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Welcome Michelle Backfisch, APRN, FNP-BC SoutheastHEALTH

MAY 07TH 2021 BY DEE LOFLIN

Welcome Michelle Backfisch, APRN, FNP-BC SoutheastHEALTH

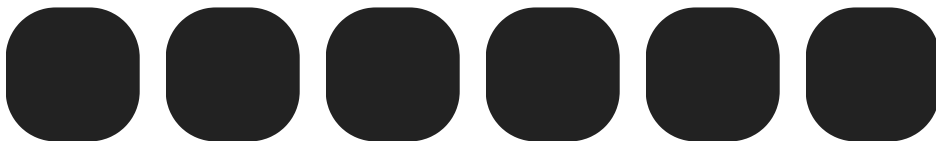
Welcome to SoutheastHEALTH Michelle Backfisch. She earned her BSN at Southeast Missouri State University in 2014. She is a member of the American Association of Nurse Practitioners, Association of Missouri Nurse Practitioners, American Nurses Association, and Sigma Theta Tau Nursing Honor Society. She also has certification in Basic Life Support (BLS)

Since she was a child, Michelle Backfisch knew that she wanted to provide care for people in rural areas. That desire developed into a nursing career. It was while working in outpatient care that Michelle learned that many people have chronic, challenging conditions that require more than an office visit. Working in palliative care, Michelle is able to focus on the many needs of individuals with these conditions. In her spare time, Michelle and her family enjoy exploring the great outdoors through hiking, fishing, hunting and camping.

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SoutheastHEALTH Welcomes Fred Ducharme to the Hospital Board of Directors

MAY 03RD 2021 BY DEE LOFLIN

SoutheastHEALTH Welcomes Fred Ducharme to the Hospital Board of Directors

Expert Has More Than 43 Years of Service in the Manufacturing Sector

SoutheastHEALTH has announced the appointment of Fred Ducharme to the Hospital's Board of Directors, effective immediately. He joins the directors with a wealth of experience as an adept leader with demonstrated accomplishments in quality, human resources, management and strategic alliances.

Ducharme's broad spectrum of experience includes more than 43 years in various leadership roles in the automotive manufacturing sector, currently as Vice President, TG Missouri in Perryville MO. The company has an extensive customer base extending across the United States, Canada, Japan, Australia, Mexico and Taiwan.

"With the challenges we face in healthcare, navigating disruption, and cost pressure, Ducharme's expertise combined with TG Missouri's focus on supporting programs that result in sustainable civic, cultural and environmental improvement, will be vital for positioning Southeast's ongoing success for the future," said Ken Bateman, President and CEO of SoutheastHEALTH.

"SoutheastHEALTH's strategy has never been more compelling. They've experienced tremendous growth and I am incredibly energized to participate with the Hospital's Directors in development of the next phase of innovation and ongoing success," Ducharme added.

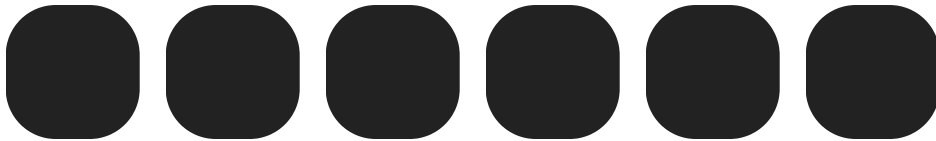
Ducharme is active in the community and has the pleasure of collaborating with local universities and colleges to build and strengthen the workforce in the region. He has played a key role in the partnership between TG Missouri and Ranken Technical College. He has also helped sponsor a four-year Industrial and Systems Engineering program with the state of Missouri and Southeast Missouri State University.

The SoutheastHEALTH Board of Directors is comprised of Steven Green, Chairman; James Dufek, Vice Chairman; Charles Kruse, Secretary; Stanley Crader, Treasurer; Frank Kinder, Immediate Past Chairman; Donny Beasley, Curt Buchheit, Kevin Ford, Jamie Dost Harrison, MD, Michael Kohlfeld, Benjamin Lewis, Christine Mackey-Ross, Robert Neff, A.M. Spradling, III and Angie Umfleet.

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Southeast Hospital Updates Labor and Delivery Visitor Policy

APRIL 23RD 2021 BY DEE LOFLIN

Southeast Hospital Updates Labor and Delivery Visitor Policy

Southeast Hospital is updating its policy for visitors on the Obstetrics Unit as COVID-19 continues to favorably trend downward in the region.

Beginning immediately, two visitors will be allowed. Those two visitors must be the same two individuals during the course of mom's stay. One support person can be with mom on a continual basis. The second support person can attend the labor and delivery and then visit during the recommended hours of 10 a.m. to 8 p.m. On the Obstetrics Unit, essential

quiet time from 8 to 10 a.m. is recommended to allow bonding time for mom and baby.

All visitors to Southeast Hospital will be screened upon entry. As a reminder, face coverings are required at all SoutheastHEALTH locations. Children under the age of 18 are not allowed to visit at this time.

The Obstetrics Unit visiting policy will be re-evaluated as we continue to monitor the number of regional COVID-19 cases, which is part of our ongoing effort to ensure the safety of patients, families and staff.

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 13 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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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.

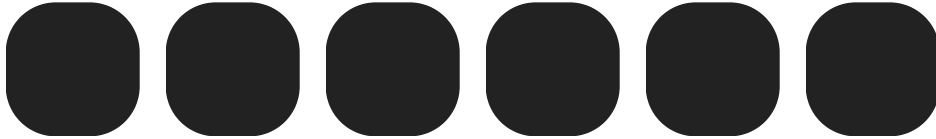
About Lilypad

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.

<https://showmetimes.com/Blogpost/vfbm/SoutheastHEALTH-Clinic-in-Dexter-Earns-National-Recognition>

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SoutheastHEALTH January 2021 Health Briefs

JANUARY 11TH 2021 BY DEE LOFLIN

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SoutheastHEALTH January 2021 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, 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.

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