care and individualized treatment options throughout your cancer journey.

Breast cancer is a disease that comes with a lot of questions - and a lot of anxiety. Isn't it good to know that there's a world-class team of cancer experts, right here in southeast Missouri?

SoutheastHEALTH has been treating breast cancer and other cancers successfully for over 30 years. Our expert team includes radiologists, oncologists, surgeons, pharmacists, research specialists, navigators, pathologists, breast reconstruction experts, social workers and more.

We collaborate with the top experts in the state, including world-renowned Washington University Pathology & Immunology, to bring care that's second to none to our area. As a team, we're at your side through every step of your cancer journey.

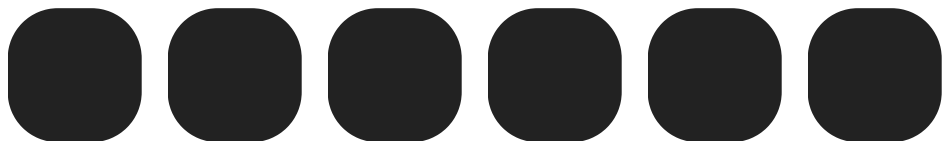
Because we're experienced, we know that no two journeys are alike. That's why we personalize your care and tailor your treatment to achieve the best possible outcome. Our unique approach includes case conferencing, advanced diagnostic imaging technology, genetic testing, clinical trials and more. Our focus as a team is always on you, from prevention to treatment, to recovery.

There's another important focus, too - keeping your costs as low as possible. Our commitment to this region includes keeping care accessible and affordable, in order to serve as many people as possible.

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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

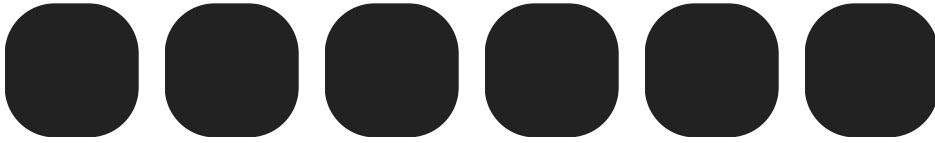
The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, October 21, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Seasons of Change." For more information about this support group,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

About SoutheastHEALTH

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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/>

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