

The Dexter Community Regional Healthcare Foundation (RHF) is a non-profit organization dedicated to building healthy communities through programs and services designed to enhance overall health and wellness.

The not-for-profit corporation was previously known as the Dexter Memorial Hospital and was formed in 1964. It built and operated the hospital, which opened in August of 1968, and maintained an active medical staff until April of 1999, when the operation of the facility was leased to a corporation.

The not-for-profit corporation then changed its name and status to a Foundation. Although no longer in charge of hospital operations, the **Regional Healthcare Foundation** continues to promote health and wellness. Some of the current programs of the Foundation are outlined in this brochure.

Please feel free to contact us for further information and to receive information on how to become a member.

Regional Healthcare Foundation

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<http://www.regionalhf.org>

Regional Healthcare Foundation

.....a vision of healthy people living in healthy communities

What we're about...

PRESCRIPTION DRUG ASSISTANCE

The PDA Program helps qualifying individuals, regardless of age or residency. People may qualify to receive free medicines through our PDA program, if you: (1) cannot afford to pay for your medications, (2) do not have prescription drug coverage or are underinsured and (3) meet the income guidelines determined by the pharmaceutical companies. PDA Program funding provided in part by Delta HRSA Grant.

MOTHER TO MOTHER (M2M)

Mother-to-Mother is a four-phase, incentive-based mentoring program that supports pregnant or parenting young women in Stoddard County. The program offers incentives for mothers to earn baby supplies, equipment, and clothing; introduces participants to additional services in the community; offers encouragement and advice while participants continue their education and obtain employment; and offers regularly scheduled activities that promote participants' parenting and social skills. M2M is funded by the Missouri Foundation for Health, Children's Trust Fund Prevention Grant, Children's Trust Fund License to Care, the Neighborhood Assistance Program and Give Back Brands. Additional support is welcomed and received from churches, community organizations, individuals and local businesses.

HSE/GED

The HSE/GED Program is free and available to anyone 18 years of age or older. Individual test preparation sessions are available with flexible hours. All supplies and testing expenses are covered by Regional Healthcare Foundation. Applications may be obtained at RHF's office or at www.regionalhf.org. Classes are located at the Cox Corner Building.

FITNESS CHALLENGE – WEIGHT LOSS & EXERCISE FOR WELLNESS

Teams of 3 sign up every year to lose weight, have fun and compete for prizes. There is no charge to join. Teams must choose a name and weigh in weekly. Team's percentage of weight loss will be charted weekly to determine the final winners. All personal weights are confidential. Cash prizes are awarded for 1st, 2nd & 3rd place teams and for the person who loses the greatest number of pounds. Handouts about nutrition and health are provided each week.

The Walking Program has been incorporated into the Fitness Challenge to create an awareness of the benefits of walking/exercise for fitness and health for all age groups. The goal is to promote and maintain exercise as part of a healthy lifestyle. Individuals must log in exercise/walking times weekly. Blood pressure is taken initially and at the completion of the 16 week program. All results are confidential. Drawings for prizes are held for those who complete the Walking/Exercise Program.

COX CORNER

Features rental of the Plantation Room for groups of 75 or less. Garden area is available. First Thursday is a resale shop open the first Thursday of every month for gently used gift items. Proceeds benefit the M2M Program.

SPECIAL ASSISTANCE PROGRAMS

Funds are available to assist qualifying Stoddard County residents with medical supplies. Vendors or professionals providing healthcare services must be located in Stoddard County.

SCHOLARSHIPS

Regional Healthcare Foundation offers scholarships to encourage Stoddard County residents entering healthcare professions. Contact the Foundation for applications and eligibility requirements for each of these scholarships.

\$10,000 Regional Healthcare Foundation Scholarship

Stoddard County High School Seniors may apply.

\$10,000 Julie Minton Memorial Scholarship

Stoddard County residents who are accepted into a graduate physical therapy program in the State of Missouri may apply.

Scholarship for Non-Traditional Students

Any Stoddard County resident entering the healthcare field who is 25 years of age or older and has had their education interrupted for a period of 5 years or longer may apply for this scholarship.