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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](https://sehealth.org).

LAST UPDATED ON APRIL 23RD 2021 BY DEE LOFLIN

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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

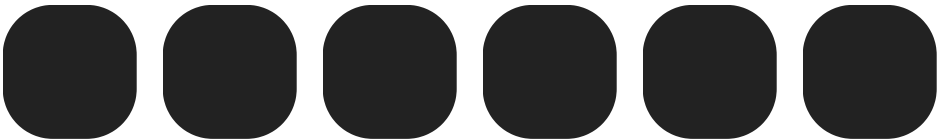
Lilypad is a Maine-based analytics firm founded in 2011 to provide mobile and web-based performance improvement applications for healthcare provider organizations and State Offices of Rural Health.

Pictured is Matthew Moses.

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# SoutheastHEALTH January 2021 Health Briefs

JANUARY 11TH 2021 BY DEE LOFLIN

SoutheastHEALTH January 2021 Health Briefs

**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](http://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](http://rcblood.org/appt).

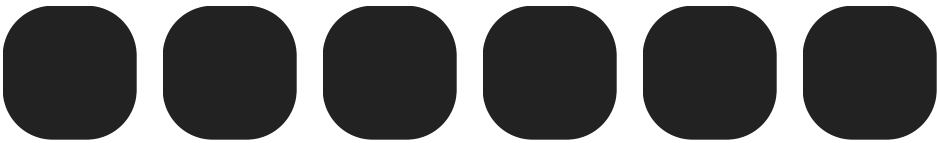
### About SoutheastHEALTH

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](http://SEhealth.org).

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# October is Breast Cancer Awareness Month

OCTOBER 05TH 2020 BY DEE LOFLIN

## October is Breast Cancer Awareness Month

Through the challenges and the changes - we're always by your side.

Our team of specialists offer the highest quality of breast cancer care and individualized treatment options throughout your cancer journey.

Breast cancer is a disease that comes with a lot of questions - and a lot of anxiety. Isn't it good to know that there's a world-class team of cancer experts, right here in southeast Missouri?

SoutheastHEALTH has been treating breast cancer and other cancers successfully for over 30 years. Our expert team includes radiologists, oncologists, surgeons, pharmacists, research specialists, navigators, pathologists, breast reconstruction experts, social workers and more.

We collaborate with the top experts in the state, including world-renowned Washington University Pathology & Immunology, to bring care that's second to none to our area. As a team, we're at your side through every step of your cancer journey.

Because we're experienced, we know that no two journeys are alike. That's why we personalize your care and tailor your treatment to achieve the best possible outcome. Our unique approach includes case conferencing, advanced diagnostic imaging technology, genetic testing, clinical trials and more. Our focus as a team is always on you, from prevention to treatment, to recovery.

There's another important focus, too - keeping your costs as low as possible. Our commitment to this region includes keeping care accessible and affordable, in order to serve as many people as possible.

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## SoutheastHEALTH October Health Briefs

OCTOBER 01ST 2020 BY DEE LOFLIN

### SoutheastHEALTH October Health Briefs

SoutheastHEALTH October 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, October 5, at 6 p.m., and Thursday, October 29, 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 and Biometrics Weight Loss Programs; Nutritional Coaching; Personal Training; and more. Pre-registration is required. Register online at [SEhealth.org/classes-events](https://SEhealth.org/classes-events) or call 573-986-4440.

#### **Share Virtual Walk**



The SoutheastHEALTH Foundation will host its Annual Share Walk for Remembrance and Hope the weekend of October 9 – 11. The walk will be held virtually due to COVID-19 challenges. Participants who have their own walk are encouraged to send any videos or pictures to Matt Latham at [mlatham@sehealth.org](mailto:mlatham@sehealth.org). A memorial video will be put together with the family's photos or videos and will be posted on SoutheastHEALTH's social media. If you are walking in memory of someone and would like the name included in the video, please direct that information to Matt Latham as well. The walk allows families to find comfort in friendship and strength in shared experiences of pregnancy and infant loss along with hope for healing and happiness. Proceeds from the walk allows Share to continue to support bereaved families at no charge. For more information, contact Matt Latham, 573-519-4923.

### **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, October 13, at HealthPoint Plaza in Cape. This month's topic is "Tools and Gadgets in Diabetes Care." The program will focus on some of the tools and gadgets on the market that may be beneficial in managing diabetes. Pre-registration is required. Register online or 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 Thursday, October 14, from 6 to 8 p.m. at HealthPoint Fitness in Jackson. This course teaches skills with the American Heart Association's 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. 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.

### **An Apple Explosion**

Fall is the best time of year to enjoy apples. There are many varieties and so many healthy ways to prepare them. Join us from 6 to 7:15 p.m. Monday, October 19, for fun, new recipes and samples. 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 size is limited to 10 participants and pre-registration is required. Click on [SEhealth.org/Events](http://SEhealth.org/Events) or call 573-986-4440 to register.

**Grief Support Group**

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, October 21, at HealthPoint Fitness in Cape. Topic for this month’s meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is “Seasons of Change.” For more information about this support group, please call Southeast Hospice, 573-335-6208.

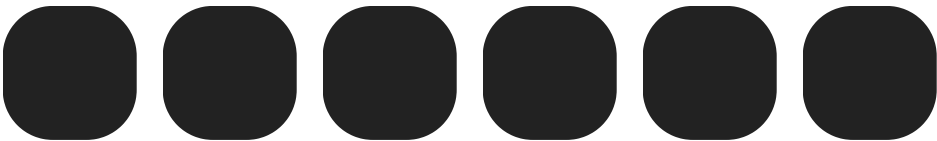
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