

February 2024 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 bags need to be tied securely & in sturdy trash bags, 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 2nd & 4th Wednesday of 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, Feb. 15th 2024 at 10:00 a.m. 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 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.

After hours Emergency Numbers:

• *#1-573-247-3843 *#2-573-247-3872

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



Happy
Valentines
Days



Neighborhood News

February 2024



Get Well

Sandra Sites
Mitchell Uland
Eugene Crouch
Don Enke
Linda Hunter
Loretta Marrill
Pamela Welp

Sympathy

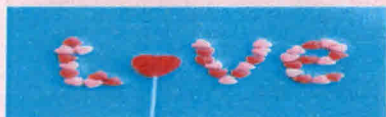
Donna Dees
Darlene Pace & family
Rayondra Olivio

Welcome to the Neighborhood

David Hopkins
Paula Woolf

Congratulations

Karene Toman-Great Grandson



After Hours Emergency Maintenance :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



Missy's Minute...Just A Note...From Me...To You...

Where did January go???? Time is flying by...and I am so glad to see us moving quickly into February and on to Spring. 😊

This is Leap Year... Happy Birthday to those people born on February 29th it only happens every four years!

I hope all is well with everyone...I know the weather hasn't been pleasant the last few days. But it will change quickly and I for one could sure use some sunshine!

I am sure most of you have heard by now...but for those that have not. Nathan Wood has left Salem Housing for a new opportunity, and we wish him and his family nothing but the best.

Curt Baldwin will start Monday, February 5th and brings with him a wealth of knowledge in the maintenance field, he has a wife who is a teacher and four children. Curt has been in the construction industry and a home inspector and will add value to our team here at Salem Housing...he is a pleasant man and very eager to get started and meet everyone. Please make him feel welcome.

Feb 2nd is Ground Hog's day, pray he does not see his shadow...with Easter coming early this year...I am praying for an early Spring too! 😊

Valentine's Day is coming....Wednesday, February 14...time to remember someone special...



Our Office will be CLOSED Monday February 19th for Presidents Day.

SO MANY have been sick or lost a loved one...I pray that you and your families get through this and if you need me I am here...please know that I and my staff are here to help with what we can.

- "It is during our darkest moments that we must focus to see the light."
—Aristotle
- "Mindfulness is about love and loving life. When you cultivate this love, it gives you clarity and compassion for life, and your actions happen in accordance with that."
—Jon Kabat-Zinn

Please remember...to be mindful of our friends and neighbors...so many are homebound. A Card or A Wave or simply A phone Call...can make a BIG difference in someone's day! 😊

Stay Warm, Stay Safe, Stay Healthy!

Missy



The Messenger February 2024

Editors: Rhonda, Angie & Missy
Volume #325



February 14th is Valentine's Day! A great time to celebrate the ones you love. Cards, candy, flowers & balloons are all excellent ways to show your love. Hugs are ALWAYS nice, too! ☺

Will he or won't he?



Friday, February 2nd

Cable and internet issues.....Call Fidelity at 800-392-8070 or 800-999-2838.

Maintenance Update...

We are excited to announce that Curt Baldwin will be starting in Maintenance the first week of February. He will assist with work orders, maintenance issues, trash pick-up, and emergency calls. Welcome Curt! ☺

Salem



Housing Authority will be closed on February 19th in honor of President's Day.



aarp FREE TAX AIDE FILING

Where: Salem Community Center Armory

When: Now thru April 15th

Call 729-8163 for an appointment

Leap Year...February 29th is Leap Day! Happening once every four years, we are given an extra day in February. Some think this day brings good luck. Some only get to celebrate their birthday every 4 years.





February 2024



Mon	Tue	Wed	Thu	Fri
Salem Senior Center 604 N McGrath Salem Mo 65560 (573) 729-2373	Lunch is served Mon-Fri 11:00am to 12:30pm *Menu is subject to change based on food availability	Contribution for meals \$5 under age 60 Over age 60 meal cost is \$7.00	1 Pulled Pork Bun Dirty Rice Coleslaw Baked Apples Milk	2 Spaghetti with Meat Sauce Garlic Bread Italian Vegetables Lettuce Salad Milk
5 Glazed Ham Slices Hawaiian Roll Sweet Potatoes Corn Casserole Milk	6 Beef Tacos Refried Beans Mexican Rice Black Bean/Corn Salad Pears Milk	7 Pork Loin Dressing/Roll Mashed Potatoes Gravy Green Beans/Onions Milk	8 Creamy Baked Chicken Rice Pilaf Ginger Carrots Roasted Garlic Broccoli Milk	9 Super Bowl Menu Wings/Meat Pizza Chips/Pretzel Bread Salsa/Cheese Dip Loaded Tots Milk
12 Liver or Salisbury Steak Mashed Potatoes Gravy Peas & Onions Milk	13 Roast Beef Roll Potatoes & Carrots Warm Fruit Compote Milk	14 Valentine's Day Parmesan Crusted Fish Mac & Cheese Stewed Tomatoes Baked Asparagus Milk 	15 Breakfast for Lunch Scrambled Eggs Sausage Biscuits & Gravy Hash brown w/ sautéed onion, peppers & Mushroom Fruit Juice	16 Turkey & Cheese or Tuna Salad Sandwich Vegetable Soup Crackers Peaches Milk
19 Closed in Observance of President's Day 	20 Meatloaf Bread Mashed Potatoes Gravy Roasted Brussel Sprouts Milk	21 Ham & Beans Cornbread Spinach Fried Potatoes & Onions Milk	22 Beef Lasagna Garlic Breadstick Tossed Salad Tuscan Blend Veg Milk	23 Chicken or Baked Fish Cornbread Pinto Beans Coleslaw Milk
26 Terriyaki Chicken Fried Rice/Eggroll Stir Fry Vegetables Fruit Cocktail Milk	27 Beef Chili Cracker/Cornbread Twice Baked Potato Roasted Cauliflower Milk	28 Baked Fried Chicken Biscuit Mashed Potatoes Gravy Country Blend Veg Milk	29 Pulled Pork Bun Baked Beans Coleslaw Baked Apples Milk	Dessert is available on a daily basis. Soup and Salad Bar Available at 10:30am

February 2024 - ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
Salem Sr Center 604 N McGrath Salem, MO 65560 (573)729-2373			1	2 Sittercize Slo-Motion Exercise 10-11am
5	6 Sittercize Slo-Motion Exercise 10-11am	7	8 Games of Your Choice Bernice and Abby 12:00pm	9 Sittercize Slo-Motion Exercise 10-11am Super Bowl Games/trivia 11:30am
12	13 Sittercize Slo-Motion Exercise 10-11am	14 Valentines Day Party 11:30am 	15 Monte Luke Singer & Entertainer 11:00am 	16 Sittercize Slo-Motion Exercise 10-11am
19 CLOSED 	20 Sittercize Slo-Motion Exercise 10-11am	21	22 Games of Your Choice Bernice and Abby 12:00pm	23 Sittercize Slo-Motion Exercise 10-11am
26 Trivia with Denine 11:30am	27 Sittercize Slo-Motion Exercise 10-11am	28	29	



ANGELA EATON 8TH

JACKLYNN WREN 9TH

ZERAHIAH TAYLOR 14TH

DONNA DEES 14TH

FAYE PARKER 16TH

KATHY COLE 16TH

TREVOR BURRUS 20TH

NANCY TUNE 21ST

DANIEL BISBY 25TH

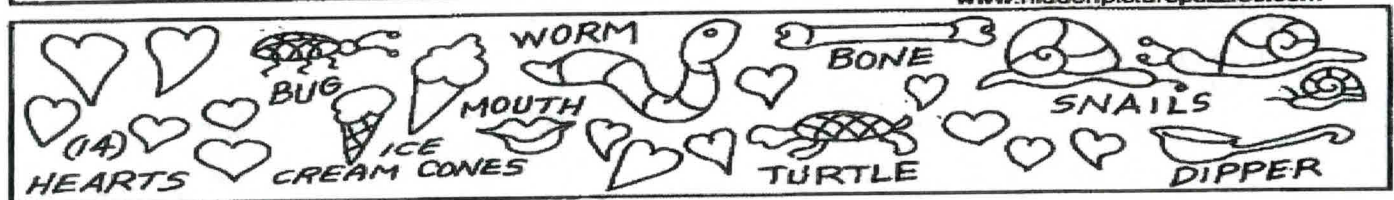
JIMMY WILLIAMS 25TH

KIERSTIN LEWIS 26TH

DAVID HUNTER 27TH



www.hiddenpicturepuzzles.com

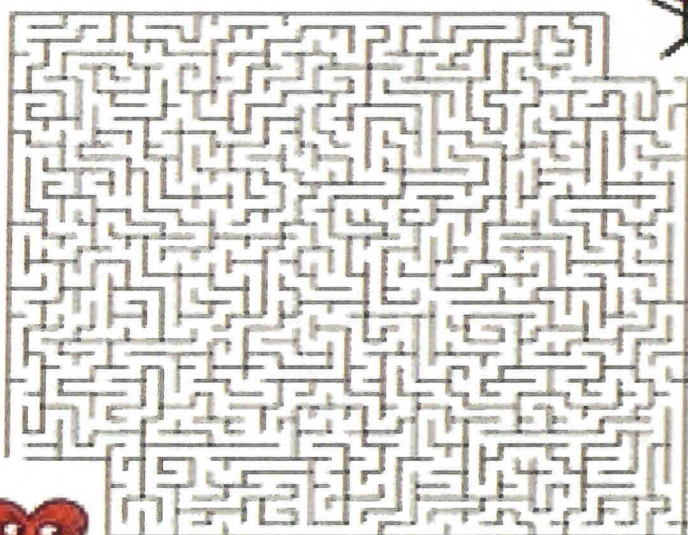


All you
need is love.
But a little
chocolate
now and then
doesn't hurt.

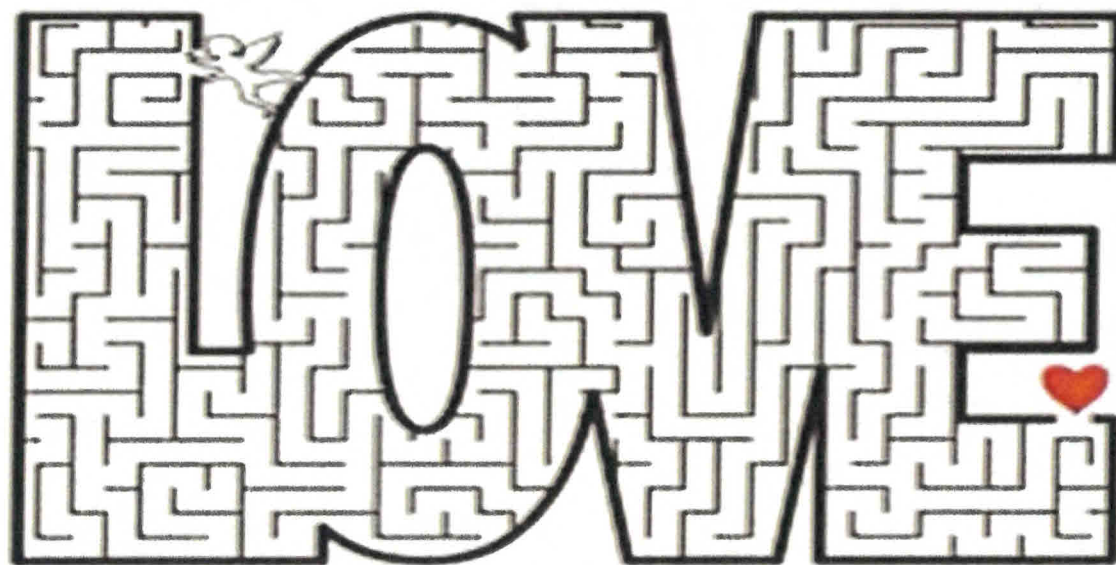
CHARLES M. SCHULZ

BH&G

Happy Valentine's Day



**Help Mr. Heart get
to his sweetheart.**



February

Did you know?

February is the shortest month with only 28 days, except during leap years when it has 29. Leap years occur every 4 years.

Birthstone

Amethyst

Flower

Violets or Irises

