

Salem Community Center @ the Armory Newsletter

Salem Community Center
@the Armory

September 2016

Because our Girls' Night Out events have been so successful we have had several businesses that have asked us to do the same kind of event for men. We will be having a Men's Expo, "Guys' Night Out" event on Tuesday, September 27th from 6-8 PM at the Salem Community Center @ the Armory. This event will be for men and boys ages 12 and over.

We would love to have your business participate and help us make this event a success. Vendor booths cost \$50 and you will be able to sell your items at this event. We want to make the event fun for everyone that attends. **Please let us know by Friday, September 9th if you are able to participate. After this date we will give other distributors/businesses the opportunity to participate.**

WHERE HEALTH,
EDUCATION &
COMMUNITY MEET



To observe Labor Day, the Salem Community Center @ the Armory and Fitness Center will be closed Monday, September 5. Wishing everyone a safe and fun Labor Day weekend.





Chamber Rodeo



Advance tickets available at the Chamber/Visitor Center, The Bank of Salem, US Bank, Riverway's Federal Credit Union, Town & Country Bank and Progressive Ozark Bank. Vendor spaces available. We look forward to seeing y'all at the Rodeo September 2-3 at the Dent County Commons.

The Salem R-80 School Foundation & Alumni Association and The Salem Initiative are excited to announce the **first annual Salem High School Alumni Weekend** to be held on September 16-17, 2016. Please mark your calendars and plan to attend what we hope will become a strong Salem tradition. All proceeds from events go to the school or school organizations through the School Foundation. Planned activities include the 12th Tiger Parade, a pregame BBQ, alumni breakfast and school tours, a golf tournament fundraiser, alumni volleyball game, family activities, live music, and free food downtown courtesy of Chilton Oil's 50th Anniversary celebration. We are currently looking for local sponsors for raffle items and for the golf tournament for hole sponsorship as well as longest drive and closest to the pin prizes. If you or your organization are interested please contact us as soon as possible. This is a great way to reach local people and help our schools.



Email Alex Sellers at ajsd7@gmail.com or call him at 573-247-7478 if you are interested in becoming involved with or sponsoring this event. Please spread the word to alumni or anyone with a tie to Salem Schools to help this event be successful!

FROM THE DESK OF:

Kim Shelton, Community Wellness Coordinator

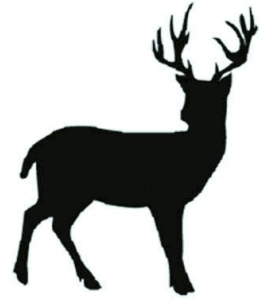


Health Disparities within the Charitable Food System

No one will argue with the fact that the charitable food system is a blessing for so many. Not everyone has the means to provide food for themselves and their family that will last the whole month. The charitable food system, like foodbanks, food pantries, etc. helps to fill in the gaps. The issue is that much of the food provided is less than nutritional. 85% of the food that food banks receive comes from the national level. That food is then distributed to different food pantries. For the most part it can seem like there is little to no choice on what food is received. It is however to look at possible solutions because the health disparities of those who utilize food pantries are extremely clear.

23.4% of food pantry users suffer from diabetes compared to the Missouri average of 9.6%. 50.5% of users have high blood pressure compared to the average of 32%. Over 51% of users are obese while the state average is 30%. These numbers are alarming in themselves, but the fact that 47% of pantries are serving more customers than they were a year ago only adds to the alarm. And for 38% of food pantry users at least half of the food they consume comes from the pantry so it is incredibly important to find ways to provide nutritionally dense foods to those in need. There is no doubt that these pantries and banks are being run by people who only want to serve the community and provide a better life to people, which is incredibly admirable. It is important though that we find ways to provide, not only food, but nutrition.

There are a fair share of barriers when it comes to securing healthier food for pantries. Some of the most obvious would be shelf life, availability, and demand. Shelf life can be helped if better storage equipment can be purchased such as refrigerators and freezers. There are grants out there that could help with the purchasing of such equipment along with fundraising and donations. As far as availability goes there are a few avenues to consider. Some ideas would be partnering with local grocery stores to get excess fruits and veggies or “blemished” produce that might not be put out for sale due to appearance. Partnerships can also be made with local community gardens and farms to have excess produce donated. As far as demand goes there is certainly a learning curve many times. It is important that people know how to prepare the foods they are given. Cooking demonstrations, recipe cards, and classes would be of great benefit. As we continue to learn of the close correlations between income and health we need to be sure that we are providing tools to live as healthy of a life as possible.



Guys' Night Out

TUESDAY, SEPTEMBER 27TH

6:00PM – 8:00PM

Salem Community Center @ the Armory

1200 West Rolla Road, Salem

A benefit for Healthy Dent County. For additional information call 729-8163
or email info@salemcommunitycenter.org

\$5 ADMISSION

Includes giveaways, door prizes, and vendor demos

Admission is limited to all men and boys 12 years of age and older



Bring in any canned food or non-perishable food item for a chance to win a basket of items valued at \$250.00. One ticket per item, the more you donate, the more your chances increase to win the items.

Donations will be given to: Sacred Heart Food Pantry.

GET GUYS' NIGHT OUT RAFFLE TICKETS

Win a Savage Axis XP Series Rifle with 3-9x40 scope

Your choice of 8 calibers from .223 to .30-06



HOW TO ENTER

Buy a raffle ticket for \$20. The winner will be chosen during Guys' Night Out on September 27th.

ONLY 100 TICKETS WILL BE SOLD

Tickets can be purchased at the Salem Community Center @ the Armory
1200 West Rolla Road, Salem



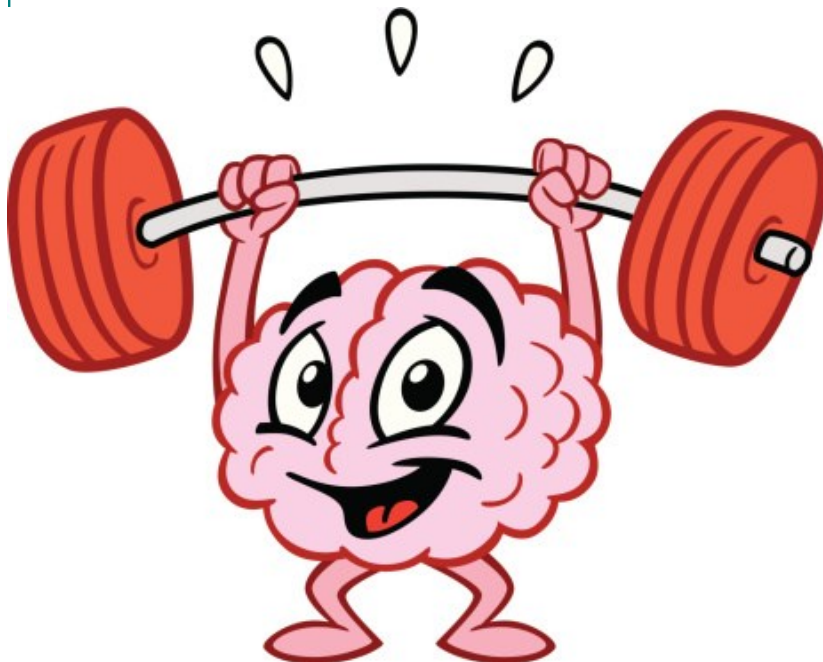
Exercise Slows Brain Aging By 10 Years



Susie Cahill, Fitness Director

We know that exercise is good for the body, but there's new scientific evidence suggesting that physical activity can slow brain aging by as much as 10 years. Researchers, in a study published in the journal *Neurology*, asked a group of 1,228 men and women of diverse racial backgrounds living in Manhattan about their regular exercise habits. They also answered questions that tested their cognitive abilities, including their memory, organization, reasoning and thinking speed. Five years later, they repeated the tests on about half of the study group. People who reported doing more physical activity showed higher scores on cognitive tests, while those who were less physically active tended to have lower scores. This trend remained strong in two areas in particular: thinking speed and memory of specific past events. They also found the people who exercised less showed sharper declines in their cognitive scores than those who were more active. The drops were equivalent to the declines found during normal aging over about 10 years.

Conditions like high blood pressure, diabetes and heart disease can impair blood flow to the brain and therefore compromise cognitive function. Obesity is a known contributing factor in each of these conditions.



The data doesn't prove that exercise can actually reverse or prevent a slowdown in higher level thinking skills. It does suggest that physical activity may help people with blood flow issues to the brain maintain their cognitive status.

Source: *TIME Magazine* March 2016

Issue



Current River Blue Oval Rally

All makes and models welcome

Dent County Courthouse
Salem, MO
September 10-11, 2016

Participant vote car show with arts & crafts show beginning Saturday at 8AM

Proceed to benefit the High School Band Parents, Love Pack Backpack and Shepherd's Nook Food Pantry

Live music during the car show by Highway 32 Bluegrass and Second Time Around Band

Free event t-shirt to the first 20 cars registered



\$20 entry fee, spectators free

Cardinals Ticket Raffle

Win a set of 4 Cardinals tickets awarded at 2PM sponsored by Town and Country Bank and Country Mart.



Town cruise starts at 6PM after the show at Scops

Special thanks to Bill Dobbs

Awards 2PM:

- Marching Blue Band choice
- Mayor's choice
- Police Chief choice
- Best of show
- Best Mopar
- Best GM
- Best Ford

Cardinals Ticket Giveaway

Donate 3 non-perishable food items for a ticket. Drawing at 9PM. Tickets courtesy of KSMO radio.



Meet at the courthouse at 12:45 Sunday for a cruise to Echo Bluffs then have lunch courtesy of Schwartz Salvage and TAC.



573-226-5001



More information is at www.MidwestBlueOval.Club and on Facebook.com/MidwestBlueOvalClub

Midwest Blue Oval Rally – Come out to the Dent County Courthouse in Salem, Missouri on Saturday, September 10, and Sunday, September 11, for the annual Midwest Blue Oval Rally. Participant voting for the car show along with arts and crafts will begin on Saturday at 8:00am. Healthy Dent County will be part of the arts and crafts and will have wooden cars for kids to decorate and take home. Throughout the day there will be live music featuring The Salem Marching Blue, Highway 32 Bluegrass and the Second Time Around Band. The Car Show Awards will be given at 2:00pm. Come out and look at some beautiful cars and enjoy the day



Please join us at the Blue Oval Rally Saturday, September 10, on the courthouse square. Council for a Healthy Dent County will have a booth set up to do arts and crafts. Small wooden cars will be available to paint and decorate so bring the family out and enjoy the show!





FITNESS CENTER



September Birthdays

Dixie Miller	9/2	Henry "Skip" Jr Dahms	9/13
Tina McKee	9/2	Isaac Anderson	9/14
Carol Lacy	9/3	Jimmy Decker	9/16
Owen Sells	9/3	Joe Cochran	9/16
Dustin Sercl	9/3	Michael Swank	9/16
Jeremy Pilkington	9/3	Loretta McClure	9/18
Paula Schenck	9/7	June Cole	9/18
Brian Glenn	9/7	Larry Forister	9/19
Carmen Nazarenko	9/7	John Berra	9/20
Michelle Steelman	9/7	Rayetta Gill	9/20
Kyle Parks	9/7	Whitney Brand	9/20
Whitney Biele	9/8	Evan Lunn	9/20
Sarah York	9/11	Dave Nichols	9/21
Kory Ramsey	9/11	Jessica Raulston	9/21
Rick Kissir	9/12	Stephanie Carpenter	9/21
Grant Hamlet	9/13	Kristy Bermudez	9/21
Becki Heathman	9/13	Kelsey Schatz	9/21
Phoenix Ehrhardt	9/13	Butch Leuthart	9/22

Bradley Gilmore	9/24
Walter Moczygemba	9/25
Clayton Deese	9/26
Geri Miller	9/28
Scott Roberts	9/28
Taylor Wilson	9/28
Jesse Kuhn	9/29
Debbie Baird	9/30
Mike Parks	9/30

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

Weekly Classes Offered:

Monday:

Sweet & Low—8:30 a.m.

Tai Chi—2:00 p.m.

Power Circuit—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.

Kids in Motion—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.

Cardio Blast—5:15 p.m.

Zumba—6:30 p.m.

Friday:

Sweet & Low—8:30 a.m.

Slow Motion—10:30 a.m.

Tai Chi—2:00 p.m.

Pilates—12:15 p.m.



Fitness Center shirts for sale \$15.00 while supplies last. See Cathy or Carolyn in Fitness Center Office.

Healthy Dent County Fitness Center is now accepting recurring credit card payment for your monthly membership. Your choice of either the 1st or 15th of each month AND you get the ACH rates with this automatic payment.

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 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

We are here for you!

**Salem Memorial District Hospital
2016
General Health Screenings**

September 14 and 15

6:00—9:00 am each day



Location: Salem Community Center @ the Armory

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

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

