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Dexter Senior Center Bake Sale

AUGUST 18TH 2016 BY DEE LOFLIN

Dexter Senior Center Bake Sale

Dexter, Missouri - The Dexter Senior Center will have a Bake Sale beginning at 11:00 a.m. on Friday, August 19th. Lunch will also be served.

Lunch will be pepper steak, catfish, baked beans, fried okra, bread/hushpuppies, and coconut cake and a drink.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter. You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.00 for non-seniors.

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Mo Delta Hospice Hosting Flood Relief Drive

AUGUST 17TH 2016 BY DEE LOFLIN

Mo Delta Hospice Hosting Flood Relief Drive

Dexter, Missouri - Missouri Delta Hospice in Dexter will be holding a Flood Relief Drive for those affected by the recent flooding in Louisiana.

You may drop-off non-perishable food items, cleaning supplies, and personal items at 1615 West Business Hwy 60 Suite A in Dexter. They are open from 8:00 a.m. - 4:30 p.m. Monday - Friday.

The last day to donate before the truck heads to Louisiana is Thursday, August 25th at 4:00 p.m.

Staff from Missouri Delta Hospice will be taking donated items directly to victims.

"Members of our team have been personally affected and have had to evacuate their homes from the recent flooding," commented Melissa Pennington of Mo Delta Hospice.

Items that are needed are non-perishable foods such as canned goods, spaghetti, spaghetti sauce, peanut butter, power bars, trail mix, baby formula, cereal, crackers, bottled drinks, and cookies,

Personal items can be paper towels, toilet paper, paper plates, plastic eating utensils, toothpaste, toothbrush, laundry detergent, soap, shampoo, deodorant, hairbrushes, and baby powder.

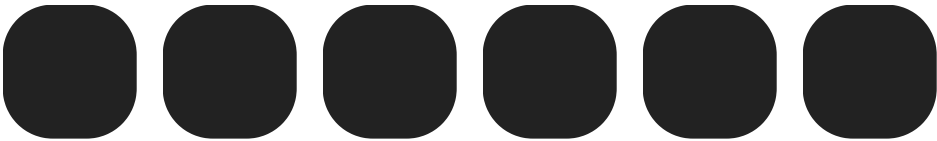
Cleaning supplies needed are bottles of bleach, hand wipes, Germ X, sponges, towels, rubber gloves, trash bags, and buckets.

Don't forget the pets as well. Dog food, cat food, leashes, and shampoo are needed as well.

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Harry Blackwell Dodge to Host Blood Drive

AUGUST 15TH 2016 BY DEE LOFLIN

[Harry Blackwell Dodge to Host Blood Drive](#)

Dexter, Missouri - Harry Blackwell Dodge in Dexter will host a Blood Drive on Tuesday, August 16, 2016 from NOON - 4:00 p.m. in the show room located at 1660 West Business US 60.

Please bring your American Red Cross card or a valid photo ID.

The American Red Cross urges blood donors to give in the final weeks of summer to help overcome a critical summer blood shortage.

The summer months are among the most challenging times of years to collect enough blood and platelet donations to meet patient needs. Many regular donors delay giving while they take vacation and participate in summer activities. The need for blood doesn't take a summer break though.

Two summers ago, Kelly Griswold was involved in a life-threatening jet-ski accident while vacationing. She was airlifted to a hospital and underwent three surgeries over the course of two days. Griswold, a blood donor prior to the accident, suddenly knew what it was like to be on the receiving end of blood donations. "Without the support of people that can give blood, the ones who have needed it would not be here today – myself included."

Donors of all blood types are urgently needed to give now to help ensure blood is available for patients in need. Those who donated blood earlier this summer may be eligible to donate again. Blood can be safely donated every 56 days, and double red cells can be donated every 112 days. In appreciation for helping to save lives, those who come to donate blood or platelets with the Red Cross now through Aug. 31 will receive a \$5 Amazon.com gift card claim code.

Schedule an appointment to give blood by downloading the free Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). To help reduce wait times, donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at redcrossblood.org/rapidpass.

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Dexter Senior Center Menu

AUGUST 15TH 2016 BY DEE LOFLIN

Dexter Senior Center Menu

Dexter, Missouri - The Dexter Senior Center lunch menu for Monday, August 15th - Friday, August 19th. Special guest on Wednesday will be the A.P.P.L.E. Project of Southeast Missouri State University with a session on Medicare Benefits. The session is FREE and you may ask questions after the program about Medicare Benefits.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter. You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.00 for non-seniors.

Menu for this week!

Monday, August 15th - whole grain pasta w/ meatsauce, baked chicken, fried squash, lettuce salad, garlic breadstick, and fruit salad.

Tuesday, August 16th - chicken sandwich, fish sandwich, glazed carrots, coleslaw, bun, and peach crisp.

Wednesday, August 17th - taco salad w/ seasoned beef, cheese, lettuce & tomatoes, corn & black beans, tortilla chips, and apples.

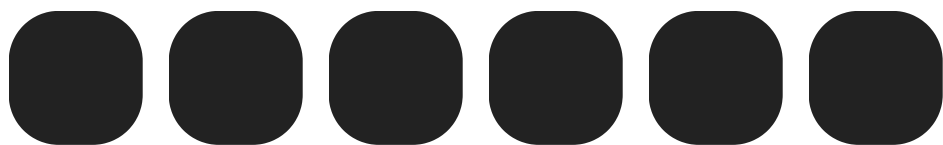
Thursday, August 18th - chicken & dumplings, ham, spinach, beets, cornbread, and gooey buttercake.

Friday, August 19th - pepper steak, catfish, baked beans, fried okra, bread/hushpuppies, and coconut cake.

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Medicare Benefits Program at Dexter Senior Center

AUGUST 15TH 2016 BY DEE LOFLIN

Medicare Benefits Program at Dexter Senior Center

Dexter, Missouri - Missouri's State health Insurance Assistance Program is sponsoring a FREE informational session on MEDICARE Benefits at the Dexter Senior Center on Wednesday, August 17th from 11:30 a.m. - 12:30 p.m.

The MEDICARE Benefits session will be presented by APPLE Project of Southeast Missouri State University.

After the presentation there will be a Question and Answer session. The public is encouraged to attend. This is not a sales presentation.

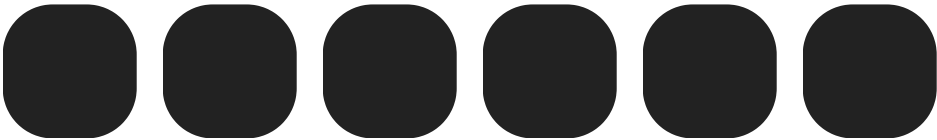
"APPLE Paperwork Service is a senior adult outreach program of the Human Environmental Studies Department in the College of Health and Human Services at Southeast Missouri State University," stated Jean Gooden, Director of APPLE Project. "APPLE services are funded by client contributions and grants from the Cape Girardeau County Senior Citizens' Services Fund Board, United Way of Southeast Missouri and the Southeast Missouri Area Agency on Aging."

Also on Wednesday the Dexter Senior Center will be serving Taco Salad with seasoned beef, cheese, lettuce and tomatoes, corn and black beans, tortilla chips, and apples plus a drink.

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