

Salem Community Center @ the Armory Newsletter



February 2017



2017 SMDH Health Fair
Wednesday, February 8,
and
Thursday, February 9,
beginning 6 AM to 9 AM

At the Salem Community Center
@ the Armory

Feb 11 – Salem Rotary Club Pancake Day
The Rotary Club of Salem will be hosting their annual pancake breakfast again in the Middle School cafeteria. Adult tickets will be \$6.00, children's tickets are \$3.00. The Rotary crew will be cooking and ready to serve the public at 7am. All of the funds we raise from the breakfast are given back to the community.

AARP Tax Aid Filing Assistance
Volunteers for AARP will be conducting free tax filing assistance at the Salem Community Center@ the Armory computer lab. This free tax filing assistance will begin on Friday, February 3rd and continue every Friday until April 7th. Appointments can be made by calling 729-8163.

Feb 11 Hearts Day - Stop by the Bonebrake Center from 9 AM to 2 PM to see some marvelous examples of art and crafts made by talented locals. Oil painting's, woodwork, fabric art, baskets, and pottery are just a few of the types of items for viewing and for sale. Pick up a little something special for that someone special!





Thank You

Thank you to everyone who supported the Strebe family at the Lantern Festival. We had over 100 people in attendance for the event.

Thanks to you, we were able to give them \$4,654.



Healthy Dent County, Salem Memorial District Hospital and the Dent County Health Center have joined together again this year for the second annual Dent County Health Expo. This is a free community event to showcase local health-care providers and professionals. The Dent County Health Fair will be held on Thursday, February 23rd from 4:00 to 7:00pm at the Salem Community Center @ the Armory. Participating exhibitors will bring knowledge and information that is of interest to everyone. Over 20 vendors will be attending including local chiropractors, dentists, eye doctors, pharmacies, and many health care professionals.

The event is free for all ages. Bring a canned good or non-perishable food item to get a ticket to win prizes. One ticket per item, the more you donate, the more your chances increase to win prizes. All donations will be given to the Sacred Heart Food Pantry. The prizes include a Fitbit Alta, gift baskets, and more. For more information call 729-8163.

Dent County Health Expo

A free community event to showcase health-care providers and professionals.

Thursday, February 23rd
4:00 – 7:00 p.m.

Salem Community Center @ the Armory
1200 West Rolla Road

- Tote bags will be given out at the door
- Bring a canned good or non-perishable food item to get a ticket to win prizes. One ticket per item, the more you donate, the more your chances increase to win prizes. All donations will be given to Sacred Heart Food Pantry.
- Booths with hospitals, doctors' offices, eye doctors, chiropractors, dentists, first responders, along with additional health providers.
- Healthy food

For more information please call 729-8163





Healthy Dent County's 6th Annual Girls' Night Out

Bring your girlfriends for an evening of pampering, shopping, and of course, eating!

Several vendor booths available with great products to purchase!



Thursday, March 23rd
4:00pm - 7:00pm

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

\$5 ADMISSION

Includes food samples, giveaways, door prizes and vendor demos. Admission is limited to all women and girls 12 years of age and older.

Bring in any nonperishable canned food for a chance to win a \$300 Amazon Gift Card, \$150 Amazon Gift Card, and a \$50 Amazon Gift Card. One ticket per item, the more you donate, the more your chances increase to win the gift cards.

Donations will be given to: Sacred Heart Food Pantry.

Salem Community Center
@the Armory
Where Health, Education and Community Meet

A benefit for Healthy Dent County.
For additional information call 729-8163.



FITNESS CENTER MEMBER SPOTLIGHT— Michelle Smith

Hello! My name is Michelle Smith. I am a volunteer at the Salem Community Center @ the Armory Fitness Center. I've been volunteering here about a year and a half, and love helping and meeting people. Battling obesity my entire life, I had a brief period of bulimia and compulsive exercising while in high school. The bulimia lasted about 3 months. The last time I purged, I ruptured several blood vessels in my face which made it very difficult to cover up with makeup. It scared me to the point that I resorted back to food. As an adult, I've tried numerous weight loss programs, lost weight, and then gained it all back plus more! Discouraging!

In 1994: I decided to go to an inpatient weight loss center in California. This place dealt with eating disorders such as anorexia, bulimia, and over eating. I was there 30 days and learned useful tools, but I didn't see any results. Discouraging!

In 1995: I went through another program where I learned about food in a new way. I lost weight through understanding the food pyramid, measuring food, counting calories and fat, keeping a food journal and exercising. I was being held accountable and it was working! The program was only 10 weeks... then the weight came back.

In 1996: I went on yet another program and was told to keep calories around 1000 a day and keep fat grams at 15-35 grams a day. Using the tools, I had previously learned, I lost weight with the medication and it was working! I was going through a very rough time in my marriage, which led to divorce, and I gained more weight! Discouraging!

In 2010: I tried a liquid diet. I knew what I could and could not eat. I was on 700 calories a day drinking formulated protein shakes, bouillon broth, diet soda, herbal tea, sugar free pudding, sugar free Jello, and sugar free popsicles. I had gone from 315 to 175 in 12 months! As I was weening back into real foods, the weight started coming back. I was nearing my wedding date and faced with the fact my wedding dress had to be altered because of weight regain.

In 2011-2012: Six months after I got married, I became pregnant with my daughter...my mini-me...a complete and absolute blessing! Being 39 and pregnant not only brought back ALL the weight, I had to deal with gestational diabetes and high blood pressure. After I had my daughter, I lost 25 pounds. Then it was like a broken switch as the weight just kept coming back. No matter what I did, no matter how strict I was with my eating, I could NOT lose weight! I was becoming depressed, blood pressure was elevating, diabetes are around the corner, and my labs were NOT good. I was at risk of a stroke or heart attack and could not take medication because I was nursing my daughter.

In 2014: I tried a modified version of a medication which worked for the first couple of months then it stopped. My doctor then asked if I had ever thought of weight loss surgery. I felt that was too dangerous and went home very discouraged. I started to realize if I didn't do something my daughter could very well be without her mommy and my husband could be without a wife! I was having nightmares and decided to talk to the doctor again about weight loss surgery. She referred me to the University of Missouri-Columbia Bariatric Services.

August 2015: I went for a consultation concerning the different weight loss options (lap-band, gastric sleeve, Roux-en-Y), filled out paperwork, completed a psychological evaluation, and waited on insurance approval. I chose the Roux-en-Y procedure and was approved! I then attended a class that discussed the process, received a booklet with all the mandatory steps and guidelines. On December 29, 2015, weighing 363 pounds, I started my 2-week liquid pre-op diet, which was mostly gluten and sugar free. My surgery was completed on January 11, 2016. The stricter the guidelines, the better I do because I don't want to let myself think, "oh, this bite or slice is ok", "just this once is ok". These changes have not been difficult to keep up with because I WANT IT!!! I've learned to cook healthier and still buy snacks for my husband and daughter, such as doughnuts, pie, ice cream. I've learned to stay away from these foods because I was too close to serious medical conditions.

Seeing the transformation of myself, going from morbidly obese, weighing 363, development of serious health problems, wearing size 6x tops and size 32/34 pants, I am now a NEW person. I now weigh 187, wear size large tops and size 14/16 pants, and am able to keep up with my daughter. I feel pretty/beautiful and I guess I will say it... "SEXY and I know it"...LOL!!!

My decision to have weight loss surgery was the tool I needed in addition to what I've learned over the years. Some people feel that weight loss surgery is "cheating" yet it is only a tool. You still must be accountable for the stuff that goes in your mouth, the amount of physical activity you get, and all the other choices you make that will show your accountability and success.

Keeping positive, motivated and having longer lasting success is being supportive to others by telling my story and letting people know they don't have to give up. I have organized a surgical weight loss support group, along with another lady who has also had weight loss surgery. Our group meets once a month and is for people who have struggled with their weight. We ALL need the support of each other and want to offer support as well.

Breakdown of overall success:

Starting weight: 363 Current Weight: 187
 Starting measurements 12/29/15
 BMI: 58.6
 % body fat: too high, wouldn't calculate
 Neck: 17
 Biceps: R: 15 L: 16
 Forearms: R: 12 L: 11.5
 Chest: 60+
 Waist: 61.5+
 Hips: 65.25
 Thigh: R: 29 L: 29
 Calf: R: 19.5 L: 19.5

Goal: 160/165 Total loss so far: 172
 Current measurements 1/25/17
 BMI: 30.2
 % body fat: 34.2
 Neck: 13
 Biceps: R: 12.5 L: 12
 Forearms: R: 9.5 L: 8.5
 Chest: 41.5
 Waist: 40.5
 Hips: 45.25
 Thigh: R: 22.25 L: 22
 Calf: R: 14 L: 15





FITNESS CENTER



February Birthdays

Lindsay Case	2/1
Horace Robison	2/1
Russell Anderson	2/2
Shelley Smith	2/2
Megan Moravec	2/3
Chase Wells	2/3
Paul Loker	2/4
Addie Konkol	2/5
Archie Stacy	2/6
Bill Wemhoener	2/7
Bill McCoy	2/7
Matt Bryson	2/7
Jennifer Cochran	2/7
Debbie Miller	2/8
Mary Pittman	2/9
Kyle Hemken	2/9
Michelle Sirois	2/10
Rick Huggins	2/11

Courtney Smith	2/11
Carrie Border	2/13
Carmen Vaughan	2/15
Kelly J Ramsey	2/15
Kerri Konkol	2/15
Tom Romer	2/16
Diane Richards	2/16
Jerri James	2/16
Tabitha James	2/16
Summer Headrick	2/16
Tania Wood	2/17
Karen Greene	2/18
Kristen Stites	2/18
Katie Anderson	2/18
Matt Presti	2/19
Gary Gordon	2/20
Sarah Chase	2/20
Heather Durkee	2/22

Bob Jenkins	2/23
Kim Ingram	2/23
Rodney Wallis	2/24
Meagan Hughes	2/25
Joyce Bradley	2/26
David Hunter	2/27
Nathan Wood	2/27
Nikki Grayson	2/28
Jared Wisdom	2/28
Laine Schafer	2/29

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.
 - 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.
 - 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.
 - Pilates—12:15 p.m.



NATIONAL NUTRITION MONTH



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

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

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

LAST CHANCE to sign up for
“It Takes Two” Team Challenge
Fitness Class beginning Monday,
February 6th at 6 PM.



Mar 1 Opening Day Trout Season

March 1st marks the opening day of this years 2017 Missouri Trout Fishing Season. Large numbers of enthusiastic anglers participate in this exciting first day of the Current River Rainbow Trout fishing season in Montauk State Park. Come early to make preparations to fish. From 6:30 AM to 6:00 PM

