

# Salem Community Center @ the Armory Newsletter

October 2015

Salem Community Center  
**@the Armory**

## Special points of interest:

- Every Kid in a Park
- Bookin' It
- New SMDH Extended Clinic Hours
- Girls' Night Out Winners
- Innovate Ozarks 2015 Event
- Ed Gill's Birthday

## Innovate Ozarks 2015

Regional businesses can take advantage of a day of professional development close to home on Friday, October 23, 2015, 8:30am –3:45 pm. MU Extension-Dent County, Salem Area Chamber of Commerce & Healthy Dent County are hosting a one-day business conference at Salem Community Center @ the Armory, designed to provide area business owners, managers & employees an opportunity to pick up some new skills & resources, and network with other area businesses to learn about what's happening in our regional economy.

There will be keynote speakers and breakout sessions designed to reach the range of businesses-from start-ups to those in transition, & everyone in between. Call MU Extension at 573-729-3196 for more info.

## Ed Gill's Family is Hosting a Birthday Celebration!!



**YOU'RE INVITED TO  
CELEBRATE**  
**Ed Gill's 97th Birthday**  
**AT A SPECIAL BIRTHDAY PARTY!**

Birthday Reception  
Saturday, October 10th from 2:00 - 4:00pm

Salem Community Center @ the Armory  
1200 West Rolla Road  
Salem, MO 65560

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# A Season of Success

Kim Shelton, Community Wellness Coordinator

The first week of June, Council for a Healthy Dent County and the Salem Farmers' Market rolled out a new program that not only allowed the acceptance of debit cards, credit cards, and EBT cards, but also doubled the amount of money SNAP (Supplemental Nutrition Assistance Program) received when shopping at the market, up to \$10. At the beginning of the market a few vendors decided not to participate, not wanting to take on another responsibility, but as the weeks passed and the customers grew, less and less vendors were opting out. They began to see that this program was not only helping the consumers, but greatly helping the producers.

I had the pleasure of filling in a couple times at the market when our usual market attendant was out of town. I saw that people truly did appreciate the option of using their card. In our fast paced world sometimes just the task of stopping at the ATM can be enough for someone to say, "Forget it" after a long day of work or whatever else they've endured that day. Having the machine available may seem small, but it does take a little stress off and brought new customers to the market. About half of the people who paid with a card were paying with an EBT card. I recall one instance when a lady came to the market, asked for \$10 off of her EBT card, and when I handed her \$10 in market tokens I also handed her \$10 extra for her match. Her face lit up. She knew that the market had begun accepting EBT, but wasn't aware of the match program. She began telling me about her favorite foods and how she hadn't been able to purchase them in so long because she hadn't been able to afford them, but now with the program she could. Her joy gave me joy and it reminded me that the box we put groups of people in just isn't accurate. I thought of all the times I had heard, and maybe even said that people using assistance felt "entitled". I can assure you, there was no sense of entitlement here. There was only appreciation and joy.

As far as economic impact goes we finished off the season putting nearly \$4,000 extra dollars into the pockets of local farmers. \$3,907 to be exact. \$1819 of that came from debit and credit card users, \$1141 came from EBT cards, and \$947 came from the match program. As you can see, this has been a great market season for all involved. People are a little healthier nutritionally and financially. I am excited to see this program grow and improve the lives of our citizens, whether they be consumers or producers. Everyone deserves access to a healthy lifestyle and I, along with countless others in this community will continue to work hard every day to make sure that is a reality for the people of Dent County.

# Fit Tip: Core Training

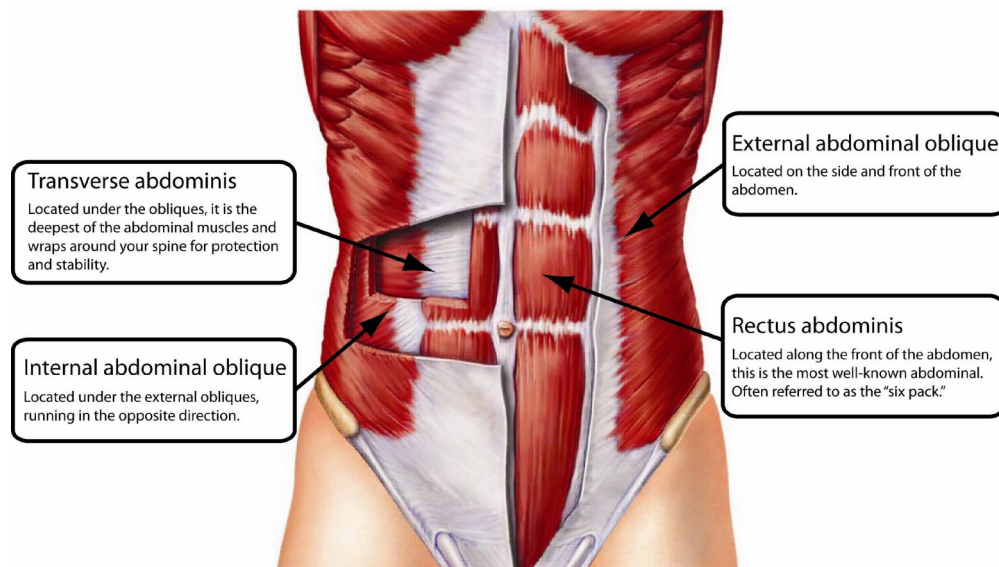
Susie Cahill, Fitness Center Director

## The Quest For the Elusive Six-Pack

Your abdominals are just like any other muscle in your body. They need rest in between exercise bouts. Doing crunches or planks at the end of every workout leaves your midsection in an overworked state, preventing the results you would like to see.

To get results and prevent over training, focus on hitting your core two or three times a week post workout. During those workouts, aim to include a variety of core exercises, not just crunches. Planks, cable wood chops, and abdominal rollouts are all good variations to include. Also, aim for the bulk of your program to consist of total body exercises that are going to involve your core like front squats, deadlifts, and standing shoulder presses. When choosing sets and reps, also be sure to mimic your current training program. As with other muscle groups, vary the exercises and intensity to constantly see results and avoid overtraining. When focused on definition, don't forget about nutrition.

The majority of changes in body composition are going to come from your diet. In fact, maintaining your normal diet, but tossing in some abdominal work will likely have no affect on belly fat. Hit your abs with a variety of exercises a few times a week and use the rest of the time to improve your nutrition.



## **“Bookin’ It”**

**For Salem Public Library**

**5K Run/Walk**

**When: Saturday, October 24, 2015**

**Where: Salem Public Library (New location)**

**Time: 9:00AM Start**



**There are several events. Entry forms are available at the Salem Community Center @ the Armory at the Fitness Center.**

**Sign up early to get your shirt!!**

## **EVERY KID IN A PARK**



Ozark National Scenic Riverways is proud to help launch the Every Kid in a Park program as part of President Obama’s commitment to protect our nation’s unique outdoor spaces and ensure that every American has the opportunity to visit and enjoy them. As of September 1st, fourth graders nationwide can visit the new Every Kid in a Park website to obtain a pass that provides free access to students and their families to all federally managed lands and waters – including national parks, forests and wildlife refuges. The pass is valid through August 31, 2016 and grants free entry for fourth graders and three accompanying adults (or an entire car for drive-in parks) at more than 2,000 federally-managed sites.

Go to [www.everykidinapark.gov](http://www.everykidinapark.gov) for info and printing passes.

## Lost & Found

**Found: Trifold wallet with money. It was found in the Cardio Room.**

**If it is yours, please stop by the Fitness Center office between 8:30-5:00 and describe.**



**Pickleball is here at the Salem Community Center  
@ the Armory on Tuesdays  
8:00-10:00am**

### **ATTENTION WALKERS:**

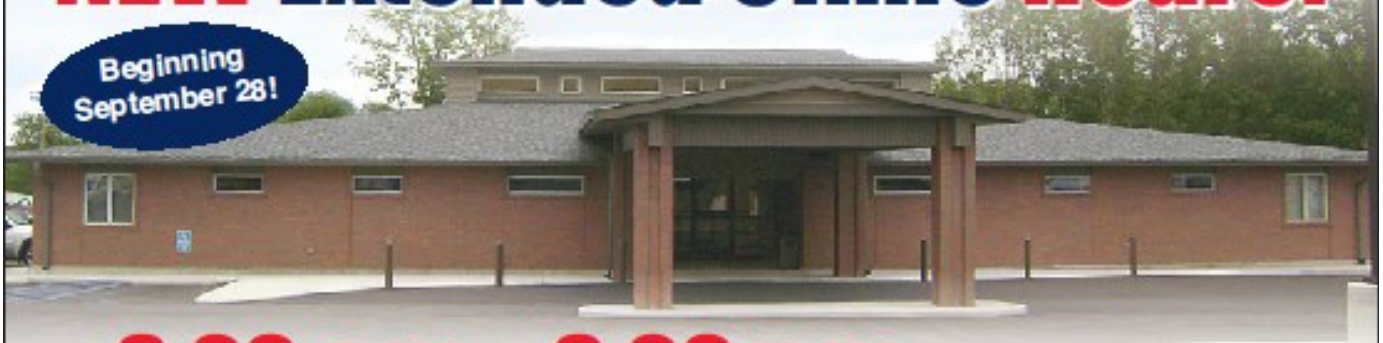
**Please, for everyone's safety, walk half-court while Pickleball is being played.**

**We appreciate your consideration!!**



# **NEW** Extended Clinic **Hours!**

Beginning  
September 28!



**8:00 a.m. - 8:00 p.m.**  
**Monday - Thursday**

Friday hours  
8 a.m. to 6 p.m.

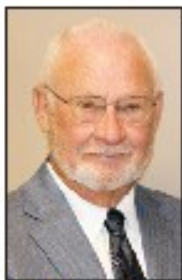
*Walk-in and scheduled appointments available until 7:30 p.m.*

## **SMDH Family Medicine**

**Call 573-729-8000**



Yvonne Prince, M.D.



Bob Carnett, D.O.



Sarfaraz Jasdaniwala, M.D.



Julius Punzalan, M.D.



Sandra Headrick, FNP



Nathan Miracle, PA-C



Craig Tatom, FNP

*“Commitment to Caring”*

Located in Physicians Office Building #3 • SMDH • 35629 Hwy. 72 North, Salem • [www.smdh.net](http://www.smdh.net)



# FITNESS CENTER



## October Birthdays

Deborah Noland	10/2
Christina Arft	10/3
Laura Wemhoener	10/4
Tricia Conley	10/4
Dawn Heisler	10/4
Courtney Grauf	10/5
Kim Gollhofer	10/6
Eric Thorson	10/7
Michelle Berry	10/8
Jennifer Stacy	10/10
Ed Gill	10/11
Carl Nelson	10/11
Debra Piatt	10/11
Caleb Terry	10/11
Catherine Williams	10/12
Ken Harris	10/14
Tammy Oppelt	10/16
JaNaya Williams	10/16

Aaron Shaw	10/16
Tom Hanson	10/18
David Gray Sr.	10/18
Thomas Welch	10/19
Robert Dingess	10/20
Carmen McBride	10/20
Jaime Camp	10/21
Lisa Arzt	10/23
Rose Dry	10/24
Molly Zettel	10/24
Chelsey Miller	10/28
Brooke Conway	10/28
Susanna Kaffer	10/29
Wyatt Porter	10/30

**Happy  
Birthday!!**



### Weekly Classes Offered:

#### **Monday:**

Sweet & Low—8:30 a.m.

Cardio Blast—5:15 p.m.

Kickboxing—6:30 pm

#### **Tuesday:**

Slow Motion— 10:30 a.m.

Cardio—12:15 P.M.

Power Circuit— 5:15 p.m.

Kids in Motion - 5:15p.m.

Zumba—6:30

#### **Wednesday:**

Sweet & Low—8:30 a.m.

Abs & More—12:15 pm

Yoga—5:15 p.m.

#### **Thursday:**

Power Circuit—12:15 pm

Cardio Combat—5:15 p.m.

Zumba—6:30 p.m.

#### **Friday:**

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.

## Membership Rates

### **Regular Membership: Adults**

**(Under Age 65): \$28/month**

Discount available: Pay for 5 months & get 6th month free  
(5 X \$28 = \$140)

### **Senior Membership: Seniors**

**(Age 65 & over): \$23/ month**

Discount available: Pay for 5 months & get the 6th month free  
(5 X \$23 = \$115)

### **Senior Household Discount:**

**\$20/month EACH (Age 65 & over)**

**Household Discount: \$23.00/ month EACH (2 members from the same address & under Age 65)**

### **FAMILY DISCOUNT:**

**\$50/ 3 PEOPLE**

**\$10 EACH ADDITIONAL MEMBER**

**Daily Fee: \$5.00 each**

**Weekly Fee: \$8.00 each**

**Punch Cards:\$30/7punches (good for classes only)**

**Wi-Fi available!!**

Ask us about our ACH bank transfer rates!!

Fitness Center Phone:  
573-739-1127

### **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**

**Salem Community Center**  
**@the Armory**

**Salem Community Center @ the Armory**

PO Box 190  
1200 Rolla Road  
Salem MO 65560

Phone: 573-729-8163  
Fax: 573-729-8393

Email:  
info@salemcommunitycenter.org  
info@salemfitnesscenter.org  
Fitness Center: 573-739-1127

**WHERE HEALTH,  
EDUCATION &  
COMMUNITY MEET**

**We're on the web at:**  
**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	

**We are here for you!**

## **GIRLS' NIGHT OUT WINNERS!!**

Participants donated items that were distributed to Sacred Heart Food Pantry, Master's Peace Clinic of Hope, and the Dent County Animal Welfare Society. For every item donated they received a ticket for the drawing of the Amazon gift cards.

Congratulations to the winners of the Amazon Gift Cards at Girls Night Out:

\$300 - Amanda Langham

\$150 - Darlene Dahms

\$50 - Dawne Schumer

Congratulations to Lorraine Ziegler, the winner of the free one-year membership to the Fitness Center!