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# Confronting the specter of cancer by Mike Buhler

SEPTEMBER 20TH 2018 BY DEE LOFLIN

## Confronting the specter of cancer by Mike Buhler

I consider Mike Buhler a friend and he has now joined the ranks as a fellow cancer survivor as well. He recently wrote this article for the newspaper he works at, the Powell Tribune in Wyoming and I wanted to share his recent health scare, but also his talent as a journalist. Thank you Mike for sharing with our readers, Dee Loflin, ShowMe Times manager/editor.

### Confronting the specter of cancer

**By Mike Buhler**  
**New Kid in Town**

Being in my mid-40s and overweight, concerns about my health — especially the risk of heart attack and stroke — are to be expected, especially since I was diagnosed with atrial fibrillation last summer.

However, my most recent health scare had little to do with my cardiovascular system, but another word that begins with C: cancer.

For quite some time, I had a weird-looking mole on my upper back, between my spine and my right shoulder blade. And while I meant to get it looked at, I kept putting it off for various reasons — though inheriting my grandmother's dislike of going to the doctor might have had something to do with it.

Ironically, it was an abscessed tooth in early August that caused me to get it checked out.

Like I said, going to the doctor is not one of my favorite activities, so for me to break down and go to the doctor over an aching tooth should tell you how much it hurt. And for some reason, I decided that while I was there, it was time to get that weird-looking mole checked out. When the nurse saw it, she told me to come back in two weeks to have it removed.

Two weeks later (Aug. 16), I did just that. I walked from the Powell Tribune up the street to Heritage Health and had an area the size of my thumb tip cut off of my back. When it was done, I walked back to the office and then headed to the Powell High School gymnasium to visit with the PHS volleyball coach, since I am covering the Lady Panthers volleyball team this fall.

I wish I could say that was the end of it. But not quite.

Six days after having that “weird-looking mole” cut off of my back, Heritage Health called me to let me know my results from the biopsy of the weird-looking mole were back. Since I was quite busy that day and the next one, I chose the morning of Friday, Aug. 24, to get my results.

I don’t remember what all Dr. Juanita Sapp told me, but I do remember the two words that counted: malignant melanoma. Needless to say, I was upset — while skin cancer is one of the most survivable forms of cancer, melanoma is the most dangerous kind of skin cancer. Adding to that was that melanoma took the life of my friend Angela Pearson, the former mayor of my hometown in Missouri, at the age of 32.

Suddenly, I felt scared and alone, partially because my family and closest friends were more than 1,000 miles in the Midwest. When I was offered the opportunity to take the rest of the day off, I accepted it.

The next step in dealing with my melanoma involved going to Billings, Montana, last Tuesday — not only to have a larger area of my back cut on to make sure that all of the cancer was gone, but also to biopsy lymph nodes under my right arm to make sure the cancer had not spread. Needless to say, I was not excited, especially because I have a phobia of general anesthesia. However, the procedure went well, and I was back at my desk at the Tribune last Thursday.

The bad news is that I am still a bit sore from surgery, which is not a surprise since I have an incision the size of the palm of my hand on my upper back, not to mention a 3-inch long incision under my right arm.

But I can live with that, especially since my surgeon called me earlier this week and said that the lymph nodes were negative for cancer and that they got all of the melanoma out of my back. I was very happy, to say the least.

In closing, my bout with skin cancer is all the more surprising since I rarely get out in the sun and have seldom went shirtless since I was 16 years old. So if I can offer some advice, if you find a “weird-looking mole” or something similar on your skin, get it checked out. It might just save your life.

(Mike Buhler is a former southeast Missouri sportswriter who now lives and works in Powell, Wyoming. Reprinted with permission of the Powell Tribune)

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# Hendrickson Business Advisors Congratulates New Grads of Dale Carnegie Course

SEPTEMBER 19TH 2018 BY DEE LOFLIN

## Hendrickson Business Advisors Congratulates New Grads of Dale Carnegie Course

Hendrickson Business Advisors is excited to congratulate their most recent graduates of the Dale Carnegie Course. During the course, the participants focused on self-confidence, building relationships, motivation, effective communication, stress and worry management, and leadership skills. Rhett Hendrickson said, “These graduates are well on their way to achieving their own personal visions and are better prepared to use the interpersonal skills that make them better leaders.”

The five graduates of this course are:

Jonathan Munger, Associated Electric Cooperative Inc. (AECI)

Christina Buerck, Bank of Missouri

Kristen Ziegler, Bank of Missouri

Christian Freeman, Community Caring Council

Dwana Leible, Community Caring Council

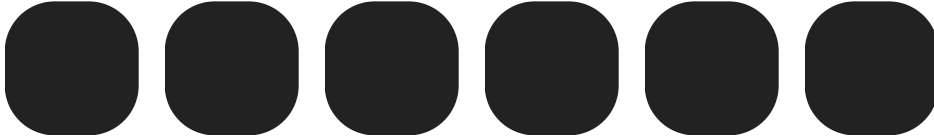
Hendrickson Business Advisors will conduct The Dale Carnegie Course again beginning on October 30th in Sikeston, MO. This course will meet for a full day for three consecutive Fridays. Those interested should contact Rhett at Hendrickson Business Advisors: 573.335.1885 or via email at [rhett@hendricksonba.com](mailto:rhett@hendricksonba.com).

Dale Carnegie Training was founded in 1912 and offers professional corporate training in the areas of leadership, management, communications, presentations, and sales skills. Dale Carnegie courses are taught each year in all 50 U.S. States and 87 foreign countries. More than 8 million people have completed Dale Carnegie Training at a 99% satisfaction rate.

Graduates, listed from left to right: Rhett Hendrickson (trainer), Kristen Ziegler, Krissy Buerck, Jonathan Munger, Christian Freeman, Dwana Leible

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## Sturgill Named Chief Information Officer for St. Francis Healthcare System

SEPTEMBER 17TH 2018 BY DEE LOFLIN

Sturgill Named Chief Information Officer for St. Francis Healthcare System

**STURGILL NAMED CHIEF INFORMATION OFFICER FOR SAINT FRANCIS HEALTHCARE SYSTEM**

CAPE GIRARDEAU, Mo. – Saint Francis Healthcare System names Lori Sturgill as the new chief information officer (CIO). In this position, Sturgill is responsible for directing Saint Francis' information technology strategy and operations and serves as a member of the Executive Team.

Sturgill comes to Cape Girardeau from Springfield, Missouri where she served as the vice president of information systems for six years, and most recently served as the vice

president of operations for women’s and children’s services for Mercy. She has extensive Epic, EMR and compliance experience, with a strong background in project management and the ability to design and execute large, complex projects.

Saint Francis is focused on delivering top-notch patient care, through expert providers and innovative technologies. Sturgill inherits a motivated team that completed a \$46 million Epic electronic medical record implementation system-wide.

“We are excited to have Lori as a part of our team and look forward to her expertise and guidance,” says Maryann Reese, Saint Francis president and chief executive officer.

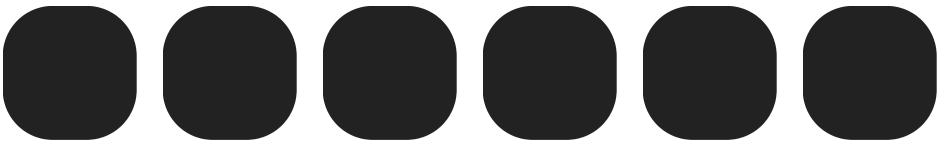
Saint Francis Healthcare System is guided by our mission to provide a ministry of healing, wellness, quality and love inspired by our faith in Jesus Christ. Founded by Franciscan Sisters in 1875, our priority remains the same: serve all who enter with dignity, compassion and joy. Serving nearly 713,000 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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## 24 Local Students Awarded Healthcare Scholarships

SEPTEMBER 17TH 2018 BY DEE LOFLIN

24 Local Students Awarded Healthcare Scholarships

### 24 LOCAL STUDENTS AWARDED HEALTHCARE SCHOLARSHIPS

Saint Francis Healthcare System Foundation and the Saint Francis Auxiliary awarded healthcare scholarships to 24 local students in August. Twenty three of the students were awarded \$2,000 in scholarships toward a degree in a healthcare-related profession. One student received an executive scholarship for pursuing a master's degree in healthcare administration and received a \$5,000 stipend annually for two years for a total of \$10,000. The newest executive scholarship is named in honor of former Saint Francis president and CEO, Steven C. Bjelich.

The Saint Francis Healthcare Scholarship Program was established in 1980. Saint Francis Foundation and the Saint Francis Auxiliary fund the program. Since its inception, the program has provided nearly \$660,000 in education scholarships to college students in an effort to encourage participation in professional healthcare careers. Scholarship recipients must have completed at least one year in an accredited healthcare program and be currently enrolled, maintain a minimum of 3.0 GPA and complete the application and essay requirements by the scheduled deadline. They must also reside within the Saint Francis service area, as defined in the application.

The 2018 Saint Francis Healthcare Scholarship Program Recipients are:

- \* Jaden Barnes, MO – Earl Jr. and Lori Wills Memorial Scholarship
- \* Kendall Barnes, MO – Joseph and Harriette Hunter McCrate Scholarship
- \* Adeline Beussink, MO – Mamie Hall Memorial Scholarship
- \* Rachel Birkman, MO – Clara D. Newnam Memorial Scholarship

- \* Paige Brown, MO – Bernadean Campbell Memorial Scholarship
- \* Breiona Catching, MO – Saint Francis Auxiliary 125th Anniversary Scholarship
- \* Melinna Craft, MO – Raymond A. and Lillian K. Ritter Scholarship
- \* Emma Derickson, MO – Raymond A. and Lillian K. Ritter Scholarship
- \* Kaleigh Eastep, MO – Saint Francis Foundation Scholarship
- \* Alyson Fluchel, MO – Saint Francis Auxiliary Healthcare Scholarship
- \* Allison Hotop, MO – Evalyn and S. David Nunley Scholarship
- \* Lauren Kranawetter, MO – Huttegger-Scherer Memorial Scholarship
- \* Caleb Likens, Cape Girardeau – Edythe M. Davis Scholarship
- \* Alan Miller, MO – Carrie Suedekum Memorial Scholarship
- \* Kirsti Pohlman, MO – Ken Hayden Memorial Scholarship
- \* Macy Shively, MO – Saint Francis Auxiliary Physician Honor Scholarship
- \* Eileen Sievers, MO – Lucy Ellen Towse Memorial Scholarship
- \* Kayla Uhrhan, MO – Sisters of Saint Francis Nursing Scholarship
- \* Zachary Vogel, MO – Lee George and Katherine Jane Cochran Memorial Scholarship
- \* Tatum Wallace, MO – Christen Joyel Aufdenberg Memorial Scholarship
- \* Emily Weber, MO – Susan E. Hinkebein Memorial Scholarship
- \* Jacob Wren, MO – Bess Estes Healthcare Scholarship
- \* Angela Wright, MO – Mark F. Scully Scholarship
- \* Kandra Voshage, MO – Steven C. Bjelich Executive Scholarship

The members of the 2018 Scholarship Committee include: Debbie Balsano, Dori Lage, Jessica Riley, Debra Schumer and Becky Swoboda.

For more information about the Saint Francis Healthcare Scholarship Program, call 573-331-5133 or visit [foundation.sfmc.net](http://foundation.sfmc.net).

Saint Francis Foundation is a not-for-profit, tax-exempt charitable organization that supports Saint Francis Medical Center by strengthening the institution overall and reaffirming its mission of supporting the community and the people it serves. Formally organized in 1976, its mission reflects the Medical Center's priorities through fundraising efforts that support the community. The Foundation sponsors several annual events, including golf tournaments, and philanthropic activities such as annual appeals, memorials, endowment funds, planned giving, grants and major gifts. Through the generosity of the community, staff and volunteers, the Foundation accepts contributions each year to purchase state-of-the-art equipment, provide patient and employee assistance, create new programs that help patients in the region, and improve facilities at the Medical Center.

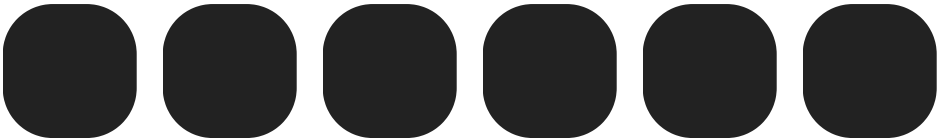
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# Age Spots by Jackie Dover - It's Not Too Early

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## Age Spots by Jackie Dover - It's Not Too Early

### It's Not Too Early

October seems so far away. With the weather so hot and humid I look forward to the cooler days of fall. Fall brings not only cooler weather, beautiful leaf transformations and football, it also brings us Medicare Part D Open Enrollment, October 15-December 7.

Every year those on Medicare get a chance to review their prescription drug coverage, to make sure it is the best fit for the coming year. Medicare drug plans can change every year and sometimes beneficiaries are surprised by the changes. All beneficiaries will receive an Annual Notice of Change (ANOC) from their plans before open enrollment begins, usually in September. The ANOC includes any changes in coverage, costs, or service area that will be effective in January for the plan you are currently on. If you do not receive this notice, contact your plan.

The costs of the plan including the monthly premium and the deductible can go up or even down. The plans can change what medicines they cover, what tier the medicines are on and even the co-pays for each medication. It is always a good idea to at least look at what is available even if the plan you have was great this year. Open enrollment gives those who opted out of drug coverage an opportunity to get into a drug plan and allows beneficiaries to get in or out of Medicare Advantage plans.

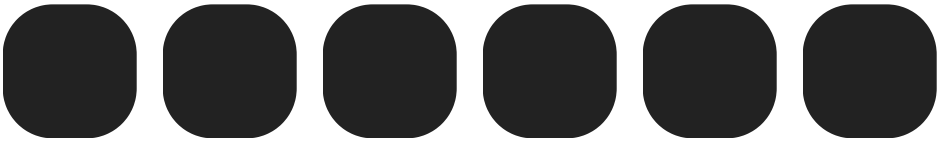
Med D Open Enrollment is always a fun and busy time for our staff. We gather some basic information such as your zip code, list of medications and the pharmacy you prefer to use. This information will allow us to determine which plans will cover your medicine at the best cost. We also use this time to screen for any of the extra help programs that help pay for the different parts of Medicare. A single person who makes \$18,210 or less per year and a couple who make \$24,690 or less per year could qualify for some extra help.

If you are a daring soul and would like to look up drug plan information on our own, you can go to [Medicare.gov](https://www.medicare.gov), choose the green "Find health & drug plans" option and input your information.

Aging Matters will have Open Enrollment Events throughout our 18 county service area, so if you need assistance, please call us and we will be glad to help, 800-392-8771, option 3.

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