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SoutheastHEALTH September 2022 Health Briefs

SEPTEMBER 01ST 2022 BY DEE LOFLIN

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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](https://sehealth.org/challenge). Our focus this month is controlling cholesterol. High cholesterol contributes to a higher risk of cardiovascular diseases, such as heart disease and stroke. It's important to have your cholesterol checked. Tips for managing cholesterol include getting more dietary fiber into your daily diet. That includes whole grains, plenty of vegetables, limiting sugary foods and drinks and opting for lean proteins such as seafood. During September, your challenge will be to complete a quiz mid-month on controlling cholesterol. For completing the quiz, you will be entered into a drawing for one of the following prizes:

1 of 2 \$50 Visa Gift Card

Meal Subscription.

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

American Red Cross Blood Drive

Every two seconds, someone needs a blood transfusion. Blood supplies are typically critically low during the summer months. You can do your part in our community. The Southeast Cancer Center will host a mobile blood drive on Wednesday, September 7, from 9 a.m. to 2 p.m. Donors will receive a t-shirt (while supplies last) and a chance to win two tickets to a 2023 Sport Clips-sponsored Nascar race of the winner's choice along with airfare, hotel stay and entry to a Sports Clips racetrack hospitality tent. To make an appointment to donate, visit rcblood.org/appt.

Shoe Show

SoutheastHEALTH Foundation will host a "Shoe Show" on Friday, September 9, from 8 a.m. to 4 p.m. in the Harrison Room at Southeast Hospital. Proceeds will benefit the foundation's Children's Health and Wellness Fund. A large variety of work, casual, dress, sandals, boots and athletic shoes for women, men and children will be available. Brands include Birkenstock, UGG, Dansk, Brooks and more.

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, September 10, 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.

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, September 12, at 6 p.m., and Thursday, September 22, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Are you just beginning your fitness journey? Or perhaps picking back up where you left off? Learn how nutrition, physical activity and behavior modification can help you get going in the right direction. 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, September 13, at HealthPoint Plaza in Cape. This month's topic is "Finding Balance in Life." When you're living with diabetes, balance is important, whether it's balancing lifestyle or emotional highs and lows that sometimes accompany a frustrating glucose number. Lynn Boren, community educator with Southeast's Home Care Services, will discuss options to find this important balance.

Diabetes Annual Assessment Class

The more you know and understand about diabetes, the better you will be able to manage the chronic disease day by day. SoutheastHEALTH is offering an annual assessment class for those who have been living with type 2 diabetes for a year or longer. The group class will be held on Thursday, September 15, from 4 to 5:30 p.m. at Southeast Primary Care, 817 South Mount Auburn Road in Cape. Topics will include healthy coping, healthy eating, being active, taking medications, monitoring, problem-solving and reducing risks. A referral from your physician or qualified non-physician practitioner is required. Medicare and most health insurance plans cover diabetes education when it is offered

through an accredited diabetes education program. For more information, call the Southeast Diabetes Center at 573-339-0121.

Healthy Cooking: Pasta La Vista, Baby

Join us on Monday, September 19, to learn how to make healthier homemade pastas and find carb-friendly spaghetti substitutes. 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: Grief 101

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, September 21, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Mindful Grieving." For more information about this support group, please call Southeast Hospice, 573-335-6208

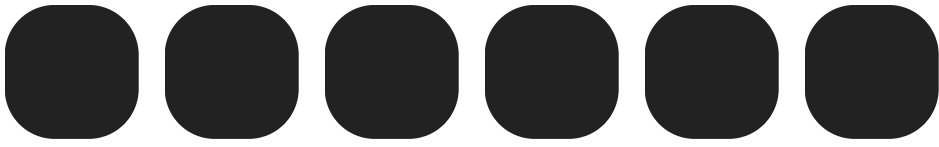
About SoutheastHEALTH

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](https://sehealth.org).

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