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SoutheastHEALTH April 2022 Health Briefs

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Be a Healthier You in 2022!

Small changes can make BIG improvements to your overall health and wellness. It's not too late to join our Healthier You in 2022 Challenge! Visit SEhealth.org/challenge. Our challenge this month is to add color to your diet. Embracing colorful, delicious and nutritious fruits and vegetables to your diet will help keep your body and mind healthier, longer. Each week in April we will check in to see if you have made changes to increase your "Rainbow of Health," and with every weekly entry opportunity, you will be entered into a drawing for one of the following prizes:

Six-month subscription to a Fruit of the Month Club

Heart Healthy Cookbook

Do something for yourself in 2022 to help stay healthier this year and in the years to come.

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, April 4, at 6 p.m., and Thursday, April 21, 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.

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,

April 12, at HealthPoint Plaza in Cape. This month's topic is "Diabetes and Stroke Prevention." Come learn about stroke risk factors and how to help prevent a stroke. SoutheastHEALTH Stroke Program Coordinator Mary Green-Brown, BSN, RN, CNRN,

will present an overview on stroke and stroke prevention. To register, 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 Saturday, April 9, from 9 to 11 a. m. at HealthPoint Fitness in Jackson. 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: Delicious Seafood

Join us on Monday, April 18, to learn more about getting creative with seafood and making easy prep seafood dishes to impress your friends and family. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services Coordinator Laura Vollink, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call (573)986-4440.

Grief Support Group: Self-Care in Grief

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

American Red Cross Blood Drives

Blood supply levels continue to remain at a critically low level. Every two seconds, someone needs a blood transfusion. You can do your part in our community. Southeast Hospital will host a blood drive from 7 a.m. to 4 p.m. on Friday, April 22. Registration is required to allow for social distancing. To make an appointment, visit rcblood.org/appt.

Come Be Enchanted on April 30

Many area children will not have the opportunity to visit Orlando's magical princesses, but the SoutheastHEALTH Foundation's Princess Tea on Saturday, April 30, at the Osage Center in Cape, brings the magic here to the heartland. At the tea, children visit with their favorite fairytale princesses and princes in a royal setting. Proceeds benefit SoutheastHEALTH Children's Services and OB/NICU units. The afternoon Princess Tea, from 2 until 4 p.m., has reservations still available. For more information or tickets, visit SEhealth.org/princesstea.

Coming in May: Red Wine and Chocolate Pairing

Red wine and chocolate – what a treat. Come see for yourself when the SoutheastHEALTH Ambassadors host a Red Wine and Chocolate Pairing from 6 to 9 p.m. on Friday, May 6, at Port Cape in downtown Cape Girardeau. The antioxidants found in red wine and dark chocolate are considered beneficial to heart health when used in moderation. Proceeds from the event help the SoutheastHEALTH Ambassadors' HeartStrong programs which include smoking cessation, providing scales and pedometers for congestive heart failure patients, Automated External Defibrillators for area organizations, CPR kits and more. Tickets are \$40 each and are available online at SEhealth.org/winechocolate.

Coming in June: We Can Weekend

This special weekend offers adults diagnosed with cancer a no-cost, three-day weekend to spend time with their families, caregivers and others in similar situations while learning, recharging and relaxing. We Can Weekend is for people who are currently undergoing cancer treatment or have completed treatment within the past two years. This event will be held Friday through Sunday, June 3 – 5, at YMCA of the Ozarks in Potosi. For more information, visit SEhealth.org/WeCan. Reservations are required. We Can Weekend is made possible thanks to donations from the SoutheastHEALTH Foundation and donations to the Foundation's Cancer Care Fund.

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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