

Salem Community Center @ the Armory Newsletter

Salem Community Center
**@the
Armory**

August 2017



September 2 thru 3—3rd Annual Salem Chamber Rodeo - MRCA/URA Outlaw Rodeo Production

Labor Day Weekend (Friday & Saturday night). MRCA/URA Rodeo by Outlaw Rodeo Productions. Advance tickets will be on sale prior to event. \$8 adult \$4 child advance or \$10 adult and \$5 child at the gate. Bareback riding, calf roping, breakaway roping, saddle bronco riding, steer wrestling, team roping, barrel racing and bull riding. A kids' boot toss and calf scramble will take place each night for children 10 and under. Advance ticket holders can enter for chance to win a Amazon Tablet each night of the rodeo. Vendor booth space available. Contact the chamber office for more information and prices.

Location: Dent County Commons
Phone: 573-729-6900



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 8, 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.**

Salem Mayor Loses in a Good Way!



Kim Shelton, Community Wellness Coordinator

Being a leader is nothing new for Brad Nash. He serves as Dent County Fire Chief, City of Salem Mayor, husband, father, and now is playing a new role as a leader in our community in health. Mayor Nash has recently hit a milestone in his weight loss journey, losing 100 lbs since weighing his all-time heaviest, just October of last year. When asked what his secret to success was his answer was clear:

“You have to be ready. I had tried a million times before. I’d lose a little and then go right back and gain it back. But I wasn’t ready. When I stepped on the scale last October I knew I had to do something. I was ready to make the change.”

Brad started by doing the Slim Fast diet and lost 60 lbs before plateauing. In April, he began the Shape Reclaimed program which is offered at Cornerstone Chiropractic. He had gained about 10 lbs back in the intermission between programs, but has since lost 50 lbs on Shape.

The changes are a lot more than physical for Brad, though the physical ones are quite impressive. For instance, he went from a size 4X t-shirt to now going into an XL. Likewise, he went from wearing a 48”, pushing a 50” waist in pants to now wearing a 36-38”. But the changes that the everyday person can’t see are what means the most to Mayor Nash. “I used to love laying on the floor. When I was at the weight I was I couldn’t really do that anymore. Now I can get down on the floor and wrestle with the kids.” Brad also noted that he used to contribute his knee pain to the concrete floors of the Fire Station, but miraculously after losing 100 lbs he no longer suffers from that pain.

The changes aren’t just seen on Brad. His example has influenced other members of his household as well. He noted that though he takes things a little more seriously and is stricter with his nutrition than the rest of his family, they have taken notice and have begun following in his footsteps. His wife, Deanna, has lost 50 lbs!

When asked what he would tell someone wanting to start their own journey he reiterated what he said before, “Make sure you’re ready.” Brad talked about how difficult it can be, especially in a house with a big family that he doesn’t expect to eat the same as him all the time. “I love breakfast food” Nash said, “There were nights where they would be eating breakfast for dinner and that was really hard. That’s why it’s so important to be ready to change because you’re going to have those times where it’s really tempting.”

Brad would like to lose 33 more lbs so his journey isn’t over. He plans on continuing with his program until he reaches his goal and beyond, noting that it truly is a lifestyle change and not just a diet. Mayor Nash is a wonderful example of health and the ability to change. Healthy Dent County is happy to celebrate his success!

Below is a copy of the June 23, 2017 Facebook post from Salem MO Parks and Recreation Department concerning the Alice Lou Craig Municipal Swimming Pool. For questions, please contact Ty, City of Salem Parks and Rec Director, at 729-6290.

To All:

It is with our deepest regret to announce the Alice Lou Craig Municipal Swimming Pool in the Salem City Park will not be opening this year for the 2017 season. The Salem Park and Recreation Board made the decision after weighing all the options of trying to salvage the rest of this year with a temporary patch, a short-term repair, or go with a long-term solution to a problem that has long existed with the pool. This was not an easy decision to make as the Board understands how important the swimming pool is to this community, not only with providing entertainment and relaxation but also summer employment.

The problems with the current pool are many including three seams on the floor of the pool that leaks due to expansion and contraction, leaks where the floor and wall meet at a 90° angle due to shifting and expansion, the gutter and skimmer system which has become infiltrated with rust and corrosion that also leaks due to the pool expansion and contraction, and the pipe from the skimmer system to the filter that is extremely corroded. The pool is 28 years old and the years have taken their toll to the point that pool wouldn't even fill up this year to the gutter due to the excessive leaks, too great to even turn on the filter and pump.

The Park Board came to the conclusion the real solution to the problem at this stage is not do what we have done in the past to barely get by every year, but to move forward and make the pool special again for Salem and Dent County residents. We will be working with pool professionals on plans to update and renovate the current pool area to correct the long-term problems and bring it up-to-date, then go beyond the standard pool by adding additional features that will make it more fun for everyone, young and old.

Work will also be done on the pool house to bring it up to date with a new roof, handicapped accessible restrooms and dressing rooms, plus update the concession stand that will offer a wider and healthier menu selection. We are excited what the 2018 season will bring with these changes as well as other additions coming soon to the city park, and hope everyone will be proud of the improved Alice Lou Craig Municipal Pool come 2018!

We appreciate your continued support of our Park and Recreation Programs and look to serving you in the future.

Sincerely,

Salem Parks and Recreation Department and Park Board

Electronics & Tire Collection

Anything with a cord or battery operated!

SATURDAY, September 30

**RESIDENTIAL ITEMS ONLY!
YOU MUST UNLOAD ITEMS
YOURSELF!**

9 a.m. to 1 p.m.

Salem S/W Construction Parking Lot

(located at the corner of Third and Grand in Salem, MO)

\$10 Fee On Each: CRT TVs - CRT Computer Monitors - Flat Screen TVs - Flat Screen Computer Monitors

Tire Fees: Passenger \$2.00 each - Truck \$7.50 each - Tractor \$35 each

FREE! computer components - keyboards - printers - VCRs/DVD players - cell phones - power tools - hairdryers - or anything operating on a battery or a cord

Not Accepted: VHS & Data tapes - Floppy disks - Capacitors, transformers or ballasts that are not clearly marked as saying "NO PCBs" - smoke detectors - thermostats - medical waste - gas containers - anything leaking oil or acid - broken ink or toner cartridges - alkaline batteries - broken CRTS TVs or monitors

Eligible Counties: Crawford, Dent, Gasconade, Maries, Phelps, Pulaski, and Washington

Questions?

Contact MRPC at (573) 265-2993

or jhollowell@meramecregion.org

For future collection schedule, visit: ozarkrivers.org or

Follow us on Facebook at facebook.com/ORSWMD



Sponsored by:

This project was funded in part by the Missouri Department of Natural Resources.





**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 Types Affect the Brain Differently

Susie Cahill, Fitness Director



Plenty of research has determined that regular exercise benefits brain health. A recent large review got more specific and looked into how different types of exercise affect the brain.

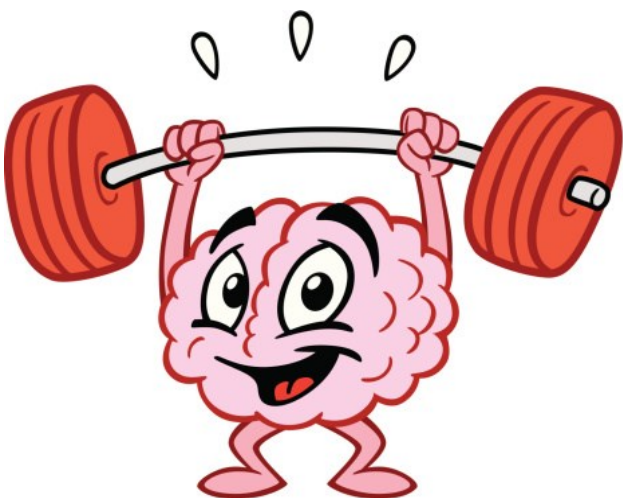
In this review, the researchers assessed results from 39 studies. The scientist focused on five forms of physical activity — aerobic training, resistance training, multi-component training (cross-training), tai chi and yoga — and studied how those modalities affected brain capacity, attention, executive function, memory and working memory. They also evaluated exercise session duration. Participants were 50 and over and exercised in supervised training sessions for more than 4 weeks.

Researchers found that aerobic, resistance, and multi-component training were all associated with gains in cognitive function when exercise intensity was moderate or vigorous and gains were also seen with tai chi. Optimal session duration was 45-60 minutes.

They concluded that physical exercise interventions are effective at improving the cognitive function of older adults, regardless of baseline cognitive status. Interventions of aerobic, resistance, multi-component training and tai chi were similarly effective. The findings suggest that an exercise program with components of both aerobic and resistance type training, of at least moderate

intensity and at least 45 minutes per session, on as many days of the week as possible, is beneficial to cognitive function in adults 50 years and older.

Source: IDEA Fitness Journal, July



FITNESS CENTER



August Birthdays

Nancy Sprock	8/2
Crystal McCracken	8/4
Dylan Harris	8/4
Marie Tuttle	8/6
Vickie White	8/7
Alex Wood	8/7
Abigail Schafer	8/7
Cindy Ard	8/8
Randi Leslie	8/8
Brad Lewis	8/8
Pat Huggins	8/10
Angela Shaw	8/10
Dave Ingram	8/11
Jackie Sisco	8/13
Michael Loveday	8/16
Randy Atchley	8/17
Courtney Norris	8/17
Patsy Townsend	8/17

Jason Wisdom	8/18
Tomi Black	8/19
Angela Parker	8/20
Trudy Rutland	8/21
Cody Harris	8/21
William Green	8/22
Austin Schafer	8/22
Jasmine Ehrhardt	8/23
Bobbie Conaway	8/23
Crystal May	8/23
Brooke Adams	8/23
Vernetta Nelson	8/24
Sammi Parker	8/25
Kim Shelton	8/25
Kaylie Jay	8/26
Karla Ahl	8/28
Rodney Farthing	8/30
Jenny Moody	8/30



Ashley Esquivel	8/30
Sarina Van Buren	8/31
Rachel Shults	8/31



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.

AUGUST IS HAPPINESS HAPPENS

BE SO
HAPPY
that
WHEN
OTHERS

look at you
THEY BECOME
HAPPY too

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****

