

January 2025

HEALTHY DENT COUNTY



AXF
Armory X Fitness



Armory X Fitness (AXF)
Cross Training
REGISTER NOW

FREE AARP TAX AIDE
Schedule your tax
appointment NOW

Salem Community Center
@ the Armory Offices
and Fitness Center
CLOSED Jan. 1st
Happy New Year!

See inside flyer for details!

Member Spotlight
Michala Pope

LINE DANCING
Coming in February
Tuesday Evenings

Have a child's winter
birthday? Secure your
Bounce House Party
Today!



The Pope Family



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



AARP Free Tax Aide Filing

AARP volunteers will be doing taxes for **FREE** at the **Salem Community Center @ the Armory**.
The Healthy Dent County staff are currently taking appointments until April 4th.
Please call (573) 729-8163.



AARP[®]
Real Possibilities

PROTECT YOUR GAME[®]







Not all game time decisions are made on the field

Physical impacts of NICOTINE use:







	HEALTH Stressed pulmonary system (heart and lungs)		INJURY More susceptibility to injury
	HEALING Slow recovery processes		NO ENHANCEMENT Less endurance; weakness

KNOW THE IMPACTS

Physical impacts of ALCOHOL use:

	METABOLISM Constricts aerobic metabolism - reduces endurance		NUTRIENTS Inhibits absorption of nutrients - lowering endurance and increasing risk of injury
	WEIGHT Makes weight difficult to maintain (gain or lose)		SLEEP Constricts aerobic metabolism - reduces endurance
	INJURY Weekly use doubles rate of injury		PERFORMANCE Use within 24 hours of activity reduces aerobic performance

Neurological impacts of MARIJUANA use:

	ABILITY Dulls reaction time and hand-eye coordination		PERFORMANCE Reduces balance and tracking ability
	MEMORY Impairs memory and causes retrieval failure		NO ENHANCEMENT THC has no performance enhancing potential
	ATHLETIC REPOSITORY Degrades ability to play your game		IDENTIFICATION Impairs facial recognition



 [substance_free_athletics](https://www.instagram.com/substance_free_athletics)

Healthy Dent County

LINE DANCING



DANCE CLASSES

Tuesday evenings in **February** at **6:30 p.m.**
(February 4, 11, 18, 25)

\$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





AXF
Armory X Fitness



Cross Training

- This full body workout is based on the idea of performing a variety of functional movements at a high intensity

Instructor Eric Metcalf

- Salem R-80 Assistant Football Coach and Teacher
- Obtained CrossFit Certification
- Personally trained clients for 10 years, competed for 5 years

Location

- Salem Community Center @ the Armory Event Center
- 1200 W. Rolla Rd. Salem

January - Class Registration

- Every Monday, Tuesday, & Thursday
- **Evening 5:15 p.m.**

\$60 for non-members

\$35 for Fitness Center Members

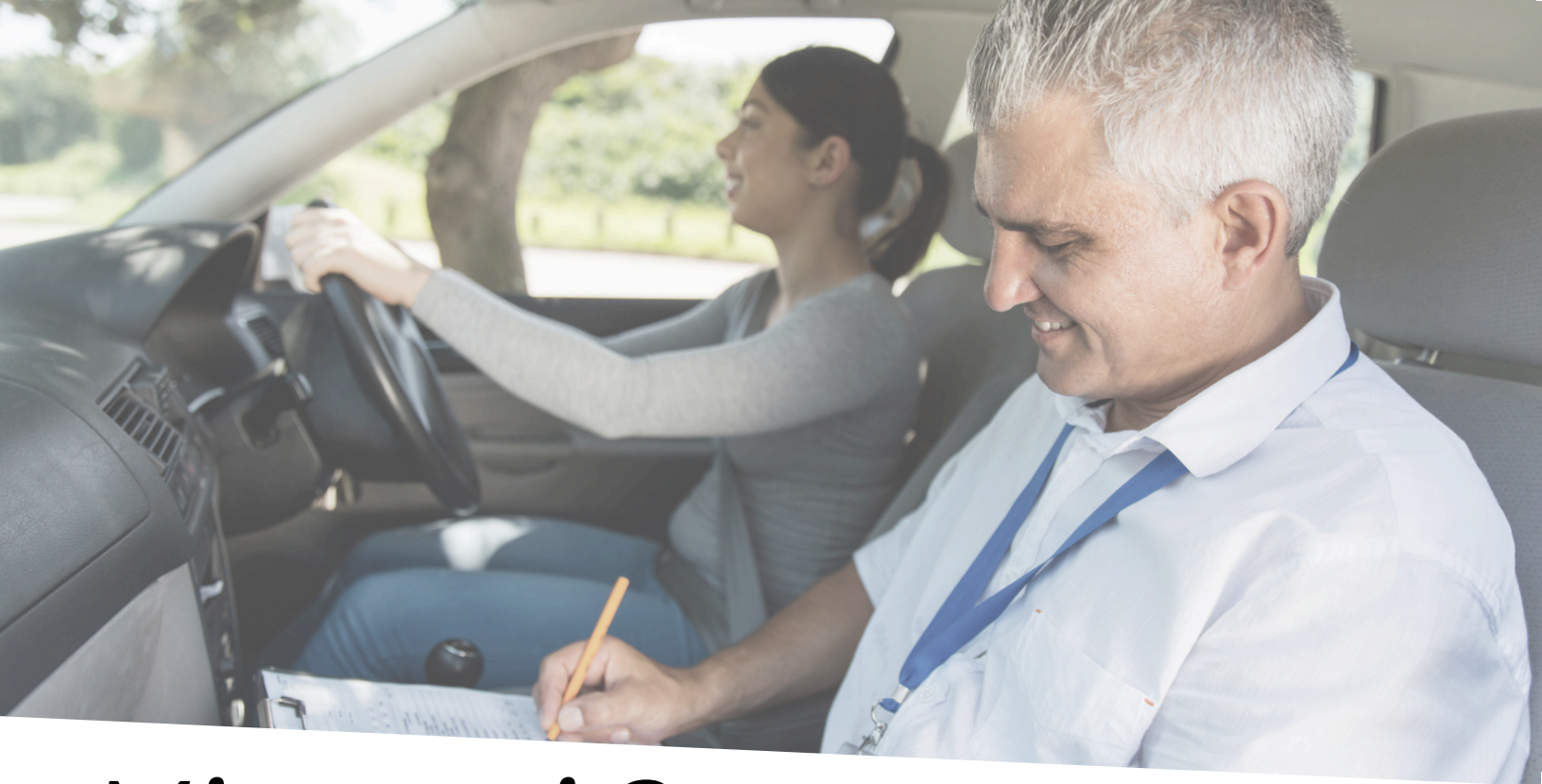
ONLY 20 participants per class - Registration is Required
(Age 15 and older)



**HEALTHY
DENT COUNTY**

Questions or to Register, please call 573-739-1127
or email Susie@salemcommunitycenter.org





Missouri State Highway Patrol **SALEM**



DRIVER AND WRITTEN EXAM LOCATION Salem Community Center @ the Armory

- 1200 West Rolla Road, Salem, MO 65560
- 2nd, 4th, and 5th Wednesday of the month
(CLOSED during holidays)
- Written 9:45-11:50; 12:30-3:45;
- Driving 9:45-11:30; 12:30-3:20



www.mshp.dps.missouri.gov



USPA

IRON MANIA

SATURDAY, FEBRUARY 15, 2025, 9 A.M. - 5 P.M.
HEALTHY DENT COUNTY FITNESS CENTER
1200 WEST ROLLA ROAD, SALEM MO

PARTICIPANTS (13+) MUST REGISTER ONLINE AT

<https://uspa.net/upcoming-events/>
OPEN TO MEN AND WOMEN

COST: FULL POWER: \$125

CROSS OVER: \$35

SPECTATOR FEE: \$10

**SCAN QR CODE
TO REGISTER**



CONCESSION ITEMS AVAILABLE FOR PURCHASE

Singlet REQUIRED for participation

Divisions include: Raw, Classic Raw, Single Ply, Squat, Bench, Deadlift.

Age Divisions: Teen; Jr20-23, Open; Sub Master, 35 to 39, & Master

***Lifters must possess a valid membership from USPA before they can register**

PLEASE GO TO USPA.NET FOR OFFICIAL RULES.

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

The Perfect Event Venue



Weddings, Receptions, Reunions, Banquets, and Fundraising Events

- ♡ \$150 for 5 hours.
(\$350 for 10 hours)
- ♡ Available 7 days a week.
- ♡ Seating for up to 250 people.
- ♡ Tables, chairs, & kitchen included.
- ♡ Sound system, projector & 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





Conference Rooms @ the Armory

Birthday Parties, Reunions, Meetings, Baby Showers

- \$50 weekdays, \$100 weekends
- Available 7 days a week
- Technology included (computer & large TV monitor)

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

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



Walden Room (Up to 12 people)



Rotary Room (Up to 35 people)

Making Birthday Parties Easy!

Bounce House Birthday Party

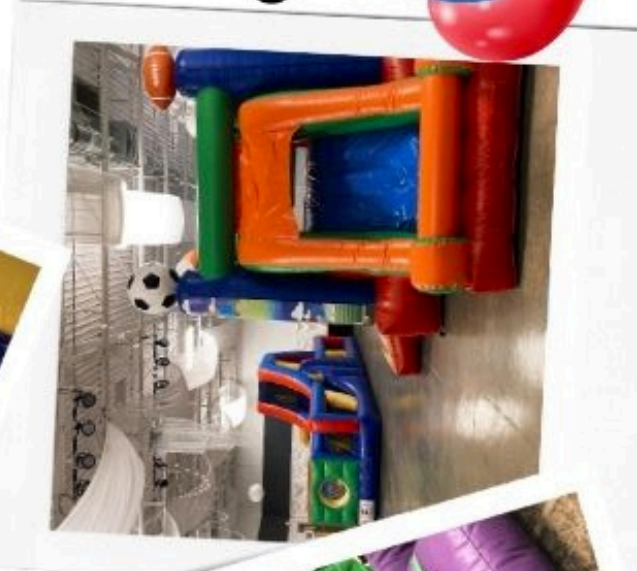
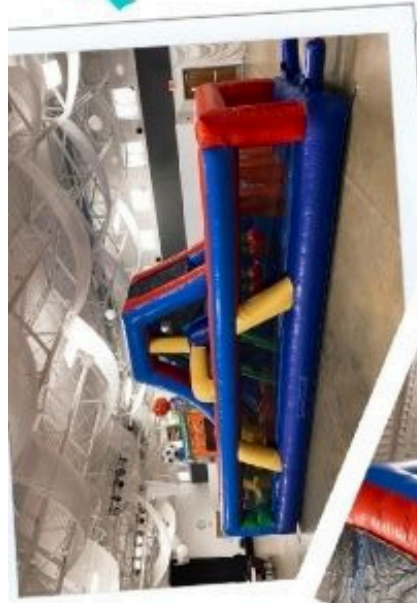
Salem Community Center @ the Armory

3 Bounce Houses

4 Hours \$300

(Tables, Chairs, and Kitchen Included)

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





Healthy Dent County Fitness Center

Office Hours

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

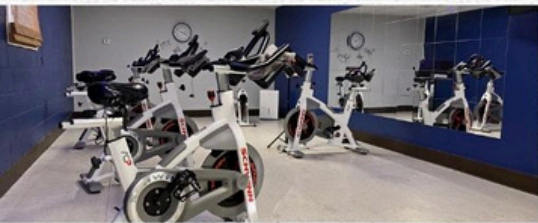
Fitness Center Hours

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



Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare®



SilverSneakers

Are you a senior or on disability? Want a free gym membership? See if you qualify today!



1. Take your SilverSneakers or Renew Active info to the Healthy Dent County Fitness Center Office
2. Sign up in the Healthy Dent County Fitness Center Office
3. Tour the facility and start working out at no extra cost!

Questions? Please call us at (573) 739-1127 or email Lanessa@salemcommunitycenter.org



Membership Spotlight

Michala Pope

A year has passed since the entire community came together for the Hope For Pope Benefit Auction/Fundraiser for 29 year old, Michala Pope. I thought a little update was in order since we still receive many inquiries as to how she is doing. The following is an update from Michala herself:

“At the end of September 2023, while getting my kids ready for school, I experienced sudden chest pain and dizziness. I went to the ER thinking I was having a heart attack. They found fluid around my heart. The ER doctor said it was most likely from a viral infection and should get better with rest and time.

Exactly 1 month later, I again experienced sudden chest pain and dizziness except for much worse this time, to the point of passing out. I was rushed by ambulance to Phelps Health Hospital where they performed an emergency procedure to drain the fluid. The doctor told my husband the fluid had suddenly built up and stopped my heart from beating and I was very close to dying that morning. They weren't sure what was causing this, so they sent me to St. Lukes Hospital in St. Louis. After 4 days in the cardiac ICU and every test possible, the whole team of doctors came in and gave us devastating news. They had found a large tumor in the right atrium of my heart. They believed it was an extremely rare and aggressive cancer called angiosarcoma. There is about a 0.003% chance of getting it and about a 10% chance of living for 5 years. Most people die within 3 months of diagnosis. We were crushed. All I could think about was everything I might miss throughout my children's lives.

Three days later, I had open heart surgery to remove the tumor. It was a very difficult 8-hour surgery to remove the tumor. A large part of my heart was removed and rebuilt with bovine tissue. The node that makes your heartbeat had to be removed so a pacemaker had to be put in place to make my heartbeat for the rest of my life. After 11 days in the hospital, I got to go home to (continued on next page).



Membership Spotlight

Michala Pope

heal for 4 weeks before starting a very aggressive chemotherapy which consisted of 4, 9-hour days of chemo every 3 weeks (150 hours of chemo total). This aggressive treatment took everything out of me and made me constantly sick and weak. I'm now on a daily chemo pill and receive immunotherapy every 4 weeks for 2 years. The chemo pill makes me feel bad and I still haven't regained my strength, but I am incredibly grateful to be here with my husband and two children. The three of them are what kept me going when it all got too hard.

I fully believe living a healthy lifestyle played a huge part in getting me through this. I've always had a love for healthy food and working out and there is no doubt in my mind that it helped keep me physically and mentally strong.

The entire community of Salem showed us so much love and support after my diagnosis. It was a huge blessing for our family. Because of the money that was given to us by the community, my husband was able to take off work and go to every treatment and doctor appointment. I've never been alone for any of it. I wish I could personally thank every single person who gave from their hearts, whether it was monetary or prayers. It's been a year since I was diagnosed with heart cancer, but I am totally cancer free now. I'm enjoying getting to live this beautiful life I've been given."

Michala still travels to St. Louis for regular PET scans. Continued prayers for clear scans are still needed. She proved to be a fighter through this diagnosis and treatment. She is back in the gym working to regain her strength and trying to enjoy a normal life with her sweet family. I've never been more thankful to get to lend an update to a story for someone in our Healthy Dent County family.



HEALTHY DENT COUNTY
FITNESS CENTER

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	7 10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin	1 CLOSED HAPPY NEW YEAR	2 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	3 8:30 a.m. Sweet & Low	4 9:00 a.m. Yoga
13 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	14 10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin	8 8:30 a.m. Sweet & Low	9 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	10 8:30 a.m. Sweet & Low	11 9:00 a.m. Yoga
20 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	21 10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin	15 8:30 a.m. Sweet & Low	16 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	17 8:30 a.m. Sweet & Low	18 9:00 a.m. Yoga
27 8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive	28 10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin	22 8:30 a.m. Sweet & Low	23 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	24 8:30 a.m. Sweet & Low	25 9:00 a.m. Yoga
		29 8:30 a.m. Sweet & Low	30 10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive	31 8:30 a.m. Sweet & Low	



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

Healthy Dent County & Fitness Center 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)