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SoutheastHEALTH November 2022 Health Briefs

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Hospice Community Memorial Service

Southeast Hospice will hold its annual Community Memorial Service on Sunday, November 6, at 2 p.m. at Cape First, 254 South Silver Springs Road in Cape. The service is held to remember loved ones through music, prayers and remembrances and is open to the public. The message, “Trust and Hope,” will be delivered by Rev. Stan Hargis, Chaplain, Southeast Hospice. Music will be provided by Teresa Harrison and Susan Lane.

Since 1986 when Southeast Hospital introduced the concept of hospice care to the region, Southeast Hospice has provided loving and caring support for terminally ill patients of all ages and their families. Southeast Hospice strives to enhance living along life’s journey. For more information, call 573-335-6208.

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, November 7, at 6 p.m., and Thursday, November 17, 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.

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 Monday, November 7, from 6 to 8 p.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.

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, November 8, at HealthPoint Plaza in Cape. This month's topic is "Restoring Peace and Wellbeing." The presentation will address utilizing skillful practices to befriend your mind and body while exploring your optimum recipe for wellness. Speaker will be Crystal Montgomery, MSW, LCSW, a mental health therapist and Denise Essner & Associates.

Grief Support Group: Coping with Holidays

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, November 16, at HealthPoint Fitness in Cape. Topic for this month's meeting is "Coping with Holidays and Special Dates." For more information about this support group, please call Southeast Hospice, 573-335-6208.

C.O.O.L Camp

Southeast Hospice C.O.O.L. Camp (Children Overcoming Outstanding Loss) will offer its annual one-day grief support camp to children ages 6-15 who have experienced a loss due to death of a friend or family member on Saturday, November 19, from 8:30 a.m. to 2:30 p.m. The camp is free of charge for any child in the region.

Now in its 25th year, C.O.O.L. Camp is the only grief-targeted support group for kids between St. Louis and Memphis. It is facilitated by all professional staff trained in grief and loss. The day's activities allow campers to share their stories and feelings, learn coping techniques and participate in recreational activities that encourage a positive outlet of energy and enhance socialization skills. All activities are designed to be age specific.

Parents/guardians must complete a phone interview about their children to be registered, then the location of the camp will be given. To complete the phone interview and register, contact Lynn Boren, camp coordinator, at 573- 335-6208. Deadline for registration is Friday, November 4. For more information, email Boren at **lboren@sehealth.org**.

Healthy Cooking: Chili, Soups and Stews

Join us on Monday, November 21, to learn how we can enjoy that holiday favorite – pies. With a few healthy tweaks to traditional pie recipes, you can make your pie and eat it too! 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.

Coming in December: Festival of Trees

The SoutheastHEALTH Foundation will host its first annual Festival of Trees from 7 to 11 p.m. on Friday, December 2. The event will be held at The Gathering at Versity Crossing, 1430 North Outer Road in Dexter. The evening includes live holiday music, elaborately decorated Christmas trees, a full meal, photos and a silent auction of trees, wreaths and centerpieces. Proceeds will benefit the Foundation's Cancer Care Fund, which helps meet urgent needs of cancer patients. Tickets are \$50 each or \$350 for a table of eight. For ticket information or information on becoming a sponsor for this event, contact Amy Brown, 573-519-4923 or amybrown@sehealth.org.

Sounds of the Season

The SoutheastHEALTH Foundation will present "Sounds of the Season," an annual Christmas spectacular featuring outstanding musical and vocal talent on Sunday, December 4, at 3 p.m., Cape First Church, 254 South Silver Springs Road in Cape. Doors open at 2:30 p.m. with casual entertainment. The benefit, now in its 27th year, supports cancer patients in need through the SoutheastHEALTH Foundation Cancer Care Fund. Serving as this year's honorary chairperson is Martha House, a cancer survivor and resident of Cape Girardeau.

Performers this year include Brothers Walker, Dr. Andrew Moore, Clayton Hahs, the Charleston Christmas Ensemble Choir and Casie Mills. Tickets are \$10 each and are available at the door or at sehfoundation.org. Those who donate \$100 or more will receive free tickets and recognition in the concert program.

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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