



The Messenger

November 2023

Volume # 322 Editors: Rhonda, Angie & Missy

Website-salemha.com



November Hours Salem Housing Authority

Closed...

November 10th in honor of
Veteran's Day

November 23rd & 24th
for Thanksgiving



Please, please, please...

**Pickup after your pet...you
don't want to lose the
privilege of having your fur
baby ☺**



TV/INTERNET ISSUES...

FYI...It seems that tv and internet issues are becoming more frequent. Sometimes our maintenance can solve the issue but not always. It is ok to call Fidelity when you have these issues, sometimes they can fix from their end and sometimes they have to send out a technician. Fidelity's phone number-800-392-8070.

Notice to All Tenants

Reduction in Cable/Wi-Fi cost
Effective with November rent...
Everyone will pay \$1.00 less than
your normal rent payment. Due
to the cost being reduced from
\$25.00 to \$24.00 ☺

Yee-Haw

Social Security/SSI News!!

More than 71 million
Americans will see a 3.2%
increase in their Social
Security benefits and
Supplemental Security
Income (SSI) payments in
2024. On average, Social
Security retirement benefits
will increase by more than
\$50 per month starting in
January 2024.

Happenings Around Town...

Nov. 4 Smith Valley Barn-
Holiday Market 9:00-3:00
2586 Hwy. JH



Nov. 4-Christmas at the
Factory on Jackson 9:00-3:00
1601 S. Jackson

Don't Forget...
It is time to set your
clocks back an hour
before you go to
sleep on Sat., Nov.
4th ☺



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 ☺



Don't Forget the Drop Boxes

Now that cold weather is here,
remember you can drop your rent
check in the drop boxes out front or
have your children/caregivers do it
for you. If you need a receipt, let us
know. **STAY WARM & HEALTHY ☺**



Missy's Minute...A Note from me to you...



Just a note from me to start our new month of November... I can't believe November is already here...time sure does fly by...and I for one am NOT ready for the cold weather nor the holiday season...but here we go fast and furiously anyway...and I think I can smell the turkey and pumpkin pie cooking in the oven as I speak.



The leaves have been beautiful, and I hope you have had a chance to get out and see some of them, with the hard freeze and rain the leaves will fall quickly now!

With the colder temperatures...I want to remind everyone to be energy aware. Make sure your windows are securely shut, and you are not running your air conditioners and heat at the same time. WE FIND THIS HAPPENS A LOT MORE THAN YOU ARE AWARE OF WHEN MAINTENANCE IS CALLED TO CHECK FOR A HIGH UTILITY BILL. So PLEASE verify you are not running both at the same time. Also, close your front doors, the storm doors are not insulated and let in a lot of cold air. If you want to see out, open your curtains and blinds on your windows the sun will warm your apartment naturally, also remember to clean the dust off the baseboard heaters and mini split...when they get turned on...remember to be mindful of furniture and curtains that may be too close to the heaters...you may have to move or pull them back to prevent any fire danger. Let's be safe in our home.

Time will change the first Sunday in November 5th so remember to set your clocks back an hour we will lose an hour of precious daylight in the evening.

Our Office Lobby will be closed on November 3rd please use the Rent Drop Box for Paying your Rent. We will be working with a slim staff and answering phones and taking work orders. Leave a message if phone lines are busy and it will be returned.

Salem Housing will be closed on Friday, Nov 10th in observance of Veteran's Day Nov 11th, 2023.

We will be closed Thursday and Friday Nov 23 & 24 for the Thanksgiving Holiday.

I hope this letter finds you all happy and healthy...and for all that have been ill... a speedy recovery! And to those of you that have lost a loved one...or a close friend...you have my heart felt sympathies. You are all in my thoughts and prayers.

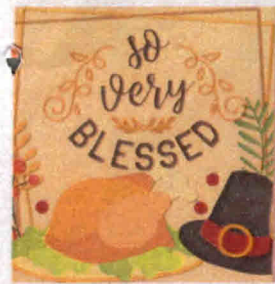
I want to wish you all a Happy Thanksgiving Holiday and I would hope it is a time for many of you to get to spend time with your families and friends...for that is the true Blessings we receive. And remember to give thanks.

Missy



Neighborhood News- November

Autumnwood & Bright Meadows

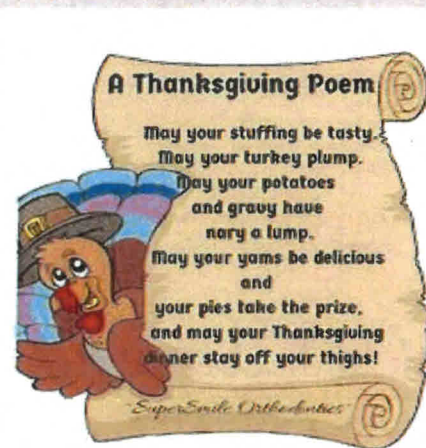


Get Well
Beverly Canaday
Alicia Kane



Thinking of you
Joyce Conaway
Theresa Pogue

Sympathy
Don Enke & family- Wife
James & Sarah Mooney-Twin Sister/Aunt
Bonnie Parks-Sister-in-law
Doris Hedrick- Sister
Kathy Schivitz- Sister-in-law



Did you know that if you have turkey questions, you can call...1-800-288-8372 (Butterball)



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***



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, Nov. 16th, 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.

New time: 10:00 a.m.

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.

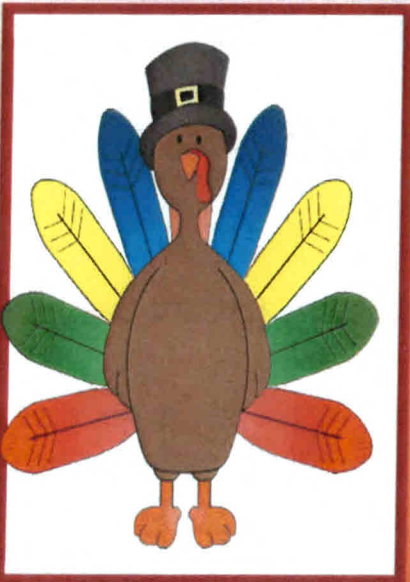
EMERGENCY NUMBERS

*#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.



Medicare Tips



Name/Number
JOHN L SMITH

Medicare Number/Options for Medicare
1EG4-TE5-MK72

Enrolled for/Options for Medicare
HOSPITAL (PART A)
MEDICAL (PART B)

Coverage starts/Effective date
03-01-2016
03-01-2016

Protect your Medicare card like it's a credit card! Your doctor is usually the only person who ever needs to see it – unless you are changing plans, then your agent or broker will need to see it. Medicare will never call you and ask for your Medicare number. Don't give it out unless you are comparing plans and know you might be making a change. Hopefully, I'm the one doing that for you.

Your "Medicare & You" book is your Medicare bible. It has a lot of useful info about how Medicare works, and it's pretty easy to understand. You should get a new copy each year in the fall.



**Medicare
& You**
2023



If you have a smartphone, there's a useful app called "What's Covered" where you can search and see how Medicare covers certain things.

1. Medicare will never call you. And they certainly won't ask you for your Medicare number – they would already have it.
2. If you have a Medicare Supplement, you don't need to do anything during the fall enrollment period except to review your drug plan to make sure everything is still covered (you don't want any bad surprises).
3. Junk mail - if it uses words or phrases like "you may qualify," "see if you are eligible," or "extra benefits" - it's most likely junk mail.
4. If you have an Advantage Plan, the company you are with probably WILL call you to make sure you're getting what you need. Just make sure it's actually them, and not someone trying to switch your plan.
5. If you have received a letter from the Dept of Senior Services that says you may have a change in Medicaid, it's important. We can help at no charge, or you can go to the DSS office at 800 W. Scenic Rivers Blvd. in Salem for assistance.

simple.

If you're like most people, you like the simpler things in life. Things that are easy to understand and easy to use. Unfortunately, Medicare isn't one of those 'simple' things.

All that stuff about copays, coinsurance, deductibles...and all those letters for the different Medicare parts and plans! You almost need a degree in insurance to understand it all.

Unless you have a secret weapon. Yes, there's a secret weapon, and it's simple.

It's your Medicare broker. This is the ONE person who can help make all of that complexity go away. Your agent or broker is the person who has your back.

It's the person that you can text on a Friday night at 7 pm because you got a bill in the mail that you don't understand. It's the person you can call when your Medicaid coverage is changing, or you have a new prescription that isn't covered and you're not sure what to do.



Let me introduce myself. My name is John Stagner, and I'd love to be your "secret weapon."

We're located right here in Salem, and this summer, we tripled our staff to be able to serve you better. We have a new location right here in town, and have added an executive assistant with nearly two decades of experience in the healthcare industry, as well as a licensed LPN who is also a Medicare broker, trained in all aspects of Medicare and state and federal programs.

If you are already a client - thank you! If you aren't, we'd love to help.

We are willing to go the extra mile to make sure you can live life simpler.



1004 W. Scenic Rivers Blvd., Salem

573-247-2391



STAGNER
INSURANCE AGENCY

Your Local

*Certified Background Checked
State Licensed - Nationally Licensed
Contracted National Medicare Instructor
Independent Broker - Medicare & Life Insurance*



John Stagner

November 2023

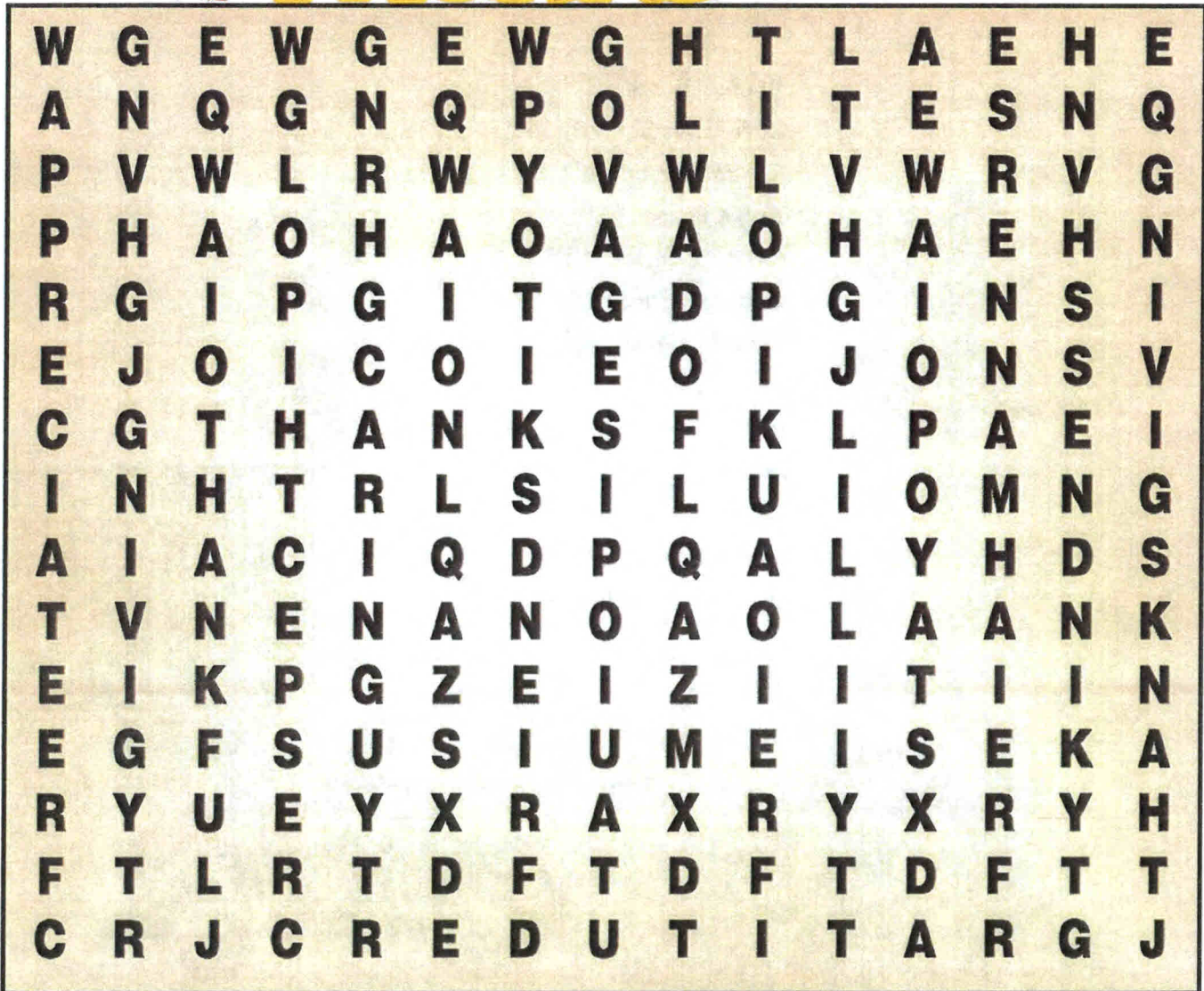
Mon	Tue	Wed	Thu	Fri
Salem Senior Center 604 N McGrath Lane Salem, MO 65560 573-729-2373	Lunch is served Mon-Fri 11:00am to 12:30pm \$5 Contribution 60 and over \$7 for those under 60	1 Honey Mustard Chicken Pasta w/Country blend vegetables Fruit Milk	2 Pulled Pork Mac & Cheese Baked Beans Coleslaw Milk	3 Oven Fried Chicken Biscuit Corn Baked Potato Milk
6 Philly Cheese Steak Sloppy Joe Bun Honey Butter Skillet Corn Peas & Carrots Milk	7 Creamy Chicken Pot Pie w/Biscuit Beets Fruit Milk	8 Smothered Pork Chop Cheesy Bay Biscuits Honey Glazed Sweet Potato Baked Apples Milk	9 Breakfast for Lunch Omelet Sausage Biscuits & Gravy Hash Browns Sautéed Onion & Pepper Milk	10 Closed 
13 Roast Beef Open Faced Sandwich Bread Mashed Potato & Gravy Fruit Milk	14 Lisa's Chili Corn Bread Baked Potato Bar Milk	15 Meatloaf Biscuit Mashed Potato & Gravy Green Bean & Corn Casserole Milk	16 Spaghetti & Meatballs Garlic Breadstick Mixed Vegetables Peaches Milk	17 Ham & Beans Corn Bread Fried sliced Potato w/ Onion Spinach Milk
20 Taco Bar Soft shell tortilla or chips Mexican Street Corn Refried Beans Lettuce/tomato/onion Milk	21 Roasted Turkey Roll Green Bean Casserole Mashed Potato & Gravy Milk	22 Ham & Potato Cheddar Soup Grilled Cheese Sandwich Baked Corn Milk	23 Closed in observance of Thanksgiving 	24 Closed in observance of Thanksgiving
27 Chili dogs Bun Loaded Potato Wedges Carrots Milk	28 Meatloaf Roll Mashed Potato/Gravy Green Beans Milk	29 Parmesan Crusted Fish Mac & Cheese Broccoli w/ Bacon Stewed tomatoes Milk	30 Ham & Potato Casserole Biscuit Green Beans Peaches Milk	Dessert is served on daily basis Menu is subject to change based on availability

November 2023

Mon	Tue	Wed	Thu	Fri
		1 Bingo with Tia & Abby 12:30pm	2	3 Sittercize Class Slo Motion exercises 10:00am
6	7 Sittercize Class Slo Motion exercises 10:00am Current River Blue Grass Band 6:00pm	8	9	10 CLOSED HOLIDAY
13	14 Sittercize Class Slo Motion exercises 10:00am	15 80's Trivia with Abby & Tia 12:30pm	16 Bingo w/ Brenda & Bernice 12:30pm	17 Sittercize Class Slo Motion exercises 10:00am
20	21 Sittercize Class Slo Motion exercises 10:00am Current River Blue Grass Band 6:00pm	22	23 CLOSED HOLIDAY	24 CLOSED HOLIDAY
27	28 Sittercize Class Slo Motion exercises 10:00am	29	30 	



Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

1. GIVING
2. THANKS
3. THANKSGIVING
4. HOLIDAY

5. GRATEFUL
6. GRATITUDE
7. KINDNESS
8. CARING

9. FAMILY
10. FRIENDS
11. HEALTH
12. APPRECIATE

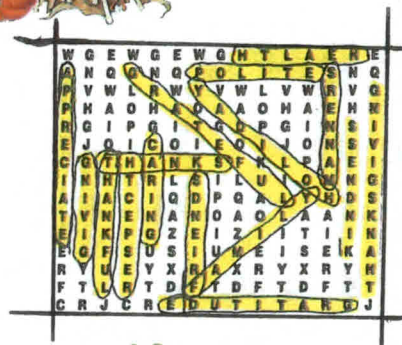
13. RESPECT
14. THANKFUL
15. POLITE
16. MANNERS



NOVEMBER

BIRTHDAYS

Bonnie Quick 3RD
 Kathaleen Schivitz 4th
 Tricia Lemon 8th
 Angie Siers 12th
 Charline Short 13th
 Deborah Enke 16th
 Beverly Smith 16th
 Anna Cottrell 20th
 Matthew McDowell 20th
 Nancy Flewelling 22nd
 Debra Lemon 23rd
 Aaron Taylor 24th
 Elizabeth Seelye 26th



THANKSGIVING RIDDLE ME THIS ANSWERS

#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18	#19	#20
N	J	K	H	R	Q	T	S	P	A	O	G	F	C	E	D	M	L	B	I

Thanksgiving Riddle Me This

Be First To Match The Riddle To The Correct Answer.



1. ____ Where do turkeys go to dance?
2. ____ Why was the turkey the drummer in the band?
3. ____ What should you wear to Thanksgiving dinner?
4. ____ What key won't open any door?
5. ____ Why did the turkey cross the road?
6. ____ What do you get when you cross a turkey with a centipede?
7. ____ What do you call it when it rains turkeys?
8. ____ Why did the police arrest the turkey?
9. ____ What kind of music did the Pilgrims like?
10. ____ What is a scarecrow's favorite fruit?
11. ____ Which Thanksgiving food has grandchildren?
12. ____ What happened when the turkey got into a fight?
13. ____ What's a baby turkey called?
14. ____ Rich people eat what on Thanksgiving?
15. ____ When the early settlers got sick, what did they take?
16. ____ What's inside a genie's turkey?
17. ____ The pilgrims' cows came to America on what ship?
18. ____ What sound does a turkey's phone make?
19. ____ What do math teachers do on Thanksgiving?
20. ____ What do you get if you divide the circumference of a pumpkin by its diameter?

- A. Straw-berries
- B. Count their blessings
- C. 14 karats (carrots)
- D. Wishbones
- E. Pill-grims
- F. A peeping Tom
- G. He got the stuffing knocked out of him
- H. A tur-key
- I. Pumpkin pi
- J. Because he had the drumsticks
- K. A har-vest
- L. Wing! Wing!
- M. The Mooooo-flower
- N. The Butter Ball
- O. The Gran-berry sauce
- P. Plymouth rock
- Q. 100 drumsticks
- R. It was the chicken's day off
- S. They suspected it was foul play
- T. Foul weather



TOTAL CORRECT: _____



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

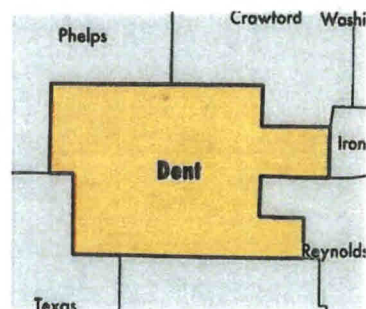
Call at least 3 business days in advance

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.