

The Messenger January 2024



Vol. #325

Happy New Year

Editors: Rhonda, Angie & Missy

Holiday Hours

Salem Housing will be closed **January 1** for New Years Day & **January 15** in observance of Martin Luther King Day.

Heat Pumps...

Reminder...if temps drop below 32 degrees your heat pump will not kick on. You will need to have the baseboard heaters on until the temp rises above 32 degrees. Please stay warm ☺

Think
Positive
**TALK
POSITIVE
FEEL
POSITIVE**

Free 2024 Calendars

We have small calendars and Bank of Salem calendars in the lobby. We also have a limited amount of **large print** calendars from the Missouri Federation of the Blind due to arrive any day ☺

SNOWDAYS...

Remember, as a general **RULE** (sometimes there are exceptions) if R-80 calls school off due to weather issues, the Salem Senior Center will NOT be open. Call 729-2372, if in doubt ☺

Health Dent County Fitness Center

Free classes in January 2024, if your thinking of joining get on over and try for **FREE!**



Fidelity

Communications

Helpline: 833-850-3937

Need a little help with your Fidelity cable/internet services? We're here 7:00 AM-11:00 PM, 7 days a week to support you.

New Year Traditions

Eat Blackeye Peas & collard greens
Break Glass
Blow Noise Makers
Sing Auld Lang Syne
Open Doors
Make New Year's Resolutions



We greatly appreciate the kindness shown to us during the Christmas holidays. The beautiful cards, the homemade treats, the meat & cheese trays & boxes of candy were enjoyed by **ALL** ☺ **THANKS!!!**

HAPPY NEW YEAR!
2024

January 2024

Missy's Minute...
Just A Note from
Me to You...

Another year has come and gone ever so quickly...once again! I hope ALL of You had a Good...Healthy...Holiday with family and friends!!! I would like to Thank ALL OF YOU that sent the beautiful cards and wishes...and All that brought goodies for us to enjoy...the thoughtfulness is a Blessing and much appreciated!

As many of you...I too am in awe that another year has come and gone so ever swiftly...but I find myself thinking about what a mess the last few years have been and what a toll it has taken on so many of us. I hope this letter finds each one of you happy and healthy with a blessed new year ahead of you in 2024!

We have more shingles that have been delivered and work will soon start with roof replacements of 9 more buildings as weather permits and shingles are delivered. The delay has been due to the delay in getting the shingles produced and shipped here.

Please remember to be mindful of your Neighbors...winter can be tough for many...and so many do not have a lot of family or friends to check on them. Keep your apartments warm and try to be conscious of energy by making sure doors and windows are closed securely to keep out the cold temperatures. If you have a problem...let us know. I am always available should you need an ear.

May God Bless You and Your Family with a Healthy, Prosperous, New Year and Pray for our leaders to make the right decisions to keep us Strong and United. "The Power of A GREAT Nation lies in the Strength of its People". Let us stay strong in our beliefs and pray daily not for ourselves but for others!

Missy

"When it is obvious that the goals cannot be reached, don't adjust the goals; adjust the action steps." – Confucius

New year resolution:
Laugh a little louder, smile a
little bigger, love a little deeper,
and walk through life a little
slower.



Neighborhood News

January 2024

Get Well

Karen Gresham Sandra Sites
Betty Kartchner
Beverly Canaday
Doris Whitaker
Gertrude Taylor
Loretta Marrill
Nancy Tune
Camilla Mahan
JoAnn Wibbenmeyer



Sympathy

Arlene Lunn-Husband
Donnie & David Hunter-Father
Family of Theresa Pogue
Rayondra Olivio-Father
Angelaina Ayres & Caleb-Grandmother
Jacklynn Wren family-Great Grandmother

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**

SELF CARE FOR

THE new year



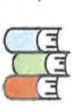
MORE JOURNALING



MINDFULNESS
EVERY MORNING



SPEND QUALITY TIME
WITH LOVED ONES



READ SELF
DEVELOPMENT BOOKS



DECLUTTER
MY SPACE



LESS SCREEN TIME



CREATE AN
EVENING ROUTINE



SPEND TIME
IN NATURE



DITCH A BAD HABIT

@theself_carekit



Happenings...

****NEWS**** "Coffee with a Cop" will be held on the first Friday of the month in the Dent County Community room at Salem Housing. Officer Burns will be joining in on the Sittercise class & then taking questions & giving community information afterwards. Come have coffee & ask questions!

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 sturdy 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 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, **January 18th, 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.

Welcome January
Happy New Year!



PicMix

After hours Emergency Numbers:

*#1-573-247-3843 *#2-573-247-3872

Remember that these numbers are 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

Salem Senior Center JANUARY 2024

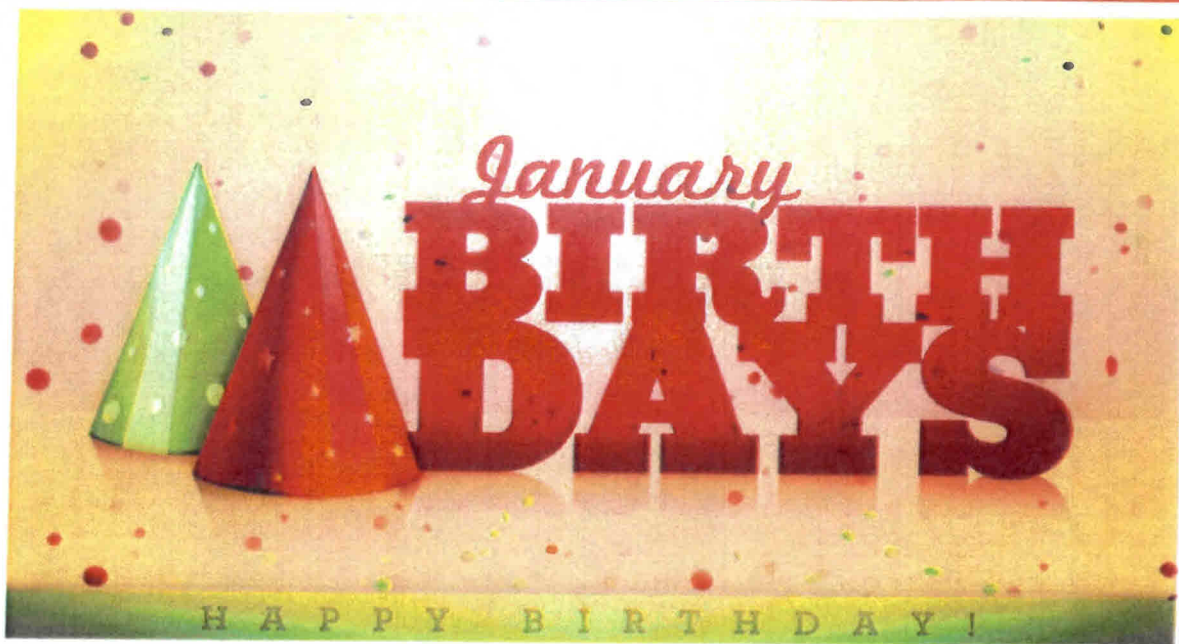
Lunch Menu



Mon	Tue	Wed	Thu	Fri
1 CLOSED IN OBSERVANCE OF THE HOLIDAY	2 Beef Chili Cracker/Cornbread Twice Baked Potato Roasted Cauliflower Milk	3 Lasagna w/Beef Meat Sauce Garlic Bread Italian Vegetables Caesar Salad Milk	4 Pulled Pork Bun Coleslaw Mac & Cheese Baked Apples Milk	5 Baked Fried Chicken Biscuit Mashed Potatoes Gravy Country Blend Veg Milk
8 Glazed Ham Slices Hawaiian Roll Sweet Potatoes Corn Casserole Milk	9 MeatLoaf Bread Mashed Potatoes Gravy Roasted Brussel Sprouts Milk	10 Pork Loin Dressing/Roll Mashed Potatoes Gravy Green Beans/Onions Milk	11 Creamy Baked Chicken Rice Pilaf Ginger Carrots Roasted Garlic Broccoli Milk	12 Parmesan Crusted Fish Mac & Cheese Stewed Tomatoes Baked Asparagus Milk
15 Grilled Chicken Ranch Wrap Lettuce/Tomato/Onion Broccoli Salad Fruit Milk	16 Roast Beef Roll Potatoes & Carrots Warm Fruit Compote Milk	17 Liver or Salisbury Steak Mashed Potatoes Gravy Peas & Onions Milk	18 Pot Roast Bun Roasted Root Veg Ambrosia Fruit Salad Milk	19 Turkey & Cheese Sandwich Vegetable Soup Vegetable Soup Crackers Peaches Milk
22 Chicken & Dumplings Roll Mediterranean Blend Tossed Salad Milk	23 Meatloaf Bread Mashed Potatoes Gravy Roasted Brussel Sprouts Milk	24 Ham & Beans Cornbread Spinach Potatoes & Onions Milk	25 Beef Lasagna Garlic Breadstick Tossed Salad Tuscan Blend Veg Milk	26 Chicken or Baked Fish Cornbread Pinto Beans Coleslaw Milk
29 Terriyaki Chicken Fried Rice / Eggroll Stir Fry Vegetables Fruit Cocktail Milk	30 Beef Chili Cracker / Cornbread Twice Baked Potato Roasted Cauliflower Milk	31 Cheese Ravioli Meat Sauce Garlic Bread Italian Vegetables Caesar Salad Milk	Serving Lunch Mon-Fri 11:00am to 12:30pm. Salem Senior Center 604 McGrath Lane Salem, MO 65560 (573)729-2373	

January 2024

Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR THE HOLIDAY	2 Sittercize Class Slo Motion exercises 10:00am – 11:00am CURRENT RIVER BLUE GRASS BAND 6 PM	3	4	5 Sittercize Class Slo Motion exercises 10:00am – 11:00am
8	9 Sittercize Class Slo Motion exercises 10:00am – 11:00am	10	11 Games of your Choice 12:00 pm	12 Sittercize Class Slo Motion exercises 10:00am – 11:00am
15	16 Sittercize Class Slo Motion exercises 10:00am – 11:00am CURRENT RIVER BLUE GRASS BAND 6 PM	17	18 Games of your Choice 12:00 pm	19 Sittercize Class Slo Motion exercises 10:00am – 11:00am
22	23 Sittercize Class Slo Motion exercises 10:00am – 11:00am	24	25 	26 Sittercize Class Slo Motion exercises 10:00am – 11:00am
29	30 Sittercize Class Slo Motion exercises 10:00am – 11:00am	31 		SALEM SENIOR CENTER 604 N. McGRATH LANE SALEM, MD 65560 573-729-2373 MONDAY – FRIDAY 8:00 AM – 4:00 PM

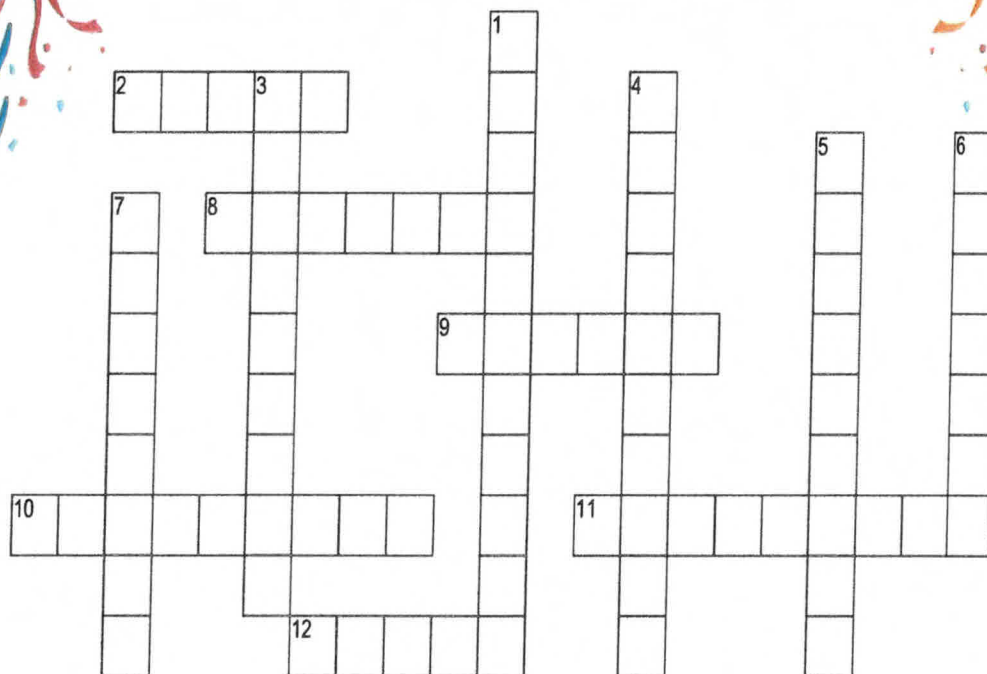


Pat Akins	2 nd
Adalynn Flowers	2 nd
Vinita Sappington	3 rd
Penny Parrish	6 th
Bill Hutson	16 th
Brandon Flowers	18 th
Geneva Counts	23 rd
Roylee Francis	25 th
James McDonough	26 th
Shirley Tune	27 th
Norma Warner	28 th
Betty Kartchner	30 th
Carol Lewis	30 th
Tina Quick	30 th

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



1	DOWN	NEW YEARS DAY
2	ACROSS	CLOCK
3	DOWN	CHAMPAGNE
4	DOWN	RESOLUTION
5	DOWN	COUNTDOWN
6	DOWN	FRIENDS
7	DOWN	MIDNIGHT
8	ACROSS	JANUARY
9	ACROSS	FAMILY
10	ACROSS	BEGINNING
11	ACROSS	FIREWORKS
12	ACROSS	PARTY



ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.

FAMILY
MIDNIGHT
BEGINNING

JANUARY
CHAMPAGNE
FIREWORKS

CLOCK
COUNTDOWN
PARTY

RESOLUTION
FRIENDS
NEW YEARS DAY

JANUARY



COLD
FROZEN
GLOVES
ICE
KID
MITTENS
NEW YEAR
PENGUIN

RESOLUTION
RUNNY NOSE
SCARF
SHOVEL
SKIING
SLEDDING
SNOWBALLS
SNOWFLAKES

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

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Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare

SilverSneakers

Are you a senior or on disability? Want a free gym membership? See if you qualify today!



1. Take your SilverSneakers or Renew Active info to the Healthy Dent County Fitness Center Office
2. Sign up in the Healthy Dent County Fitness Center Office
3. Tour the facility and start working out at no extra cost!

Questions? Please call us at (573) 739-1127 or email Penny@salemcommunitycenter.org

