

Area Bloggers



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St. Francis Adds Nurse Practitioner to Emergency Dept.

AUGUST 30TH 2018 BY DEE LOFLIN

St. Francis Adds Nurse Practitioner to Emergency Dept.

SAINT FRANCIS ADDS NURSE PRACTITIONER TO EMERGENCY DEPARTMENT

Saint Francis Medical Center welcomes nurse practitioner Austin Roubidoux, APRN, FNP-C, to the Emergency Department. He joins 14 other emergency providers in Saint Francis' Emergency and Trauma Center, the region's only state-designated Level III Trauma Center.

He earned his Master of Science in nursing from Cox College in Springfield, Missouri and is Board Certified from the American Academy of Nurse Practitioners.

Nurse practitioners are nurses who have undergone advanced training and are able to diagnose and treat illnesses and injuries, order lab work and imaging tests, and write prescriptions. They can manage many health conditions, teach health promotion and help patients with disease prevention.

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

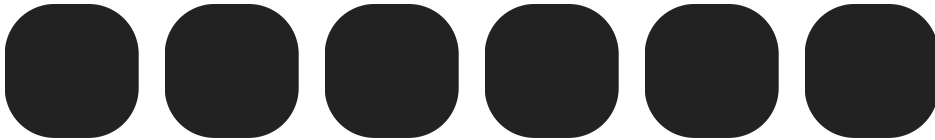
value.

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

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Age Spots by Jackie Dover - One Incident Away

AUGUST 08TH 2018 BY DEE LOFLIN

[Age Spots by Jackie Dover - One Incident Away](#)

One Incident Away

Isn't it funny how you can look at something every day and never really see it? That is the case with our One Incident Away buttons. I have one on my filing cabinet and I look at it almost every day and recently have realized the truth in that one little statement.

The One Incident Away buttons are distributed by the Missouri Association of Area Agencies on Aging (MA4). MA4 is comprised of the 10 Area Agencies on Aging in Missouri, one of which is Aging Matters. MA4 provides statewide advocacy and resources to seniors. One of their most effective tools is the One Incident Away buttons. These are handed out at events to remind seniors, law makers, caregivers and others that we can be just one incident away from personal disaster. The MA4 website, ma4web.org has many stories that I encourage you to read. I have a few stories of my own that I would like to share.

John (all names and locations have been changed) and his wife had lived a good life, they were in their early 70's. He owned his own business and she was a stay at home mother and homemaker, they were comfortable. Then she got sick. John spent more time taking care of her and making sure she went to the doctor and took her medicines and spent less time overseeing his business. Eventually they had to sell the business to pay for her care. When they came to visit me they were concerned they would not have money to pay for her medicines and that they would have to sell their home. I was able to help them apply for Extra Help to pay for her medicines and help them get the Mo Property Tax Credit they had never applied for. With just this help they are able to live at home and have all their needs met.

Another example is Linda, her husband passed away after more than 50 years together. She found that although her income was cut almost in half, she still had the same bills. She was very afraid that she would lose everything. She wasn't eating or taking her medication as she needed to be. She also had little interaction with others. We were able to help her sign up for Medicaid and convince her to go to her local senior center for nutritious meals and some much needed social interaction, Linda is now thriving. She is even considering starting a knitting group at her local center.

These are just a few of the stories we hear every day. Aging Matters and MA4 strive to help the seniors in Missouri be prepared and knowledgeable about programs available to help. If you need assistance, Aging Matters has many programs to help with food, medication and other services.

All it takes is one incident to have a very dramatic impact on how you live your life. Many things in life are not predictable, we never know when we may get sick or have a

life altering injury, but there is comfort in knowing that there are people willing to help. Those who can advocate and guide you if you ever find yourself needing help. One Incident Away from a life changing issue, one call away from help and advocacy.

Aging Matters is there to help, 573-335-3331 or 800-392-8771.

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World War II Memorial Wall on Display in Piedmont

JULY 06TH 2018 BY DEE LOFLIN

World War II Memorial Wall on Display in Piedmont

Piedmont, Missouri - The traveling World War II Memorial Wall is on display in Piedmont until Saturday, July 7, 2018 according to the Piedmont Chamber of Commerce.

The wall is the only Traveling WWII Memorial available in the United States. It is a scaled-down version of the wall in Washington, D.C. and includes more than 4,000 stars

representing American soldiers killed.

A closing ceremony in Piedmont is set for 3 p.m. Saturday, July 7th.

Pictured is Dexter Korean War veteran J.D. Braswell standing at the traveling WW II Memorial.

Photo and article submitted by Madeline Dejournett.

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Age Spots by Jackie Dover - Preserving Memory Lane

JUNE 20TH 2018 BY DEE LOFLIN

Preserving Memory Lane

Recently at a family gathering, my sister Misty started going through family pictures. First it was just a fun way to tease my oldest in front of his girlfriend, but it soon turned into a fantastic walk down Memory Lane. There were lots of pictures. Totes filled with albums and pictures in the sleeves from the film developing. Pictures on the computer, on the phone. Hours later and we were still knee deep in pictures, newspaper clippings and family history.

Then someone asked the ultimate question, what are you going to do with all those pictures? We looked around as we all wanted to answer but no one really knew what to say. That got me to thinking, what are we going to do with all these pictures?

Preserving family pictures and documents is really important to many people but there is a lack of knowledge on what is good or bad for these family legacies. According to the National Archives website <https://www.archives.gov/>, it is best to work in a large clean area.

Make sure your hands are clean and free of lotion. When handling pictures and negatives it is a good idea to use gloves because the natural oils in your hands can cause permanent stains on these items. You can store pictures using pages or envelopes that are acid free and sleeves made of plastics such as uncoated polyester, polypropylene and polyethylene, these will not stain or discolor the pictures. Place individually housed prints, negatives, and cased objects in acid-free, durable boxes that will afford further. Keep the pictures or albums in an area that is cool, has low humidity and is not near water or food sources to protect from animals and insects. There that was easy.

Another way to save pictures is to have them digitalized. There are many different ways to accomplish this. I have seen many pictures on Facebook where someone has just taken a picture of a picture, I have done this myself. The downside is that there is often a glare from the flash or lights in the room. Of course there are apps for this, just check the Google play store or the Apple App Store. Many of these apps have features that remove the glare and allow you to save the images with a name or event so you can find them again later. Scanning pictures or documents is another way to preserve and digitalize. Scanners today are faster and more affordable than ever.

Just put the document or picture on the scanner and push a button, many allow you to name the file so you can find it later. Many scanners also are able to scan negatives and 35mm film. There are also scanning services that will scan your pictures and save them to the cloud or on a DVD or other type of media for a fee. I like the idea of having multiple copies of precious family memories, it makes it easier to share those memories with family and friends.

I have slowly begun the journey of digitalizing and archiving my family photos, it will take me quite some time to finish. I am in no hurry and I love having a chance to walk down memory lane with my sisters. I hope my children enjoy the results.

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American Legion Thanks Sponsors for 2018 Veterans Fishing Day

JUNE 06TH 2018 BY DEE LOFLIN

American Legion Thanks Sponsors for 2018 Veterans Fishing Day

Dexter, Missouri - American Legion Kenady-Hanks Post #59 wishes to thank all the sponsors who helped promote, donate, and volunteer their time to make sure the Spring Veterans' Fishing Day was successful at the Missouri Veterans Cemetery in Bloomfield, Missouri.

The following sponsors are:

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Stars and Stripes Museum

MO-ARK Provision

Bloomfield Assistance League of the Missouri Veterans Cemetery

Lakeville Lodge #489 AF & A 011

Sons of the American Legion

American Legion Post #59 Auxiliary

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