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A Year Gone By - In Loving Memory of Mathew Greer

APRIL 02ND 2021 BY DEE LOFLIN

A Year Gone By - In Loving Memory of Mathew Greer

It was one year ago my beloved husband Mathew Greer saw the face of God. In some ways it feels like yesterday at the same time so long ago.

Matt and I met as teenagers in the eighth grade at Dexter Middle School, in Dexter Missouri. We were on opposite teams for a wiffle ball game. I'll never forget rounding 3rd base, heading for home, when I landed in the arms of a tall, handsome catcher. It was love at first sight! We instantly became best friends, and over the years, soulmates. I am so honored and blessed to have had Matt by my side for the past 44 years. Our life together was a beautiful partnership and magical. We had three beautiful children and he enjoyed everything about being a father. We also had two beautiful additions, a son-in-law and daughter-in-law to our family which Matt embraced with love.

Matt was a special gift from God, a light in our lives and the rock of our family. He was a devoted loving husband, proud father, son, brother, son-in-law, brother-in law, uncle, friend, coach, community leader, mentor, and servant of God. He was a true family man and the spiritual leader of our family.

We have all been blessed to have had him in our lives. I miss the little things about Matt. For instance, when the kids were young, he would leave inspirational quotes on their bedroom doors each morning. As they grew older, he would send us a passage of scripture and his thoughts for the day! He was a special gift. We miss him and love him so much. Our faith in God has guided us through these difficult times.

We want to thank our family and friends for the love, prayers, and support during the past year. We will honor Matt with a “Celebration of His Life” ceremony in the near future.
~Lisa, Gabrielle, Matthew, Marcus, Michael and Megan

Trust in the Lord with all your heart, lean not on your understanding, In all your ways acknowledge him and he shall direct your path. Proverbs 3 5-6.

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” ~Joshua 1:9

LAST UPDATED ON APRIL 02ND 2021 BY DEE LOFLIN

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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

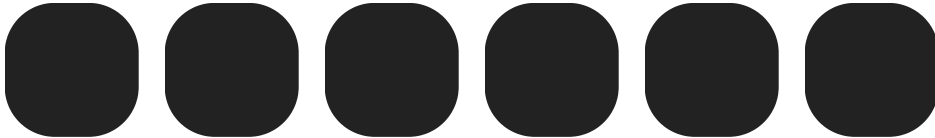
Gardens. The future is looking bright and hopefully this virus is on its way out! We can't be more grateful to the staff at Central Gardens for protecting our families.

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

LAST UPDATED ON MARCH 27TH 2021 BY DEE LOFLIN

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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!

LAST UPDATED ON MARCH 24TH 2021 BY DEE LOFLIN

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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.

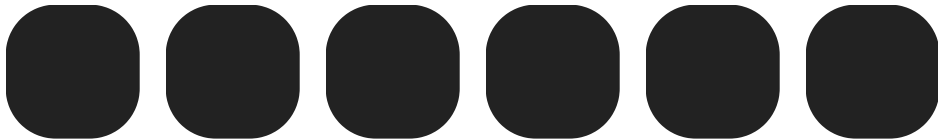
As an athletic trainer she works to prevent athletes from encountering injuries and other related medical conditions during sporting activities. She applies preventive items, such as braces or tape and educates athletes on how to avoid injury. She also provides recommendations on helpful exercises and 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

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