

The Messenger

March 2024

Editors: Rhonda, Angie & Missy
Volume #326

Easter-March 31st



Time to Spring Forward!!
Sunday March 10, 2024

Spring Forward!



Move those clocks forward
an hour Saturday night so
you won't be late on Sunday
morning!



AARP

FREE TAX AIDE FILING

Where: Salem Community Center
at the Armory

When: Now thru April 15th

Call 729-8163

for an appointment!



Happy
St.
Pats!
March
17th!

Clean Your Porches

Spring is approaching and it is time to spruce
up! Porches seem to be very cluttered with
washers, dryers, mowers, grills, bikes, lawn
furniture, etc. Anything that is broken, or is no
longer being used or has a purpose needs to go.



March 1st is opening day of Trout Season
in Missouri. The anglers will be side by
side in the waters at Montauk, Bennett
Springs and Roaring Rivers State Parks.

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



Why did the
Easter egg hide?

Because he was
a little chicken!



March 19th



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

2024



Springtime is about to be upon us....YEAH! 😊 I have seen and heard so many Geese flying over and Robins in the yard...it **must** be a sign of an early **Spring**... March 19th is the first day of **Spring**...I am ready, and it can't get here fast enough...I love being outside. I hope to see more of all of you with signs of warmer weather coming.

The **peep frogs** have been singing already and this week is a much-needed break from the cold, I hope you all can get out some and enjoy some sunshine...even if it's just a short walk or getting to sit on your porch. 😊

I hope the trout fisherman have a perfect day for opening morning for fishing and a beautiful week is predicted...SO ENJOY. I love hearing everyone's fishing stories.

With all the wind we have had...our yards have look like the trees are shedding their branches. Soon it will be time to get prepared for mowing season and we will get the limbs and branches off the lawns as soon as some of them dry up enough for us to get on them...it is MUDDY everywhere. Please be patient with us. I would like you to report if you have limbs on your roof, or if you have shingle damage or guttering damage. Those issues are ever on going when it comes to the weather.

Don't forget March 10th Daylight Savings time begins and we will set our clock forward 1 hour. We will gain another hour of daylight.

Easter is early this year as well!!! March 31st



I want to remind everyone that with the coming of warmer weather, it will be necessary to keep in mind before using your mini-split that it may need to be cleaned. If you turn it on pay attention to it and keep in mind if it needs cleaned it will not operate correctly and may leak water or throw a code. Just keep an eye out for water...it is better to be aware than to have damage to a TV or other such items.

All regular work orders should be called in to the OFFICE 573-729-6453 THANK YOU

Emergency Maintenance is 573-247-3872 only Emergency Maintenance.

I hope March treats you good, kind, and careful...and may the road rise up to meet you and you carry the luck of the Irish all year thru! And May God Bless You!

Missy

Don't forget to set your clocks forward an hour on March 9th before you go to bed 😊



Neighborhood News

March 2024



1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

56

57

58

59

60

61

62

63

64

65

66

67

68

69

70

71

72

73

74

75

76

77

78

79

80

81

82

83

84

85

86

87

88

89

90

91

92

93

94

95

96

97

98

99

100

101

102

103

104

105

106

107

108

109

110

111

112

113

114

115

116

117

118

119

120

121

122

123

124

125

126

127

128

129

130

131

132

133

134

135

136

137

138

139

140

141

142

143

144

145

146

147

148

149

150

151

152

153

154

155

156

157

158

159

160

161

162

163

164

165

166

167

168

169

170

171

172

173

174

175

176

177

178

179

180

181

182

183

184

185

186

187

188

189

190

191

192

193

194

195

196

197

198

199

200

201

202

203

204

205

206

207

208

209

210

211

212

213

214

215

216

217

218

219

220

221

222

223

224

225

226

227

228

229

230

231

232

233

234

235

236

237

238

239

240

241

242

243

244

245

246

247

248

249

250

251

252

253

254

255

256

257

258

259

260

261

262

263

264

265

266

267

268

269

270

271

272

273

274

275

276

277

278

279

280

281

282

283

284

285

286

287

288

289



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!**

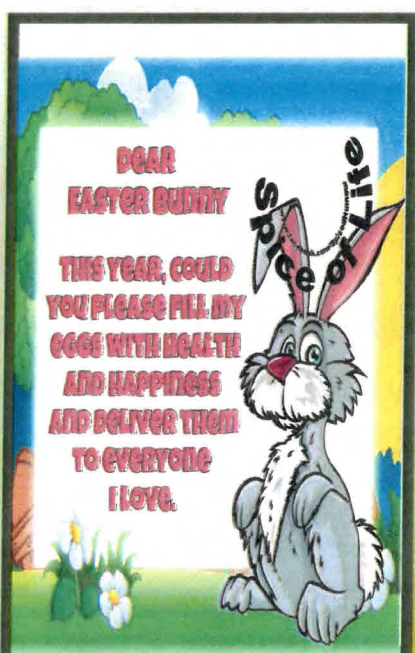
Anderson Foot Clinic is at SMDH every 2nd & 4th Wednesday of each month. Call 573-341-3668 for details and an appointment!

PEST CONTROL— Shipley's Pest Control, along with SHA Maintenance will be treating apartments, **March 21st, 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** ***#2-573-247-6012**
- ***#3-1-573-247-3872**

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.**



St. Louis Cardinals

MARCH/APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29	30
				LAD 3:10	LAD 9:10	LAD 8:10
31	E 1	2	3	4	5	6
LAD 6:10	SD 8:40	SD 8:40	SD 3:10	MIA 3:15		MIA 1:15
7	8	9	10	11	12	13
MIA 1:15	PHI 6:45	PHI 6:45	PHI 12:15		ARI 8:40	ARI 7:10
14	15	16	17	18	19	20
ARI 3:10	OAK 8:40	OAK 8:40	OAK 2:37		MIL 7:15	MIL 1:15
21	22	23	24	25	26	27
MIL 1:15	ARI 6:45	ARI 6:45			NYM 6:10	NYM 3:05
28	29	30				
NYM 12:40	DET 5:40	DET 5:40	ARI 12:15			

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			DET 12:10		CWS 7:15	CWS 1:15
5	6	7	8	9	10	11
CWS 1:15	NYM 6:45	NYM 6:45	NYM 12:15	MIL 6:40	MIL 7:10	MIL 6:15
12	13	14	15	16	17	18
MIL 1:10	LAA 8:38	LAA 8:38	LAA 8:07		BOS 7:15	BOS 6:15
19	20	21	22	23	24	25
BOS 1:15	BAL 6:45	BAL 6:45	BAL 12:15		CHC 7:15	CHC 6:15
26	27	28	29	30	31	
CHC 6:10	CIN 3:10	CIN 5:40	CIN 12:10		PHI 5:40	

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						PHI 6:15
2	3	4	5	6	7	8
PHI 12:35	HOU 7:10	HOU 7:10	HOU 1:10	COL 6:45	COL 7:15	COL 3:15
9	10	11	12	13	14	15
COL 1:15		PIT 6:45	PIT 6:45	PIT 1:15	CHC 1:20	CHC 1:20
16	17	18	19	20	21	22
CHC 1:20	MIA 5:40	MIA 5:40	MIA 11:40	SF 6:15		SF 1:15
23	24	25	26	27	28	29
SF 1:15	ATL 6:45	ATL 6:45	ATL 6:15	CIN 6:45	CIN 7:15	CIN 1:15
30						
CIN 1:15						

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		PIT 5:40	PIT 5:40	PIT 11:35	WSH 5:45	WSH 3:05
7	8	9	10	11	12	13
WSH 12:35	WSH 3:05	KC 6:45	KC 6:45		CHC 7:15	CHC 1:15
14	15	16	17	18	19	20
CHC 1:15	ALL-STAR WEEK				ATL 6:20	ATL 6:20
21	22	23	24	25	26	27
ATL 12:35	PIT 5:40	PIT 5:40	PIT 11:35		WSH 7:15	WSH 6:15
28	29	30	31			
WSH 1:15	TEX 6:45	TEX 6:45	TEX 1:15			

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				CHC 7:05	CHC 1:20	CHC 1:20
4	5	6	7	8	9	10
CHC 1:20		TB 6:45	TB 6:45	TB 6:15	KC 7:10	KC 6:10
11	12	13	14	15	16	17
	CIN 5:40	CIN 5:40	CIN 5:40		LAD 7:15	LAD 6:15
18	19	20	21	22	23	24
LAD 1:15		MIL 6:45	MIL 6:45	MIL 1:15	MIN 7:10	MIN 6:10
25	26	27	28	29	30	31
MIN 1:10	SD 6:45	SD 6:45	SD 6:45	SD 1:15	NYN 6:05	NYN 12:05

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
NYN 12:35	MIL 1:10	MIL 6:40	MIL 6:40		SEA 7:15	SEA 6:15
8	9	10	11	12	13	14
SEA 1:15		CIN 6:45	CIN 6:45	CIN 12:15	TOR 6:07	TOR 2:07
15	16	17	18	19	20	21
TOR 12:37	PIT 6:45	PIT 6:45	PIT 6:45	PIT 6:15	CLE 7:15	CLE 6:15
22	23	24	25	26	27	28
CLE 1:15		COL 7:40	COL 7:40	COL 2:10	SF 9:15	SF 3:05
29	30					
SF 2:05						

HOME

AWAY

Game times subject to change
All Game Times are Central Time

All games broadcast on KMOX 1120 AM / 98.7 FM
and the Cardinals Radio Network

All home games broadcast in Spanish
on WIJR 880AM.

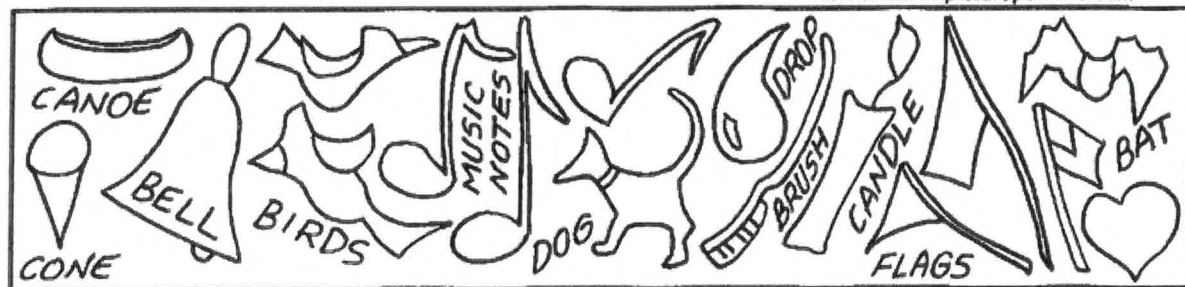
 = Bally Sports Midwest
F = FOX
E = ESPN or ESPN2

 Played at Rickwood Field – Birmingham, AL

FOR FULL SCHEDULE OR BROADCAST DETAILS, PLEASE VISIT  cardinals.com



www.hiddenpicturepuzzles.com



March Activity Calendar

Mon	Tue	Wed	Thu	Fri
<p><i>Salem Senior Center</i> <i>604 N McGrath Lane</i> <i>Salem, MO 65560</i></p> <p><i>573-247-5094</i></p>		 		<p><i>1</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p>
<i>4</i>	<p><i>5</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p> <p><i>6:00 P.M Current</i> <i>River Blue Grass</i> <i>Band</i></p>	<i>6</i>	<p><i>7</i></p> <p><i>Game of choice</i> <i>with Abby and</i> <i>Bernice 12:00</i></p>	<p><i>8</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p>
<i>11</i>	<p><i>12</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p>	<i>13</i>	<i>14</i>	<p><i>15</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p> <p><i>St. Pat's Day Trivia</i></p>
<i>18</i>	<p><i>19</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p> <p><i>6:00 P.M Current</i> <i>River Blue Grass</i> <i>Band</i></p>	<i>20</i>	<p><i>21</i></p> <p><i>Game of choice</i> <i>with Abby and</i> <i>Bernice 12:00</i></p>	<p><i>22</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p>
<i>25</i>	<p><i>26</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p>	<i>27</i>	<i>28</i>	<p><i>29</i></p> <p><i>10:00am Sittercise</i> <i>Slo motion Exercise</i></p>

Lunch Menu

March 2024 Salem Senior Center

Mon	Tue	Wed	Thu	Fri
Salem Senior Center 604 N McGrath Lane Salem, MO 65560 573-729-2373	Meal Contribution: Over age 60 is \$5 contribution Under age 60 is \$7	*Menu is subject to change based on availability Soup and Salad bar served at 10:30am		1 Cheese Ravioli & Meat Sauce Garlic Bread Italian Vegetables Caesar Salad Milk
4 Glazed Ham Slices Hawaiian Roll Baked Sweet Potatoes Corn Casserole Milk	5 Meatloaf Mashed Potato & Gravy Green Beans Roll Milk	6 Pork Loin Stuffing Roll Mashed Potatoes Gravy Mixed Vegetables Milk	7 Creamy Baked Chicken Mashed Potato Ginger Carrots Roasted Garlic Broccoli Milk	8 Parmesan Crusted Fish Mac & Cheese Stewed Tomatoes Baked Asparagus Milk
11 Liver or Salisbury Steak Mashed Potatoes Gravy Peas & Onions Milk	12 Roast Beef Roll Potatoes & Carrots Warm Fruit Compote Milk	13 Breakfast for lunch Scrambled Eggs Sausage Biscuits & Gravy Hash brown w/ sautéed onion, peppers & Mushrooms Fruit Juice	14 Taco Bar Chips or Soft-shell tortilla Lettuce/tomato/onion Refried Beans Mexican Rice Cheese Milk	15 St Patrick's Day Corned Beef Roll Cabbage Potatoes & Carrots 
18 Chicken & Dumplings Roll Mashed Potatoes Tossed Salad Milk	19 Meatloaf Mashed Potatoes Gravy Roasted Brussel Sprouts Milk	20 Ham & Beans Cornbread Spinach Potatoes & Onions Milk	21 Beef Lasagna Garlic Breadstick Tossed Salad Tuscan Blend Veg Milk	22 Chicken or Baked Fish Cornbread Pinto Beans Coleslaw Milk
25 Terriyaki Chicken Fried Rice Eggroll Stir Fry Vegetables Fruit Cocktail Milk	26 Beef Chili Cracker/Cornbread Baked Potato Roasted Cauliflower Milk	27 Baked Fried Chicken Biscuit Mashed Potatoes Gravy Country Blend Veg Milk	28 Pulled Pork Bun Coleslaw Baked Apples Milk	29 Easter Menu Ham Roll Mashed Potatoes & Gravy Carrots Milk 



What's in season?



March



www.YellowTurtleFitness.com

High concentration of Cynarin benefits digestive health, and plays a positive role in reducing cholesterol.

Silymarin content helps maintain optimal liver function.

Artichoke



Asparagus

Low calorie and low GI. Asparagus is an excellent source of Vitamin K and Folate, playing a helpful role in blood clotting - making it beneficial to those prone to Anemia.

Also supports healthy cell production.

Dense nutritional profile helps prevent and reduce oxidative stress + chronic inflammation. Studies have shown numerous cancer preventative benefits due to unique combo of carotenoids + flavanoids.

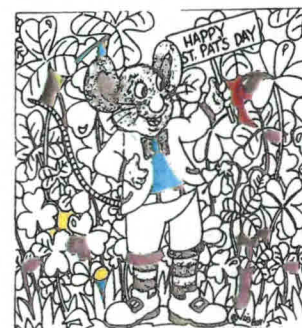
Scotch Kale



Chervil

Related to Parsley, with an anise-like flavour, Chervil is an anti-inflammatory herb with strong diuretic properties.

Very beneficial to those suffering from kidney disorders.





March Birthdays

<i>Rhonda Click</i>	1 st
<i>Johnsy Sullivan</i>	2 nd
<i>Kiley Maylee</i>	4 th
<i>Mona Brown</i>	5 th
<i>Mabel Headrick</i>	6 th
<i>Frances McCann</i>	6 th
<i>JoAnn Wibbenmeyer</i>	6 th
<i>Madelyn McGregory</i>	9 th
<i>Christopher McGregory</i>	10 th
<i>Cally Wren</i>	10 th
<i>Arlene Lunn</i>	11 th
<i>Meryldeen Britton</i>	11 th
<i>Doris Hedrick</i>	11 th
<i>Jerry Adkins</i>	15 th
<i>Emily Carswell</i>	15 th
<i>Rebecca Piatt</i>	19 th
<i>Kathy Garthoeffner</i>	28 th
<i>Beatrice Cordova</i>	30 th
<i>Freida Bridges</i>	31 st



St. Patrick's Day Word Search

b	s	e	p	c	i	t	i	o	w	r	i	e	s
i	o	p	a	p	d	k	e	r	h	k	b	n	d
i	g	i	d	f	i	p	t	h	i	a	u	w	m
d	u	n	g	e	n	u	m	o	c	s	s	g	a
m	w	e	p	i	b	r	c	p	d	g	h	e	s
r	s	h	a	m	r	o	c	k	f	k	i	i	
t	k	u	h	u	w	i	u	a	w	j	s	d	i
a	g	e	w	r	g	s	b	f	e	s	b	u	m
i	w	e	k	j	r	n	r	a	i	n	b	o	w
n	p	t	i	a	e	g	h	u	k	h	i	p	g
t	i	e	p	r	e	c	h	a	u	n	d	m	d
f	o	b	a	o	n	m	k	e	i	n	t	e	k
r	a	w	n	m	t	u	g	o	h	i	a	g	h
k	g	s	t	p	a	t	r	i	c	k	e	p	i

Shamrock	Luck
Green	Pot
Leprechaun	Pinch
Gold	St. Patrick
Rainbow	Irish

www.gagaplay.com

