

**FOR IMMEDIATE RELEASE from Southeast Missouri Hospital**

June 5, 2009

For more information, contact Mark Bliss in Marketing & Communications at 986-6607.

## **Wellness Connection to Host Children's Safety Fair**

Parents and children can experience activities on safety at the Children's Summer Safety Fair sponsored by Southeast Missouri Hospital's Wellness Connection. The fair will be held on Saturday, June 20, from 10 a.m. to 2 p.m. at West Park Mall.

There will be a number of free activities and displays both inside and outside the mall in Cape Girardeau, including child safety seat checkups, a rollover simulator and appearances by the Buckle Bear mascot. Free bicycle helmets will be distributed to the first 100 children in need.

Michele Struttman, director of Harrison's Hope, will deliver a special safety presentation called "Zero Seconds" at 1:30 p.m. at the Wellness Connection in the mall, across from the customer service desk. "Zero Seconds" is a program designed to encourage everyone to never leave a child alone in or around vehicles.

Michele and Terrill Struttman lost their son, Harrison, in a tragic automobile accident that was set in motion by two children, ages 2 and 3, who were left unattended inside a running vehicle. The couple subsequently founded Harrison's Hope, an organization dedicated to tracking, recording and preventing such deaths.

The Struttmans, who live in Villa Ridge, Mo., lobby for legislation nationwide to help prevent car accidents involving unattended children.

At Center Court in the mall, a "Spot the Tot" interactive demonstration will be held. The activity is designed to teach people about the location of "blind spots" behind a car where children can't be seen by the driver. Bening Motors is providing the vehicle.

The safety fair also will feature several outside activities and displays at the mall entrance. They include a Cape Girardeau fire truck, a Missouri State Water Patrol water safety activity and the appearance of Bobber, the Water Safety mascot.

The Missouri State Highway Patrol will display its rollover simulator as well as the Buckle Bear mascot to teach children the importance of seatbelt safety.

The Cape Girardeau Police Department's D.A.R.E. (Drug and Alcohol Resistance Education) officer will be on hand to talk with parents and children about the program. The D.A.R.E. police car will be displayed. The Safe Kids Cape Girardeau Coalition will have a display on bicycle safety.

For more information, contact the Wellness Connection at (573) 332-1587 or go online to [www.southeastmissourihospital.com](http://www.southeastmissourihospital.com).

## **HealthPoint – Jackson to Hold Fourth of July 5K Race**

HealthPoint Fitness in Jackson will celebrate the Fourth of July with the 2009 Jackson Independence Day 5K race. The event, which will start at 7:30 a.m. on Saturday, July 4, will benefit Southeast Missouri Hospital's programs for cancer and children's health and wellness. The race will start at 7:30 a.m.

The race will begin and end at HealthPoint Fitness in Jackson. Events include a 5K walk and a 5K run. Walkers must walk the entire course. Runners may walk or run throughout the course. Childcare will be available.

The entry fee is \$20. To register, go online to [www.active.com](http://www.active.com), or mail your registration to Southeast Missouri Hospital HealthPoint Fitness, Independence Day 5K, 410 W. Main Street, Jackson, MO, 63755. Registration forms also may be dropped off at HealthPoint – Jackson or HealthPoint – Cape during regular business hours until July 3 at 5 p.m.

Race t-shirts will be provided to all participants who register by Friday, June 19. Pre-registration packets can be picked up on Friday, July 3, between 8 a.m. and 10 p.m. at HealthPoint – Jackson or from 6:30 to 7:15 a.m. on race day.

For more information, call HealthPoint in Jackson at (573) 243-2211 or visit [www.healthpointplaza.com](http://www.healthpointplaza.com).

## **Southeast to Host Free Carpal Tunnel Program, Screening**

Numbness, tingling and pain in hands and wrists are common symptoms of carpal tunnel syndrome. You can learn more about this condition and how it's treated and participate

in a free screening on Tuesday, June 16, at 5:30 p.m. in the Harrison Room at Southeast Missouri Hospital.

Neurosurgeon Scott Gibbs, MD, a member of the Southeast Missouri Hospital Medical staff and the Brain & NeuroSpine Clinic of Missouri, will discuss the causes and treatment options. Dr. Gibbs will explain the minimally invasive, “no stitch” endoscopic surgery technique. HealthPoint Rehab will conduct the free screening.

Pre-registration is required for both the presentation and the screening. To register, call the Wellness Connection at (573) 332-1587 or the HealthLine at 1-800-800-5123, or go online to [www.southeastmissourihospital.com](http://www.southeastmissourihospital.com).

## **Wellness Connection to Hold Free Foot Screening**

A free foot screening will be held on Thursday, June 11, from 8 to 11 a.m. at the Wellness Connection in West Park Mall. The Wellness Connection is located across from the customer service desk, near The Pasta House Co.

The screening will be conducted by Julie Anderson, MD, and Clinical Manager Renee Hinkebein, RN, CHT, of the Wound Care and Hyperbaric Medicine Center. Individuals with open sores or blisters on their feet or who suffer from hang nails, have nails with fungus or experience other foot problems are encouraged to attend.

Appointments are recommended. To schedule an appointment, call the Wellness Connection at (573) 332-1587 or go online to [www.southeastmissourihospital.com](http://www.southeastmissourihospital.com).

## **Healthy Cooking Class Focuses on Lighter Picnic Meals**

What tastes good, travels well and gives us energy for a mean game of Frisbee? Participants at the Healthy Cooking class at HealthPoint – Cape on Monday, June 22, will find out.

The Healthy Cooking class will focus on lighter versions of summertime picnic meals. The class will run from 6 to 7:15 p.m. Raina Childers, Southeast’s Director of Nutritional Services and a registered dietitian, will teach the class.

Pre-registration is required. To register, call (573) 986-4440. The class is free to HealthPoint members and costs \$5 for non-members.