



# THE MESSENGER

## MAY 2024

VOL. #328



Editors: Rhonda, Angie & Missy

Salem Housing Authority  
Will be closed on May 27<sup>th</sup>  
In honor of Memorial Day



### New Neighbors...

It seems that Spring always brings movement in our housing community. Some folks move here because they are recently widowed, can no longer keep up with their homes, have developed health issues or for numerous other reasons. Change is NEVER easy for anyone. So, if you notice someone new moving in, take the time to greet them with a smile and welcome them to our wonderful neighborhood.

Being a good neighbor is an Art which makes life richer!



### Spring Health Fair & Vaccine Clinic May 3<sup>rd</sup>

7 a.m.-1 p.m.

1010 E Scenic Rivers Blvd.

FREE BASIC SCREENINGS

Other Tests Offered

Call: 573-729-3106



### CITY WIDE YARD SALES

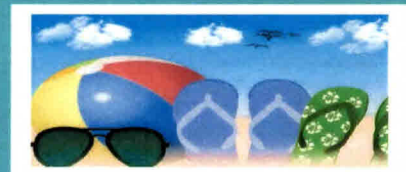
It is time once again for Salem's city-wide yard sales! Friday, May 3<sup>rd</sup> & Saturday, May 4<sup>th</sup>. This is a great time to hunt for bargains or sell some of your stuff and do some Spring cleaning 😊

### Mothers Day Prayer

THINKING OF YOU ON MOTHER'S DAY,  
AND SAYING A special PRAYER—  
THAT GOD,  
WHO KNOWS HOW DEAR YOU ARE,  
WILL KEEP YOU IN HIS CARE.  
THAT HE WILL bless YOUR DAILY LIFE  
WITH JOYS OF EVERY KIND—  
WITH PERFECT HEALTH AND HAPPINESS  
AND peace OF  
HEART AND MIND.

### Last Day of School

R-80 will dismiss school for Summer break on May 17<sup>th</sup>. Another school year has flown by and it is time to enjoy the fun that warmer weather and sunshine bring!





May 2024

## Missy's Minute....

Just A Note...from Me to  
You!

Finally, May is HERE!!!! and the weather cannot seem to make up its mind these days if spring is here or not...we have a beautiful day then a cold windy rainy day. I am so READY for consistently warm weather and some much-needed porch sitting...yard working days and the warm sunshine!

**We will be having an extra trash day in May...**so please take this opportunity to take the time to clean out those closets & spaces that get overcrowded thru the year...and please take advantage of the extra trash day to get rid of all that clutter. *Somehow springtime is the perfect time when we naturally get that urge to clean and it makes us feel renewed and energized after a job well done...not to mention proud of what we have accomplished.*

It will soon be that time again that the federal government will start doing inspections again and will be sending out notices to Housing Authorities of up coming inspections.

I would like to remind you all that with the school year over in May... there will be more children walking, playing, and riding bicycles in and around our neighborhoods and streets. Please be aware and help keep everyone safe by slowing down.

*I also want to thank all the children that are participating in the What Home Means to Me Contest! Your Poster's are always BEAUTIFUL, and I wish you luck in the Contest! And I can't wait to see them!!! 😊*

I want to wish all of you Mother's... A Happy Mother's Day...may it be blessed with good times and or good memories.

**Our SHA Office will be closed** for Memorial Day Monday **May 27<sup>th</sup>** . It will officially kick of summertime...family vacations, BBQ's, Decoration Day activities with remembrance of special people and times gone by...

"Remember there is nothing more important as family" and our greatest achievement in life is our children for those are our true trophies we leave behind...be thankful everyday for your mother and take time for her...even if its just time for strolling thru your lifetime of memories she has left you.

Until next month, be safe and be happy. 😊

Missy

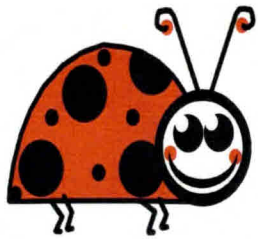
HAPPY  
Mother's  
-DAY-



*May All Your Weeds Be Flowers Mom...I Love you Forever!*







# Neighborhood News May 2024



### Get Well

**Welcome Home!** Eugene Crouch

Kareh Gresham

Mary Rudd

### Sympathy

Kathy Schwitz- Son & Special Friend

### Congratulations

Jacklyn & Jeffrey Troyer

### See Ya Later....

Don Enke

William Hutson

Debra Emory

### Welcome to the Neighborhood

Dale Watson

## National Elder Fraud Hotline

Romance Scams/Grandparent Scams

Government Impersonator Scams...

Every kind of scam imaginable is going on

today & unfortunately a lot of them are

geared toward elderly folks. Never agree

to give your bank information over the

phone for any reason. If you do, your

entire account can be wiped out in a

matter of seconds.

### Proceed With Caution ...

if needed call the National Elder

Fraud Hotline @ 1-833-372-8311

M-F 9:00 a.m.-5:00 p.m.

**After Hours Emergency Maintenance :573-247-3843 or 573-247-6012 or 573-247-3872 (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!**

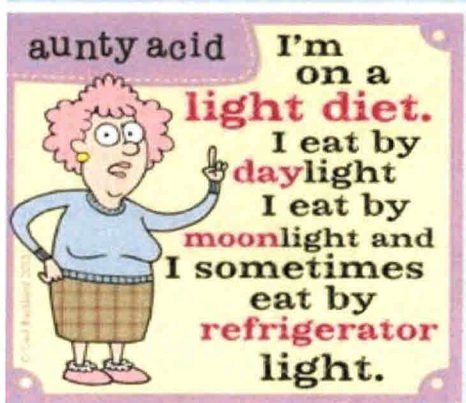
**\*Maintenance Work Orders** must first be called in to the Office: 729-6453

**\*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*





# Hello May! Happy Spring!

*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!**

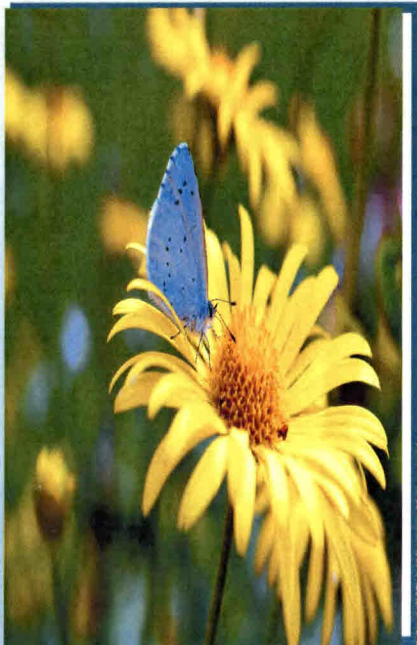
**Anderson Foot Clinic is at SMDH every 2nd & 4th Wednesday of each month. Call 573-341-3668 for details and an appointment!**

**PEST CONTROL**— Shipley's Pest Control, along with SHA Maintenance will be treating apartments, **May 16th., 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.**

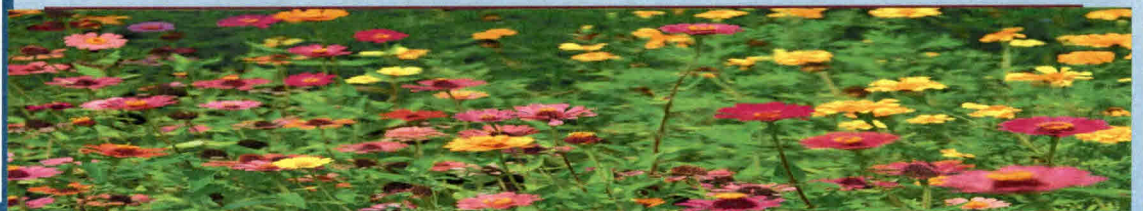
**NEW OXYGEN USERS:** Please alert the office so that we can place a sticker on your door.



## 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.**







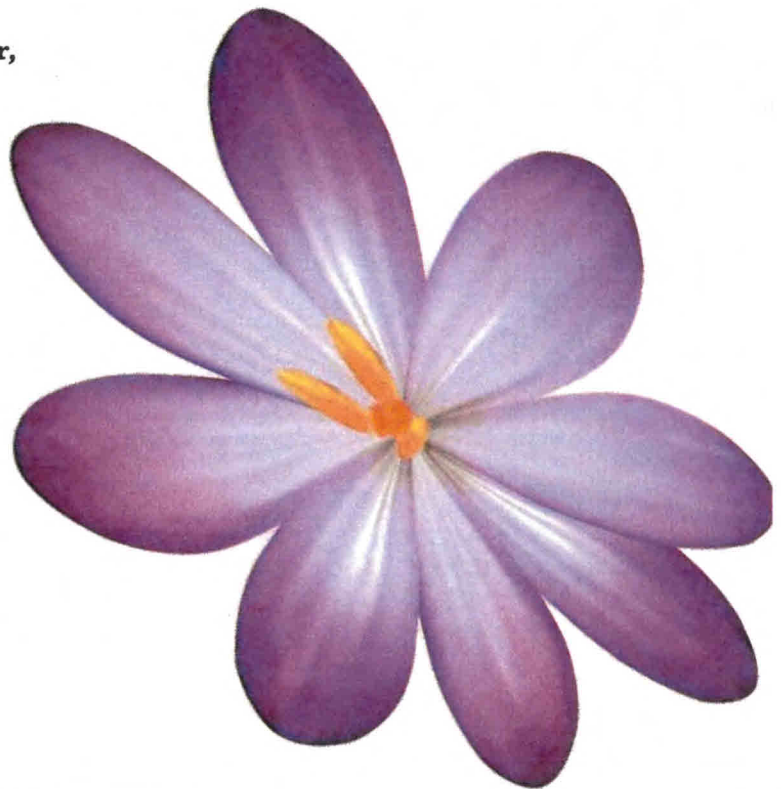
- Laura McMurry 2
- Rose Marie Coleman 2
- Nancy Marrill 3
- Laura Lewis 4
- Cloe Carswell 5
- Monica Gott 5
- Alicia Kane 5
- Shirley Wofford 13
- Loretta Marrill 18
- Marilyn Mueller 21
- Marcia Craft 22
- Paula Dooley 22
- Beth Nelson 24
- Rebecca Maylee 24
- William Henckel 25
- Steven Brown 26
- Cynthia Hayworth 29

## Mother's Day Word Search

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

APPRECIATE	CHOCOLATE	LOVE
CAKE	FAMILY	MOM
CARD	FLOWERS	SUNDAY
CHERISH	GIFT	THOUGHTFUL

"Of all the gifts  
 that life has to offer,  
 a loving mother  
 is the greatest  
 of them all."





# Salem Senior Center Lunch Menu



## May 2024



Mon	Tue	Wed	Thu	Fri
<b>Salem Senior Center</b> <b>604 N McGrath Ln</b> <b>Salem, MO 65560</b> <b>573-729-2373</b> <b>Meal Contribution:</b> <b>Over age 60 is \$5</b> <b>contribution. Under</b> <b>age 60 is \$7</b>	<b>*Menu is subject to</b> <b>change based on</b> <b>availability</b>  <b>Soup and salad bar</b> <b>served at 10:30.</b> <b>Lunch is served from 11 to</b> <b>12:30</b>	<b>1 Meatloaf-</b> <b>Beef/Gravy</b> <b>Bread</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>1% or 2% milk</b>	<b>2 Pulled Pork Sandwich</b> <b>Country Vegetables</b> <b>Apple Salad</b> <b>1% or 2% milk</b>	<b>3 <b>Cinco de Mayo</b></b> <b>Beef Tacos and</b> <b>Burritos</b> <b>Tortilla Shells</b> <b>Mexican Rice</b> <b>Black beans</b> <b>Pears</b> <b>Cinnamon Sugar</b> <b>Cookies</b> <b>1% or 2 % milk</b>
<b>6 Breaded Chicken</b> <b>Sandwich</b> <b>Cucumber/Tomato</b> <b>Salad</b> <b>Au Gratin Potatoes</b> <b>1% or 2% milk</b>	<b>7 Beef Pot Roast</b> <b>Roll</b> <b>Potato/Carrots</b> <b>Fruit Salad</b> <b>1% or 2% milk</b>	<b>8 Chicken &amp; Noodles</b> <b>Roll</b> <b>Peas &amp; Carrots</b> <b>Sliced Peaches</b> <b>1% or 2% milk</b>	<b>9 Creamy Baked Pork Chop</b> <b>Roll</b> <b>Mashed Potatoes</b> <b>California Blend</b> <b>1% or 2% milk</b>	<b>10 <b>Mother's Day</b></b> <b>Lasagna</b> <b>Garlic Breadstick</b> <b>Salad</b> <b>Italian Vegetables</b> <b>Strawberry</b> <b>Shortcake</b> <b>1% or 2% milk</b>
<b>13 Baked Ham</b> <b>Roll</b> <b>Hash brown Casserole</b> <b>Peas &amp; Onions</b> <b>1% or 2% milk</b>	<b>14 Baked Chicken Leg</b> <b>Roll</b> <b>Sweet Potatoes</b> <b>Meadow Blend</b> <b>Vegetables</b> <b>1% or @% milk</b>	<b>15 Parmesan Crusted Fish</b> <b>Cornbread</b> <b>Coleslaw</b> <b>Pinto Beans</b> <b>1% or 2% milk</b>	<b>16 Beef Stew</b> <b>Biscuits</b> <b>Stew Vegetables in</b> <b>Entrée</b> <b>Mixed Fruit</b> <b>1% or 2% milk</b>	<b>17 Cold Cut/Cheese Sub</b> <b>Potato Salad</b> <b>Fruit</b> <b>1% or 2% milk</b>
<b>20 Polish Sausage</b> <b>Bun</b> <b>Kraut</b> <b>Carrots</b> <b>1% or 2% milk</b>	<b>21 Bean with Ham</b> <b>Cornbread</b> <b>Fried Potatoes/Onions</b> <b>Spinach</b> <b>1% or 2% milk</b>	<b>22 Oven Baked</b> <b>Chicken/Gravy</b> <b>Biscuit</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>1% or 2% milk</b>	<b>23 Beef Soft Tacos with</b> <b>fixins</b> <b>Tortilla Shells</b> <b>Refried Beans</b> <b>Cinnamon Pears</b> <b>1% or 2% milk</b>	<b>24 <b>Memorial Day</b></b> <b>BBQ Rib on bun</b> <b>Potato Salad</b> <b>Baked Beans</b> <b>Fruit Cobbler</b> <b>1% or 2% milk</b>
<b>27</b> <b>Closed Memorial Day</b>  	<b>28 Spaghetti &amp; Meatballs</b> <b>Garlic Breadsticks</b> <b>Italian Veggies</b> <b>Peaches</b> <b>1% or 2% milk</b>	<b>26 Sweet &amp; Sour Chicken</b> <b>Fried Rice</b> <b>Oriental Blend</b> <b>Fruit Cocktail</b> <b>1% or 2% milk</b>	<b>30 Meatloaf-Beef Gravy</b> <b>Bread</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>1% or 2% milk</b>	<b>31 <b>Breakfast</b></b> <b>Scrambled Eggs/</b> <b>Sausage</b> <b>Biscuit/Gravy</b> <b>Hash browns</b> <b>Fruit Juice</b> <b>1% or 2% milk</b>





# MAY ACTIVITY SCHEDULE



Mon	Tue	Wed	Thu	Fri
<p>Salem Senior Center 604 N McGrath Lane Salem, MO 65560 573-729-2373</p>			2	<p>3 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p>
6	<p>7 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p> <p>6:00 PM Current River Blue Grass Band</p>	<p>8</p> <p><b>Game of Choice with Abby</b></p> <p><b>12:00</b></p>	9	<p>10 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p>
13	<p>14 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p>	15	16	<p>17 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p>
20	<p>21 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p> <p>6:00 PM Current River Blue Grass Band</p>	<p>22</p> <p><b>Game of Choice with Abby</b></p> <p><b>12:00</b></p>	23	<p>24 10:00 a.m.</p> <p>Sittercise Slow-motion Exercise</p>
<p>27 <b>CLOSED</b></p> <p><b>MEMORIAL DAY</b></p>	<p>28 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p>	<p>29</p> 	30	<p>31 10:00 a.m.</p> <p>Sittercise Slo-motion Exercise</p>

# NUMBER SEARCH #2

7 6 7 7 1 4 1 8 4 8 0 0 8 2 7  
9 0 1 2 4 7 2 5 2 0 7 9 4 6 8  
0 8 9 8 0 0 0 2 7 7 7 6 9 8 1  
5 7 6 7 1 7 2 6 8 9 0 9 2 2 7  
2 4 1 0 1 0 9 9 1 8 2 8 1 0 2  
1 1 7 9 9 6 5 2 1 7 6 8 4 5 8  
6 6 7 5 0 0 1 2 0 1 2 7 5 5 9  
8 9 0 2 4 5 5 7 7 0 8 4 1 1 6  
7 6 5 5 4 1 0 2 5 5 0 0 6 8 0  
7 6 7 0 0 2 4 6 7 9 6 7 9 7 7  
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9 2 1 5 4 4 7 6 8 9 7 0 7 0 8  
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8 0 5 1 6 8 4 4 1 8 1 1 1 7 7  
9 0 5 7 8 2 4 1 1 7 8 5 7 0 5

7402911

94122407

90527872

05782411

51876077

61810527

72896077

92154476

96177057

14184800

45169478

08741696

84418111

70262806

79052168

77770570





## 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

**2<sup>nd</sup> 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

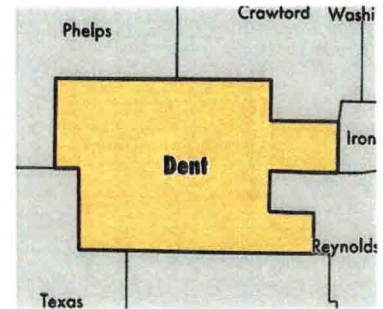
Call at least 3 business days in advance

**1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month** – service with Phelps County to St. Louis

**2<sup>nd</sup> & 4<sup>th</sup> 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:** SMITS 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.

SMITS 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 <sup>rd</sup> County	\$20.00
4 <sup>th</sup> & 5 <sup>th</sup> County	\$30.00

Under 60 without a verified disability

Required Fare

In-town	\$6.00
In-county	\$14.00
Adjoining County	\$21.00
3 <sup>rd</sup> County	\$30.00
4 <sup>th</sup> & 5 <sup>th</sup> County	\$40.00

Contrary to popular belief, transportation provided by SMITS **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  
SMITS provides transportation for all people, all ages.



