

# Salem Community Center @ the Armory Newsletter

Salem Community Center  
**@the  
Armory**

*February 2018*



2018 SMDH Health Fair  
Wednesday, February 7,  
and  
Thursday, February 8,  
beginning 6 AM to 9 AM  
At the Salem Community  
Center @ the Armory

## Salem Rotary Club Pancake Day February 17

This is an event that has become a tradition. Support the Rotary Club on Saturday the 17th at the Salem Middle School. For more information contact Brian Martin at 573-729-5135.

**Location: Salem Middle School**

## SIGN THE PETITION!

Between 1939 and 1945, 16 million Americans served our great country in World War II. Of that 16 million, 464 received the Medal of Honor. Today only four of those recipients remain. In the history of the United States, never has there been a state funeral held for an enlisted person. These ceremonies have been reserved for presidents, vice presidents, generals, and other high ranking officials. Petitions for signature are located in north lobby and east lobby at the Salem Community Center @ the Armory. Must be a registered voter. Please contact State Chairman of "State Funeral for World War II Veterans", Richard LaBrash, for any questions or concerns at (573)729-1394.

## Rally in the 100 Acre Woods March 16 thru 17

Rally Salem/Dent County on  
Friday, Parc Expo downtown  
Salem Saturday morning.



Healthy Dent County Approved for NAP Funding  
for new Gymnasium at Salem Community Center @ the Armory

Healthy Dent County (HDC) is proud to announce that it has been chosen to receive tax credits through the Missouri Department of Economic Development's Neighborhood Assistance Program (NAP). NAP helps not-for-profit organizations raise private-sector funds by providing partial state tax credits to businesses that make contributions to approved community improvement projects. Through NAP, businesses and individuals with business income can donate cash, materials, supplies or equipment; technical assistance and professional services; labor; real estate; or stocks and bonds. **Donations received through NAP will benefit Healthy Dent County as they expand the Salem Community Center @ the Armory by adding a new gymnasium to the north end of the building.** Credits can equal 70 percent of the total amount contributed, providing a state tax savings for businesses and individuals who participate, while making a difference in the lives of the citizens of Dent County.

HDC has been approved for \$350,000 in NAP tax credits. HDC will conduct a capital campaign for the \$500,000 needed to begin expansion of the Salem Community Center @ the Armory located at 1200 W. Rolla Road. **The benefit to Dent County residents will be a regulation size basketball gymnasium as well as expansion of the Fitness Center that will provide recreational and health benefits for all ages.**

The Salem Community Center @ the Armory does have a multi-purpose area, but it is not regulation basketball sized and with the many different programs that need the space, HDC has run out of room to accommodate both community and recreation needs. With the encouragement and support of the local school system, the City of Salem, as well as other organizations that are in need of gymnasium space, the committee determined the immediate need for additional space. The new gymnasium will be used by various local groups as well as expanded and additional programming by Healthy Dent County. The new gym will also be used by the City of Salem for their sports programs.

Along with this \$500,000 Healthy Dent County has also received an additional \$250,000 grant from a national foundation. It is estimated that a new building will cost in excess of \$1 million so additional fundraising will need to be obtained.

For additional information on this or any Healthy Dent County project please call 729-8163 or e-mail [sherry@salemcommunitycenter.org](mailto:sherry@salemcommunitycenter.org).

Healthy Dent County Fitness Center Presents

# DANCE CLASSES

## THE WALTZ AND LINE DANCING



The Waltz classes will be held every Tuesday in February starting at 6pm.

**\$5 per person – pay at the door  
(couples required)**

The Waltz is a series that builds each week. It is recommended that you attend each class.

The Line Dancing classes will be held every Thursday in February starting at 6pm.

**\$5 per person – pay at the door**

**All classes will be held at the  
Healthy Dent County Fitness Center.  
1200 West Rolla Road, Salem**



**For any questions, please call us at 739-1127**







# Healthy Dent County's 7<sup>th</sup> Annual Girls' Night Out

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

Vendor booths available with great products to purchase!



Thursday, March 22<sup>nd</sup>  
5:00pm - 8:00pm

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**  
Home, Health, Education and Community Help

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



# Healthy Dent County Quilt Raffle

Drawing will be held at Girls Night Out  
on March 22<sup>nd</sup>, 2018



*Vintage Picnic  
Bonnie James  
2017*

*Ticket Prices:*

*1 for \$5*

*or*

*5 for \$20*



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

*You need not to be present to win the quilt.*

# Deaths of Despair



Kim Shelton, Community Wellness Coordinator

It is no secret that our community has been ravaged by addiction, substance abuse, and mental illness. We see it all around us. You would be hard pressed to find someone who hasn't been impacted by one of these issues. If they haven't experienced it firsthand, one of them has probably affected a love one. We know there is a problem, but do we know just how bad it really is? Missouri Foundation for Health (MFH) recently released a study on white mortality rates. 79 out of 114 Missouri counties have seen an increase in white mortality rates in those aged 25-59 since the year 2000. Of those 79 counties, 33 of them have faced the brunt of the crisis, Dent County being one of them. We live in a world with major medical advancements being made every day and better access to care than we have ever had. How is it then that the amount of young people dying is increasing then? The numbers I read next took my breath away in the most heartbreaking of ways. From 1995-2014 we saw a 585% increase in drug overdoses. We saw a 763% increase in alcohol poisoning. We also saw a 30% increase in suicides. I've read this study repeatedly, hoping that I read those numbers wrong, but to my disappointment I read it correctly.

I hope those numbers made you shudder like they did me. I hope they shocked you because we need to be shocked in order to take appropriate action. We have to be able to look at that data and understand that the systems we've been working with and the actions we've taken in the past have not worked and we need to be intensely seeking new direction. These are our neighbors, our children, our parents, and our friends. We can't sit idly by and watch the epidemic grow.

It is my opinion that we have vastly oversimplified the issue. We look at those who struggle with these complicated matters and we write them off and demonize them. We skate out of our responsibility as the community by saying that it was their choices that led to their outcome, which is true in many ways, but we can't pretend that this crisis is that straightforward. We know that at large type II diabetes is the result of poor lifestyle choices, but we still treat it like the disease it is and we don't look at diabetics as monsters. We must have the same decency for addicts. To improve these stark numbers, we must put our preconceived ideas aside and step off of our pedestals and realize that these are human beings with hopes, dreams, and a future. They need help and they deserve to be able to get that help without being ostracized.

As a mother of two young kids, I can't bear the thought of those statistics rising. There is great work being done right now in our small, but mighty community. I encourage you to become a part of it. Even if you can't join a coalition, something we can all do is humanize those struggling, have compassion, love thy neighbor, and be the good Samaritan when you see someone in need. We have all lived vastly different lives and we don't always understand the path someone has had to walk. I believe that an attitude and perception change could be far more powerful than one would think and could catapult us into a new and better direction so that we don't see this trend continue.



### **February 23 - Another Sky Event! Skywatch at the Bonebrake Center**

Come to the Bonebrake Center of Nature and History on Friday, February 23, 2018 to experience views of the solar system and the galaxy. The event will run from 7:00 to about 8:30 p.m. The famous Dent County Astronomers will be on site using powerful telescopes, including the Bonebrake Center's kid/adult-friendly telescopes, dubbed "Charles" and "Shirley," to explore the early spring sky. As the twilight fades for our event, the Moon will tower high in the south. Along the line between sunlight and darkness on the Moon, we'll see some of the greatest lunar features -- mountains, craters, and faults. Dress for the weather, and come enjoy the views and experience a tour of the sky. This program is appropriate for the whole family and will be mostly outdoors. There will be access to the house and light snacks. The suggested donation is \$1.00 per person or \$5.00 for the whole family, but no one will be turned away. Registration is not required, but feel free to leave a message at the Bonebrake Center (573.729.3400) or e-mail at [bonebrakecenter@embarqmail.com](mailto:bonebrakecenter@embarqmail.com) for more information. If it appears the night sky will be too cloudy, the program will be postponed. Registrants may call or text 573-247-0279 on the afternoon of Friday, February 23 if there is a question about possible cancellation.

## **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 year. This free tax filing assistance will begin on Friday, February 2<sup>nd</sup> and continue every Friday until April 6<sup>th</sup>. Appointments can be made by calling the Salem Community Center at 729-8163.

AARP Foundation Tax-Aide volunteers are trained in filing certain tax forms and schedules, including the Form 1040. However, the Volunteer Protection Act requires that our volunteers stay in the scope of the program. If counselors feel they do not have adequate knowledge or your return is too complex, you may need to seek another qualified counselor or paid tax assistance.

Items you need to bring to have your tax returns prepared:

- \*Proof of identification – Picture ID
- \*Social Security Cards for you, your spouse and dependents or a Social Security Number verification letter issued by the Social Security Administration or
- \*Birth dates for you, your spouse and dependents on the tax return
- \*Wage and earning statement(s) Form W-2, W-2G, 1099-R, 1099-Misc from all employers
- \*Year end Social Security Statements showing total SS received and Medicare payments
- \*Interest and dividend statements from banks (Forms 1099)
- \*A copy of last year's federal and state returns if available
- \*Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check
- \*To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

The Salem Community Center @ the Armory is located at 1200 W. Rolla Road. Volunteers are still needed, if you would like to volunteer to help please call Tyson Richards at 453-4995.

# HEALTHY DENT COUNTY MARCH WATER CHALLENGE

March 5<sup>th</sup>-30<sup>th</sup>, 2018



**Take the Healthy Dent County Water Challenge and win weekly prizes!**

**0 Calories**

**0g Carbohydrates**

**0mg Sodium**

**0g Sugar**

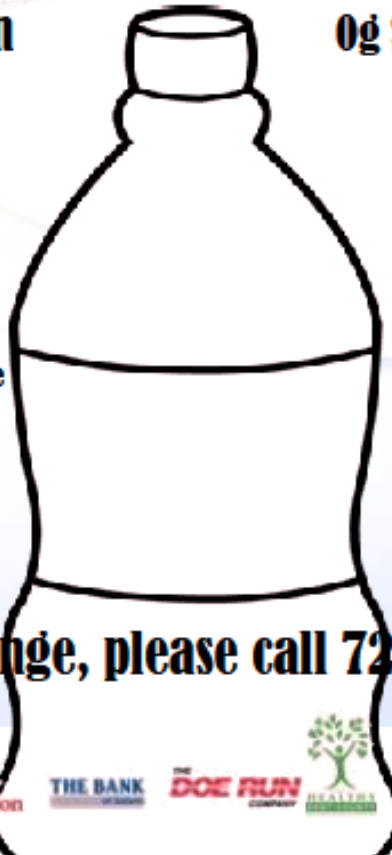
**Show us that you are drinking water on Facebook and Instagram using the Hashtag**

**#HDCWaterChallenge**

**You must be following us on the social media platform that you choose**

**We will announce weekly winners on Monday mornings in March**

**For any questions about the challenge, please call 729-8163**





# Dent County Youth Calendar

Visit [www.dentcountyyouthcalendar.org](http://www.dentcountyyouthcalendar.org) for a continually updated calendar.  
For information on adding your events to the calendar, please contact [kelsey@salemcommunitycenter.org](mailto:kelsey@salemcommunitycenter.org) or call 729-8163.

## February 2018

- **February 1<sup>st</sup> – “Friends”**  
[Salem Public Library – 729-4331](#)
- **February 1<sup>st</sup> – City of Salem Youth Soccer Signups**  
[Salem Parks and Rec Department – 729-6290](#)
- **February 5<sup>th</sup>-9<sup>th</sup> – SMDH Free Sports Physicals**  
[SMDH Family Medicine – 729-8000](#)
- **February 12th-16<sup>th</sup> – Future Cheerleader/Stuntman Clinic**  
[Salem High School Cheerleaders](#)
- **February 16<sup>th</sup> – Making Maple Syrup**  
[Montauk State Park – 573-548-2225](#)
- **February 24th – 4H Steer Weigh In at the Salem Livestock Barn**  
[4H – 729-3196](#)

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

## March 2018

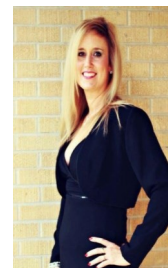
- **March 1<sup>st</sup> – “Color of the Rainbow”**  
[Salem Public Library – 729-4331](#)
- **March 1<sup>st</sup> – Opening Day of Trout Season**  
[Montauk State Park – 573-548-2225](#)
- **March 5<sup>th</sup>-30<sup>th</sup> – Water Challenge**  
[Healthy Dent County – 729-8163](#)
- **March 6<sup>th</sup> – 4H Quality Assurance Meeting at the Old City Hall**  
[4H – 729-3196](#)
- **March 12<sup>th</sup> – City of Salem Youth Baseball/Softball Signups**  
[Salem Parks and Rec Department – 729-6290](#)
- **March 16<sup>th</sup>-17<sup>th</sup> – 100 Acre Wood Rally on the Salem Square**  
[Chamber of Commerce – 729-6900](#)
- **March 22<sup>nd</sup> – Girls Night Out**  
[Healthy Dent County – 729-8163](#)
- **March 23<sup>rd</sup> – Non Newlywed Game**  
[Healthy Dent County – 729-8163](#)
- **March 24<sup>th</sup> – Hog Weigh In at the Salem Livestock Barn**  
[4H – 729-3196](#)
- **March 31<sup>st</sup> – Community Easter Egg Hunt**  
[First Baptist Church – 729-4863](#)

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

\*Events are subject to change\*

Dent County  
Youth Calendar

# February— Let's Dance Those Winter Blues Away



Susie Cahill, Fitness Director

It's February, which means it's still cold and dark around here. It's also the month we celebrate Valentine's Day. Seems like perfect timing to have some fun with dance classes. That's exactly what we are doing at the Fitness Center. Couples can celebrate Valentine's Day all month long by learning how to Waltz together. Tuesdays at 6 p.m. can be date night all February long. What could be more romantic?

If a romantic Waltz isn't what you're looking for, we have your back!!! We will also offer Line Dancing all February long! No couples necessary for line dancing. Just show up each Thursday evening in February at 6 p.m. ready to have fun. Come by yourself or bring a whole group of friends. However you come, a fun time is guaranteed!



You can choose one style or both! Everyone is welcome. Cost is \$5 at the door per person each night. Rosalie Wright is the instructor and will be accompanied by her husband, Shannon to demonstrate the Waltz. We can't make warmer weather arrive any faster, but we can make winter more fun by dancing our blues away. Mark your calendars for each Tuesday and Thursday evening in February! Wear comfortable shoes that will allow you to move and turn easily. Happy Valentine's Month to all!



# FITNESS CENTER

## February Birthdays

Lindsay Case	2/1
Horace Robison	2/1
Shelley Smith	2/2
Corney Hedrick	2/2
Megan Moravec	2/3
Paul Loker	2/4
Kyle Harrell	2/4
Bill McCoy	2/7
Matt Bryson	2/7
Jennifer Cochran	2/7
Quin Blankenship	2/7
Mary Pittman	2/9
Rick Huggins	2/11
Nick Vandergriff	2/11
Courtney Smith	2/11
Amber Lowe	2/12
Carrie Border	2/13
Quinci Leslie	2/14

Joan Reed	2/15
Carmen Vaughan	2/15
Kelly J Ramsey	2/15
Tom Romer	2/16
Diane Richards	2/16
Tabitha James	2/16
Summer Headrick	2/16
Karen Greene	2/18
Kristen Stites	2/18
Matt Presti	2/19
Barry Baugh	2/20
Sherry Stallings	2/20
Kathy Crocker	2/20
Sarah Chase	2/20
Emily Roach	2/21
Bob Jenkins	2/23
Courtney McCarter	2/23
Kim Ingram	2/23

Rodney Wallis	2/24
Kierstin Lewis	2/26
David Hunter	2/27
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.
- Tai Chi—4:00 p.m.
- Fitness Fusion—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.
- Tai Chi—4:00 p.m.
- Blender—5:15 p.m.
- Zumba—6:30 p.m.

#### **Friday:**

- Sweet & Low—8:30 a.m.
- Slow Motion—10:30 a.m.

### 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**



## NATIONAL NUTRITION MONTH





**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)



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



**My idea of  
a  
Super  
Bowl  
is a  
toilet  
that  
cleans  
itself!**

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\*\***

**March 1 Opening Day Trout Season**

March 1st marks the opening day of this years 2018 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 a.m. to 6:00 p.m.

