



[TOP](#)

St. Francis Offering FREE Screenings Every First Wednesday

JUNE 19TH 2018 BY DEE LOFLIN

St. Francis Offering FREE Screenings Every First Wednesday

SAINT FRANCIS OFFERING FREE SCREENINGS EVERY FIRST WEDNESDAY

Screenings will no longer be held on third Wednesdays, as previously scheduled.

Cape Girardeau, Missouri - Starting in August, Heart & Health Screenings will only be held on the first Wednesday of each month at Saint Francis Medical Center.

The screenings will no longer be held on the third Wednesday of each month. As the first Wednesday falls on Independence Day, there will only be a screening on the 3rd Wednesday in July (July 18th).

The screenings will still offer free blood pressure checks, glucose diabetes risk screenings for \$7 and heart health screenings for \$30. Heart health screenings include total cholesterol, HDL, LDL, triglycerides, cardiac risk ratio, glucose and blood pressure checks and require a 10- to 12-hour fast beforehand. Clients are encouraged to drink water and take medications as prescribed. Heart & Health Screenings are not billed to Medicare or insurance.

Screenings will still be held at the same time and place, from 7 to 10 am in the Health and Wellness Conference Room #2, Saint Martha Conference Room. No appointments are necessary. Citizens over 60 years old may inquire about the possibility of free heart

health screenings, funded through the Senior Citizens' Services Fund Board.

For more information, call 573- 331-5970 ext. 4.

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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St. Francis Names Bigler
Accounting Manager

Sherri Uren Named Cape
Radiology Group Practice Manager

[Prather Named New Chief Financial Officer at St. Francis Healthcare](#)

[TOP](#)

Yard Sale in Dexter on Saturday, June 16th

JUNE 14TH 2018 BY DEE LOFLIN

Yard Sale in Dexter on Saturday, June 16th

Dexter, Missouri - Yard Sale on Saturday, June 16, 2018 from 7:00 a.m. - 2:00 p.m. located at 15374 County Road 442 in Dexter.

Directions: Go north on AD about 3 miles and turn left onto 442, second house on the left.

Furniture, couch, countertops, range hood, toaster oven, home decor, dishes, desk, Paw Patrol toys, decorations, misc. items, and even some items for FREE.

Don't miss out on this yard sale!! Lots of great items for sale.

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[Large Yard Sale in Dexter on Timberloch Drive](#)

[TOP](#)

St. Francis to Institute New Living Wage

JUNE 14TH 2018 BY DEE LOFLIN

[St. Francis to Institute New Living Wage](#)

New system-wide minimum wage to be set at \$11.70

Cape Girardeau, Missouri - Next month, Saint Francis Healthcare System will raise its minimum hourly pay to ensure all employees have the opportunity to earn a livable wage.

Effective July 8, the Healthcare System's new minimum hourly rate will be increased to \$11.70, which means raises for more than 200 employees – nearly eight percent of the total Saint Francis workforce.

President and CEO, Dr. Maryann Reese, said the wage increase is not based on the external market, rather the decision is rooted in the mission and values of Saint Francis Healthcare System and affirms the human dignity of all our employees.

“This decision goes to the core of our principles as a Catholic Healthcare System,” she said. “As we continue our efforts to lower costs and make the Healthcare System more efficient and functional for patients, we cannot risk overlooking our own colleagues in the process. Doing the right thing includes making sure we care for all members of the Saint Francis Family.”

The new hourly rate is double what an individual would need to stay above the federal poverty rate, according to this year's figures.

“From surgeons to support staff, each one of our colleagues provides the necessary services that allow Saint Francis Healthcare System to continue serving our communities,” Reese said. “They all deserve a wage that can sustain them, and we are proud to be able to provide that.”

Bishop Edward Rice, head of the Diocese of Springfield-Cape Girardeau, praised the decision saying that, in raising minimum wages, Saint Francis Healthcare System has strengthened its Catholic identity.

“The changes recently announced at Saint Francis show respect for the dignity of our workers,” Bishop Rice said. “It affirms their value and will promote the well-being of families.”

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[Saint Francis Adds to Emergency Department](#)

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[TOP](#)

Large Family Yard Sale on Glenstone in Dexter on Saturday

JUNE 13TH 2018 BY DEE LOFLIN

[Large Family Yard Sale on Glenstone in Dexter on Saturday](#)

Dexter, Missouri - Large one family Yard Sale on Saturday, June 16, 2018 at 1007 Glenstone Road in Dexter from 7:00 a.m. - noon.

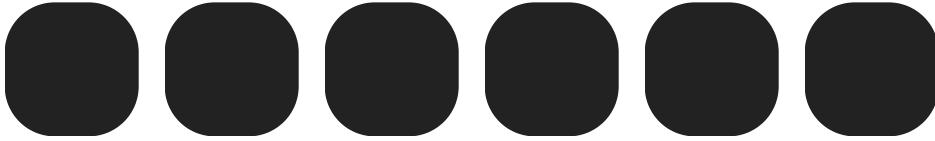
Furniture, bedroom suit, office desk, bookcase, treadmill, tons of household items, clothes, and scrub tops.

Directions: From One Mile Road near Burger King, turn east onto Hickory Hills Drive, Glenstone will be the first street to your right (south).

If you would like to place an ad for your Yard or Garage Sale please contact Dee Loflin, ShowMe Times (573) 380-3318. Cost is \$15 and each ad is shared to Facebook and Twitter along with about 15 local yard sale and buy, sell and trade Facebook pages. Well worth the reach for the price!! Deadlines are Wednesdays at NOON!

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[Large Yard Sale in Dexter on Timberloch Drive](#) [Inside Yard Sale at Cox Corner](#)

[Large Yard Sale in Dexter on Timberloch Drive](#)

[Inside Yard Sale at Cox Corner](#)

[TOP](#)

From the City of Bernie, Missouri

JUNE 12TH 2018 BY DEE LOFLIN

[From the City of Bernie, Missouri](#)

Bernie, Missouri - The City of Bernie's maintenance department is asking resident and businesses in the Bernie area to stop flushing Swiffer cleaning pads, other type cleaning pads, blue towels, or flushable wipes down their toilet drains.

Even if it says they are safe to flush they are causing issues at the city sewer plant.

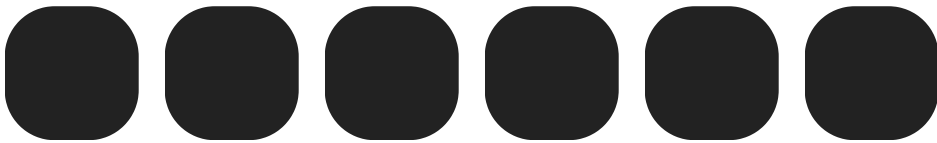
If you have any questions please contact City Hall at (573) 293-5318.

The Maintenance Department would like to thank the residents for their cooperation.

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