

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

Executive Director

Melinda Sweeney
msweeney17@yahoo.com

Executive Secretary

Kellie Reese

Prescription Drug Assistance

LeVeda Scates
Carla Boxdorfer

Mother to Mother

Rachelle Bennett
Nancy Bridges
Sherry Dukes
Chris Hillis
Teresa Overall
Kellie Reese
Linda Ulm

Receptionist

Judy Corbin
Kay Ables
LeaVern Dabbs
Linda Ulm

Regional Healthcare Foundation



**215 W. Grant Street
Dexter, MO 63841
Phone: 573-624-1607
Fax: 573-614-4908**

Website

<http://www.regionalhf.org>

Regional Healthcare Foundation

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

What we're about...

PRESCRIPTION DRUG ASSISTANCE

The Prescription Drug Assistance Program offers individuals the opportunity to receive **free** name brand medications. Individuals may qualify for the program if they cannot afford to pay for the medications, do not have prescription drug insurance or are underinsured, and meet the income guidelines determined by the pharmaceutical companies which provide the **free** medications.

Detailed information about the Prescription Drug Assistance Program is available at www.regionalhf.org or call 573-624-1607 for complete information.

Note: There are no fees charged for this program.

FITNESS CHALLENGE (WEIGHT LOSS)

Our **Fitness Challenge Program** involves teams of 3 who 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. Each 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.

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.

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.

RHF at COX CORNER

RHF at Cox Corner features rental of the Plantation Room for groups of 75 or less. The garden area is also available. *First Thursday Resale Shop*, open the first Thursday of each month, offers gently used gift items for sale.

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.

GRANTS AND SCHOLARSHIPS

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

\$4000 Regional Healthcare Foundation

Scholarship

Stoddard County High School Seniors who are pursuing post-secondary education in a 4 year college or university and planning to enter a healthcare field may apply.

Julie Minton Memorial Grant and Scholarship for Non-Traditional Students

Stoddard County residents who are continuing their education while actively employed by a healthcare provider or organization in Stoddard County may apply for the Julie Minton Memorial Grant or the Non-Traditional Scholarship. Award amounts will vary.