

# Salem Community Center @ the Armory Newsletter



**October 1** City Wide Yard Sale.

**October 1-2** 53<sup>rd</sup> Annual Rose Holland Trout Derby at Montauk. Free health screenings, bake sale, kids activities, guided hike, bike ride, live entertainment and more. All proceeds benefit the American Heart Association.

**October 10 or October 21** Hunter Education Classes at Salem Community Center @ the Armory. Monday, October 10, or Friday, October 21. See back page of this newsletter for more information on Hunter Education Classes and the registration link.

WHERE HEALTH,  
EDUCATION &  
COMMUNITY MEET



**COURSE:** Begins at the Salem Tiger Trail sign, will loop through the woods, and back to the trail head. (Approx. 1 mile)

**TIME:** Registration is at 5:00pm. Run starts at 6:00pm by the Tiger Trail Sign.

**FOR MORE INFORMATION:** Contact Kelsey Schatz at the Salem Community Center @ the Armory, 573-729-8163, or email: [kelsey@salemcommunitycenter.org](mailto:kelsey@salemcommunitycenter.org). To pre-register forms can be returned to your child's school or dropped off at the Armory.

**SCARE  
ON THE  
TIGER  
TRAIL**

**OCTOBER 28TH**

**REGISTRATION FEE:** Students \$15 (up to 18 years), Adults \$20. Includes registration, t-shirt, glow stick, and flashlight. Day of race same price, no shirt or flashlight.

**PACKETS:** Can be picked up at the Armory the day before, day of the race, and at registration.



**REGISTRATION DUE:  
OCTOBER 14, 2016**

**CIRCLE SHIRT SIZE:** YS YM YL AS AM AL AXL 2X(\$2) 3X(\$3)

**Print Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Address:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Release & Waiver:** I know that running is a potentially dangerous activity and that I should not enter this event unless I am medically able and properly trained, and that physical injury, illness, and even death may result from risks inherent in this sport. I assume all risks associated with participating in this event. This includes, but not limited to falls, roads, sidewalks, and trails on the course. Having read this RELEASE AND WAIVER and in consideration of the acceptance of my entry, I, on behalf of myself and my representative and successors in interest, release and agree to indemnify, defend, and hold harmless, even though any risks may arise out of negligence or carelessness of their part, Healthy Dent County, City of Salem, Salem School District, and all sponsors of this event and all agents, employees, and representatives of the above, from all claims, suits, liabilities, and actions. I grant permission for interested persons to photograph and record my participation in this event for publicity,

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**MUST BE SIGNED BY A PARENT OR GUARDIAN IF UNDER THE AGE OF 18**

FROM THE DESK OF:

Kim Shelton, Community Wellness Coordinator



## Must Be Doing Something Right

Upon beginning my position as Community Wellness Coordinator in 2013, Dent County's health ranking were among some of the worst in the state. According to the Robert Wood Johnson Foundation we ranked 108<sup>th</sup> out of 115 counties in health outcomes. Now, 3 years later, that ranking has changed to 94<sup>th</sup>. That's an improvement of 14 in just three years. Our length of life ranking was even worse in 2013 ranking 111<sup>th</sup> out of 115. Now we sit at 93<sup>rd</sup>. We still have a lot of work to be done, but this data shows us that overall, our citizens are healthier and living longer. So what is being done in Dent County that has likely affected these results? The list is long, but I will touch on some things that Council for a Healthy Dent County has been directly a part of.

A large part of health is a healthy diet. Council for a Healthy Dent County has focused largely on food access and education. In June of 2015 we implemented the acceptance of EBT, debit, and credit at the Farmers' Market, along with The Double Up Food Bucks Program which matches dollars spent at the market by EBT users. Last year we matched up to \$10 and this year we were able to increase that amount to \$25. This allows those who participate in the SNAP program to have access to more healthy food. CHDC has also hosted many healthy cooking classes to give people the tools they need to eat more nutritious food. Partnerships have also been made with the University of Missouri Extension, local school districts, and Americorps to provide taste tests to students and expose them to healthy foods that they may not otherwise experience. You can also find "Healthier Choices" menus around town at local restaurants that identify the best nutritional choices on the menu.

Another key element to healthy living is physical activity. The fitness Center at the Armory has 86 fitness classes a month. These include classes for seniors, children, physically impaired, and every fitness level. A 1.5 mile trail was constructed in 2014. The "Tiger Trail" is located around the Upper Elementary and is open for public use. Healthy Dent County also partnered with the City of Salem to revamp the City Park playground. New recess equipment has also been purchased for many of the local schools. Along with these things Healthy Dent County has hosted multiple fun runs and health challenges in the community to get people excited about living a healthy life and being active.

Many other community organizations and members have played a role in the improvement of Dent County's Health. Time and time again we hear from state wide organizations and funders about how well our community works together. Together we will continue to strive for a better life for all of our citizens and we will continue to watch our health statistics improve.

# *BENEFIT FOR EMMA*

*Saturday October 15<sup>th</sup> 9:00am*

**The Armory/ TCRC**  
1200 W. Rolla Road Salem, MO 65560

*This benefit is for Emma Parker and her family. It will consist of a 5K run/walk, silent auction, t-shirts, 50/50 raffle, and chili lunch.*

*Let's come together as a community and show Emma our support!!!*

**9:00am- 5K registration and 5K t-shirt pickup**

**9:30am- 5K run/walk begins**

**10:00am- Silent auction, 50/50 raffle, & t-shirt pickup begin**

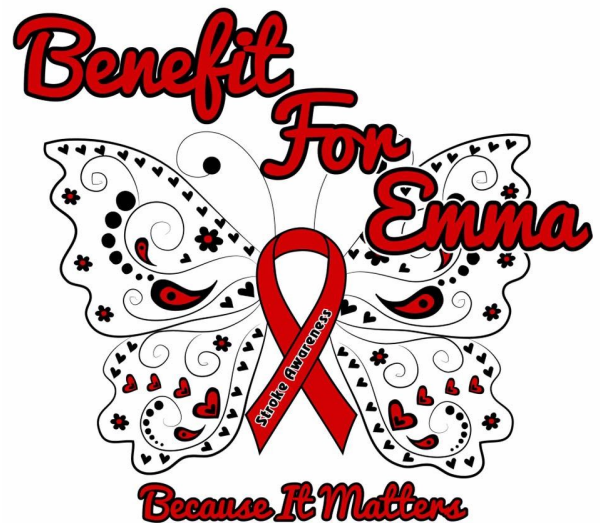
**11:00am- Chili lunch**

**12:30pm- Silent auction & 50/50 raffle ends. Winners will be announced and have to be present to win.**

This is the design of the T-shirt for the benefit for Emma Shelton-Parker!!! Youth S-L: \$10. Adult S-XL: \$15. 2X3X: \$17. T-shirts have to be paid for by October 6th and can be picked up at the benefit on October 15th!!!

If anyone is interested in participating in the 5K, registration forms can be picked up at Studio 573 or contact Amy Hayes, (573) 247-1107.

(T-shirts are included in the price of the 5K)



## **Goal? The Honoring our Heroes Marathon, Half Marathon or 5K!**

Ever notice how a deadline can motivate you get something done? When the boss says, "I need this by Friday!" Or, trying to lose weight before a wedding; or finishing a project at the house before a party, are all examples of positive motivators with a clear goal or focus.

Salesforce's CEO Marc Benioff came up with a model for setting and achieving goals, known as V2MOM, which is an acronym for Vision, Values, Methods, Obstacles, and Measures. I believe that V2MOM can be applied to any goal, not just in business, but in almost every aspect of our lives. Like a ship without a rudder, tossed about by the wind, without a clear purpose and direction for our lives, we may just drift along aimlessly unless we chart our course! Goal setting can help us identify what is meaningful to us and list the steps to make it happen.

How do we use V2MOM? First step, is Vision: What do we hope to accomplish? Values: What is most important to us in life, and is our vision in line with those values? Methods: what are the steps we will take to achieve our goal? Obstacles: what roadblocks could get in the way of completing our goal? Measures: what is our deadline, and what specifically do we want to achieve?

**What does all this have to do with a local foot race in November?** We want YOU out there with us! Perhaps you could set a goal to join us for one of the distances, either the three mile, 13.1 miles, or if you're ready, the full marathon, 26.2 miles! This event is a win for our local veterans as we will raise funds for emergency/crisis funding; a win for local tourism, as runners are coming from across the U.S.; and a win for each of us when we set a goal that improves our health.

Let's use V2MOM for the 5K! First step: Vision? Walk, jog, or run the 5K. Values? Health- a precious gift! Methods? 1) get a doctor's clearance if necessary; 2) go to heroesmarathon.com and register for the event; 3) Buy good running shoes; 4) Find a training schedule on the internet; 5) Fit the training schedule into my calendar or planner, and then; 6) get outside and start following it! OBSTACLES? 1) Expense! It can cost \$75 or more for a good pair of shoes, but I believe that medical co-pays could quickly reach this amount if we don't exercise! 2) Weather: It might be cold! Plan: go to Solve or Goodwill and purchase some inexpensive winter wear. As you run/walk and heat up: shed those layers! They will be gathered and donated back to charity. 3) Hills: it is too hilly here in the Ozarks! Think of the hills as a challenge. Perhaps try walking on the hills; or think of a soldier climbing a hill in the snow wearing a heavy pack. Being shot at! 4) Traffic: It is dangerous to be out on the road! With the prevalence of heart disease and cancer in our country, which are largely preventable, I think it is more dangerous to be home on the couch! Measures? To cross the finish line on Nov. 19<sup>th</sup>!

In conclusion, we hope you will come and join us- have fun for a great cause and earn the satisfaction of accomplishing your goal.

To your health,

Marilyn Sweitzer, RN, MAEd. and *Honoring our Heroes Marathon Race Coordinator*

Website: [www.heroesmarathon.com](http://www.heroesmarathon.com)



## October Birthdays

Michael Williams	10/2
Christina Arft	10/3
Lucius Burns	10/3
Laura Wemhoener	10/4
Cathy Tucker	10/4
Dawn Heisler	10/4
Eva Lewis	10/5
Kim Gollhofer	10/6
Larry Chilton	10/6
Karen Fowler	10/6
Mike Presley	10/8
Michelle Berry	10/8
Pam Sells	10/9
Amber Kettelhake	10/9
Caleb Shepherd	10/10
Carl Nelson	10/11
Beverly Whitworth	10/11
Peggy Whitaker	10/14

Ken Harris	10/14
Jordan Brown	10/15
JaNaYa Williams	10/16
Ricky Paine	10/17
Tom Hanson	10/18
David Gray Sr.	10/18
Thomas Welch	10/19
Jaime Camp	10/21
Gaye Lynn Blankenship	10/22
Brenda Cottrill	10/23
Lisa Arzt	10/23
Rose Dry	10/24
Molly Zettel	10/24
Glenn Roessler	10/25
Debbie Shepherd	10/25
Hunter Buie	10/25
Traci Wulff	10/26
Chelsey Miller	10/28



Susanna Kaffer	10/29
Baxton Owen	10/31
Tracie Woods	10/31



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

### 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.



**CONGRATULATIONS  
MR. AND MRS.  
DAVID JAMES**

#### 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](mailto:info@salemcommunitycenter.org)

[info@salemfitnesscenter.org](mailto:info@salemfitnesscenter.org)

Find us on the web:

[salemcommunitycenter.org](http://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!**

**HUNTER EDUCATION CLASSES**

**Monday, October 10 @ 5-10 PM OR Friday, October 21 @ 5-10 PM**

Come out for FREE Hunter Education Safety Course on Monday, October 10, or Friday, October 21, from 5:30pm until 9:30pm. This class will be held at the Salem Community Center @ the Armory located at 1200 West Rolla Road in Salem, Missouri. All registrants for this event must be 11 years of age by October 21, 2016.

Free study manual may be picked up at Indian Trail Archery & Gun - Hwy 19 N of Salem or at the Ozark Natural & Culture Resource Center - 202 N Main-Salem. Students must complete study questions in the back of manual and bring it to class to participate.

To register please visit:

<https://mdc-event-web.s3licensing.com/Event/AllEvents?maxDistance=50&zip=65560&EventTypeId=1>

or visit [www.mdc.mo.gov](http://www.mdc.mo.gov)

If you have any additional questions, please call (573)729-8163.

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

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

