



**BOOTHEEL  
HEALTH  
ALLIANCE**

PROMOTING HEALTHY LIFESTYLES

# Monthly E-Blast

June 2018



Missouri Bootheel Healthy Start

SEMO HEALTH NETWORK



Southeast Missouri  
*Rural Minority Health*  
Coalition

**NHS**  
Distributors, Inc.



## Power to Prevent Class Schedule

June 4<sup>th</sup> - June 28<sup>th</sup>  
Tuesdays & Wednesdays  
10:00AM-12:00PM  
Agape Love Church  
711 Davis Blvd  
Sikeston, Missouri 63801

June 11<sup>th</sup> - July 11<sup>th</sup>  
Mondays & Wednesdays  
10:00AM-12:00PM  
Saint James  
Hayti, MO

\*Class pushed back one week due to  
Independence Day

June 25<sup>th</sup> - July 23<sup>rd</sup>  
Mondays & Wednesdays  
10:00AM-12:00PM  
Kennett Community Supervision Center  
1401 Laura Drive  
Kennett, MO 63857

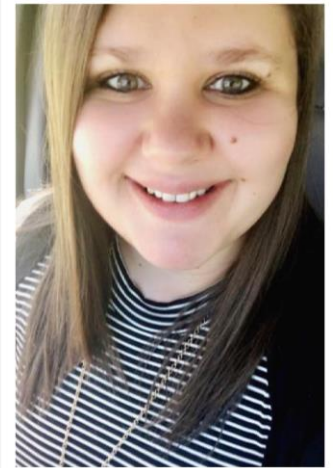
\*Class pushed back one week due to  
Independence Day

May 15<sup>th</sup> - June 28<sup>th</sup>  
Tuesdays & Thursdays  
6:00PM-8:00PM  
Saint Luke  
Hayti, MO

\*We have a one week pushback due to a church  
conflict

## Introductions

We would like to welcome  
our new Community  
Outreach Specialist,  
Rhonda Diebold, to our  
team. Rhonda graduated  
from Southeast Missouri  
State University with a  
Bachelor of Science in  
Dietetics. She then  
completed her Dietetic  
Internship with Southeast  
Missouri State University.



## Upcoming Meetings/Events

Missouri Diabetes Shared Learning  
Network – Focus Group  
Wednesday June 14<sup>th</sup> 9:00AM-11:30PM  
Missouri Delta Medical Center  
1008 N Main St, Sikeston, MO 63801

Fatherhood Celebration Workshop  
Thursday June 14<sup>th</sup> 6:00PM-8:00PM  
Hayti Community Center  
600 East Washington Hayti, MO 63851

Community Celebration for Healthy Living  
Saturday July 14<sup>th</sup> 10:00AM-2:00PM  
Malone Park  
Downtown Sikeston

New fiscal year begins on July 1, 2018.  
Meetings are currently being arranged to meet with the  
Network Partners and contracted Community Health  
Workers.

# Community Outreach Reports

Network Director and Community Outreach Specialist provided an overview of BHA to the employees at the Sikeston Probation and Parole office on Monday, June 4<sup>th</sup>. Flyers were distributed.

Network Director and Community Outreach Specialist provided outreach in Hayti Heights. Provided residents an overview of BHA and distributed flyers.

Network Director and Community Outreach Specialist attended Open Door Fellowship annual community day. Provided an overview of the BHA and distributed flyers. They also discussed partnership to teach Power to Prevent classes at their church.

Community Outreach Specialist and Community Health Worker provided an overview of BHA and distributed flyers at the Charleston Nutrition Center on June 13<sup>th</sup>.

## Power to Prevent Graduation

Saint Mathews Baptist Church in Charleston, MO



Church of Jesus Christ Congregational in Hayti, MO



MT. CALVARY MISSIONARY BAPTIST CHURCH May 2018 Vol. 3

**BHA** BOOTHEEL HEALTH ALLIANCE  
PROMOTING HEALTHY LIFESTYLES

EDUCATION • SPIRIT COUNSELING • FACILITATING REAL LIFE'S CHALLENGES • SUPPORTING PEOPLE TO OVERCOME OBSTACLES • EDUCATING PEOPLE TO BE HEALTHY

**ANNOUNCEMENTS**  
COMING SOON!

**What You Will Learn From Power to Prevent/Wellness Classes**

Understand what it means to have diabetes.

- Learn what foods are helpful and harmful
- Improve weight management skills
- Understand how to take control of your health

Learn how to eat healthy, add physical activity to your routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

The program's setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes.

Together, participants celebrate their success and find ways to overcome obstacles.

Program services also include

- Health Screenings
- Case Management
- Support Groups

A 4-week Program; twice a week for 1 or 2 hours

**YOUTH WILLING TO SERVE GOD (YWISG) 2018**

Bootheel Health Alliance Program was included in the Mt. Calvary Missionary Baptist Church Bulletin

## REMINDERS

Monthly reports are due July 5th for the month of June. The reports include both the narrative component and the data component. Please submit your reports to Terrico Johnson or Rhonda Diebold.

## CONTACT INFORMATION

If you have any questions, please feel free to contact:

Terrico Johnson, Network Director  
573-471-9400 ext. 321 [tjohnson@mbrcinc.org](mailto:tjohnson@mbrcinc.org)

Rhonda Diebold, Community Outreach Specialist  
573-471-9400 ext. 310 [rdiebold@mbrcinc.org](mailto:rdiebold@mbrcinc.org)

Thank you for your continued commitment and hard work in ensuring the BHA program is successful.