

# The Messenger

## April 2023

Editors: Rhonda, Angie & Missy

Volume #315

May your  
Easter basket be full of  
*Joy, Happiness & Peace*  
Today & Always!

Happy  
Easter



## NO BULL

Bullying of any kind will not be tolerated here! And yes, it really happens! Remember these tenant guidelines for Salem Housing: NO ONE (except placard holders) have assigned parking spots. Even if you have parked in the same spot since you moved in, that doesn't make it **"YOUR SPOT."** Honking your horn, driving carelessly, knocking on someone's door to complain are not OK! EVER! We all need to get ALONG. Life is hard enough when everything goes well, but when someone else bullies you, things get harder really fast. Always remember to be kind for everyone you meet is fighting a battle you know nothing about.

## ATTENTION KIDS



## POSTER CONTEST TIME

What does home mean to you? Through the years with our annual poster contest, we have realized it means something different to everyone. SO GET YOUR MARKERS, PENS & CRAY-ONS SHARPENED UP & GET THOSE POSTER IDEAS FLOWING & YOU COULD WIN A FABULOUS PRIZE! FORMS & SUPPLIES WILL BE AVAILABLE AT THE HOUSING OFFICE. GRADES K-12 MAY ENTER! DEADLINE FOR TURNING POSTER IN IS APRIL 28<sup>TH</sup> ☺ A GIFT CARD GIVEN TO EACH ENTRANT FROM SALEM HOUSING ☺



## MOWING SEASON

Spring has sprung and the grass will be growing fast! Time for Scenic Rivers Industries to be here mowing. Yards need to be free of trash, bikes, toys, grills, etc. Let's all work together to keep our grounds looking nice this season!

## Earth Day – Saturday- April 22

What is Earth Day? A reminder to protect the earth's natural resources for future generations!



## Health Fair

April 13<sup>th</sup>

7:00-1:00

Dent Co

Health Center

573-729- 3106

Free Basic  
& Vision  
Screenings



## MUNICIPAL ELECTION

2023: School Boards & Aldermen

A municipal election will be held in Dent County April 4. This year's ballot contains several contested school board races, as well as city ballot proposals. GET OUT AND VOTE ☺



# Missy's Minute...Just A Note...From

Me to You....



Welcome Springtime...with the wind & storms lately... April has come in its usual fashion rainy and windy! I hope everyone has gotten to enjoy the wee bit of sunshine over the weekend. Springtime is here and with-it GREEN Grass. Mowers will be back in full motion on Monday April 3<sup>rd</sup>, with the wind and rain it has brought down a lot of broken limbs & tree debris... I want to thank all residents that are able and can help with picking up the yard waste in their area and simply place it at the curb. It is so appreciated by myself & maintenance. Thank You! 😊

Easter is next Sunday and is such a good time to be reminded of the many blessings in our lives and spending time with family and friends....and it's a time for renewal. It is also a time for Spring Cleaning... so take time to do some deep cleaning in your apartments...it is so rewarding when you finally get that closet cleaned out or whatever is on your to do list...done! Crossing off those things on that list makes me feel accomplished. I spent all weekend cleaning house and working in my yard....and it felt amazing 😊. I'm so sore today as I write this that I'm reminded of all I accomplished over my weekend.

I want to remind everyone that with the warmer temps now, you will need to shut off your base board heaters if you used them. Your mini splits will keep your apartments warm, and they are much more energy efficient. This will help curb Salem Housing Authority's utility bill.

**Bright Meadows residents are scheduled for another Federal REAC Inspection!!!** I received notice last week. The inspection we had on Sept 26<sup>th</sup>, 2022 had a glitch in the reporting of either the inspector or their software, and as now it is being investigated to what happened. But in the meantime...ANOTHER Inspection has been scheduled for April 18<sup>th</sup>. It will be a random inspection with about 20-30 apartments being inspected on that day. I will not know until that day which apartments will get picked. Notices will go out today.

I hope this letter finds you all Healthy & Happy...if you've been sick...I hope your feeling better soon! 😊 If you've lost a loved one recently...I give you prayers & my sympathies. If your lonely...talk with someone...maybe you will find a friend. Step out of your comfort zone....take a walk...visit the Salem Senior Center...meet other people. Choose to be HAPPY & POSITIVE things will come your way.

Until next month...

Missy









# Salem Senior Center April 2023

## Lunch Menu

Mon	Tue	Wed	Thu	Fri
<b>3</b> Spaghetti Salad Roasted Broccoli Garlic Bread Milk Dessert	<b>4</b> Pulled Pork Sandwich Country Blend Vegetables Applesauce Milk Dessert	<b>5 Breakfast for Lunch</b> Omelet Hash browns w/onions & Peppers Sausage Biscuits Gravy Fruit Cocktail Milk Cinnamon Roll	<b>6</b> Meatloaf Gravy Mashed Potatoes Green Beans Roll Milk Dessert	<b>7 Easter Lunch</b> Baked Ham Mashed Potatoes Glazed Carrots Roll Milk Dessert
<b>10</b> Liver or Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Roll Milk Dessert	<b>11</b> Sloppy Joes Potato Cheddar Kego Mandarin Oranges Milk Dessert	<b>12</b> Smothered Chicken Lettuce Salad Italian Blend Garlic Bread Milk Dessert	<b>13</b> Beer Battered Pollock Coleslaw Pinto Beans Cornbread Milk Dessert	<b>14</b> Burgers & Hot Dogs Potato Salad Pork & Beans Milk Dessert
<b>17</b> Meatloaf Gravy Mashed Potatoes Green Beans Roll Milk Dessert	<b>18</b> Honey Glazed Pork Chop Au Gratin Potatoes Broccoli Salad Roll Milk Dessert	<b>19</b> Open faced Turkey Gravy Mashed Potatoes Green Beans Bread Milk Dessert	<b>20</b> Beans with Ham Fried Potatoes & Onions Spinach Cornbread Milk Dessert	<b>21</b> Burgers Lettuce tomato onion Coleslaw Baked Beans Milk Dessert
<b>24</b> Cheddar Baked Chicken Lettuce Salad Vegetable Blend with Country Pasta Milk Dessert	<b>25</b> Pot Roast Potatoes Carrots Roll Milk Dessert	<b>26</b> Chicken & Noodles Capri Blend Sliced Peaches Roll Milk Dessert	<b>27</b> Creamy Baked Pork Chops Mashed Potatoes California Blend Roll Milk Dessert	<b>28</b> Parmesan Crusted Fish Au gratin Potatoes Coleslaw Mac and Cheese Milk Dessert
<b>Salem Senior Center</b> <b>604 McGrath Lane</b> <b>Salem, MO 65560</b> <b>(573)729-2373</b>	<b>Ages 60 and over</b> <b>meal is a suggested \$5</b> <b>contribution</b>  <b>Under age 60 meal</b> <b>cost is \$7 per person</b>	<b>Check us out on</b> <b>Facebook,</b> <b>The Salem Newspaper,</b> <b>KSMO radio</b>	<b>Serving Lunch</b> <b>Mon-Fri</b> <b>11:00am to</b> <b>12:30pm.</b>	

Mon	Tue	Wed	Thu	Fri
3 <b>APRIL 2023</b>	4 Sittersize 10am  Current River Blue Grass Band 6-8pm	5 Meal sorting for Meals on Wheels Est time 10:30am Volunteers Needed  Bingo with Tia and Abby 12:30pm	6 Meet and Greet with Salem Memorial Hospital CEO- Wayne Reid CNO- Ashley Sullins CFO- William Giles 11am to 12:30pm  Eat Smart, live strong Class w/ Stephanie from Dent County Extension Office 10am	7 Sittersize 10am  Pressed Flower lanterns with Tia and Abby 12:30pm Bring a glass jar! 
10 Meals on Wheels Delivery West Route 10am 	11 Sittersize 10am  How to find savings on prescription drugs presentation with John Stagner 12:30pm	12 Meal sorting for Meals on Wheels Est time 10:30am Volunteers Needed  Meet and Greet with the Mayor of Salem, Greg Parker 12:00pm	13 Meals on Wheels Delivery East Route 10:00am   Eat Smart, live strong Class w/ Stephanie from Dent County Extension Office 10am	14 Sittersize 10am  Meals on Wheels Delivery Bunker Route 10:00am  Pressed Flower lanterns with Tia and Abby 12:30pm Bring a glass jar! 
17 Meals on Wheels Delivery West Route 10am 	18 Sittersize 10am   Current River Blue Grass Band 6-8pm	19 Eat Smart, live strong Class w/ Stephanie from Dent County Extension Office 10am  Meal sorting for Meals on Wheels Est time 10:30am Volunteers Needed  Board Meeting 12:30pm  Bingo with Tia and Abby 12:30pm	20 Meals on Wheels Delivery East Route 10:00am 	21 Sittersize 10am  Meals on Wheels Delivery County Route 10:00am  Trivia w/Denine from Oak Pointe 11:30am
24 Meals on Wheels Delivery West Route 10am 	25 Sittersize 10am 	26 Meal sorting for Meals on Wheels Est time 10:30am Volunteers needed	27 Meals on Wheels Delivery East Route 10:00am   Eat Smart, live strong Class w/ Stephanie from Dent County Extension Office 10am	28 Sittersize 10am   Meals on Wheels Delivery Bunker Route 10:00am

**Salem Senior Center April 2023 activity schedule**  
**604 N McGrath Lane Salem, MO 65560 (573) 729-2373**



**April**

**AUTUMNWOOD &  
BRIGHT MEADOWS**

**GET WELL WISHES**

Bill & Opal Hutson  
Joyce Conway  
Loretta Marrill  
Frances Haley  
James Mooney  
Ron Regnier  
Janet Ellis  
Rhonda Click

**SYMPATHY**

Family of Kim Bowen  
Family of Kenny Bell  
Family of Rick Barreto

**WELCOME TO THE NEIGHBORHOOD**

Linda "Faye" Parker  
Charline Short  
Bonnie Parks  
Rhonda Click

**GOODBYE-We will miss you!**

Ruby Duncan  
Lucy Slater

**CONGRATULATIONS!**

Shirley Tune— Great Grandson

***Easter Egg Hunt***

***First Baptist Church***

***201 N. McArthur—***

***April 8<sup>th</sup>—11:00 a.m.***

***Ages: 3<sup>rd</sup> Grade and under***

***Be there 15 minutes early to  
get in your age groups!***



**After Hours Emergency Maintenance :Call: 729-2748/247-3843/247-3872 (Emergencies only)-NOT FOR GENERAL WORK ORDERS!**

Whether you have been on Oxygen or are just starting, YOU ARE REQUIRED TO NOTIFY THE OFFICE! The office will provide you with a sign for your door. ABSOLUTELY NO SMOKING IN UNIT! If you are caught smoking with oxygen on or off in apt...you will be EVICTED IMMEDIATELY!!

**\*Visitors & Home Health Workers** need to park on the street & NOT in Parking Pads provided for Tenants. They may only temporarily use if *they* are delivering items or picking up tenants.

**Tenants please keep Office informed of changing phone numbers. WE MUST BE ABLE TO CONTACT YOU!** Also, if you or another tenant has been ill or hospitalized, please let us know. Death in family, new grand/great-grand baby, or congrats in order, **LET US KNOW!**

**\*Any tenant who wants a pet MUST** contact the office & see if the pet falls within the Pet Policy guidelines. A deposit of \$200 is required and can be paid over a 6 month period. The animal must have shots & fall within the qualifying definition of the Pet Policy. A Pet Policy **MUST** be signed & in the tenant's file **BEFORE** you may have a pet! **NOT FOLLOWING THIS PROCEDURE CAN ENDANGER YOUR TENANCY WITH SALEM HOUSING!**

**\*Maintenance Work Orders** must first be called in to the Office: 729-6453

**\*We have a drop box for rent -Check or Money Order- NO CASH PLEASE!**

**\*Lost & Found Box...Please check the SHA Office 729-6453! DO NOT FEED ANIMALS OUTSIDE! This causes unwanted PESTS! DO NOT throw grease or food out your front/back door. This draws insects, dogs & stray animals .**

*Please contact the Office if you are unsure of anything...*

*we will be glad to help you with any questions you may have.*

**CALL : 729-6453**





# April Events

Trash needs to be at curb by 9 a.m. Keep trash cans cleaned out all year round. Bleaching them weekly really helps eliminate problems! *Trash has to be in a trash bag, not loose in can or in grocery bags. Please comply or trash will be left in can.*

**SMOKERS...** A friendly reminder that there is NO smoking allowed in your apartment EVEN if the weather outside is frightful!. **IT'S THE HUD LAW!**

**Anderson Foot Clinic** is at SMDH every Wed. (except first one) each month. Call 573-341-3668 for details and an appointment!

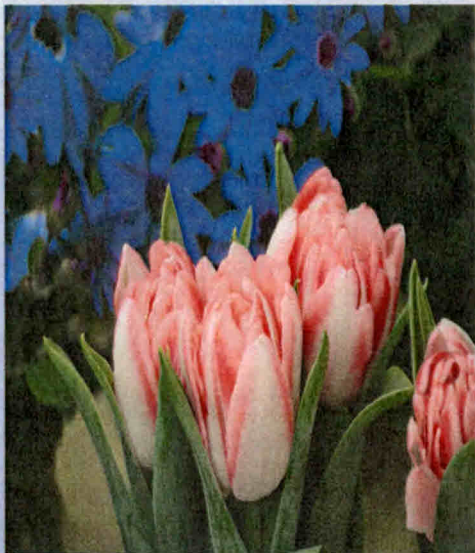
**PEST CONTROL**— Shipley's Pest Control, along with SHA Maintenance will be treating apartments, April 20th, weather permitting. If you are seeing bugs inside, please notify the office immediately so we can get your apartment treated. Also, bugs such as fleas & bed bugs should be reported to office IMMEDIATELY to prevent spread.

**REMINDER: BM TENANTS**—To prevent your pantry drain from smelling like sewer, Pour 3 cups of water in drain monthly to control odor.

**EXTRA! EXTRA!** If you have a homecare worker, they need to park in the street. Parking pads are for tenants. There is no assigned parking here except for the disabled.

**NEW OXYGEN USERS:** Please alert the office so that we can place a sticker on your door.

2023 Calendars & SMTS bus schedules available in Salem Housing Lobby...



**REMINDER!!** New after hours emergency numbers...\*



**CALL IN THIS ORDER,  
PLEASE...**

\*#1-573-729-2748  
\*#2-573-247-3843  
\*#3-573-247-3872



# Fun in the Garden



Art by Meme Gallagher-Cole



candy cane



artist's brush



carrot



candle



saltshaker



ice-cream cone



tennis racket



sun



slice of watermelon



ladder



cupcake



comb



slice of pizza



crescent moon



doughnut



lemon



wheel



fish



slice of pie



button



wedge of lemon



seashell





## Play a Tune

O	X	B	E	N	O	H	P	O	X	A	S
T	R	I	A	N	G	L	E	M	A	X	A
T	E	P	M	U	R	T	A	C	Y	F	C
K	C	J	Q	K	F	R	C	L	A	L	L
Z	O	L	H	I	I	O	O	C	O	U	A
Y	R	U	O	M	R	P	I	J	L	T	R
P	D	G	B	D	H	N	N	T	L	E	I
I	E	A	I	O	O	A	I	U	E	M	N
A	R	O	N	M	B	P	R	B	C	U	E
N	N	E	R	Z	Y	C	R	A	S	R	T
O	S	A	O	R	G	A	N	A	D	D	F
T	H	R	A	T	I	U	G	O	H	I	K

ACCORDION  
 BANJO  
 CELLO  
 CLARINET  
 DRUM  
 FLUTE  
 GUITAR

HARMONICA  
 HARP  
 MARIMBA  
 ORGAN  
 PIANO  
 RECORDER  
 SAXOPHONE

TRIANGLE  
 TRUMPET  
 TUBA  
 XYLOPHONE





# Money Mule Scams

If someone sends you money and asks you to send it to someone else, STOP. You could be what some people call a money mule — someone scammers use to transfer and launder stolen money.

Scammers often ask you to buy gift cards or wire money. They might recruit you through online job ads, prize offers, or dating websites.

## Scammers:



Send you a check



Tell you to send some of the money to someone else



When you later find out the check was bad, you could be stuck covering the entire amount of the check, including what you sent. And that might overdraw your account.

## WHAT TO DO if you spot this scam:



Break off contact with the scammers and stop moving money for them.



Tell your bank and the wire transfer or gift card company — right away.



Report it to the Federal Trade Commission at [ftc.gov/complaint](https://ftc.gov/complaint).

Criminals are good at conning people into helping them move money. Don't do it. You could lose money and get in trouble with the law.



[ftc.gov/ScamAlerts](https://ftc.gov/ScamAlerts)



ABA FOUNDATION [aba.com/Consumers](https://aba.com/Consumers)

573-729-4146  
904 W Scenic Rivers Blvd  
Salem MO

  
**Progressive**  
Ozark Bank





Don Enke  
Romona Stone  
Donna Mahan  
Dottie Vance  
Shannon Nelson  
Francis Scherer  
Frances Haley  
Macy McGregory  
Luella Bausch  
Geneva Putman  
Jeanetta Atkinson  
Sandra Sites  
Sarah Mooney  
Rae Pelletier  
Jakob Phillips

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Hidden Picture Answers