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SoutheastHEALTH September 2021 News Briefs

SEPTEMBER 06TH 2021 BY DEE LOFLIN

SoutheastHEALTH September 2021 News Briefs

COVID-19 Vaccination Clinics

SoutheastHEALTH offers Covid-19 Vaccination Clinics every Tuesday and Wednesday from 8 a.m. to noon. Vaccinations are by appointment only. To make your appointment, call 573-519-4522. Since late 2020, SoutheastHEALTH has administered over 34,000 COVID vaccinations.

Starting Point Informational Meeting

Time to make a change for the better in your life? Starting Point, a medically-managed weight loss program, can give you the tools to make it happen. Learn more at an informational meeting at HealthPoint Fitness in Cape at 7 p.m. on Thursday, September 9, or at 7 p.m. on Tuesday, September 14. For more information, contact HealthPoint Nutrition Services at 573-986-4440.

COVID-19 Vaccination Clinic in Perryville

There will be Pfizer COVID-19 vaccination clinic from 9 a.m. to 1 p.m. on Thursday, September 9, at the Perry Park Center in Perryville, Mo. The vaccine is available to those ages 12 and up. Adolescents must be accompanied by a parent or guardian. Appointments are required. To register, visit sehealth.org/COVID.

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 13, at 6 p.m., and Thursday, September 30, 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 Saturday, September 11, from 9:30 to 11:30 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.

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 14, at HealthPoint Plaza in Cape. This month's topic is "One Dish Meals – Quick and Nutritious." On a busy night, a one dish meal can satisfy, provide a nutritious meal for the evening and make cleanup a breeze. Participants will learn more about meal planning tips, portion control and make ahead meals. Seating is limited, and pre-registration is required. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

Grief Support Group: Your Grief Journey

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, September 15, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Who Am I Now?" For more information about this support group, please call Southeast Hospice, 573-335-6208.

Bone Health Seminar

Do you know that over 80 percent of all fractures in people ages 50 and over are caused by osteoporosis? Learn more about osteoporosis prevention, testing, diet and exercise options at a free Bone Health Seminar from 6 to 7 p.m. on Thursday, September 16, at Drury Plaza Convention Center in Cape. Expert panelists are Charity Jacobs, MD, orthopedic surgeon, Southeast Orthopedics and Sports Medicine, Jennifer Roth, bone health specialist, Southeast Orthopedics and Sports Medicine, and Laura Vollink, registered dietitian and nutrition fitness coordination at HealthPoint Fitness. To register, call 1-800-800-5123.

Healthy Cooking: Mystery Meat

Join us on Monday, September 20, to learn more about the many plant based alternatives to meat. They can be a way to up the nutrition while replacing beef, chicken and pork in traditional recipes. 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.

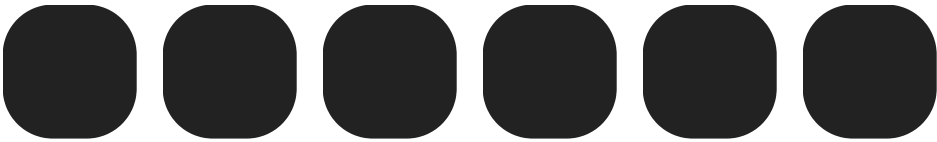
About SoutheastHEALTH

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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Welcome Crista Merriman, ?MSN, FNP-BC
Southeast Convenient Care

Welcome Crista Merriman, ?MSN, FNP-BC Southeast Convenient Care

Welcome Crista Merriman, ?MSN, FNP-BC to SoutheastHEALTH Hospital and Southeast Convenient Care located at 2432 East Main Street, Jackson.

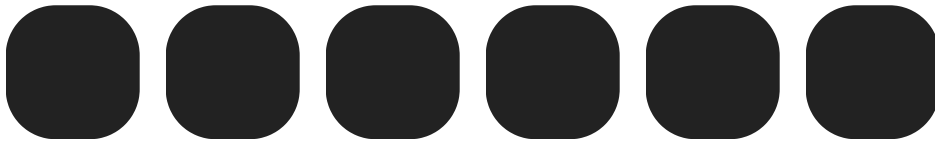
FNP Maryville University, 2019

BSN McKendree University, 2013

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Southeast Health Center of Stoddard County Repairs Progressing

AUGUST 03RD 2021 BY DEE LOFLIN

Southeast Health Center of Stoddard County Repairs Progressing

Significant progress continues to be made at Southeast Health Center of Stoddard County in the aftermath of an EF2 tornado that moved through the Dexter area July 10.

Extensive testing has been completed to assess the impact of the damage to the inpatient units, the Emergency Services Department and Behavioral Health Unit. Damage was moderate, but further testing was done to ensure the ultimate in patient safety.

The hospital is expected to reopen in early August. It is our goal for the Emergency Services and inpatient units to open at the same time to ensure continuity of care.

While we continue to be on facility diversion, we are fortunate to have the Clinic at Walmart and family practice clinics in Dexter, Bloomfield, Malden, Poplar Bluff, Bernie, New Madrid and Sikeston as resources for residents.

SoutheastHEALTH is proud to be a part of the Dexter community and incredibly grateful for their support. Staff and vendor partners also stepped up to assist with the many steps that needed to be taken to restore all hospital services.

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SoutheastHEALTH is continuing its damage assessment and repair plans

JULY 13TH 2021 BY DEE LOFLIN

SoutheastHEALTH is continuing its damage assessment and repair plans

Media Advisory: Southeast Health Center of Stoddard County

SoutheastHEALTH is continuing its damage assessment and repair plans following an EF2 tornado that moved through the Dexter area Saturday night, causing damage to Southeast Health Center of Stoddard County. The following information outlines our progress:

Structural engineers have evaluated the building with a good overall report. Major progress has been made to repair roof leaks. Once complete, clean up will begin in inpatient/outpatient units.

It is SoutheastHEALTH's goal to restore Emergency Services operations as soon as possible. With current resources on site, it is likely that this goal will be achieved within 24 hours.

Power to the hospital and adjacent medical office building was restored Tuesday morning, and emergency generators have been shut down.

Front entrance damage is being repaired. We expect the automatic doors to be fully functional later this week.

Final calibrations are being made to restore Lab and Radiology services.

Following Emergency Services restoration, we hope to reopen the Behavioral Health Unit and Inpatient/Same Day Infusion Services in quick order.

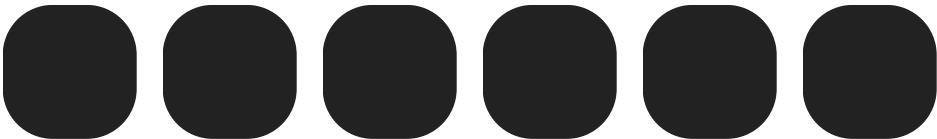
We continue to be on full facility diversion until further notice. In the meantime, the closest ER departments are in Poplar Bluff and Sikeston, both about 20 miles from Dexter. The Stoddard County EMS Service was not impacted by the tornado.

A Command Center has been set up at the Dexter hospital and will remain an active resource until all hospital and clinic services are back to full function. We are incredibly grateful for community and staff who have been working diligently to get this key community resource back to peak functionality.

LAST UPDATED ON JULY 13TH 2021 BY DEE LOFLIN

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SoutheastHEALTH of Stoddard County Closed, Patients Evacuated

JULY 11TH 2021 BY DEE LOFLIN

SoutheastHEALTH of Stoddard County Closed, Patients Evacuated

Southeast Health of Stoddard County has evacuated all inpatient units as well as the Emergency Department due to a tornado that passed through the Dexter area around 8:20 p.m. this evening. All patients and staff are safe with no report of injuries.

The system’s facilities and leadership teams are currently onsite assessing the facility for storm damages.

The hospital will remain closed until the structural assessment is complete. For updates and timeline for when Southeast will safely resume operations please check here for updates and or our online newsroom at SeHealth.org.

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