

Area Bloggers



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St. Francis Adds Cardiologist - Joshua Donis

APRIL 16TH 2018 BY DEE LOFLIN

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Saint Francis Adds Cardiologist

Saint Francis Healthcare System is pleased to introduce Joshua Donis, MD, FACC, as a Medical Partner and cardiologist at Cape Cardiology Group. He joins Joseph Dwyer, MD, FACC; Steven Joggerst, MD; William Lafoe, MD, FACC, FSCAI; Sandra McCearley, MD; Duc Nguyen, DO; William Nienaber, MD; Rebecca Smith, MD, FACC, FASE; Clifford Talbert Jr. MD, FACC; Jennifer Cotner, RN, AGACNP-BC; Megan Collier, MSN, APRN, FNP-BC; Laura Morrow, MSN, APRN, FNP BC; Angela Selzer, RN, AGACNP-BC; and Lacie Wilkins, RN, FNP-C.

Dr. Donis earned his medical degree from Stony Brook University School of Medicine in Stony Brook, New York, and completed his residency in internal medicine and his fellowship in cardiology at New York Presbyterian Hospital/Columbia University Medical Center in New York City. He comes to Cape Cardiology Group from Scottsdale Cardiovascular Center in Scottsdale, Arizona.

For more information about Cape Cardiology Group, please call 573-331-3333 or visit www.sfmc.net.

Saint Francis Healthcare System is guided by our mission to provide a ministry of healing, wellness, quality and love inspired by our faith in Jesus Christ. Founded by Franciscan Sisters in 1875, our priority remains the same: serve all who enter with dignity, compassion and joy. Serving nearly 713,000 people across Missouri, Illinois,

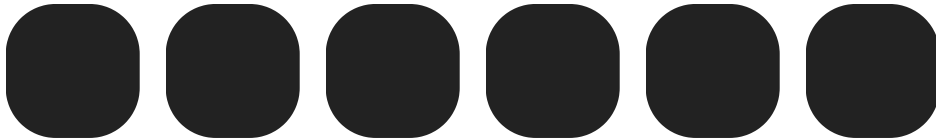
Kentucky, Tennessee and Arkansas, our focus is on patients' outcomes, experience and value.

Anchored by Saint Francis Medical Center, a 308-bed tertiary hospital, and supported by nearly 2,800 employees and more than 250 providers in 11 communities, the Healthcare System is a driving economic force in the region. Major services include Cancer Institute, Emergency and Level III Trauma Center, Family BirthPlace and the region's first Level III Neonatal Intensive Care Unit, Heart Hospital, Neurosciences and Orthopedics.

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Bloomfield Stars & Stripes Newsletter - March 2018

MARCH 26TH 2018 BY DEE LOFLIN

[Bloomfield Stars & Stripes Newsletter - March 2018](#)

[STARS AND STRIPES MUSEUM/LIBRARY NEWSLETTER](#)

March 2018

Thanks to all of you who renewed your Stars and Stripes memberships. As you probably know, the museum does not receive government funding, so depends on memberships, donations, merchandise sales and fundraisers to operate.

The second annual Stars and Stripes Trivia Night was held at the Dexter Elks Club on Saturday January 27 with 19 tables participating. In addition to the money raised from the sale of Trivia tables, guests made donations for food and took part in a silent auction. About \$2,500 was raised from this event.

The Wake Foundation hosted their annual Valentine for Veterans on Friday, February 9. Two Stars and Stripes staff members, Charlotte Vandiver and Jim Mayo, were among the 13 individuals recognized at a luncheon at the John J. Pershing Medical Center in Poplar Bluff. That evening the band Shenandoah entertained veterans and their guests at the Blackwater Colosseum where the museum/library had a display.

Some of the staff members have been working with the Wake foundation to raise money for the museum through the sale of "Remember Those Deployed" T-shirts and other gift shop items as well as raffle tickets for three guns at area gun shows. The guns are a 22 Henry Gold Boy, a 12 gage Dickinson and a .380 Ruger; the drawing will be on April 27.

The museum staff prepared a display focusing on the 50 year anniversary of the TET Offensive for the Vietnam War Veterans Day celebration at the Tinnin Fine Arts Center on the Three Rivers College campus in Poplar Bluff. The event was held on Friday, March 23 and was hosted by the Vietnam Veterans of America Chapter 1056.

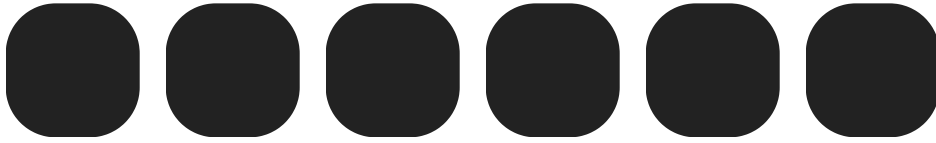
On Saturday, May 19 come and take part in "Drive for Your Community" between 10:00 a.m. and 4:00 p.m. We need 350 people to test drive one of Bud Shell Ford's Lincolns at the Dexter Elks Lodge, 325 N 2 Mile Road in Dexter (next to the Bowling Alley) in order to generate \$8,000 for the Stars and Stripes Museum/Library.

If you know of a school group or other organization that would like a group tour of the museum, or if you are someone you know would like to become a volunteer at the museum, please contact us at 573-568-2055.

Pictured is Jim Mayo of the Stars & Stripes Museum.

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Age Spots By Jackie Dover - So What's Next?

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[So What's Next?](#)

Many times throughout the week I see and speak with people who are retiring or considering retirement. The logical question that follows is, “So what are you going to do with all your time?” Travel, spend more time with grandkids, nothing at all or anything I want are all common answers but one that has always stood out is when they tell me they want to volunteer and help others.

Volunteering can provide many benefits especially to seniors. Volunteering can provide seniors with a feeling of productivity. Sometimes it is hard to transition from working full time to having “extra” time on your hands. Helping others also can lead to a sense of personal fulfillment and satisfaction and it can increase a senior’s ties to their community. Many volunteers take on projects outside their past history and comfort zone and are able

to meet new people and make a difference in their community. All volunteer work is appreciated.

So now that you are excited to begin volunteering, where do you go? Many of our senior centers are always looking for volunteers for different types of roles. Schools and non-profits usually have volunteer positions available, look for somewhere that excites you or has an interest you would like to explore.

An organization that Aging Matters works closely with is always looking for volunteers. CLAIM is the Missouri State Health Insurance Assistance Program (SHIP). CLAIM trains volunteers to provide unbiased and confidential Medicare counseling. I know that sounds intimidating but CLAIM has a great training program and offers continuing education and support. By being a CLAIM volunteer you will learn the ins and outs of the Medicare process and be able to assist others. The satisfaction of helping those on Medicare is something I truly enjoy and believe you will too.

AmeriCorps is another national volunteer network that has over 3 million volunteers. AmeriCorps partners with CLAIM in Missouri. CLAIM-AmeriCorps volunteers receive additional benefits; they can earn an annual stipend of \$5,250 annually and may apply for up to \$2,885 annually in scholarships for themselves, their children or even their grandchildren. AmeriCorps members will be trained to do Medicare counseling but will also participate in outreach and education events and help recruit new volunteers for CLAIM.

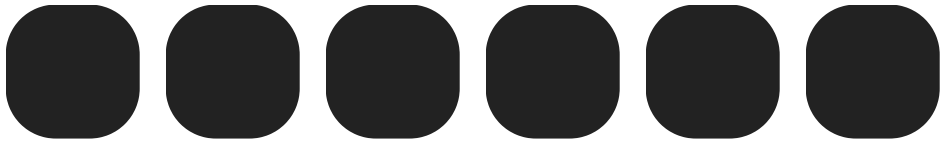
The qualifications for a CLAIM-AmeriCorps member is must be 18 years old, a US citizen and live in the service area. Members must attend trainings and participate in monthly teleconferences. AmeriCorps members are asked to commit about 19 hours weekly, and there are some part-time positions also.

Problem-solving skills, the ability to listen and some computer skills are the desired skills. If you have questions please call CLAIM, 800-390-3330. Enjoy your retirement by helping others and yourself.

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Age Spots by Jackie Dover - Making a Difference

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Making a Difference

Missouri has the distinction of being the very first state in the union to have a Silver Haired Legislature (SHL) which was started in 1973. This is a formally elected group of Missouri Senior Citizens 60 years and older who are interested in promoting legislative advocacy for Missouri's older adults. It is patterned after the Missouri General Assembly, comprised of two legislative bodies, the Senate and the House of Representatives. All members are volunteer, serving without pay. However travel and meal expenses are reimbursed.

Here's how it works: There are 10 Area Agency on Aging (AAA) regions in the state of Missouri and each one is represented by three SHL senators and 12 representatives. In May of each year elections are held in the 10 regions of Missouri for the purpose of choosing the SHL legislators to represent their area.

The elected SHL members will meet and discuss proposals that will be written as SHL bills and submitted to the statewide SHL bills committee. This committee will go over all

the submissions and choose about 20 for the fall SHL session to consider.

In October of each year the SHL legislators will meet in Jefferson City at the Missouri state capitol to hold a mock legislative session. This session is held in the Senate and House of Representative chambers of the Missouri state capitol, generally lasting 2 – 2 1/2 days.

Committee hearings will be conducted the first day of the session where the SHL senators and representatives will debate and vote for proposals that will be brought to the floor in the house and senate chambers the next day. The following day begins early with transportation to the capitol building and the day's agenda begins. The senators meet in the senate chamber and the representatives meet in the house chamber. Each proposal that was passed out of committee the day before will be debated and a vote will be taken whether to “do pass” or “do not pass”. After each proposal has been decided upon by each chamber the SHL legislators will be transported back to their hotel where they will attend a banquet and have a private meeting with their group of delegates.

The next morning it's back to the capitol where a joint session is held and all the proposals that have been marked “do pass” will be presented to the SHL legislators who will vote on the top five as their priorities for which to advocate with their General Assembly legislators. The state legislators are interested in hearing from the SHL and many of the laws in Missouri have started out as SHL proposals. For example a bill to prevent tax charged on pharmaceuticals, a law that strengthens pre-need funeral regulations and another law that increases Personal Needs Allowance for Medicaid residents in Long-Term Care Facilities. These are just a few of the SHL proposals that became law.

The requirements are that one should be able to travel to Jefferson City and/or Cape Girardeau for meetings. It is beneficial for the elected person to be able to send and receive emails, because when the state legislators are in session things happen quickly and many times you will be contacted on the day of a hearing asking you to contact your state legislator the same day. The other obvious requirement is that one should be interested in the betterment of the lives of Missouri senior citizens.

Elections will be held Tuesday, May 8 at the Senior Nutrition Centers during regular business hours. If you are interested in becoming a SHL delegate you should file a Declaration of Candidacy with Aging Matters, the Southeast Missouri Area Agency on Aging office. This statement must arrive in the office by close of business on April 24. You may obtain an application by contacting our office at 1-800-392-8771 or locally at 335-3331 or pick one up at your local senior center. There are eight seats up for election

this year, two Senate seats and six Representative seats. Please consider making a difference in your community by joining the SHL. I would like to thank one of my Silver Haired Legislator members Ruth Dockins for her contributions on this article.

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Age Spots by Jackie Dover - Looking for Money in all the Right Places

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Looking for Money in all the Right Places

Many times at Aging Matters we get calls from people who need help finding a pension they believe they should be getting, but can't seem to find any information for. The South

Central Pension Rights Project (SCPRP) is an organization that can help. The SCPRP provides assistance to anyone with a pension question or problem, regardless of age, income or value of the claim.

The Pension Rights Project serves people in Missouri, as well as some other states, free of charge. Pension help is hard to find because the plans and laws are complex and difficult to navigate without knowledgeable assistance. The people who work for the South Central Pension Rights Project are trained to answer your questions about complicated pension laws, they are trained to obtain hard-to-find retirement plan publications and forms and to help with corrections to pension miscalculations and help with claiming retirement benefits that have been previously denied.

An example of help they offer is a widow who knows that her husband worked for a company many years ago and believes that he had contributed to a pension plan. Any papers she may have had are now lost and the company has closed and she doesn't know anyone who worked there. This could be a very daunting scenario for anyone, especially a senior who hasn't been in the workforce for awhile. The pension counselors can assist with situations like this and they are happy to help free of charge.

Pension counseling projects like this are run by local nonprofit organizations and are funded under the Older Americans Act through a grant program of the U.S. Administration on Aging. Legal training and support are provided by the National Pension Assistance Resource Center, an initiative of the Pension Rights Center in Washington, D.C.

If you need help finding a pension please call toll free: 800-443-2528 or go online to www.southcentralpension.org.

Another way to "find" money is the Missouri Property tax credit (Circuit Breaker).

The MOPTC returns a maximum of \$750 for renters and \$1,100 for owners who owned and occupied their home. The actual credit is based on the amount of real estate taxes or rent paid and total household income.

To qualify for the Circuit Breaker you or your spouse must be 65 as of December 31, 2017 or 100% disabled. Also, those who are 60 or older and receiving surviving spouse social security benefits could qualify. You must be a Missouri resident with total household income of \$27,500 or less for a single renter, \$29,500 or less for a married couple who rents. If you own your home your income must be below \$30,000 if single and \$34,000 for a married couple. If you are veteran with 100% service connected disability, your VA payments are not counted as income.

Forms can be downloaded from the MO Department of Revenue website www.dor.mo.gov or by calling our office at 335-3331 or 1-800-392-8771.

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