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Route AD in Stoddard County Reduced for Pavement Repairs

AUGUST 19TH 2024 BY DEE LOFLIN

Route AD in Stoddard County Reduced for Pavement Repairs

Route AD in Stoddard County Reduced for Pavement Repairs

Route AD in Stoddard County will be reduced to one lane as Missouri Department of Transportation crews perform pavement repairs.

This section of roadway is located from Business 60 to County Road 480 near Dexter, Missouri.

Weather permitting, work will take place Monday, August 19 from 10 a.m. to 4 p.m.

The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

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Route M in Stoddard County Reduced for Pavement Repairs and Striping

AUGUST 15TH 2024 BY DEE LOFLIN

Route M in Stoddard County Reduced for Pavement Repairs and Striping

Route M in Stoddard County Reduced for Pavement Repairs and Striping

Route M in Stoddard County will be reduced to one lane with a 10-foot width restriction as construction crews perform pavement repairs and striping. ?

This section of roadway is located from Route K to Route 25 near Aquilla, Missouri. ????

Weather permitting, work will take place Monday, July 8 through Friday, Aug. 23 from 6 a.m. to 5 p.m. daily.

The work zone will be marked with signs. Motorists are urged to use extreme caution while traveling near the area.

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FEMA Urges May Storm Survivors to Apply Now for Assistance

AUGUST 15TH 2024 BY DEE LOFLIN

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For those who are busy recovering from the severe storms, tornadoes and flooding this past May, there is one more task you should tackle: Applying with the Federal Emergency Management Agency (FEMA) to be considered for possible financial assistance.

“We know these weather events have been devastating for many Missourians,” said David Gervino, FEMA Federal Coordinating Officer. “That’s why we are urging those impacted by late May storms to apply with FEMA as soon as possible so we can determine how we can help.”

There are three ways to apply for FEMA:

- o Online at disasterassistance.gov
- o Call 1-800-621-FEMA(3362)
- o Download the FEMA App and apply on a mobile device

Anyone using a relay service, such as video relay service (VRS), captioned telephone service or others, can give FEMA the number for that service. For an accessible video on three ways to apply for FEMA assistance, visit: <https://www.youtube.com/watch?v=LU7wzRjByhI>.

So far, FEMA has approved **\$1.8 million for 344** eligible individuals and households affected by May 19-27 storms in 10 Missouri counties designated in the federal disaster declaration: **Barry, Butler, Carter, Howell, New Madrid, Ripley, Scott, Shannon, Stoddard and Texas.**

This money is in the form of grants that can help pay for eligible, disaster-related costs associated with a temporary place to stay, minimal home repairs and/or other serious needs not covered by insurance or other programs. The grants also can fund the costs of features that can help persons with a disability to repair or improve accessibility to their houses.

-more-

Aug. 14, 2024 NR-09-4803

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Individual Assistance grants do not have to be repaid if they are spent for the purpose(s) FEMA intends. Survivors should save receipts for costs associated with these grants for at least three years in case of a random audit.

What Happens After I Apply?

Homeowners with damage to their primary residence not covered by insurance will be contacted by a FEMA housing inspector to set up an appointment for an on-site evaluation of the extent and scope of the damage.

Those with insurance will not automatically get a housing inspection. Instead, they should submit a copy of their insurance settlement letter to FEMA for an eligibility determination. If there are still unmet disaster needs, a housing inspection may be issued at that time.

Inspection results help determine the amount of FEMA Assistance awarded so it's important that applicants keep that appointment or reschedule if needed.

In the first three weeks since federal assistance was approved, **535 housing inspections** have been completed.

While FEMA funds can be used for many essential recovery needs, they generally will not pay for all disaster-related expenses a survivor incurs. Many other government and voluntary agencies have resources that can help with those costs too.

To access those agencies or get help with other unmet needs, Missourians can call 2-1-1 to be connected with a hotline run by the United Way.

For more disaster-related information, visit the Missouri State Emergency Management Agency online at www.sema.dps.mo.gov or FEMA at www.fema.gov and www.fema.gov/disaster/4803.

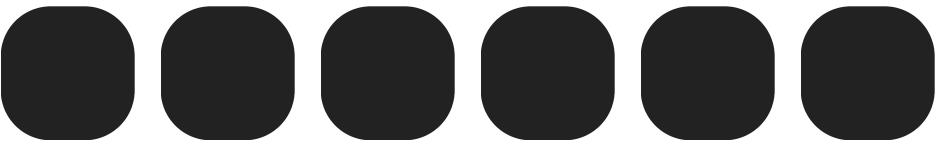
FEMA is committed to ensuring disaster assistance is accomplished equitably, without discrimination on the grounds of race, color, national origin, sex, sexual orientation, religion, age, disability, English proficiency, or economic status.

Any disaster survivor or member of the public may contact the FEMA Office of Civil Rights if they feel that they have a complaint of discrimination. FEMA’s Office of Civil Rights can be contacted at FEMACivilRightsOffice@fema.dhs.gov or toll-free at 833-285-7448. Multilingual operators are available.

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Mid-Year Check-in: Are You Taking Full Advantage of Your Health Insurance Coverage?

AUGUST 14TH 2024 BY DEE LOFLIN

Mid-Year Check-in: Are You Taking Full Advantage of Your Health Insurance Coverage?

Mid-Year Check-in: Are You Taking Full Advantage of Your Health Insurance Coverage?

POPLAR BLUFF, MO, AUG 13, 2024 – The midpoint of the year is a good time to review health insurance policies to ensure you will get the most out of plan benefits, especially if you have already met the annual deductible.

Many insurance plans will cover most, if not all, costs for eligible medical procedures and treatments once an individual meets the deductible and out of pocket maximum, making the second half of the year an opportune time to schedule any necessary or elective medical procedures that may have been postponed to reduce out-of-pocket expenses.

"We encourage everyone to take full advantage of the preventative care and medical services available through their health plans," said Miayh Oatsvall, PBRMC's Patient Access Director. "If you're contributing toward your premium, it's a 'use it or lose it' situation, so make sure to utilize all of the benefits you're entitled to before the year ends and deductible and out-of-pocket payment responsibilities reset."

For example, someone who has a \$2,000 deductible and a \$4,000 out-of-pocket maximum is responsible for paying for many medical expenses until they reach the \$2,000 threshold. Once they pass this mark, the insurer begins paying a larger portion of the cost of services eligible through in-network providers. And when they reach the \$4,000 out-of-pocket maximum, insurers will pay the total cost for eligible services.

Remember, monthly premium payments do not count towards deductibles, and in most cases, copays do not count either. And once a new policy year begins, both deductible and out-of-pocket maximum contributions return back to zero.

Poplar Bluff Medical Clinic's Jamie Morse, FNP, highlights another critical aspect of leveraging health insurance benefits: preventative care.

"Regardless of whether your health insurance is through an employer, the Marketplace, or Medicare, preventative care is generally covered—including annual wellness appointments and immunizations," said Morse. "Many people skip an annual physical because they 'feel' healthy, but these appointments can reveal underlying issues that might not yet show symptoms, when they're easier to treat."

Key screenings, such as mammograms and colonoscopies, and elective surgeries, such as joint replacements and hysterectomies, may also be less expensive once you've reached your deductible. But, plan early since sometimes these services can be harder to schedule during the second half of the year as more people catch up on their healthcare needs. And, in the case of surgeries, there may be a process that takes time before the procedure can be scheduled.

Whether you've already hit your deductible or you've been putting off seeing the doctor, Poplar Bluff Regional Medical Center can assist with better understanding and planning for out-of-pocket healthcare costs.

"We're here to help you make informed healthcare choices," added Oatsvall. "While it's not possible to anticipate every aspect of what it takes to restore someone's health, or what complications could arise from a procedure, our patient access team can provide estimates for what you could expect to pay for care based on your insurance policy and your deductible status."

To receive an estimate, call Pre-Registration at 573-778-9530, Option 2.

About Poplar Bluff Regional Medical Center:

Poplar Bluff Regional Medical Center is located in Poplar Bluff, Missouri and serves Butler County and seven other surrounding counties. PBRMC is committed to meeting our community's healthcare needs by providing compassionate, quality patient care. The medical center offers a wide range of services, including oncology, cardiology, orthopedics, robotic surgery, women's health and more. Learn more at PBRMC.com

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NHTSA Reminds Drivers: Drive Sober or Get Pulled Over

AUGUST 13TH 2024 BY DEE LOFLIN

NHTSA Reminds Drivers: Drive Sober or Get Pulled Over

NHTSA Reminds Drivers: *Drive Sober or Get Pulled Over*

From August 14 through September 2, which includes the Labor Day holiday weekend, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) will be working alongside the Dexter Police Department for the *Drive Sober or Get Pulled Over* high-visibility enforcement campaign. The goal is to deter impaired driving and prevent the tragedies seen in previous Labor Day weekends from happening again.

During the 2022 Labor Day holiday (6 p.m. September 2-5:59 a.m. September 6), there were 490 crash fatalities nationwide. Of these 490 traffic crash fatalities, 39% (190) involved a drunk driver, and a quarter (25%) involved drivers who were driving with a BAC almost twice the legal limit (.15+ BAC). Among drivers between the ages of 18 and 34 who were killed in crashes over the Labor Day holiday in 2022, 47% of those drivers were drunk, with BACs of .08 or higher.

"We want our community members to understand that it's our first priority to keep people safe, so we're asking everyone to plan ahead if they know they'll be out drinking," said **Captain John Moore**. "The *Drive Sober or Get Pulled Over* campaign is an awareness effort to get the message out that drunk driving is illegal and it takes lives. Let's make this a partnership between law enforcement and drivers: Help us protect the community and put an end to this senseless behavior."

Drivers should be safe during this Labor Day holiday by planning ahead if they intend to drink. They shouldn't wait until after drinking to plan how to get home. Impairment clouds a person's judgment. Drivers should secure a designated sober driver or call a taxi or rideshare for a sober ride home.

If a driver finds they are unable to drive, they should give their keys to a sober driver so that person can get them home safely. When a friend has been drinking and is considering driving, friends should be proactive — take away the keys and help them get a sober ride home. If anyone spots a drunk driver, contact the Dexter Police Department.

Pictured is Dexter Police Chief Hank Trout.

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