

February 2023

HEALTHY DENT COUNTY

LINE DANCING



DANCE CLASSES

See inside flyer for details.

Line Dancing
Tuesdays at 6:30 pm

Sweetheart
of a
Special!
FEBRUARY ONLY

NEW CLASS
Gentle Yoga
Jessica Kiser
Fridays 5:30 - 6:30 pm

MEMBERSHIP SPOTLIGHT
Bethany Wilkinson and
sons, Joe, Eric & Dean
Rothgeb

AARP Taxes
Now taking
appointments

X-Press Continues In
February!



Membership Spotlight: Bethany Wilkinson and sons, Joe, Eric & Dean Rothgeb



Follow us on Facebook: Healthy Dent County Fitness Center/Council for a Healthy Dent County to stay up to date

HEALTHY DENT COUNTY FITNESS CENTER PRESENTS

LINE DANCING



DANCE CLASSES

The Line Dancing classes will be held
Tuesday evenings in **February** at **6:30 pm.**
(February 7, 14, 21, 28)

\$5 per person - pay at the door

Instructor: Rosalie Wright

All Classes will be held at the
Salem Community Center @ the Armory
1200 West Rolla Road, Salem

For any questions, please call us at 739-1127
or email Susie@salemcommunitycenter.org





Sweetheart of a Special

Healthy Dent County Fitness Center

February ONLY
Buy One Get One Free

\$24.75 for two members

(Special Rate for 6 Months)

To Qualify:

- ⌘ **New Members ONLY**
- ⌘ **Sign up for Autopay**

Included in this:

- ⌘ **Orientation**
- ⌘ **Workout Plan**

***24 Hour Access Additional Cost**

**Questions? Please call us at 573-739-1127 or
email Susie@salemcommunitycenter.org**



AARP Free Tax Aide Filing

AARP volunteers will once again be doing taxes for **FREE** at the **Salem Community Center @ the Armory**. The Healthy Dent County staff are currently taking appointments until April 7th, please call 729-8163.



AARP[®]
Real Possibilities



Council For A
**HEALTHY
DENT COUNTY**

Where Health Education and Community Meet



Gentle Yoga

Instructor: Jessica Kiser

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment.



Fridays starting in February!



4:30 pm - 5:30 pm



Healthy Dent County Fitness Center/ Salem Community Center @ the Armory



Call us at 573-739-1127 or email susie@salemcommunitycenter.org

Stewardship. Integrity. Commitment.



Doe Run Job Fair

Thursday, February 9, 2023 3-6 p.m.

First Baptist Church of Viburnum (Hwy Y & Iron Co Rd 1)

Bring your resume or work history

- Entry level jobs start at \$19.62/hour
- Resource Recycling hourly new hires will receive a \$1,000 sign-on bonus. \$500 paid after 6-months of employment and \$500 paid after 12-months of employment. Subject to the terms and conditions as further described at the job fair.
- Benefits start day 1
- 2 weeks of vacation first year



High school diploma or GED required
Email questions to:
careers@doerun.com

[DoeRun.com/careers](https://doerun.com/careers)



SALEM Project RISE

Reaching Independence through Support and Education

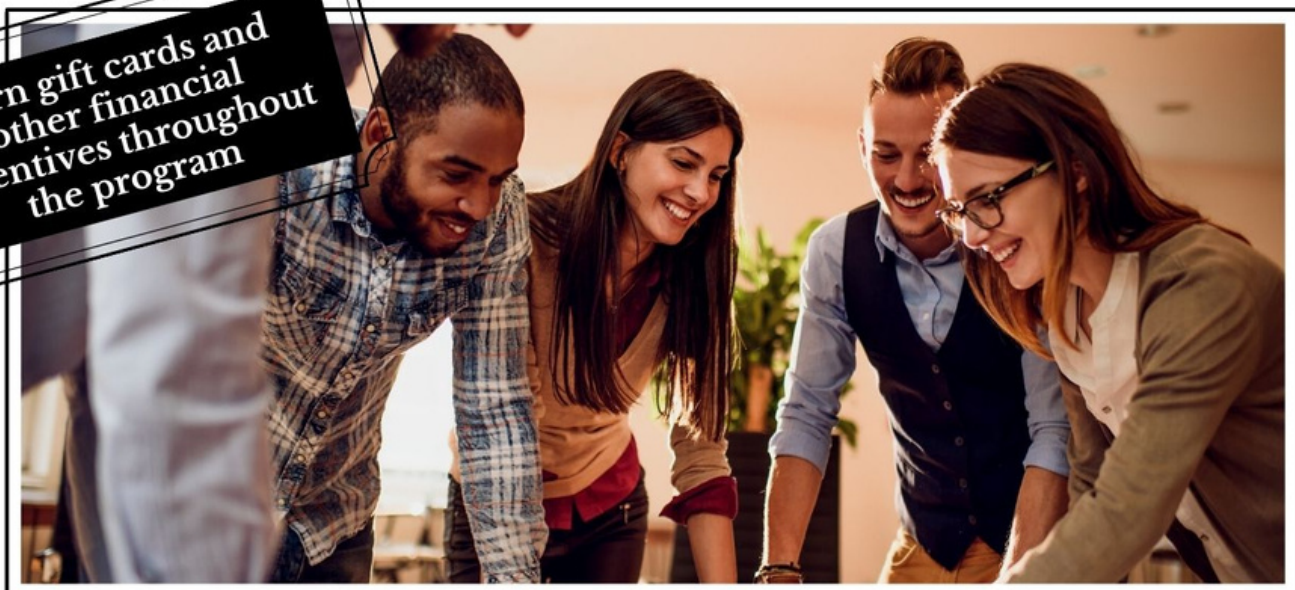


Helping families reach personal and financial goals.

16 Weeks - Meet weekly in the evening
and focus on helping you succeed at life.

- Employment/Career Development
- Further Education Opportunities
- Strength Finder
- Goal Setting
- Time Management
- Relationship Building
- Money Management
 - Budgeting
 - Credit Building
 - Needs vs Wants
- Community Involvement

Earn gift cards and
other financial
incentives throughout
the program



Objectives of RISE

- Increase your support systems, resources, and connections in your community.
- Provide education that will create long-term thinking and practice.
- Develop tools that guide you to improve financial health and empowerment.

Meals and childcare will be provided during meetings.

**Pick up/Turn in applications to the
Salem Community Center @ the Armory office or visit:
<https://tinyurl.com/ProjectRISE23>
(1200 West Rolla Road, Salem, MO 65560)**

RISE - Participant Screening Form

DEMOGRAPHICS

1. Full Name: _____ Date of Application: _____
2. Date of Birth: Month: _____ Day: _____ Year: _____
3. Address: _____ City: _____ State: _____ Zip: _____
4. Mobile Phone: _____ Home Phone: _____
5. Email address: _____
6. Preferred Method of Contact: ☐ Mobile ☐ Home Phone ☐ Email ☐ Text ☐ Facebook
7. Current Members of Household:

Name (First and Last)	Relationship	Age/Gender	Race/Ethnicity	Date of Birth
Total Number of People in Household				

QUALIFIERS

8. Accountability:
 - a. Are you currently working or willing to return to a full-time position? ☐ Yes ☐ No
 - b. Are you able to commit to a 16-week program with weekly classes? ☐ Yes ☐ No

**Note: the first 16-weeks is the initial core programming. After core programming, members are encouraged to stay in the program for at least one year to ensure stability and self-sufficiency.*
9. Do you have a high school diploma or HiSET/GED? ☐ Yes ☐ No
 - a. If No, are you able to complete it within 6 months? ☐ Yes ☐ No
10. Have you been drug/substance free for more than six months? ☐ Yes ☐ No
11. Do you have stable housing? ☐ Yes ☐ No
12. Do you have reliable transportation (i.e. own a legal working vehicle, public transportation) ☐ Yes ☐ No
13. Total monthly household gross income for all household members? (before taxes and deductions)
\$ _____
14. Where/how did you hear about our organization? _____

The Perfect Event Venue



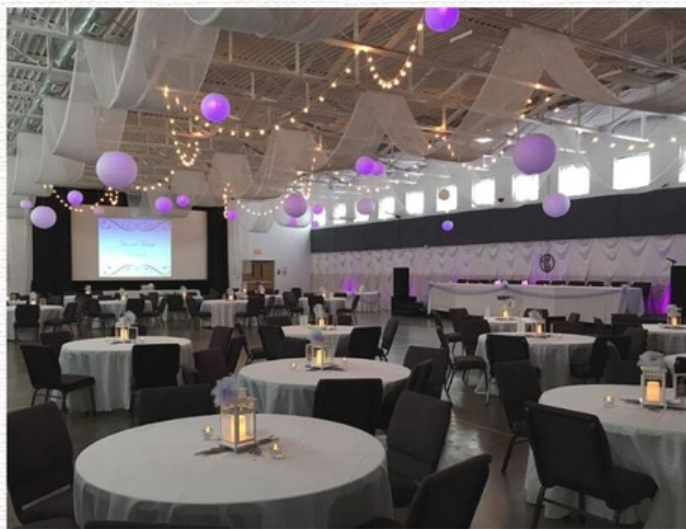
Weddings, Receptions, Banquets, and Fundraising Events

- ♡ Available 7 days a week.
- ♡ Seating for up to 300 people.
- ♡ Tables, chairs, & kitchen included.
- ♡ Decorations & tablecloths available.

Salem Community Center

@the Armory
Where Health, Education and Community Meet

For rates and information, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560





Healthy Dent County Fitness Center

Office Hours

8:30 a.m. - 4:30 p.m.

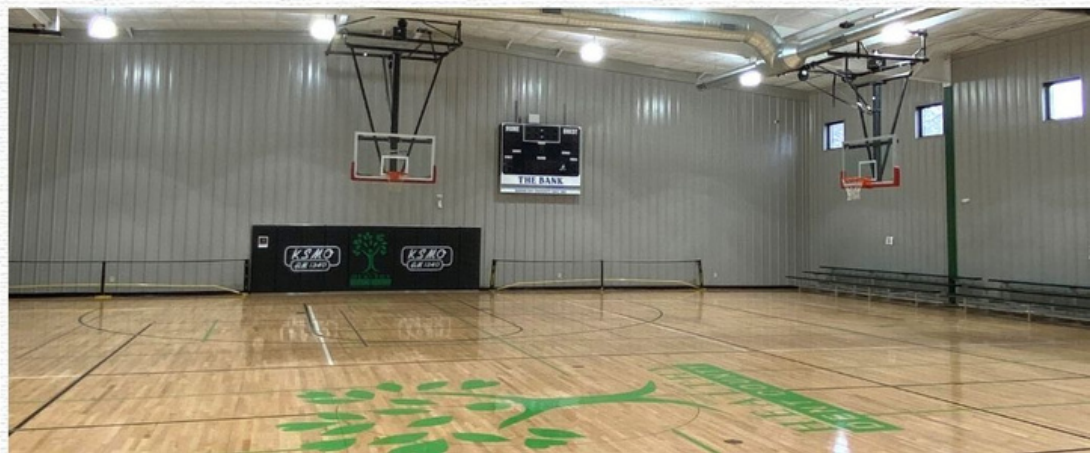
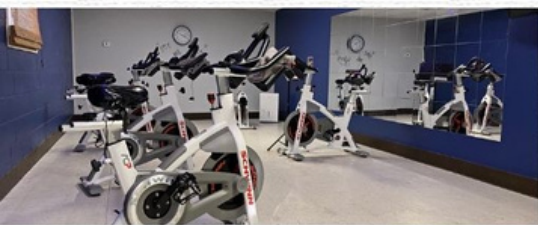
Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

24 Hour Access Available

- Cardio Room
- Weight Room
- Spin Room
- Classroom
- Gymnasium

For rates and information, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560





Serving Southern Missouri



About The Program

Our goal is to screen adults who may be at high-risk, direct them to care for heart disease and Type II Diabetes, & help reduce severe COVID illness due to multiple, undiagnosed medical conditions.

Sign-up Today!



Scan the QR code
to register now
recommended

Walk-ins welcome!

More Info

Cary at (573) 480-5984

Candice at ccoffman@missouri.edu

Becky at rfenton@missouri.edu



Extension
University of Missouri

FREE Mobile Health Screenings

for high-risk comorbidities
including Type-2 diabetes
and Heart disease

Testing

- HbA1c (Blood Sugar)
- Blood Pressure
- Lipid Profile (Cholesterol)

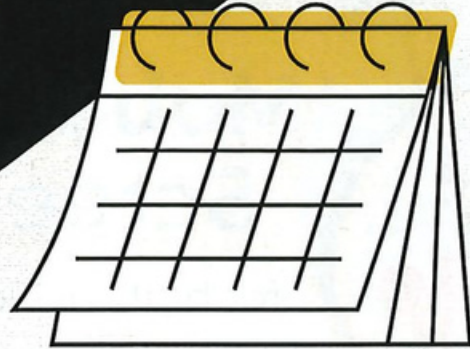
Connect to Resources

- Enrollment in Medicaid under the expansion program
- Adult Vaccination Education
- Local Health Referrals

*This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government. The project has received a portion of this funding from the Department of Health and Senior Services, Office of Rural Health and Primary Care to expand efforts to address health disparities caused by COVID-19.

Coming to a town near you!

*Sign-Up
Today!*



UPCOMING EVENTS IN 2023

CITY	LOCATION	DATE	TIME
• Pineville, MO	602 Jesse James Rd.	1/26	8:30am-3 pm
• Hermitage, MO	24885 St. Hwy. 254	2/02	8am-3:30pm
• Houston, MO	1591 US Hwy. 63	2/07	8:30am-3:30pm
• Nevada, MO	301 N. Washington	2/15	9am-4 pm
• Poplar Bluff, MO	1619 N. Main	3/14	8:30am-3:30pm
• Doniphan, MO	1003 E. Locust St.	3/28	9am-3 pm
• Cape Girardeau, MO	1121 Linden St.	3/29	8:30am-4:30pm

All events are subject to change in adherence with the MHU weather policy. Registered attendees will be notified of change. Please contact your local health department for more information.



Healthy Dent County Fitness Center **-PRESS CLASS**

- Every Saturday in February (4, 11, 18, 25)
- 9:00 a.m. - 9:30 a.m.
- Salem Community Center @ the Armory

- Exercise Classroom
- Instructor: Nicole Lemieux
 - Certified OPEX Coach

 30 Minute Workout

 AMRAP (As Many Rounds As Possible)

Benefits to AMRAP:

- Burn more fat and build more muscle
- Improve heart health
- Boost mental health
- Give you more bang for your buck
- Perfect for any fitness level

 Strength and Cardio



Questions? Please Call 573-739-1127 or email susie@salemcommunitycenter.org



Run Salem 5K/10K & Color Run, Saturday, May 20th

RUN SALEM 5K

This is a 5K run entirely on the streets of Salem. Starting and finishing in Downtown Salem, you will enjoy running by the historic Victorian Courthouse in downtown, running by the high school and city park before returning to downtown. Go at your own pace - run or walk your way back to the finish line.

RUN SALEM 10K

This is a 10K run entirely on the streets of Salem. Starting and finishing in Downtown Salem, you will enjoy running around the whole city, including by the historic Victorian Courthouse and several neighborhoods before running back through downtown. Go at your own pace - run or walk your way back to the finish line.

HEALTHY DENT COUNTY FAMILY FUN COLOR RUN/WALK

This is a fun, untimed event with no results. The event is held in conjunction with the Run Salem 5K/10K. The color run is a 1/2 mile course, where Color Runners are doused from head to toe in a different colored powder. Participants wear white at the starting line and finish the race plastered in color.

VIRTUAL 5K/10K

When you register for the virtual experience, you can complete your 5K/10K distance anytime and anywhere, and help give back to a great cause!

Run Salem 5K/10K includes medal and t-shirt (t-shirt deadline April 17th)
Color Run includes t-shirt (t-shirt deadline April 17th)

For additional information and TO REGISTER:

Visit RunSalemMO.com

Contact Shawn Bolerjack with questions at sbolerjack@salememo.com





Making Birthday Parties Easy!

Bounce House Birthday Party

Salem Community Center @ the Armory

3 Bounce Houses

4 Hours \$300

(Tables, Chairs, and Kitchen Included)

Questions? Please call us at (573) 729-8163



February Community Events

Feb 4

- Salem Eagles Karaoke Contest 2023 8:00 p.m. – 12:00 a.m. \$10 entry fee register now at 417-217-1504. The more people that enter, the higher the prize.

Feb 11

- Open Studio "Makerspace" 10:00 – 11:55 a.m. All ages. Supervisors may vary. This program is designed to let people release their inner artists in a comfortable and safe place. There will be no formal instruction, just come craft and we will clean up. Bring in a project you are working on at home or finish a project you started in a class. Enjoy an atmosphere of creating around other creative people and getting ideas from each other. There will be some supplies available in our supply bins to enhance your creativity, or you may purchase a canvas and paints in a kit for a particular project separately. \$6 per person. For more information email salemartscouncil@outlook.com or phone 573-247-5308.

Feb 13

- Last day of Catch and Release Season at Montauk State Park. The second Monday in February each year marks the end of the winter Catch-and-Release season. Fishing is not allowed within park boundaries until March 1.

Feb 14

- "Stitches" Group. The 2nd TUESDAY of each month- "Stitches" Group- 7-8:30 p.m. Come cross-stitch, embroider, crochet, knit, etc., and be amongst friends who enjoy the same hobby! Overseen by Tina McKee, come cross stitch, embroider, crochet, knit, etc. all while enjoying the company of friends and like-minded people who enjoy the same hobbies. The cost will depend on the number of people present (\$20 per day).

Feb 18

- Salem Eagles Karaoke Contest 2023 8:00 p.m. – 12:00 a.m. \$10 entry fee register now at 417-217-1504. The more people that enter, the higher the prize.

Feb 25

- Rotary Pancake Breakfast more information to follow. Advance tickets will be available to purchase at the Visitor Center. Breakfast is all-you-can-eat and will be held at Salem Middle School (Next to Salem High School).
- Salem Community Acoustic Jam Session 6:30 – 08:30 p.m. All ages are welcome. Come and enjoy a fun and relaxing evening at the Creative Arts Center. beginning at 6:30 p.m. Musicians and listeners of all ages and talents and interests are invited. Bring your own instrument and play along with the crew, or just come to listen and tap your feet! No talent is necessary, just enthusiasm! You name it, you will probably hear it! February jam is canceled, this event will start in March and will be held monthly on the fourth Saturday.
- Open Studio "Makerspace" 10:00 – 11:55 a.m. All ages. Supervisors may vary. This program is designed to let people release their inner artists in a comfortable and safe place. There will be no formal instruction, just come craft and we will clean up. Bring in a project you are working on at home or finish a project you started in a class. Enjoy an atmosphere of creating around other creative people and getting ideas from each other. There will be some supplies available in our supply bins to enhance your creativity, or you may purchase a canvas and paints in a kit for a particular project separately. \$6 per person. For more information email salemartscouncil@outlook.com or phone 573-247-5308.
- Sock Hop at the American Legion starting at 7:00 p.m. Karaoke from 7:00-8:00 p.m. Snacks, appetizers, food. Music from the '50s and '60s starting at 8:00 p.m. Sponsored by American Legion Entertainment Committee.

For additional community events, please visit SalemMO.com

Membership Spotlight

Bethany Wilkinson and sons, Joe, Eric & Dean Rothgeb

Fitness is always best when done as a family affair. Any time the entire family can be invested in a common goal, the chances of success skyrocket exponentially. This family has that figured out. Bethany's oldest son, Joe, was diagnosed with Stage four Non-Hodgkin's Lymphoma in 2021. Together, they spent an entire year in St. Louis while he underwent his treatments. Once his treatments were behind him and he was in full remission, Bethany knew she wanted to dedicate more time to her own health. She knew that she needed to take care of herself in order to be here for all three of her boys. The first step was to quit smoking which she successfully did in February 2022. When her son got sick, she quickly realized the importance nutrition plays in overall health. She began making small changes when cooking the family meals. She says the small changes have started adding up to big differences. She also knew that she needed to incorporate a fitness program into her lifestyle.

As a young girl, Bethany had participated in wrestling in middle school, so she already knew some basics about exercise. However, before her son's diagnosis, her main fitness focus had been cardio. She participated in the 2020 Heroes Marathon. She really did not enjoy running and wasn't getting the results she was looking for. She then turned to strength training and the results began to appear. Bethany says it has completely changed her confidence and mental fortitude. Her gym time has become her "therapy time" and she feels completely destressed after a weight room session. She has acquired new exercises and tips from social media platforms and

incorporated them with what she already knew. All three of Bethany's sons, Eric, Dean, and Joe have also become involved in the gym. Eric was the first in the family to develop an interest in fitness. His results were undeniable and proved to be an inspiration for the rest of his family to follow. Once, Eric and Dean were active members, they quickly made "work out bro's" with several of the gym regulars. The other guys in the gym have been great to help the boys in teaching form and technique and offering ideas for the workouts. They also keep an eye out for them making sure they are safely performing the moves.

The motivation for Bethany to continue is her husband and her three sons. She says they are all warriors in their own way. They are an active family and work together on their family farm taking care of horses, cows, cutting firewood as well as many other tasks.

Today, Joe's health is excellent, and they are all on the road to good health together. Their family testimony is great, and their dedication is greater! Their story is incredibly inspirational and may they share nothing but great health and wellness in the years ahead.



HEALTHY DENT COUNTY FITNESS CENTER

February 2023

*Spin membership required to attend these classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Valentine's Day 6 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	7 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	1 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 4:15 p.m. Spin* 6:30 p.m. Pilates	2 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	3 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
13 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	14 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	8 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 4:15 p.m. Spin* 6:30 p.m. Pilates	9 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	10 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
20 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	21 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	15 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 4:15 p.m. Spin* 6:30 p.m. Pilates	16 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	17 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga
27 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 4:15 p.m. Spin* 5:30 p.m. Interval Training 6:30 p.m. Zumba	28 10:00 a.m. Slow Motion 12:00 p.m. Spin* 5:30 p.m. Kickboxing 5:30 p.m. Spin* 6:30 p.m. Yoga	22 5:30 a.m. Spin* 8:30 a.m. Sweet & Low 4:15 p.m. Spin* 6:30 p.m. Pilates	23 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin* 6:30 p.m. Zumba	24 8:30 a.m. Sweet & Low 4:30 p.m. Gentle Yoga

For rates or questions please call us at 573-739-1127 or email Penny@SalemCommunityCenter.org



Healthy Dent County is dedicated to providing opportunities to improve health and quality of life by partnering with our community.



Contact us:

Phone: (573)729-8163

Email: lacey@salemcommunitycenter.org

Website: salemcommunitycenter.org

 Facebook: Council for a Healthy Dent County

Healthy Dent County Fitness Center

Fitness Center Office Hours

8:30 a.m. to 4:30 p.m. Monday-Friday

Healthy Dent County Office Hours

8:00 a.m. to 4:30 p.m. Monday-Friday

Fitness & Cardio Room Hours:

5 a.m. to 7 p.m. Monday-Friday

(24 hour access code needed for weekends and after hours)