

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

August 2018



Reminder: Healthy Dent County and the Salem Memorial District Hospital sponsor a monthly 5K on the second Saturday of each month. You can run, walk, or skip along the course, it doesn't matter as long as you are moving. Meet at the Salem Community Center @ the Armory beginning at 8:00 AM.

4th Annual Salem Chamber Rodeo - MRCA/URA Outlaw Rodeo Production - Labor Day Weekend (Saturday & Sunday night). MRCA/URA Rodeo by Outlaw Rodeo Productions. Advance tickets will be on sale prior to event. \$8 adult \$4 child advance or \$10 adult and \$5 child at the gate. Bareback riding, calf roping, breakaway roping, saddle bronco riding, steer wrestling, team roping, barrel racing and bull riding. A kids' boot toss and calf scramble will take place each night for children 10 and under. Advance ticket holders can enter for chance to win an Amazon Tablet each night of the rodeo. Vendor booth space available. Contact the chamber office for more information and prices.

Project RISE: Healthy Dent County will be implementing a new program that will empower individuals and offer support as they strive to lead their families out of poverty. This program is titled "Project RISE", (Reaching Independence through Support and Education). This program will address root issues keeping families in poverty and works toward developing strategies to overcome these challenges and sustain long-term change. We will work with families over a 2-year time-frame, considering the unique situations and needs families are experiencing, and encouraging participants to choose their own goals and paths toward success. To ensure that this program is successful, allies (mentors) are needed to partner with the families and help guide them as they work their way out of poverty. To learn more about Project RISE a "Come and See" event will be held on Thursday, August 23rd from 6-7:30 pm at the Salem Community Center @ the Armory. See the enclosed flyers for additional information.

Poverty Charges Interest



Kim Shelton, Community Wellness Coordinator

I read a tweet the other day that said, “Poverty charges interest.” It was an interesting thought. I read it over and over, while the reality of the statement weighed on me. The realization of just how true a statement it was hit me.

People living in poverty struggle to meet even life’s most basic needs at times. The worst part of this is that those struggles inevitably lead to more struggles. Take food for instance. It is no secret that processed food is often cheaper than fresh and healthy food. Because of this, individuals in poverty eat a high proportion of cheap, processed, and nutrient deficient foods. The cost of the poor diet charges interest. You can’t afford fresh, nutrient dense foods? You may now be faced with long term health conditions caused by a poor diet such as diabetes, obesity, heart disease, and high blood pressure.

Next, let’s look at housing. Many families in poverty are living in outdated homes with inefficient appliances, windows, and insulation. What does the interest rate of poverty look like for this scenario? A family who cannot afford to update their appliances, install new windows, and new insulation will now be plagued with substantially higher electric bills, especially in more extreme weather months like the dead of winter or the middle of summer. Often times these families can’t afford the bill they receive forcing them to seek assistance, which often times is unavailable due to various circumstances. Not paying their bill will then charge even more interest by tacking on late fees and reconnect fees.

Healthcare is another huge issue. Roughly 28 million Americans are uninsured. This means 28 million people are left with tough choices when it comes to addressing health issues. Many opt to let things go, hoping that whatever ails them disappears. But what about when it doesn’t? Ignoring serious health issues will undoubtedly make them worse. So the small lump they may have found and dismissed a year ago could have very well progressed into stage 3 cancer by the time they decided to be seen. And even when they do act quickly to their health problems, they are then plagued with hefty medical bills and possibly prescription medication that they most likely can’t afford.

Poverty is not a quick fix. In many ways it is as if our world is set up to keep those in poverty down. It’s easy to dismiss the issue of poverty when you aren’t in it. It’s easy to say that someone should have budgeted better, gotten a better education, or not made certain choices that led them to living in poverty, but I urge you to look past your preconceived ideas and into the true lives of those struggling to stay afloat.



Tiger Nation

after-school program

September 4th, 2018

**Registration forms
will be going home
SOON!**



Who: 2nd-5th Salem Upper Elementary students

When: Monday—Thursday starting 9/4/18

**After school until 5:00 pm*

Where: Salem Upper Elementary school

What: Active learning after-school program

Questions: melissa@salemcommunitycenter.org or call 573-729-8163

S A L E M
Project RISE

Reaching Independence through Support and Education

Project Rise focuses on helping families reach personal and financial goals.

COME AND SEE EVENT!

Opportunity for long-term sustainability for families through support and education.

- Reduce Debt
- Improve Credit Scores
- Increase Income
- Strengthen Confidence
- Gather Hope for a Brighter Future



Thursday, August 23rd
6-7:30pm
Salem Community Center
@ the Armory
1200 West Rolla Road



Come Families!

Who might be interested in participating in the program.

Come Community Members!

Who might like to learn more or volunteer time or talent.

For more info and questions contact us:

Sherry Lea or Kelsey Schatz

578-729-8168

kelsey@salemcommunitycenter.org

SALEM Project RISE

Reaching Independence through Support and Education

ALLIES NEEDED

Project Rise focuses on helping families reach personal and financial goals.

Project RISE Allies should be able to:

- Build lasting friendships
- Provide emotional support
- Assist with brainstorming solutions and problems
- Walk with people in poverty toward a place of economic self-sufficiency

Allies are volunteers that engage in an intentional, befriending relationship with an individual or family working to become economically self-sufficient. Allies work with their Circles Leader to figure out how to accomplish his or her plan for self-sufficiency. Within the guidelines set by the Circles Ally Training, Allies do what makes sense and what brings joy to the relationship. Allies receive training to equip them in supporting families along their paths out of poverty.



Project Rise is a coalition formed by Healthy Dent County in partnership with area social service agencies and businesses.

For more information or an application, please attend our Come and See Event on Thursday, August 23rd from 6-7:30pm at the Salem Community Center @ the Armory.

1200 West Rolla Road, Salem, Missouri

For more info and questions contact us:

Sherry Lea or Kelsey Schatz

573-729-8168

Applications due
Thursday, August 30th

S A L E M
Project

RISE

Reaching Independence through Support and Education



Project Rise focuses on helping families reach personal and financial goals.

Project Rise will help you learn how to:

- Reduce Debt
- Improve Credit Scores
- Increase Income
- Strengthen Confidence
- Gain Hope

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Only 5-8 families will be accepted in the program.

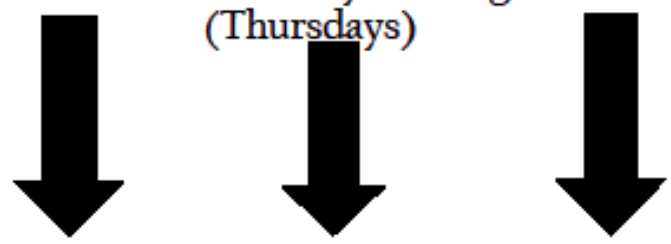


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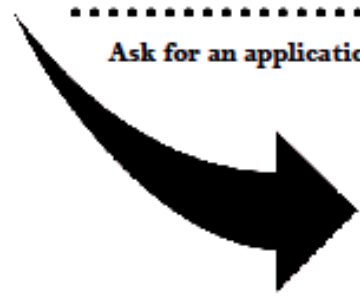
Are you eligible?
Are you?...



- Ready to make a change
- A family with at least 1 dependent child
 - A High School Graduate (or able to complete within 6 months)
 - A resident in Dent County
- Ready to commit to a 2 year program
- Able to attend weekly training classes (Thursdays)



Families must be willing to make a change!



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Ask for an application here and turn it in at the Salem Community Center @ the Armory
1200 West Rolla Road, Salem, Missouri

For more info and questions contact us:
Sherry Lea or Kelsey Schatz
573-729-8163
kelsey@salemcommunitycenter.org

Applications due Thursday, August 30th

HEALTHY DENT COUNTY & KSMO RADIO PRESENT



KSMO
1340 AM
SALEM, MISSOURI

Hosted at:
Salem Community Center
@ the Armory
1200 West Rolla Road, Salem

Saturday
November 3rd

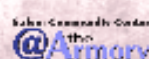
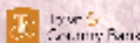
6:00pm—Doors Open • Cash Bar • Silent Auction
6:30-9:30pm—Gaming
9:30pm—Prizes

Blackjack • Craps • Roulette
\$50/person • \$85/couple

Ticket includes \$10,000 gaming money for prizes at the end of the night
(Extra \$5,000 if tickets are purchased before October 12th)

Old Hollywood themed attire is encouraged
(Extra \$1,000 for arriving in Old Hollywood attire)

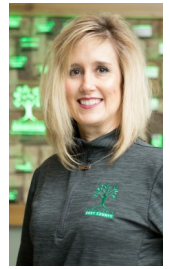
Tickets available at:
Salem Community Center @ the Armory
or online at <https://hdccasinonight.eventbrite.com>



For questions, please call us at (573)729-8163

NOON CLASSES

Susie Cahill, Fitness Director



I like to refer to our noon classes as a POWER LUNCH. We offer three lunch hour classes each week. They all begin at 12:15 pm and end at 1:00 each Tuesday, Wednesday and Thursday. All three are taught by me, although I get a lot of help from a couple of our instructors. These noon classes are very relaxed and informal, but we still manage to get a great workout in. It's wonderful to re-energize mid-day and get back to work with a new focus. The best part of the noon workout is having your evenings completely free!

Our Tuesday noon class is our cardio day. We do everything from high to low impact moves. It depends on the fitness level or physical ability of the individual. Everyone works at their individual level. Examples of each level are given as the workout progresses and it's up to the individual to choose what their body needs. While Tuesdays are considered cardio day, we do not ignore the major muscle groups. They ALL get plenty of attention. Heart rates are going up as we "glisten" and enjoy the atmosphere and friendship of the members around us.

Our Wednesday class is devoted to the Abs. We hit the core pretty hard, but we still give some love and attention to the rest of the muscle groups as a special bonus. It's amazing to learn how many ways to strengthen your abs do not include a standard sit-up. Some Wednesdays are spent targeting the abs from an upright, standing position and others are spent relaxing on a mat. Okay, okay, I may be kidding a little when I say relaxing, but I promise it's the most fun you'll have while targeting your abs.

Thursdays are reserved for strength training, which we call Power Circuit. We make sure to target all of the major muscles groups of the body and then some. We relish in finding new ways to target a muscle and we love the feeling the next morning when we realize we've hit the target. Just because Thursday's are devoted to building strength doesn't mean we aren't using this as a bonus cardio day too. We don't play favorites, we like to include it all. We agonize together, we talk together, we build friendships together and most importantly, we get stronger and healthier together. What more could you ask for?

All classes are included in our membership. There are no limits to how many you attend each month. They're a great way to enhance your workout routine. On top of a great workout, great friendships are also formed.



August Birthdays

Marla White	8/1
James Trawick	8/1
Nancy Sprock	8/2
Joan Fleener	8/2
Jeff Frizzell	8/3
Emily Lunn	8/3
Katie Frazier-Rice	8/4
Dylan Harris	8/4
Vickie White	8/7
Alex Wood	8/7
Morgen Wilson	8/7
Abby Schafer	8/7
Randi Leslie	8/8
Brad Lewis	8/8
Greg Parker	8/9
Pat Huggins	8/10
Dave Ingram	8/11
Gary Gant	8/11

Ashly Ray	8/12
Jackie Sisco	8/13
Kathleen Tew	8/13
Janet Craig	8/14
Sherrri Henderson	8/14
Michael Loveday	8/16
Randy Atchley	8/17
Patsy Townsend	8/17
Crystal Hughes	8/19
Joan Raulston	8/19
Tomi Black	8/19
John Lay	8/20
Maverick Burrus	8/20
Trudy Rutland	8/21
Cody Harris	8/21
William Green	8/22
Lanny Hunt	8/22
Vernetta Nelson	8/24



Tina Baugh	8/24
Sara Myers	8/24
Sammi Parker	8/25
Kim Shelton	8/25
Karla Ahl	8/28
Thomas Anselman	8/30
Jenny Moody	8/30
Monica Hector	8/31
Sarina Van Buren	8/31
Rachel Shults	8/31

Visit our Fitness Library!

Workouts available to use in the classroom:

- High Energy Series –Abs, Thighs & Glutes
- Jane Fonda's Workout Challenge
- Crunch Fitness Dance Party DVD
- P90X DVD's
- Exhale Core Fusion-Pilates Plus, Body Sculpt & Thighs/Glutes
- Core Secrets
- Piyo
- Jari Love-Extremely Ripped
- Biggest Loser Cardio Max

AUGUST IS HAPPINESS HAPPENS



**EVERY DAY
MAY NOT BE
GOOD...
BUT THERE IS
SOMETHING
GOOD IN
EVERY DAY.**

Weekly Classes Offered:

Monday:

- Sweet & Low—8:30 a.m.
- Fitness Fusion—5:15 p.m.
- Zumba—6:30 p.m.

Tuesday:

- Slow Motion—10:30 a.m.
- Cardio—12:15 p.m.
- Kickboxing- 5:30 p.m.
- Pilates—6:45 p.m.

Wednesday:

- Sweet & Low—8:30 a.m.
- Abs & More—12:15 p.m.
- Yoga—5:15 p.m.

Thursday:

- Power Circuit—12:15 p.m.
- Blender—5:15 p.m.
- Zumba—6:30 p.m.

Friday:

- Sweet & Low—8:30 a.m.
- Slow Motion—10:30 a.m.

Personal Training:

For Members: \$25 for 1 session or \$80 for 4 sessions

Initial Fitness Assessment FREE-
Follow-up evaluations included.

Personal Training Sessions are by appointment only. Please contact Susie Cahill for more information.

Fitness & Cardio Room Hours

- 5 a.m. to 9 p.m. Mon-Thurs
- 5 a.m. to 7 p.m. Friday
- 9 a.m. to 12 p.m. Saturday

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@the Armory

Salem Community Center @ the Armory

PO Box 190
1200 West Rolla Road
Salem MO 65560

Phone: 573-729-8163

Fax: 573-729-8393

Fitness Center: 573-739-1127

Email:

info@salemcommunitycenter.org

info@salemfitnesscenter.org

Find us on the web:

salemcommunitycenter.org



The Salem Community Center @ the Armory

provides the following :

Fitness Center

Conference Rooms

Public Computers

Computer Lab

Rural Addressing

Fingerprinting

Continuing Education Classes

Copies & Faxes

Multipurpose/Gymnasium

Health Department Inspected Kitchen

Reserve your space now @ The Armory for family reunions, wedding receptions, workshops, conferences, and many more events.

****BOOK YOUR NEXT EVENT WITH US****

Timber Fun Day & Parade - Timber Fun Day - You won't want to miss this year's Timber Fun Day & Parade on Labor Day. Parade begins at 11:00 AM starting at the Dent County Commons ending at the Dent County Courthouse. Following the parade a "free" Timber Fun Day begins at the Commons from noon - 5:00 PM. The activities include fun games for children, hands on activities such as crosscut sawing, exhibits which include shingle and rail splitting, and musical entertainment. Also at the Commons complementing Timber Fun Day will the Missouri Logger's Competition for those who have had logger training. Location: Dent County Commons-162 County Road 2300 Hwy 72

Law Enforcement Academy - The Missouri Sheriffs' Association in cooperation with the Dent County Sheriff's Office and the City of Salem Police Department will be hosting a basic law enforcement training academy starting August 23, 2018 at the Salem Community Center @ the Armory. The Academy will be a 700 hour course that will qualify graduates with a Class A peace officer license in Missouri. The class will meet Tuesday and Thursday nights as well as Saturdays some Sundays. This is an eleven month program with a graduation being held in July 2019.