

Salem Community Center @ the Armory Newsletter

February 2016

Salem Community Center
@the Armory

Special points of
interest:

~SMDH Health
Fair

~FREE Tax Filing
Assistance

Salem Memorial District Hospital Health Fair

When: February 10 & 11

Time: 6:00am—9:00am each day

**Place: Salem Community Center @
the Armory**

**\$35—Health Fair Profile (must be
fasting 12 hours prior to test. Water &
meds allowed)**

**\$15 EACH- A1c, TSH, PSA, Urine
Micro albumin**

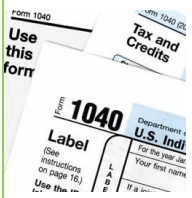
\$35—Bone Density

FREE—Blood Pressure, Body Fat %

**Go to smdh.net for more info. Pick up
participant forms at the Fitness Center.**



FREE Tax Filing Assistance



Volunteers for AARP will be conducting free tax filing assistance at the Salem Community Center @ the Armory computer lab again this year. This free tax filing assistance will begin on Friday, February 5th and continue every Friday until April 8th. Appointments can be made by calling the Salem Community Center at 729-8163.

AARP Foundation Tax-Aide volunteers are trained in filing certain tax forms and schedules, including the Form 1040. However, the Volunteer Protection Act requires that our volunteers stay in the scope of the program. If counselors feel they do not have adequate knowledge or your return is too complex, you may need to seek another qualified counselor or paid tax assistance.

Items you need to bring to have your tax returns prepared:

Proof of identification – Picture ID

Social Security Cards for you, your spouse and dependents or a Social Security Number verification letter issued by the Social Security Administration or

Birth dates for you, your spouse and dependents on the tax return

Wage and earning statement(s) Form W-2, W-2G, 1099-R, 1099-Misc from all employers

Year end Social Security Statements showing total SS received and Medicare payments

Interest and dividend statements from banks (Forms 1099)

A copy of last year's federal and state returns if available

Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check

To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

The Salem Community Center @ the Armory is located at 1200 W. Rolla Road. Volunteers are still needed, if you would like to volunteer to help please call Tyson Richards at 453-4995.

Fitness Tip: Punching Bag Routine

Susie Cahill, Fitness Director

Our weight room has a new Title Punching & Speed Bag. Hitting a punching bag is a great workout — not just for your arms, but your whole body. Long “rounds” of three minutes will develop your anaerobic fitness and muscular endurance, while shorter “rounds” of higher intensity punching will develop power and strength. Punching bag training is also a great stress reliever and effective calorie burner. Despite appearances, a well delivered punch is a whole body movement. A punch is the result of a wave of kinetic energy that starts at your feet, travels up your leg, into and through your hips and core muscles and then along your arm via your chest and shoulders. Each punch you throw—a hook, jab, cross or uppercut—uses the same muscle groups, but each one places a slight emphasis on one muscle or other.

Punching in combination increases muscle memory. Your body will instinctively repeat the punching motions without hesitation even when you’re not hitting a bag.

Step 1: Start with a jab punching bag routine. Move in a circle while shooting out jabs as fast as you can. Do not punch with power. Focus on speed and movement. Arc around one direction and then repeat in the other.

Step 2: Do a left-right (or right-left) routine. Start by throwing a fast jab at the bag immediately followed by a hard straight punch with the other hand. Straight punches should be generated from the feet and hips for power. Do a series of these to get a feel for the timing. The punches should be quick then hard.

Step 3: Perform a body shot bag routine. These shots should be aimed at your pretend opponent’s ribs. Bend your knees slightly and circle your punch from waist level. Straighten your knees and swing your hips as you strike the bag. The routine consists of a series of lefts and rights to the center of the bag. Focus on bending your knees and raising up with every punch.

Step 4: Do a 1-2-3 bag routine. This consists of a quick jab followed by a hard straight punch with the other hand followed by a body shot with the jabbing hand. All of the punches should be performed in quick succession without sacrificing form.

Step 5: Do a 1-2-3-4 bag routine. This is just like the 1-2-3 punch, but with an added uppercut at the end. An uppercut involves a punch coming straight up toward the pretend opponent’s chin. This requires a deep knee bend and hip turn so the fist can rise at a low angle. This sequence requires some coordination. Start slowly, then speed up as you become more comfortable.



Five; the Magic Number

Kim Shelton, Community Wellness Coordinator

The ultimate goal of the Healthy Schools Healthy Communities grant from Missouri Foundation for Health, of which I am hired under, is a five percent reduction in BMI (body mass index) of children K-8 in our community in the span of five years. At first I was perplexed as to why they chose five as the goal number. Was it just because it was an easy number to remember? Did they pick a number at random? Or was there a deeper explanation to the number? The Robert Wood Johnson Foundation has some data that may better explain the goal number.

Type 2 Diabetes seems to be everywhere nowadays. Unfortunately if we do not take serious measures to stop this trend then cases are expected to triple by 2050. So what would happen if we lowered BMI by just five percent? We would potentially avoid 90,942 cases by 2020. We would have \$1,575,000.00 in cost savings. By 2030 we would have avoided 179,659 cases and saved \$5,084,000.00.

What about cancer? I honestly do not know anyone who hasn't been affected by cancer in some way. Obesity is a leading cause of cancer. If we reduced BMI by just five percent we would potentially avoid 6,852 cases by 2020 and 13,704 by 2030. The cost savings would be \$186,000.00 by 2020 and \$438,000.00 by 2030.

Coronary heart disease and stroke would decrease by incredible amounts. 73,330 cases would potentially be avoided by 2020 and 152,070 by 2030. The cost savings would be \$2,290,000.00 by 2020 and \$5,935,000.00 by 2030.

The trend continues with hypertension, arthritis, and other conditions. These numbers are hard to ignore. It is clear that if we make some relatively small changes then it will have a major economical and diagnostic impact. We cannot continue with our current eating and physical activity habits. It's costing too many lives and too much of the quality of our lives. We can't continue to accept these ballooning numbers of deadly diseases and conditions that are a result of our obesity rates and poor health. This can't continue to be our normal. We deserve better and most importantly our children deserve better. This is the first generation of children that is not expected to live longer than their parents. I am confident that is unacceptable to most parents. Unfortunately the problem won't fix itself. We have to put the work in to reap the rewards. So get out and take a walk, eat less processed food, and make a choice to live a little healthier. You or someone you love could be one of those thousands of cases that could potentially be avoided if we do what we can to become a healthier society.



FITNESS CENTER



February Birthdays

Lindsay Case	2/1
Shelley Smith	2/2
Megan Moravec	2/3
Paul Loker	2/4
Lori Brown	2/4
Bill McCoy	2/7
Matthew Bryson	2/7
Jennifer Cochran	2/7
Debbie Miller	2/8
Rick Huggins	2/11
Lea LaPointe	2/11
Courtney Smith	2/11
Carrie Border	2/13
Tyler Hunt	2/14
Gus Nash	2/15
Anna Kutkiewicz	2/15
Tom Romer	2/16
Diane Richards	2/16

Jerri Frillman	2/16
Tabitha James	2/16
Tania Wood	2/17
Randy Weldon	2/18
Kristen Stites	2/18
Katie Anderson	2/18
Lloyd Cottrill	2/19
Gary Gordon	2/20
Emily Blaylock	2/21
Robert Moreland	2/22
Heather Durkee	2/22
Bekah Kirker	2/22
Sydney Webb	2/22
Bob Jenkins	2/23
Kim Ingram	2/23
Rodney Wallis	2/24
Jimmy Williams	2/25
Joyce Bradley	2/26

Nathan Wood	2/27
Laine Schafer	2/29

Happy Birthday!!

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 (Located in Fitness office.)

Weekly Classes Offered:

Monday:

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

Tuesday:

- Slow Motion—10:30 a.m.
- Cardio—12:15 p.m.
- Kids in Motion—5:30 p.m.
- Kickboxing—5:30p.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.
- Cardio Blast—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

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

Senior Household Discount: \$20/month EACH (Age 65 & over)

Discount available: Pay for 5 months & get the 6th month free
(5 X \$20 = \$100)

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 :

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|-------------------------------------|------------------|
| 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!

Book your next event with us!



Attention!!!!



**Please BE SURE to call the
Fitness Center at
573-739-1127
in the event of inclement
weather to make sure we are having class.**

Thank you!

**PLEASE PRINT your name when
signing in at the Fitness Center. We
cannot record your visit if we cannot
read your name!!!**

Thank you

