

# The Messenger

AUGUST 2023



Editors: Rhonda, Angie & Missy

Volume #319

Where has Summer gone? School will begin on August 23rd. Ready or not! Here it comes!



Did you know there is a program at the Salem Public Library called **"RECOLLECTIONS"**? This is a monthly program for adults 60+ to gather and share memories on a central theme. The meeting is the 2nd Wednesday of each month at 10:30 in the library meeting room. Use the stairs or ramp on the North side of the building. The next meeting is August 9th! Call 729-4331 for more details!



## NIGHT SWIM

July 31– Aug 2

City Pool

6:30-9:00 \$5.00



Don't count the days...

Make the days count!

Muhammad Ali

## Back to School Bash

Aug 16, 17, 18

FREE!!! 5-9 p.m.

The Commons

Back to School supplies, games, food, prizes & more!

Hosted by

Community churches

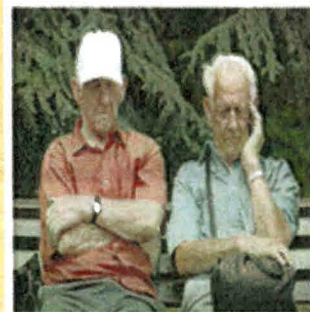
Rides: Call -

Pastor Lyndell 739-9235

Ashley-466-9156

Or 729-7500

My wife asked me what I was going to do today. I told her, "Nothing".



She said, "You did that yesterday". I said, "I wasn't finished".



pageborder.org





# Awesome August

## recipes

### Triple Melon Cream Pops

#### Ingredients

2 cups cubed seedless red watermelon  
1 tablespoon sugar  
6 tablespoons plain whole-milk Greek yogurt  
1 tablespoon lemon juice  
3 dashes kosher salt  
2 cups cubed honeydew melon  
2 cups cubed cantaloupe melon  
16 craft sticks



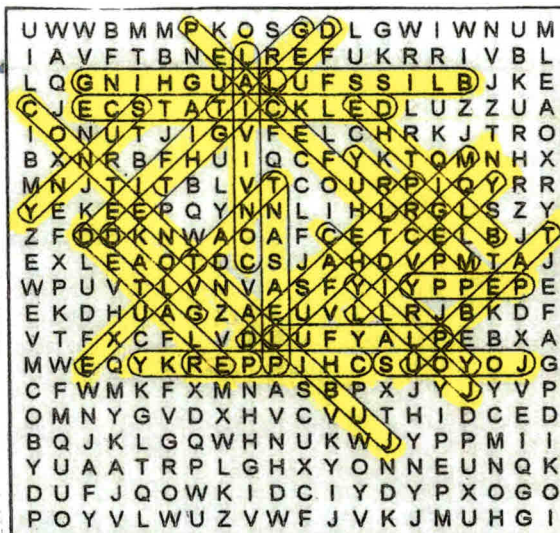
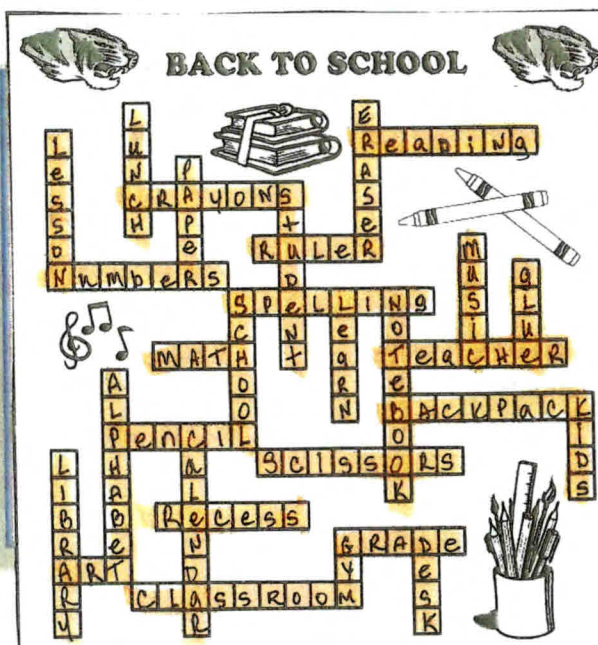
#### How to Make It

##### Step 1

Process watermelon, 1 teaspoon sugar, 2 tablespoons yogurt, 1 teaspoon juice, and 1 dash salt in a blender until smooth. Pour into a pitcher; rinse blender. Repeat with honeydew; the same amounts of sugar, yogurt, juice, and salt; and a separate pitcher. Repeat with cantaloupe; remaining sugar, yogurt, juice, and salt; and a third pitcher.

##### Step 2

Fill bottom third of 16 ice-pop molds with watermelon mixture. Freeze 2 hours or until solid. Fill middle third of molds with honeydew mixture. Freeze 1 hour or until surface is frozen. Insert craft sticks in molds through honeydew layer; freeze 1 hour or until solid. Fill top third with cantaloupe mixture. Freeze until solid.







# Neighborhood News- August

## Autumnwood & Bright Meadows

### Get Well Wishes

Dolores Sutterfield  
Don & JoAnn Enke  
Ray Sutton  
David Hunter  
Steven Brown  
Bea Cordova

### Sympathy

Beverly Smith-Sister

### Welcome to The Neighborhood

David Norris Debra Lemon & Isabella



### HUMOR ME...

Q: What do lawyers wear to court?

A: Lawsuits.

Q: Why did the golfer bring an extra pair of pants?

A: In case he got a "hole in one."

Q: What did the football coach say to the broken vending machine?

A: Give me my quarterback.



**After Hours Emergency Maintenance :729-2748/247-3843/247-3872 (Emergencies only)-NOT FOR GENERAL WORK ORDERS! Anything that can wait till Monday is not an EMERGENCY, such as: cable, internet, light bulbs & light housekeeping issues...**

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 apartment **& 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 if congrats are 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 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!**

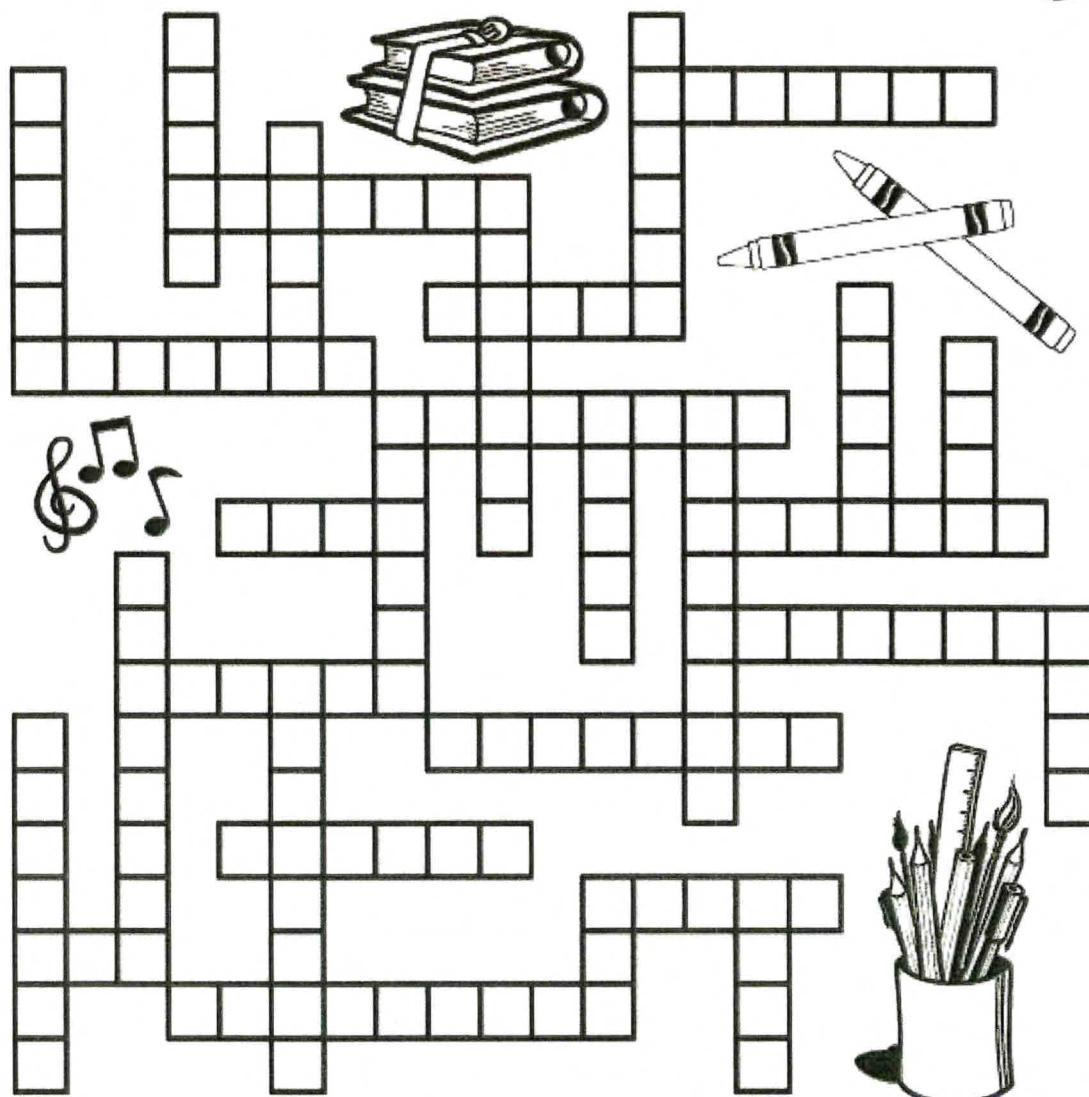
**DO NOT FEED ANIMALS OUTSIDE! This causes unwanted PESTS! DO NOT throw grease or food out your front/back door. This draws insects, dogs & stray animals.**

*Please contact the Office if you are unsure of anything...we will be happy to help you with any questions you may have. **729-6453***





# BACK TO SCHOOL



## 3 letter words

Art  
Gym

## 4 letter words

desk  
glue  
kids  
Math

## 5 letter words

learn  
lunch  
Music  
paper  
ruler  
grade

## 6 letter words

eraser  
lesson  
pencil  
recess  
school

## 9 letter word

classroom

## 7 letter words

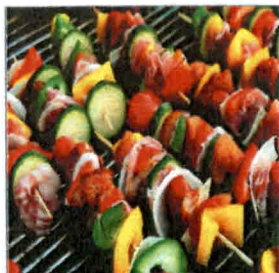
crayons  
library  
numbers  
reading  
student  
teacher

## 8 letter words

alphabet  
backpack  
calendar  
notebook  
scissors  
spelling

# MENU Salem Senior Center

## August 2023



Mon	Tue	Wed	Thu	Fri
<b>Salem Senior Center</b> <b>604 N McGrath Lane</b> <b>Salem, MO 65560</b> <b>(573)729-2373</b>	<b>1</b> <b>Breakfast for Lunch</b> Omelets Hash browns Sausage Biscuits & Gravy Fruit Juice Cinnamon Roll	<b>2</b> <b>Sloppy Joes/Bun</b> <b>Tator Tots</b> <b>Roasted Zucchini</b> <b>Fruit</b> <b>Milk</b> <b>Dessert</b>	<b>3</b> <b>Creamy Chicken</b> <b>Potpie with Biscuits</b> <b>Mixed Vegetables</b> <b>Lettuce Salad</b> <b>Milk</b> <b>Dessert</b>	<b>4</b> <b>Roasted Pork/Gravy</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>
<b>7</b> <b>Baked Chicken Legs</b> <b>Corn on the Cob</b> <b>Cucumber/Tomato Salad</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>	<b>8</b> <b>Big Mac Sloppy Joe</b> <b>Tator Tots</b> <b>Mixed Vegetables</b> <b>Bun</b> <b>Milk</b> <b>Dessert</b>	<b>9</b> <b>Pulled Pork/Bun</b> <b>Coleslaw</b> <b>Applesauce</b> <b>Milk</b> <b>Dessert</b>	<b>10</b> <b>Meatloaf</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Green Beans</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>	<b>11</b> <b>Ham &amp; Cheese</b> <b>Glider on a bun</b> <b>Potato Salad</b> <b>Fruit</b> <b>Milk</b> <b>Dessert</b>
<b>14</b> <b>Polish Sausage/Bun</b> <b>Kraut</b> <b>Scalloped Potatoes</b> <b>Milk</b> <b>Dessert</b>	<b>15</b> <b>Herb Baked Chicken</b> <b>With Dressing/ Gravy</b> <b>Peas &amp; Onions</b> <b>Fresh Melon</b> <b>Milk</b> <b>Dessert</b>	<b>16</b> <b>Pot Roast</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Baby Carrots</b> <b>Rolls</b> <b>Milk</b> <b>Dessert</b>	<b>17</b> <b>Ham</b> <b>Sweet Potato</b> <b>Casserole</b> <b>Mixed Vegetables</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>	<b>18</b> <b>Cheeseburger</b> <b>Loaded Tots</b> <b>Pea Salad</b> <b>Fruit</b> <b>Milk</b> <b>Dessert</b>
<b>21</b> <b>Parmesan Crusted Fish</b> <b>Rice Pilaf</b> <b>Roasted Carrots</b> <b>Fruit</b> <b>Milk</b> <b>Dessert</b>	<b>22</b> <b>Meatloaf</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Green Beans</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>	<b>23</b> <b>Fried Chicken</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Country Blend Veg</b> <b>Biscuit</b> <b>Milk</b> <b>Dessert</b>	<b>24</b> <b>Grilled Pork Steak</b> <b>Broccoli Salad</b> <b>Zucchini &amp; Tomatoes</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>	<b>25</b> <b>Ham &amp; Beans</b> <b>Potatoes &amp; Onions</b> <b>Spinach</b> <b>Cornbread</b> <b>Milk</b> <b>Dessert</b>
<b>28</b> <b>Liver or</b> <b>Hamburger Steak</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Mixed Vegetables</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>	<b>29</b> <b>Stuffed Chicken</b> <b>Breast</b> <b>Roasted Potatoes,</b> <b>Carrots Brussel</b> <b>sprouts</b> <b>Fruit</b> <b>Garlic Bread</b> <b>Milk</b> <b>Dessert</b>	<b>30</b> <b>BBQ Rib/Bun</b> <b>Baked Beans</b> <b>Roasted Cauliflower</b> <b>Milk</b> <b>Dessert</b>	<b>31</b> <b>Smothered Pork</b> <b>Chop</b> <b>Roast Rosemary</b> <b>Potatoes</b> <b>Apple Salad</b> <b>Roll</b> <b>Milk</b> <b>Dessert</b>	<b>Age 60 and over,</b> <b>lunch is \$5</b> <b>Contribution</b>  <b>Those 60 and under</b> <b>lunch is \$7</b>  <b>Everyone is</b> <b>Welcome!</b>

# August



## Salem Sr Center

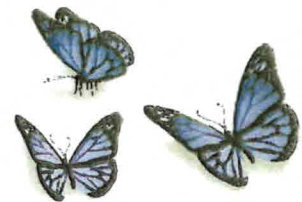
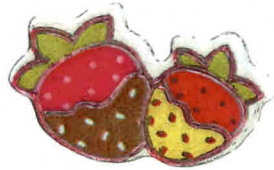
Mon	Tue	Wed	Thu	Fri
	1 Sittercise 10am  Current River Blue Grass Band 6pm	2	3	4 Sittercise 10am  Birthday & Anniversary Celebration with Matt & Lou from Hauer Insurance Group 12:00pm
7	8 Sittercise 10am	9  Bingo w/ Tia & Abby 12:30pm	10	11 Food Bank Delivery 9am Volunteers needed to sort call 573-729-2373  Sittercise 10am
14	15 Sittercise 10am  Current River Blue Grass Band 6pm	16 Board meeting 12:30pm	17	18 Sittercise 10am
21	22 Sittercise 10am	23 Aggravation Board games 12:30	24	25 Sittercise 10am
28 Trivia with Denine from Oak Pointe of Rolla	29 Sittercise 10am  Monte Luke Entertainer 11:30 to 12:30	30	31	Salem Senior Center 604 N McGrath Lane Salem, MO 65560  573-729-2373



# AUGUST Happy Birthday



Joan Sutton	2
David Norris	2
Ray Lewis	8
Ken Bridges	12
Ernest Shepherd	12
Delbert Childress	13
John Kemmis	15
Patsy Townsend	17
Rebecca Henckel	18
Marilyn Jewell	24
Janet Ellis	24
Richard Greene	25
M. Rodney Pace	26
Pamela Rushen	26
Dolores Sutterfield	26
Don Francis	27
Linda White	31





# August Events



Trash needs to be at curb by 9 a.m. on Monday unless a holiday, then Tuesday. 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, Aug. 17th, 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.

**REMINDER-NEW** after hours emergency numbers...

Call in this order, please...

\*#1-573-729-2748

\*#2-573-247-3843

\*#3-573-247-3872



Remember that these numbers are **ONLY** for emergencies...Cable, Internet, light bulbs & minor housekeeping are **NOT** emergencies. If the situation can wait till Monday, call the office at 573-729-6453.

Schedules at office...

**SMTS BUS**



**573-729-3133**

**Anyone can ride !!**





BLISSFUL  
BLITHE  
CHIPPER  
CHIRPY  
CONTENT  
CONVIVIAL  
DELIGHTED  
ECSTATIC  
ELATED  
EXULTANT

GLAD  
GRATIFIED  
JOLLY  
JOYOUS  
JUBILANT  
LAUGHING  
LIGGT  
LIVELY  
MERRY  
MIRTHFUL

PEACEFUL  
PEPPY  
PERKY  
PLAYFUL  
PLEASANT  
PLEASED  
SUNNY  
TICKLED  
UPBEAT

**DO WHAT MAKES YOU HAPPY!!!**

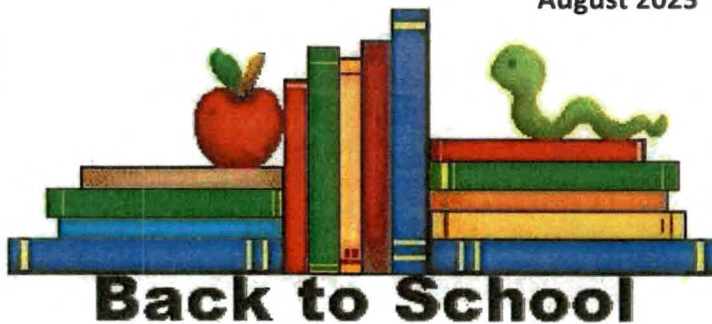


# Missy's Minute....

Just A Note...From Me To You....

WELCOME BACK  
TO SCHOOL!

August 2023



Hello All, August has arrived once again and it's been HOT! Time stands still for no one, and it is TIME for the kiddos to start thinking about school...WOW... it just seems like summer started and now pool-time is close to being over and so is their summer break!

School starts Wednesday August 23<sup>rd</sup>. I want to remind everyone to watch for children as they commute to and from school either walking or riding bicycles. Let's keep our kids safe by paying attention.

August is usually a very hot month. The heat really can affect your health. Heat stroke can happen to anyone young or old...and even to a healthy person. So please stay smart and use your ceiling fans to help move the stale air in your apartments. You do not have to keep your air conditioning set too low...if you keep your air moving in your apartment to make it comfortable and cost effective. Just be energy aware by closing your entry doors to help conserve on the added utilities in times of extreme heat. Also, try to avoid using your dryer during the hottest part of the day. These helpful tips truly do help.

It is once again that time of year that our Annual Inspection is coming up. Probably mid-September I am planning it for around the 13-15<sup>th</sup> of September and am waiting for the confirmation from US Inspections Group who will be performing the inspections of each and every apartment. ALL APARTMENTS WILL BE INSPECTED AT THAT TIME!

Please take this advanced notice to prepare your apartments, everything in your apartment should be in working order!!! If it is not...PLEASE CALL IT IN NOW! Maintenance will start a couple weeks prior to doing a preliminary walk thru of all the units so that we may catch anything that has gone unnoticed. Thank you for your cooperation in getting your unit ready by making sure your apartment is clean including floors, refrigerators, stoves/ovens, showers/tubs, ceiling fans, toilets including around your toilet. All lights should have working bulbs in them. Flower beds should be also weeded and tidy.

My sympathies to all that have lost a loved one in the last month. And I hope this letter finds you well or on the mend...and may God Bless you each and every one!

Till next month,

Missy

