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Hepatitis A Case Identified in Poplar Bluff, Missouri

JANUARY 25TH 2018 BY DEE LOFLIN

Hepatitis A Case Identified in Poplar Bluff, Missouri

Poplar Bluff, Missouri - The Missouri Department of Health and Senior Services and Butler County Health Department are investigating a case of Hepatitis A identified in a food handler that worked while potentially contagious at a Poplar Bluff restaurant.

Anyone who ate at the Huddle House in Poplar Bluff between January 3, 2018 and January 17, 2018, should watch for symptoms of Hepatitis A.

According to the release from the department, they are taking necessary measures to decrease the spread of the illness.

Customers who ate at the restaurant during the time frame should seek medical care if they have symptoms.

Symptoms develop between two and seven weeks after exposure and can include:

- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored stools

Joint pain

Jaundice (yellow skin and eyes)

Members of the public or providers with patients who are concerned about a potential exposure can call Butler County Health Department at 573-785-8478 or the Stoddard County Health Center at 573-568-4593.

Anyone can get vaccinated especially those working in the food industry. Again it is not a requirement or state law in Missouri that food handler/preparation employees receive the vaccination.

Ways to get the vaccine:

1. Contact your Insurance Company and see if the vaccination is covered.
2. Contact your provider/doctor and see if they carry the vaccination.
3. Contact the local health department and see if they carry the vaccination.

The Stoddard County Public Health Department does have the Hepatitis A vaccination available and it is a series of two shots six months apart. The cost is \$80 for both a vaccination and booster.

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Caller ID Spoofing Hits Dexter - Beware of Scams

JANUARY 25TH 2018 BY DEE LOFLIN

Caller ID Spoofing Hits Dexter - Beware of Scams

Dexter, Missouri - Have you received a strange call on your cell phone from a local number? Do they want credit card information.

"It has come to our attention that there have been numerous cases of Caller ID Spoofing occurring in town over the past few days. They are using software to disguise their actual phone number by showing a name and number you may be familiar with."

The caller may ask if you wish to set up a credit card account with them, however the caller is not affiliated with that business and is attempting to get your credit card information.

Please be wary of any solicitations from a number that appears to be of a local business, or a business that you frequent. If you're in doubt about the legitimacy of a caller, hang up the phone and initiate a call yourself by calling the business directly.

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Prather Named New Chief Financial Officer at St. Francis Healthcare

JANUARY 25TH 2018 BY DEE LOFLIN

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

PRATHER NAMED NEW CHIEF FINANCIAL OFFICER/ VICE PRESIDENT OF FINANCE

Cape Girardeau, Missouri - Saint Francis Healthcare System is proud to announce the appointment of David C. Prather, CPA, as Chief Financial Officer/ Vice President of Finance.

In his new role, Prather will oversee Saint Francis Healthcare System’s overall financial plans and policies and will direct its accounting practices. Prather’s responsibilities will include direct investments, budgeting, audit, tax, accounting, and real estate.

Prather joined Saint Francis in 1995, having previously worked for Eck & Braeckel and Baird, Kurtz, & Dobson. He most recently served as the Healthcare System’s Controller, managing various financial duties.

Prather earned a B.S. in Accounting from Southern Illinois University, where he graduated Magna cum Laude, before earning his MBA from the same institution.

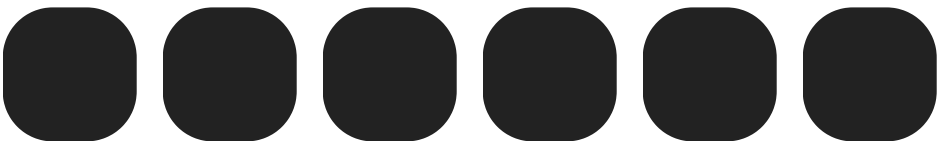
While attending Southern Illinois University, he was a member of Beta Alpha Psi Accounting Society.

He is a member of Healthcare Financial Management Association (HFMA) and American Institute of Certified Public Accountants (AICPA).

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Important Birthdays Over 50

JANUARY 25TH 2018 BY DEE LOFLIN

Important Birthdays Over 50

Most children stop being “and-a-half” somewhere around age 12. Kids add “and-a-half” to make sure everyone knows they’re closer to the next age than the last.

When you are older, “and-a-half” birthdays start making a comeback. In fact, starting at age 50, several birthdays and “half-birthdays” are critical to understand because they have implications regarding your retirement income.

Important Birthdays

Age 50

At age 50, workers in certain qualified retirement plans are able to begin making annual catch-up contributions in addition to their normal contributions. Those who participate in 401(k), 403(b), and 457 plans can contribute an additional \$6,000 per year in 2017.¹

Those who participate in Simple IRA or Simple 401(k) plans can make a catch-up contribution of up to \$3,000 in 2017. And those who participate in traditional IRAs can set aside an additional \$1,000 a year.²

Age 59½

At age 59½, workers are able to start making withdrawals from qualified retirement plans without incurring a 10% federal income-tax penalty. This applies to workers who have

contributed to IRAs and employer-sponsored plans, such as 401(k) and 403(b) plans (457 plans are never subject to the 10% penalty). Keep in mind that distributions from traditional IRAs, 401(k) plans, and other employer-sponsored retirement plans are taxed as ordinary income.

Age 62

At age 62 workers are first able to draw Social Security retirement benefits. However, if a person continues to work, those benefits will be reduced. The Social Security Administration will deduct \$1 in benefits for each \$2 an individual earns above an annual limit. In 2016, the income limit is \$16,920.

Age 65

At age 65, individuals can qualify for Medicare. The Social Security Administration recommends applying three months before reaching age 65. It's important to note that if you are already receiving Social Security benefits, you will automatically be enrolled in Medicare Part A (hospitalization) and Part B (medical insurance) without an additional application.³

Age 65 to 67

Between ages 65 and 67, individuals become eligible to receive 100% of their Social Security benefit. The age varies, depending on birth year. Individuals born in 1955, for example, become eligible to receive 100% of their benefits when they reach age 66 years and 2 months. Those born in 1960 or later need to reach age 67 before they'll become eligible to receive full benefits.

Fast Fact: Early Benefits. The most popular age to begin taking Social Security benefits is 62—the age chosen by 42% of men and 48% of women.

Source: The Motley Fool, April 19, 2016

Age 70½

At age 70½, participants must begin taking required minimum distributions (RMDs) from traditional IRAs and qualified retirement plans, such as 401(k), 403(b), and 457 plans. RMDs are based on your account balance and life expectancy.

Understanding key birthdays may help you better prepare for certain retirement income and benefits. But perhaps more importantly, knowing key birthdays can help you avoid penalties that may be imposed if you miss the date.

The catch-up limit is adjusted in \$500 increments.

If you reach the age of 50 before the end of the calendar year.

Individuals can decline Part B coverage because it requires an additional premium payment.

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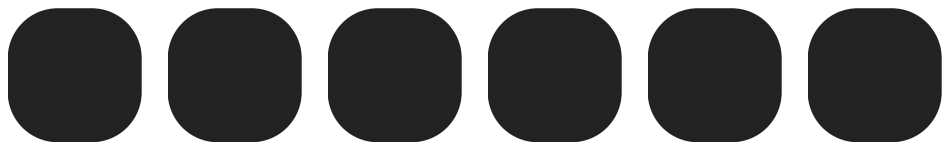
302 North Walnut Street
Dexter, MO 63841

p.(573) 624-4771
f. (573) 624-4004

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Woodruff Named New Chief Nursing Officer

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Woodruff Named New Chief Nursing Officer

WOODRUFF NAMED NEW CHIEF NURSING OFFICER

CAPE GIRARDEAU, Mo. – Saint Francis is proud to announce the appointment of Julie Woodruff, RN, BSN, as Chief Nursing Officer.

In her new role, Woodruff will be responsible for the standards of patient care and nursing practice. She will be the nurse leader at the executive level, providing authority and accountability as it regards to patient care and nursing practice. She will also participate with the Board of Directors, Executive Staff, Medical Staff, and clinical leaders to assist in directing the decision-making structures and processes of the Medical Center.

Woodruff joined Saint Francis in 1998 and served as Operating Room Manager before being named Surgical Services Director in 2016. Her experience also includes service as a Nurse Manager and Surgical Assistant for an OB-GYN practice.

Woodruff earned her Bachelor of Science in Nursing and Master of Business Administration from Southeast Missouri State University.

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