

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

JULY 2017



The Salem Community Center @ the Armory and Fitness Center will be closed July 4, 2017 in observance of Independence Day.

Missouri Job Center Affiliate Office Opens in Salem

If you need to find a job, develop a resume or need help with funding to attend training to get a better job, **it is now available locally!** Missouri Workforce Development Board opened a **MO Job Center Affiliate** office on June 8th, at the **Salem Community Center @ the Armory (1200 West Rolla Road in Salem)**. Sue Nardi, Career Consultant and a local resident of Salem will be available Monday thru Thursday from 8 a.m. until 4:30 p.m. Sue will assist customers with resume development, access to job leads, job referrals and connection to needed resources. Workshops to improve skills and increase employment opportunities can be scheduled-ask Sue for the "list of workshops". Career assessment and access to training is also available. Employers can contact Sue for assistance posting job vacancies in Missouri's jobs.mo.gov system; connection to Business Services for recruitment, access training programs for new employees and scheduling "Special Hiring Events" to fill job vacancies. **To contact Sue for an appointment call 573-578-5573 or stop by the Salem Community Center @ the Armory, Monday thru Thursday between 8 a.m. and 4:30 p.m.**

Veterans Representatives are also available (by appointment) to provide case management services to help Veterans eliminate barriers to employment and gain access to resources. WIOA Youth staff will be available (by appointment) to assist youth 14 to 24 years of age with education and job related programs. **To schedule an appointment to see a Veterans Representative or a Youth Career Manager call 573-364-7030.**

NEW Healthy Dent County Summer Camp



Kim Shelton, Community Wellness Coordinator

Those of us here at Healthy Dent County are beyond excited to unveil the first ever “Healthy Dent County Summer Camp” for kids ages 8-12. When contemplating the needs of our community and what projects we wanted to take on next we decided that we really wanted to dip our foot into the waters of summer camp. Though in 2014 we did a summer program, this new program will be much different. We are packing the whole week full of adventure and activities that will be engaging, educational, fun, and exciting.

During a program committee meeting we were asked, “What is the goal of this program?” I thought long and hard about the answer to try and find an eloquent way to say it, but after much thought I realized that the goal was simple. We want to teach the kids who attend the camp life skills that will contribute to a healthy life in the future. But we want to make it fun. The environment will be so full of exciting activities and presenters that they won’t even realize they are “learning”.

So, what are we focusing on? We of course are going to focus on the basics of living a healthy life; eating right and exercise, but we are going to do it in ways that hopefully peak their young mind’s interest and keep them engaged. We want to teach them about our entire local food system, taking them to the Community Garden, Farmers’ Market, bringing in a local chef to make a healthy meal, and show and tell with local farmers. For physical activity, we want to go beyond what kids may traditionally think of and explore some of our natural surroundings, hiking through local trails. On top of the “basics” of a healthy lifestyle we are going to focus on some of the other contributing factors to our community’s health. Education plays a huge part in our health. Studies constantly link back to health and performance in schools as correlating together. We will have a whole day dedicated to science and technology. Presenters will come in and we will spend the day doing fun science experiments and learning new things about the world of science and technology. Another focus will be on emergency services. We will tour some of our local facilities and meet some of our local heroes! More than anything we are committed to creating a week of fun and excitement.

If you would like to sign your child up for an awesome week go to <https://hdcsummercamp.eventbrite.com>. The cost is \$100 per child. This includes 2 snacks and a lunch every day and an awesome t-shirt they will be able to keep forever! For any questions please call Kim or Kelsey at 729-8163.

Healthy Dent County

ONLY 20 Spots
available!

SUMMER CAMP

Ages
8-12



JULY 24-28

8AM—5PM

SALEM COMMUNITY CENTER

@ THE ARMORY

1200 W. ROLLA Rd

Learning Objectives:

- Understand local food system
- Gain cooking skills
- Learn new recipes
- Expand knowledge of local resources
- Learn new exercises and ways to be physically active
- Most of all HAVE FUN



\$100 Per Child

A Healthy Lunch and

2 Snacks Included

Register ONLINE @

<https://hdcsummerncamp.eventbrite.com>

**Questions? Call us at 729-8163 or
email**

kelsey@salemcommunitycenter.org

Rock 'n' Roll Fun Run

COURSE: Begins at the Salem City Park.

TIME: July 15, 2017. Registration is at 6:00pm. Run starts at 7:00pm by the Salem City Park Playground.

FOR MORE INFORMATION: Contact Kim Shelton at the Salem Community Center @ the Armory, 573-729-8163, or email: kim.shelton@salemcommunitycenter.org. To pre-register forms can be dropped off at the Salem Community Center @ the Armory.

REGISTRATION: Kids \$15 (up to 18 years), Adults \$25. Includes registration, and t-shirt. Day of race same price with no shirt.

You can also register at <https://runwalkroll.eventbrite.com>

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



REGISTRATION DUE: JUNE 30th, 2017

Make checks payable to: City of Salem

CIRCLE SHIRT SIZE: YS YM YL A S 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



**SALEM
FARMERS'
MARKET**



**DOUBLE UP
FOOD BUCKS™**



Council For A

**HEALTHY
DENT COUNTY**

Where Health, Education and Community Meet

Stretch **Your food dollars**

When you use your EBT card at the Salem Farmers' Market we match your money dollar for dollar up to \$25 a market day per card holder.

We also accept
Debit & Credit

Saturdays: 7:30 AM—NOON

Tuesdays: 3 PM—6 PM

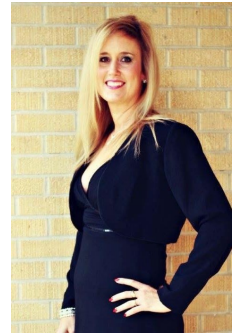
Questions? Call Kim at 729-8163

or email

kim.shelton@salemcommunitycenter.org

Exercise Has Significant Impact on the Aging Process

Susie Cahill, Fitness Director



Researchers have recently shed light on how exercise benefits the body on a cellular level. What's more, they've determined a type of exercise best for boosting cell health.

A study (published in *Cell Metabolism* 2017; 25) included 36 men and 36 women categorized as "young" (aged 18-30) or "older" (aged 65-80). Each participant was assigned to one of the three training programs for 12 weeks: high intensity interval training (HIIT) on an indoor bike; strength training with weights; or a combination of the two. Study leaders took muscle biopsies from the volunteers -who also underwent lean mass and insulin sensitivity tests-and then compared the results with those from a sedentary control group.

Data showed that the exercise groups experienced improvements in cellular function and in the ability of mitochondria to generate energy. This adds further evidence that exercise does in fact slow the aging process at a cellular level. Muscle mass and insulin sensitivity improved with all three training protocols, however, outcomes did vary. HIIT revealed the most increase in gene transcripts, particularly in the "older" adults.

For best benefit, according to the study, a combination of strength training and HIIT is recommended. HIIT is less effective at increasing strength and muscle mass than the strength training protocol.

The take-home message for aging adults is that exercise should be incorporated in to your lifestyle and done regularly.

Source: IDEA Fitness Journal, June 2017; 16



July Birthdays

David Richmond	7/1
David Leslie	7/2
Jennifer Roderman	7/2
Rose Dahms	7/4
Anita Richmond	7/6
Kristina Kay	7/6
Alaina Ferguson	7/7
Derrick Hubbs	7/8
Tom McCracken	7/11
Emily Nye	7/11
Jarred Brown	7/12
Luann Jadwin	7/13
Rita Whitehouse	7/13
Jesse Shelton	7/13
Arvy Rogers	7/15
Autumn Wofford	7/15
George Miller III	7/15
Paul Dale	7/16

Edward Smith	7/16
Linda Maxwell	7/16
Cole Heisler	7/17
Lorraine Ziegler	7/18
David Wathen	7/18
Lynda Myers	7/18
Amy Hayes	7/18
Kutter Tiefenthaler	7/18
Pat Gilbert	7/19
Waynetta Parker	7/19
Sharon Moczygemba	7/20
Beverly Smith	7/20
Jason Sentman	7/22
Nancy Major	7/23
James Evans	7/23
Debbie Baker	7/24
Marilyn Sweitzer	7/25
Allison Lewis	7/25



Brett Capps	7/27
Amy Conner	7/28
Travis Richards	7/28
Suzanne McCoy	7/29
Marca Stephens	7/31
Laura Parsons	7/31



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.
- 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.

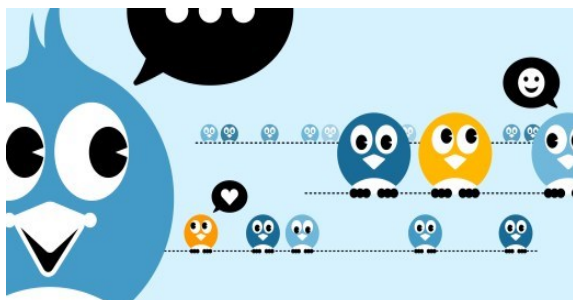
Thursday:

- Power Circuit—12:15 p.m.
- Zumba—6:30 p.m.

Friday:

- Sweet & Low—8:30 a.m.
- Slow Motion—10:30 a.m.
- Pilates—12:15 p.m.

JULY IS SOCIAL AWARENESS 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



Council For A
**HEALTHY
DENT COUNTY**
Where Health, Education and Community Meet

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****

