

The Messenger

September 2023

Volume # 320 Editors: Rhonda, Angie & Missy



Website-salemha.com

Salem Housing
Will be closed on
Monday, Sept. 4th



For Your Info....

Effective on
September 21 and
going forward,
Shipley's Ex-
terminating will
start treating units
at 10:00a.m. (Prior to
this they began at
1:00 p.m.) We are
sorry for any
inconvenience.



Welcome to our "newest"
Commissioner, Sherry Lea.
Sherry is the Director
at Salem Community Center at
the Armory and will make a
great addition to our Board.
The Board of Commissioners
include:

Joe Brand-Chairman
Rose Kinerk-Co-Chair
Richard LaBrash-Member
Sherman Odom-Member
Wanda Henson-Resident Member
Missy Mahurin-Executive
Director/Board Secretary

Seymour Apple Festival

Downtown Seymour, Mo
September 7-9
Food, Crafts & Fun!
Free Admission



A day without a friend, is like a pot without a
single drop of honey left inside...



Girls Night Out

Thursday-Sept. 14th

4:30-7:30 p.m.

Salem Community

Center At the Armory

Bring canned goods for a chance
to win a gift card. One ticket per
item. The more you donate the
greater your chance to win.
Donations will be given to
Grace Harbor & Sacred Heart
Food Pantry.



DOG OWNERS

Remember to pick up
after your dog "potties".

IT IS THE RULE,
stated in the **Pet Policy**
that you signed. There
will be

NO EXCEPTIONS 😊

Missy's Minute...

Just A Note...From Me To you...



Hello everyone...September has once again arrived ever so quickly. The children are all back in school and settling into their new routines. Time stands still for no one!!! Fall is fast approaching, and the leaves will start to change...it can be a beautiful time of year. With all the extra moisture lately our yards have greened up and I hope the fall leaves will be beautiful in color this year.

Roof Replacement will begin again soon until we get all of the Autumnwood apartments finished up ...with just a few buildings left to be done. Trainor & Sons will be starting to replace the remaining roof probably this fall.

I have been trying to get the Annual Inspections scheduled for this fall and I am still awaiting a date. ALL apartments will be inspected. Please prepare your apartments and flower beds. A NOTICE will go out to everyone as soon as a date has been set.

It is very important to make sure everything in your apartment is working, there will be a checklist sent out with the notice, this checklist is an important reminder of things you might not normally think to check for in your apartment. Please take time to declutter and clean off counters, pick up, fold, and put away laundry, clean your floors.

Life is about making choices. You're always one decision away from a totally different life. Fall reminds us that change can be a beautiful thing. But choose wisely.... Be a good neighbor, friend, role model, and most certainly...be good to yourself.

My sympathies to all that have lost someone and get well wishes to those sick...May God Bless You All.

Missy 😊





Neighborhood News- September

Autumnwood & Bright Meadows

Get Well

JoAnn Enke
Mitchell Uland
Wanda Hornbeck
Linda White
Carmen Koebbe
Virginia Watson
Marion Barton
Frank & Trish Scherer

Sympathy

Bill Hulson
Jimmy Williams

Goodbye, We will miss you!

Dolores Sutterfield

Remembering 9/11

Tragedy struck our country to-day. I know that there could have been anther way. To keep the peace, Without having to cease. The Terrorists thought that they were smart, but only because they didn't have a heart. They were too selfish to care, And we all cried out in terror. We asked who would be next? As the police found the suicide text. Though the acts of hatred are over, and we tried to run for cover. A dark cloud still covers the sky. There is no explanation of why. Our country may go to war, We'll show them that we can still soar. The Twin Towers are down, and there is nothing to be found. None of us give up hope, As we all try to cope. This day we are going to remember. That sad day in September.

After Hours Emergency Maintenance :729-2748/247-3843/247-3872 (Emergencies only)-NOT FOR GENERAL WORK ORDERS! Any-thing 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***

September 2023 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, **Sept. 21st**, 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

Call in this order, please...

*#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.

Schedules at office...

SMTS BUS



573-729-3133

Anyone can ride !!

Menu

September 2023

Mon	Tue	Wed	Thu	Fri
Salem Senior Center 604 N McGrath Lane Salem, MD 65560 573-729-2373	\$5 contribution for those over the age of 60 \$7 per meal for those under 60	Serving Lunch Mon- Fri 11:00am to 12:30pm		1 Cheddar Baked Chicken Pea Salad Potato Salad Breadstick Milk Dessert
4 Closed In observance of Labor Day 	5 Breakfast for Lunch Eggs Sausage Hash browns Biscuits & Gravy Fruit Juice Milk Cinnamon Roll	6 Sloppy Joes/Bun Roasted Zucchini Fruit Milk Dessert	7 Creamy Chicken Pot Pie Lettuce Salad Milk Dessert	8 Roasted Pork/Gravy Mashed Potatoes Green Beans Roll Milk Dessert
11 Baked Chicken Legs Corn on the Cob Cucumber/Tomato Salad Roll Milk Dessert	12 Big Mac Sloppy Joe Lettuce Salad Mixed Vegetables Bun Milk Dessert	13 Pulled Pork/Bun Macaroni Salad Coleslaw Applesauce Milk Dessert	14 Meatloaf Mashed Potatoes Gravy Green Beans Roll Milk Dessert	15 Ham and Cheese Sliders Potato Salad Mixed Vegetables Fruit Milk Dessert
18 Polish Sausage/Bun Kraut Scalloped Potatoes Milk Dessert	19 Herb Baked Chicken With Dressing & Gravy Peas & Onions Fresh Melon Milk Dessert	20 Pot Roast Mashed Potatoes Gravy Carrots Rolls Milk Dessert	21 Ham Sweet Potato Casserole Mixed Vegetables Roll Milk Dessert	22 Cheeseburger w/Bacon, lettuce, tomato, onion Loaded Tots Fruit Milk Dessert
25 Parmesan Crusted Fish Rice Pilaf Roasted Carrots Fruit Milk Dessert	26 Meatloaf Mashed Potatoes Gravy Green Beans Roll Milk Dessert	27 Fried Chicken Mashed Potatoes Gravy Country Blend Veg Biscuit Milk Dessert	28 Grilled Pork Steak Broccoli Salad Zucchini & Tomatoes Roll Milk Dessert	29 Ham & Beans Potatoes & Onions Spinach Cornbread Milk Dessert

Sr. Center Schedule September 2023

Mon	Tue	Wed	Thu	Fri
<p>Salem Senior Center 604 N McGrath Lane Salem MD 65560</p> <p>573-729-2373</p>		<p>Hello, September!</p>		<p>1 Sittercize 10:00am</p> <p>Birthday and Anniversary Celebration with Lou from Hauer Insurance Group 12:00pm</p>
<p>LABOR DAY</p> 	<p>5 Sittercize 10:00am</p> <p>Current River Blue Grass Band 6pm</p> 	<p>6 Bingo with Tia & Abby 12:30pm</p> 	<p>7 Movie "The Last Laugh" Comedy with Chevy Chase and Richard Dreyfuss 12:30pm</p>	<p>8 Sittercize 10:00am</p> <p>Food Bank Delivery 9:30am Volunteers needed to help sort and put away.</p>
<p>11</p>	<p>12 Sittercize 10:00am</p> 	<p>13</p>	<p>14 Bingo Berniece & Brenda 12:30pm</p> 	<p>15 Sittercize 10:00a</p> 
<p>18</p>	<p>19 Sittercize 10:00am</p> <p>Current River Blue Grass Band 6pm</p> 	<p>20 Board Games 12:30pm</p> <p>Board Meeting 12:30pm</p>	<p>21 Cards with Berniece & Brenda 12:30pm</p> 	<p>22 Sittercize 10:00am</p> 
<p>25</p>	<p>26 Sittercize 10:00am</p> 	<p>27 Name That Song 12:30pm</p> 	<p>28 Trivia w/Denine from Oak Pointe of Rolla 11:30am</p>	<p>29 Sittercize 10:00am</p>

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

Prescription Issues?

If you are having problems getting your prescriptions covered, or the cost of prescriptions is too high, DON'T MISS this free presentation! You will learn strategies that will save you money!

Tips to find Savings on Prescription Drugs

John Stagner
Independent Insurance Broker
(573) 247-2391



WHEN: Wednesday, Sept 13, 5:30 pm

WHERE: Salem Senior Center Main Conference Room

(Use the Housing Authority entrance on McGrath Lane, NOT the Senior Center entrance)

Presentation is approx 45 minutes, followed by Q&A. Light refreshments served.
No obligation, no expectations. Just come and learn!



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

Shopping Day



teacup



ice-cream
cone



top hat



flashlight

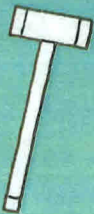


needle

drinking
straw



drinking
glass



mallet



scrub brush



slice of cake



boomerang



hotdog



candy corn



flag



horn



envelope



domino



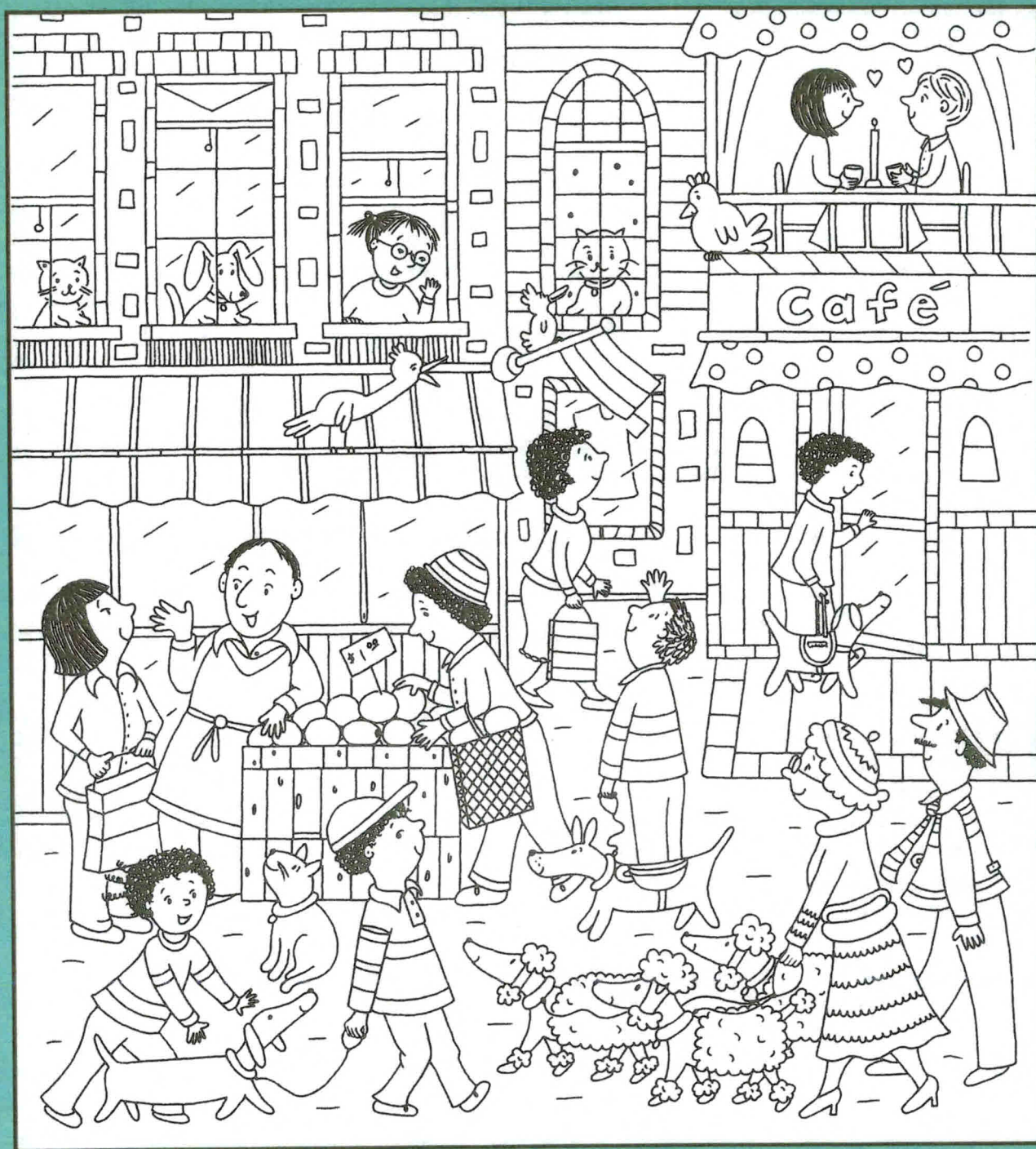
bowl



broccoli



olive



Art by Viki Woodworth

MEDICAID RENEWALS@Medicaid.gov Phone: 573-751-3425

Renew Your Medicaid or CHIP Coverage as COVID-19 becomes less of a threat, states will restart yearly Medicaid and Children's Health Insurance Program (CHIP) eligibility reviews. This means your state will use the information they have to decide if you or your family member(s) still qualify for Medicaid or CHIP coverage. If your state needs more information from you to make a coverage decision, they'll send you a renewal letter in the mail. Most children can still be covered through the Children's Health Insurance Program. For details, check your Medicaid notice or contact your state Medicaid office at the links below. Get ready to renew now Here are some things you can do to prepare for the renewal process: 1. Update your contact information - Make sure your state has your current mailing address, phone number, email, or other contact information. This way, they'll be able to contact you about your Medicaid or CHIP coverage. 2. Check your mail - Your state will mail you a letter about your coverage. This letter will let you know if you need to complete a renewal form to see if you still qualify for Medicaid or CHIP. 3. Complete your renewal form (if you get one) - Fill out the form and return it to your state right away to help avoid a gap in your coverage. If you no longer qualify for Medicaid or CHIP. You may be able to buy a health plan through the Health Insurance Marketplace, and get help paying for it. Marketplace plans are: 4 out of 5 enrollees can find plans that cost less than \$10 a month. Plans cover things like prescription drugs, doctor visits, urgent care, hospital visits, and more.

Dolly Parton's Famous Cinnamon Bread Recipe

Serves 8; makes 2 loaves

Vegetable oil cooking spray

1/2 cup sugar

1 1/2 tbsp cinnamon

1 1-lb loaf frozen bread dough, thawed

4 tbsp (1/2 stick) butter, melted

1 cup powdered sugar, sifted

2 tbsp water or fresh lemon juice, plus more as needed

- 1. Coat two 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans with vegetable oil cooking spray. In a shallow dish, combine the sugar and cinnamon and set aside.**
- 2. Cut the dough lengthwise into two pieces. Make four shallow, crosswise slits in each piece. Brush the loaves all over with butter. Roll each loaf in the cinnamon mixture, packing it into the creases. Place loaves in the prepared pans and set aside in a warm place to rise for 30 minutes.**
- 3. As the bread rises, preheat oven to 300 degrees.**
- 4. Bake the bread, turning the pans around once, for 35 minutes or until the top is golden and a tap on the bottom of the pan yields a hollow sound.**
- 5. Meanwhile, make the glaze. In a small bowl, vigorously stir together the powdered sugar and water (or lemon juice), adding more liquid as needed, until the mixture is smooth. Turn the breads out onto a rack while they're still warm; drizzle with the glaze.**

1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY

BARNEY MILLER

BIONIC WOMAN

BONANZA

BRADY BUNCH

CHARLIE ANGELS

EMERGENCY

FANTASY ISLAND

GOOD TIMES

GUNSMOKE

HAPPY DAYS

HOGAN'S HEROES

LAND OF THE LOST

NIGHT GALLERY

POLICE WOMAN

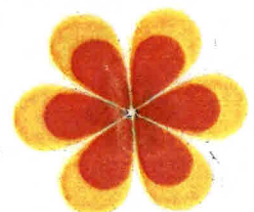
ROCKFORD FILES

THE JEFFERSONS

THE ODD COUPLE

THE WALTONS

THREE COMPANY







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

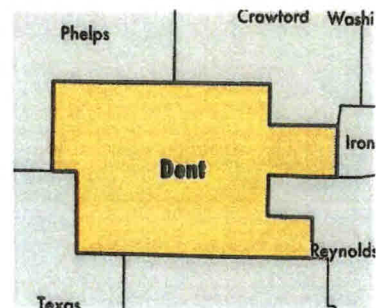
Call at least 3 business days in advance

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

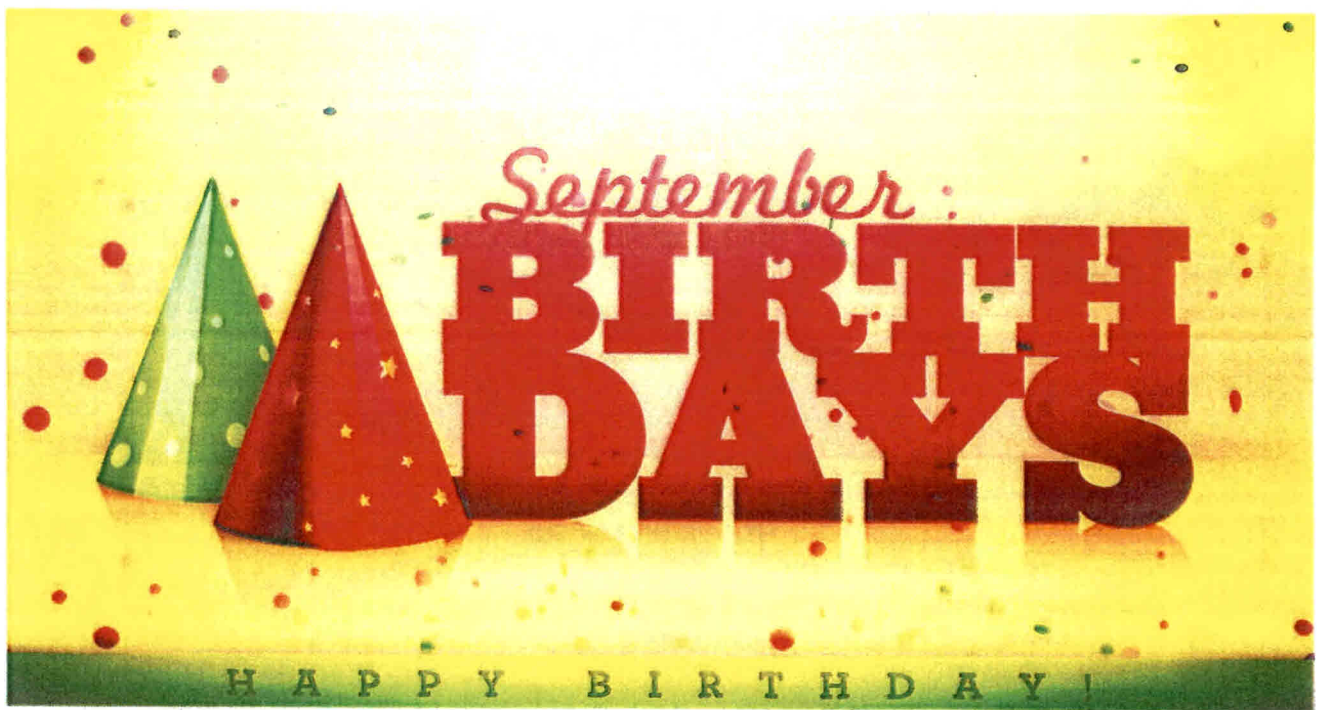
Required Fare

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.



According to
our current
tenant
population
for anyone
born in
September
total years
calculate to
1,159
birthday
celebrations!

RAY SUTTON	3
VERONICA BONE	4
KIMBERLY COUNTS	5
CALEB AYERS	7
JEANIE BAKER	12
MARY RUDD	12
DEE FISHER	13
ROBERT WISDOM	19
EUEL TAYLOR	21
JUNE THOMPSON	23
OTIS BROWN	24
JOHN ROLLER	24
JAMES FOLTZ	25
CAMILLA MAHAN	26
TERESA TERRILL	26
EUGENE CROUCH	28
MEGAN MCGREGORY	28
VELMA PACE	30
KELLIE BROYLES	30

