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SoutheastHEALTH November 2022 Health Briefs

NOVEMBER 01ST 2022 BY DEE LOFLIN

SoutheastHEALTH November 2022 Health Briefs

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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SoutheastHEALTH Raises Minimum Wage to \$15 an Hour

OCTOBER 26TH 2022 BY DEE LOFLIN

SoutheastHEALTH Raises Minimum Wage to \$15 an Hour

SoutheastHEALTH officials have announced an increase in the minimum starting hourly wage to \$15 for all full-time and part-time workers at its hospitals in Cape Girardeau and Dexter and at outpatient clinics in Cape and Stoddard Counties. The increases will be reflected in paychecks issued October 28.

According to health system officials, the new minimum wage rate will be for all entry-level positions. Entry-level employees could be paid more than the minimum based on their education and years of experience. The current state minimum wage in Missouri is \$10.30.

SoutheastHEALTH President and CEO Ken Bateman said Southeast has a long tradition of caring for communities, including the SoutheastHEALTH community. “Each employee plays a vital role in providing exceptional care to those we serve. Over the past two years

our dedicated team has managed increased patient volumes in challenging situations with incredible resilience. These pay increases acknowledge and recognize the burden placed on staff during this unprecedented time in our history. The increases also help address inflation and hopefully will ease some of that concern.”

SoutheastHEALTH is hiring for positions across all locations for clinical, non-clinical and support staff. Visit [SEhealth.org/careers](https://sehealth.org/careers) to learn more.

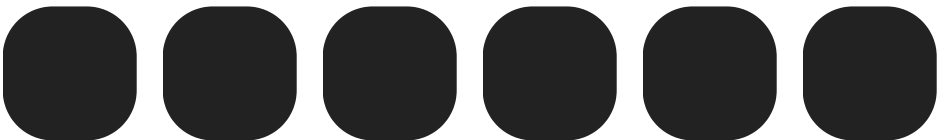
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SoutheastHEALTH October 2022 Health Briefs

SEPTEMBER 30TH 2022 BY DEE LOFLIN

SoutheastHEALTH October 2022 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 3, at 6 p.m., and Thursday, October 20, 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](https://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 Thursday, October 13, from 6 to 8 p.m. at HealthPoint Fitness in Jackson. 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, October 11, at HealthPoint Plaza in Cape. This month's topic is "Main Dish Salads." Come join Laura Vollink RD, LD, Nutrition Services Coordinator at HealthPoint Fitness and explore different ingredient combinations that are bursting with flavor and nutrition.

Healthy Cooking: Chili, Soups and Stews

Join us on Monday, October 17, to learn more about some hot and healthy soups as we enter the cooler months and how to incorporate vegetables and grains to boost nutrition and enhance the flavor of these fall favorites. 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: The Grief Roller Coaster

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, October 19, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "The Grief Roller Coaster." For more information about this support group, please call Southeast Hospice, 573-335-6208.

American Red Cross Blood Drive

Every two seconds, someone needs a blood transfusion. Roll up your sleeve and help. Southeast Hospital will host a blood drive on Friday, October 28, from 7 a.m. to 4 p.m. Registration is required to allow for social distancing. To make an appointment to donate, visit rcblood.org/appt.

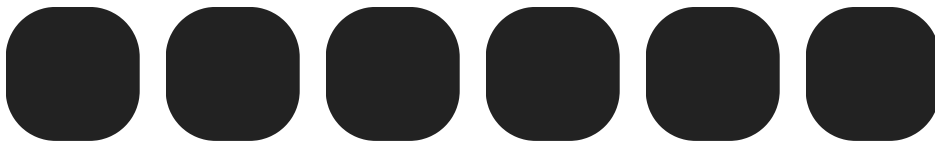
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SoutheastHEALTH Dietitian Works to Promote Malnutrition Awareness in Missouri

SEPTEMBER 19TH 2022 BY DEE LOFLIN

SoutheastHEALTH Dietitian Works to Promote Malnutrition Awareness in Missouri

A person's nutrition status is a direct measure of health. SoutheastHEALTH Lead Clinical Dietitian Laurie Carlton, MS, RD, LD, is well aware of the importance of good nutrition and the detrimental effects of malnutrition, particularly in the hospital setting.

"As a clinical dietitian at SoutheastHEALTH with almost 11 years of working in the critical care setting and oncology unit, I have witnessed firsthand the effects malnutrition can have on patient outcomes," Carlton says.

With all of this in mind, Carlton pursued a Governor's Proclamation declaring the week of September 19 through 23 Malnutrition Awareness Week in Missouri. She notes that Malnutrition Awareness Week was launched in 2012 by the American Society for Parenteral and Enteral Nutrition, a community of dietitians, pharmacists, nurses, physicians and others who are committed to the improvement of patient care.

"Not all states recognize this week, and I wanted Governor Mike Parson's help in bringing more awareness to this issue in Missouri," she says. "I hope this will influence policy discussions, increase public awareness, allow for stronger and earlier nutrition interventions and encourage people to discuss their nutrition status with healthcare professionals."

At Southeast Hospital, Carlton explains that patients are screened for malnutrition within 24 hours of hospitalization using thorough nutrition assessments and nutrition-focused physical exams. Through early detection, nutrition interventions, monitoring and transition of care plans for patients identified as malnourished, patient outcomes are improved, length of hospital stays decreases, 30-day readmission rates decrease, the risk of pressure injuries is reduced and there is a reduction in post-op complications.

Adults age 65 and over have the highest rate of malnutrition and are the most likely to be hospitalized, Carlton adds. At Southeast Hospital, a total of 496 patients were diagnosed with malnutrition from January 2021 through August 2022. She stresses the importance of screening and early diagnosis, adding that malnutrition affects 25 to 54 percent of hospitalized adults in the U.S., but is underdiagnosed and only recorded for about 8 percent of patients.

Southeast also screens patients to determine food insecurity issues. Those who are identified receive a box of food from the hospital-based Heroes of Hope food pantry to take home with them upon discharge. Through a grant and partnership with the SEMO Food Bank, two weeks of food is provided and patients are connected with other food assistance services within their community. Since the pantry became operational in February, over 100 patients have been served.

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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

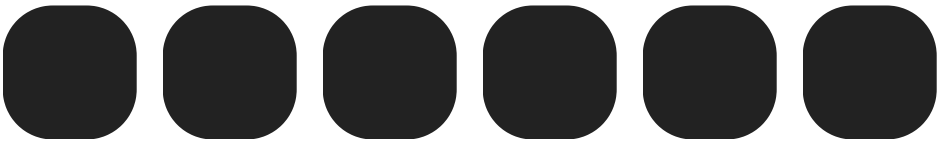
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