

The Messenger

JUNE 2023

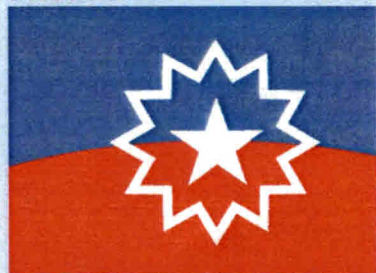
Editors: Rhonda, Angie & Missy

Volume #317



JUNE 18TH

Salem Housing Authority
will be closed in honor of
Juneteenth on Monday,
June 19th.



Salem Farmer's Market
Open Saturday's
7:30 till Noon

Fresh fruits & veggies
in season, delicious baked goods,
plants, soaps & lotions, fresh eggs,
yogurt & much more!

SUMMER CONCERTS at
ECHO BLUFF*
June 10-Michael Connors
June 24-Current River Band
July 1- Kirk Pierce
*All concerts are at 8 p.m.



Friendly Reminder
Trash cans are NASTIER
in the
Summer months.
Bleaching weekly helps
☺
ALOT!



Remember
Flag Day
JUNE 14th



Dad

He never looks for praises.
He's never one to boast.
He just goes on quietly
working for those he loves
the most. His dreams are
seldom spoken. His wants
are very few & most of the
time his worries will go
unspoken, too. He's there...
a firm foundation
Through all our storms of
life,
A sturdy hand to hold onto
In times of stress and strife.
A true friend we can turn
to when times are good or
bad. One of our greatest
blessings, the man that we
call Dad. ❤️❤️❤️❤️

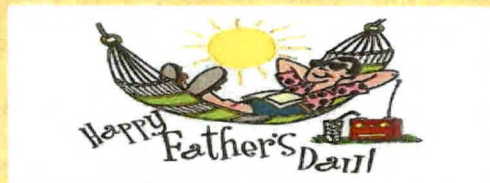
In memory...

May has been a month of
loss with the passing of our
current Commissioner, Gary
Brown, who will be greatly
missed. Both Clare
Underwood and Bill Dobbs
also passed this month, &
they were long time
Commissioners as well.

Sittercise

Tuesday & Friday
mornings at 10:00
a.m. Held in the Dent
County Community
Center meeting room.
Come Join Us!

Missy's Minute...Just a Note....From Me to You....



Wow, the month of June is here already! My how time seems to fly...the old saying is TRUE...the older you get...the faster it flies!!!! June is one of my favorite months of the year. Warm weather and everything it brings with it, from mowing grass and planting flowers, to just plain sitting on my porch and enjoying the weather and some quiet time...or better yet some not so quiet time with an occasional friend joining me for a visit on the porch.

I hope this month brings you all a little joy, from good times, nice weather, good health and many friends to enjoy it with. If you are new to the neighborhood...summer is a good time to get out and enjoy your porch and maybe get to know some of your neighbors. A nice place to walk and if you do...stop in the office and say hello! 😊 The Senior Nutrition Site is right here and a good place for a nice lunch and to meet people. There are a lot of activities during the day and sometimes of an evening too!

We had some excitement in the neighborhood yesterday morning. It seems our neighborhood was visited by a black bear! One of our residents got some pictures of it and the police followed him until he decided to head north out of town. So, if you encounter a bear, PLEASE just call the POLICE. STAY AWAY FROM IT! But I want you to be aware of your trash cans and how important it is to keep them clean and as tidy as a trashcan can be... and a secure lid will help keep odors down that may attract animals. AND to remind you NOT to feed any stray animals!!!! You just don't know what all it may attract!

Your Porches are starting to look very nice...I so enjoy the beautiful flowers and your pretty porches. 😊

I want to wish all the Father's a Happy Father's Day! And all the Mother's that are filling the shoes of absent Father's too! Keep on being a great influence on your children...they are worth it! A parent's work is never done...it changes thru the years...but it's never done and may God bless you and your family!

I want to offer my Sympathies to everyone who has lost someone dear to them last month! And a Get Well if you have been ill or a speedy recovery if you've been down from surgery!

I hope you all can find something that brings you happiness...be adventurous...join a club, join the gym, eat at the Senior Center, visit the library, call an old friend for a chat, visit with a new neighbor.

Until next month,

Missy



June

AUTUMNWOOD & BRIGHT MEADOWS

GET WELL WISHES

Mona Brown
Rayondra Olivio
Linda Dean
Bonnie Sullins
Ray Sutton
Dee Fisher
Rose Coleman
Robert Wisdom

THINKING OF YOU

Joyce Conway
JoAnn Enke

SYMPATHY

Kathy Schivitz-Sister
Wanda Henson-Special Cousin
Rose Coleman— Special Cousin

CONGRATULATIONS

Becky & Bill Henckel-Grandson



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 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

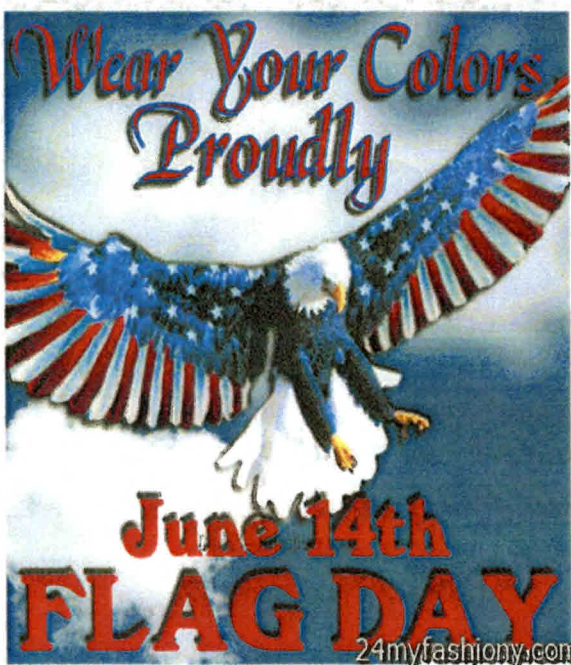
***We have a drop box for rent -Check or Money Order- NO CASH PLEASE!**

***Lost & Found Box...Please check the SHA Office 729-6453!**

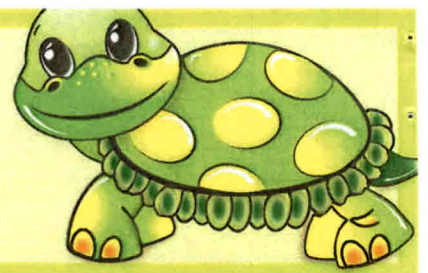
DO NOT FEED ANIMALS OUTSIDE! This causes unwanted PESTS! **DO NOT** throw grease or food out your front/back door. This draws insects, dogs & stray animals.

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

CALL : 729-6453



June 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, June 15th, 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

Schedules at office...

SMTS BUS



573-729-3133

Anyone can ride !!



Smile It Looks



Good On You!



FATHER'S DAY

WORD SEARCH PUZZLE

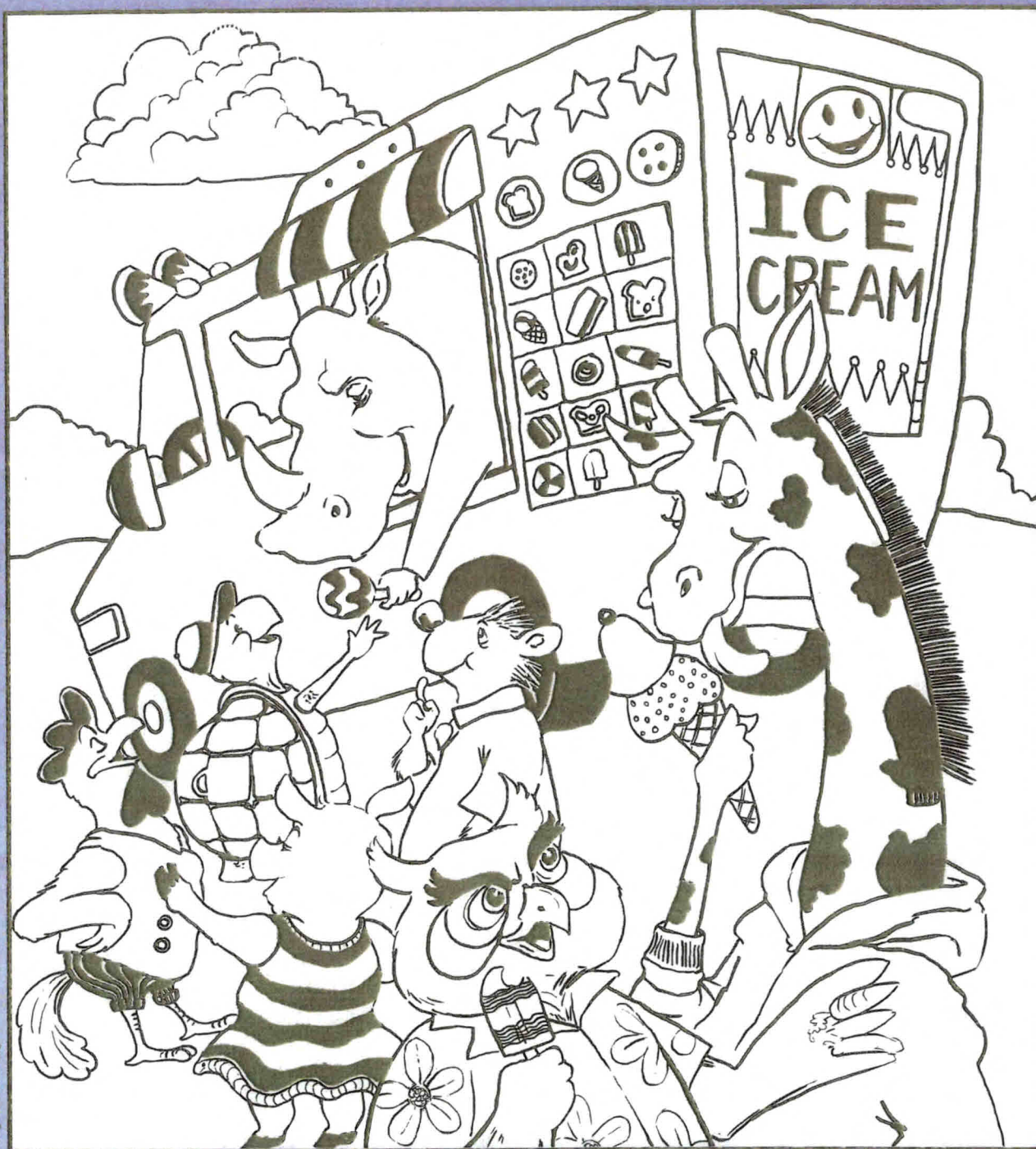
BEST
BRAVE
BREAKFAST
CARD
CARING
CELEBRATE
CHILDREN
DADDY
FAMILY
FATHER
FRIEND
FUN
GIFT
GRANDPA
HAPPY
HERO
HOLIDAY
HONOR
JOKES
LOVE
NURTURE
PAPA
PARENT
PRESENT
PROUD
RESPECT
SPECIAL
STRONG
VALUES

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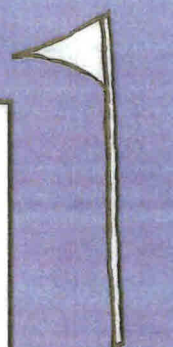
The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Sweet Treats



Art by David Bernhardt



pennant



mitten



crescent moon



crown



carrot



golf club



toothbrush



bowl



button



bell



muffin



heart



candle



mug



party hat



worm



sailboat



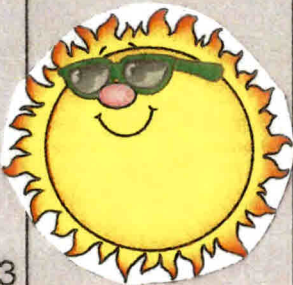


Salem Senior Center

June 2023



| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| Salem Sr Center 604 N McGrath Salem MO 65560 (573)-729-2373 | Mon-Fri 11:00am to 12:30pm *Menu is subject to change | Those 60 and over meal is a \$5 suggested contribution Those under age 60 and under meal cost is \$7 | 1 Roasted Pork loin Mashed Potatoes California Blend Roll Milk Dessert | 2 Parmesan Crusted Fish Coleslaw Mac and Cheese Hush puppies Milk Dessert |
| 5 Country Fried Steak/Gravy Mashed Potatoes Green Beans Roll Milk Dessert | 6 BBQ Rib with Bun Country Blend Veg Baked Potato Milk Dessert | 7 Baked Chicken Leg Potato Salad Meadow Blend Roll Milk Dessert | 8 Smothered Chicken Breast pasta w/vegetables Sliced Peaches Garlic Bread Milk Dessert | 9 Beef taco or Nachos Lettuce tomato onion Refried Beans Pears Milk Dessert |
| 12 Meatloaf Gravy Mashed Potatoes Green Beans Roll/Margarine Milk Dessert | 13 Fish Sandwich Cheesy Corn Tomato & Cucumber Salad Hushpuppies Milk Dessert | 14 Flag Day Lunch BBQ Rib Potato Salad Baked Beans Bun Milk Dessert | 15 Lasagna Vegetable Salad Broccoli Garlic Bread Milk Dessert | 16 Father's Day Lunch Ham & Cheese Sliders Loaded Baked Potato Corn on the Cob Bun Milk Dessert |
| 19 Liver or Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Roll Milk Dessert | 20 Sloppy Joes Loaded Tator Tots Mixed Vegetables Mandarin Oranges Milk Dessert | 21 Breakfast for Lunch Omelet Sausage hash brown Biscuits & Gravy Fruit Salad Milk Dessert | 22 Battered Pollock Coleslaw Pinto Beans Hushpuppies Milk Dessert | 23 Burgers & Hot Dogs Potato Salad Pork & Beans Milk Dessert |
| 26 Meatloaf Gravy Mashed Potatoes Green Beans Roll/Margarine Milk Dessert | 27 Ham Roasted sweet Potato Mixed Vegetables Roll Milk Dessert | 28 Open Faced Turkey Gravy Mashed Potatoes Green Beans Biscuit Milk Dessert | 29 Beans with Ham Fried Potatoes & Onions Spinach Cornbread Milk Dessert | 30 Grilled Burgers With Fixins Coleslaw Baked Beans Milk Dessert |



| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| <p>Salem Sr Center 604 N McGrath Salem, MO 65560 (573)729-2373</p> |  |  | <p>1 Meals on Wheels East Route</p> | <p>2 Birthday & Anniversary Celebration 12:00pm</p> <p>Meals on Wheels County Route</p> <p>Sittercise 10am</p> |
| <p>5 Meals on Wheels West Route</p> | <p>6 Sittercise 10am</p> <p>Current river Blue Grass Band 6pm</p> | <p>7 Frozen Meal sorting for Meals on Wheels ETA 10:30am</p> | <p>8 Meals on Wheels East Route</p> | <p>9 Meals on Wheels Bunker/Boss Route</p> <p>Sittercise 10am</p> |
| <p>12 Meals on Wheels West Route</p> | <p>13 Sittercise 10am</p> | <p>14 Frozen Meal sorting for Meals on Wheels ETA 10:30am</p> <p>Bingo with Tia & Abby 12:30pm</p> | <p>15 Meals on Wheels East Route</p> <p>Movie 2:00pm</p> | <p>16 Meals on Wheels County Route</p> <p>Sittercise 10am</p> |
| <p>19 Meals on Wheels West Route</p> <p>Wii Games w/kids 2:00pm</p> | <p>20 Sittercise 10am</p> <p>Current river Blue Grass Band 6pm</p> | <p>21 Frozen Meal sorting for Meals on Wheels ETA 10:30am</p> <p>Board Meeting 12:30pm New</p> | <p>22 Meals on Wheels East Route</p> <p>Stroke Education 12:00pm</p> | <p>23 Meals on Wheels Bunker/Boss Route</p> <p>Sittercise 10am</p> |
| <p>26 Meals on Wheels West Route</p>  | <p>27 Sittercise 10am</p> | <p>28 Frozen Meal sorting for Meals on Wheels ETA 10:30am</p> <p>Aggravation board game w/door prizes 12:30pm with Tia & Abby</p> | <p>29 Meals on Wheels East Route</p> <p>Movie 2:00pm</p> | <p>30 Meals on Wheels County Route</p> <p>Sittercise 10am</p> <p>Trivia with Denine from Oake Pointe 11:30am</p> |

Online Dating Scams

Signs of a Scam



Professes love quickly.
Claims to be overseas for
business or military service.



Asks for money, and lures
you off the dating site.



Claims to need money
— for emergencies,
hospital bills, or travel.
Plans to visit, but can't
because of an emergency.

What to do

1

Slow down — and talk to someone you trust.
Don't let a scammer rush you.

2

Never transfer money from your bank
account, buy gift cards, or wire money
to an online love interest. You won't
get it back.

3

Contact your bank right away if you
think you've sent money to a scammer.

4

Report your experience to:

- The online dating site
- Federal Trade Commission:
ReportFraud.ftc.gov

Learn more at
ftc.gov/imposters and
aba.com/engagement



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



About the Month of June



Holidays

[Flag Day 14th](#)
[Fathers Day 18th](#)
[Juneteenth 19th](#)
[Paul Bunyan Day 28th](#)
National Rose Month
National Dairy Month
African-American Music Month
National Ice Tea Month
National Candy Month

Symbols of June

Birthstone: **Pearl**

Flower: **Rose**

Zodiac signs: **Gemini and Cancer**

History

The month of June comes from the Roman, or Julian, calendar. June was initially named Iunius. The name either comes from the Roman goddess Juno, wife of Jupiter, or from the word "iuniores", the Latin word for "younger ones". In the early Roman calendar June only had 29 days. It was Julius Caesar who added the additional day giving June 30 days.

Interesting Facts about June

- It is the first month of the summer season.
- June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.
 - June is known as a great month to get married.
- The famous English [tennis tournament](#) Wimbledon is played during the month of June.
 - The longest day of the year occurs on either June 21st or 22nd.
- Several countries celebrate their flag days during this month including the United States, [Sweden](#), Denmark, Romania, and Argentina.
 - June 21st is [Go Skateboarding Day](#).



Service Schedule: Dent County

For more information or to schedule a ride, call 573-729-3133
Office hours: Monday through Friday 8am to 4pm

Local Service

Monday through Friday: Entire County - service to Salem

Tuesday & Thursday: Entire County – service to Rolla

2nd Thursday of each month: Bunker (Reynolds County) – Service to Salem (Min. of 3 riders required.)

Requirements: Appointments need to be between 8am and 3pm

Call at least 24 hours in advance

Long Distance Service

Monday: Entire County - service with Phelps county to Columbia

Requirements: Appointments needs to be between 10am and 2pm

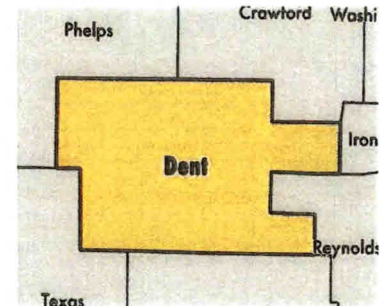
Call at least 3 business days in advance

1st & 3rd Thursday of each month – service with Phelps County to St. Louis

2nd & 4th Tuesday of each month – service with Phelps County to St. Louis

Requirements: Appointments needs to be between 10am and 2pm

Call at least 3 business days in advance



Additional Information

Local Service: SMTS reserves the right to schedule your pickup and return time based on our daily passenger list. You should always be prepared to leave up to one hour early and prepare for up to an additional hour on the return time, as well.

Long Distance Service: Riders need to plan to be on the vehicle all day. This service is provided as a group. All riders go together and return home together.

SMTS provides additional transportation beyond the service outlined above. It may be possible for you to “ride share” if your appointment is outside our schedule for that given day. Please ask our Coordinator before assuming that we cannot help with your need.

Fee Schedule:

Over 60 or under 60 with verified disability

Suggested Contribution

| | |
|--|---------|
| In-town | \$3.00 |
| In-county | \$7.00 |
| Adjoining County | \$14.00 |
| 3 rd County | \$20.00 |
| 4 th & 5 th County | \$30.00 |

Under 60 without a verified disability

Required Fare

| | |
|--|---------|
| In-town | \$6.00 |
| In-county | \$14.00 |
| Adjoining County | \$21.00 |
| 3 rd County | \$30.00 |
| 4 th & 5 th County | \$40.00 |

Contrary to popular belief, transportation provided by SMTS **is not free**. The average cost for a 30-mile trip is \$44 per rider. Your contribution DOES help to ensure our future – Thank You!

Hearing impaired persons may call Relay Missouri TTY relay services at 1-800-735-2966

SMTS provides transportation for all people, all ages.

HAPPY BIRTHDAY



BEVERLY CANADAY 4TH

TAMMY QUICK 5TH

BARBARA FORD 10TH

RAYONDRA OLIVIO 13TH

RONALD REGNIER 14TH

ROGER BIRDSONG 16TH

KENNETH BROYES 16TH

ANGELAINA AYERS 21ST

BONNIE PARKS 23RD

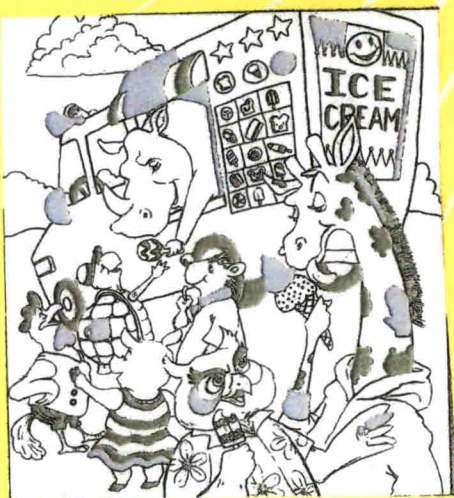
RODGER WINGFIELD 23RD

LEIZL TAYLOR 23RD

CONNIE WILLIAMS 27TH

JERRY ULAND 28TH

DORIS WHITAKER 30TH



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