



NO.006

CHECK THIS OUT!

JUNE 2025

Monthly Newsletter

Growing Together: The Power of Community Gardens in Poplar Bluff, MO A Fresh Start Rooted in Community

In the heart of Poplar Bluff, Missouri, a quiet revolution is taking place—one seed at a time. Community gardens are sprouting up as vibrant spaces that do more than just grow food; they nurture relationships, promote wellness, and empower residents of all ages. These gardens offer more than a patch of green—they're places where neighbors become collaborators, where healthy produce is accessible, and where shared purpose leads to shared pride.

Why Community Gardens Matter in Poplar Bluff

For many seniors and low-income families in Poplar Bluff, access to fresh, affordable produce can be limited. Community gardens help bridge that gap, offering:

- **Fresh, Healthy Food:** Grown locally, harvested affordably
- **Social Connection:** A sense of belonging and reduced isolation
- **Mental & Physical Wellness:** Gardening promotes mobility and peace of mind
- **Education:** Hands-on learning about growing food, composting, and nutrition

Twin Towers Garden Club
Wednesdays at 9am

Other Community Gardens:

Butler County Health Dept.
Hendrickson Park
Grove Street

Calendar

1. Thursday June 5th at **Three Rivers College** 9am –2:30pm Mental Health Conference
2. Friday June 6th at **Whitely Park** Protein Food Giveaway at 10am while supplies last.
3. Tuesday June 10th **Twin Towers** 1pm Generation Rx with SEMO BH Education, Games, and prizes
4. Friday June 13th at **Twin Towers** 10 am –11am Young at Heart Bingo
5. Friday June 13th at **Holiday Inn** at 12pm Poplar Bluff Regional Hospital Colon Cancer Talk
6. Friday June 13^h at 1pm at **Hillcrest** Bingo with Legacy Hospice at **Hillcrest**

WALKING CLUB TUESDAY AND THURSDAY 8:00AM



Weather Folklore

- 1. "When June is bright with sun-filled days, the farmer smiles as wheat fields blaze."
- 2. "If June brings rain and skies of grey, the year's rewards may wash away."



Blast from the past

Do you know who this is ?

Email your answer to Jessica the ROSS Coordinator at jessica@pbhousing.org



Which US President was born in Missouri ?

- A. Harry S. Truman
- B. George Washington
- C. Ronald Reagan
- D. Bill Clinton

**Cut and Curl Hair
Salon
Twin Towers
1-205-377-3825**



Dogs must be on a leash at all times when outside of apartment



ROSS COORDINATOR JESSICA

573.872.4122

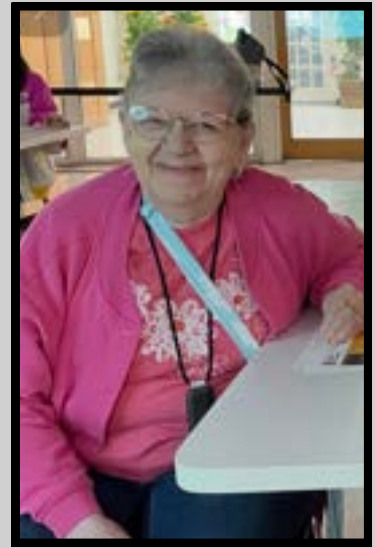
Resident Spotlight

Name: Jo

Age: 71

How long have you lived here?

About 21 years



What are some of your favorite things? “Hanging out with her friends at Twin Towers, and I enjoy reading.”

Favorite Drink: “Dr. Pepper”

Favorite Music: “Gospel music, and I listen to KOKS Station every day.”

Was there a significant time in your life that stands out to you? “ I served the army for 3 years, I started at 18 and was out at 21 years old. I also worked at the VA Hospital as a clerk for many years.”

What is something you loved to do during your childhood? “Riding bicycles was the best, I remember a bike wreck where I was on the handle bars and we crashed.”

Advice for future society “Struggling builds character”

Ms. Jo has been with us for many years, she is very kind and will give hugs and compliments often.



June 13th | Colon Cancer Health Seminar

Join PBRMC in our FREE educational event. Hear from our Gastroenterology providers on Colon Cancer and preventative steps you can take now.

On Friday, June 13, 2025, please join us at the Holiday Inn (2781 N Westwood Blvd, Poplar Bluff, MO 63901) from **12 PM - 1 PM.**

Please contact Jessica at 573.872.4122 if you would like to interview you for resident spotlight! Inspire us, share your story!

SMTS CONNECT BUS Phone: (573) 785-2928

Bread Shed Dates

Food Distribution-Poplar Bluff – June 14th, 2025 from 7 am-9 am

ABC – June 11th, 2025, from 1 pm, Food Distribution through school program

Diaper Distribution – June 12th, 2025 from 8:30 am - 10:00 am

Senior Boxes – June 19th, 2025 from 8:30 am - 10:00 am

Breaking Bread - Free Community Meal – Sundays 11:30am-1pm

LIHEAP

IF YOUR UTILITIES ARE NOT INCLUDED IN YOUR RENT. YOU MIGHT BE ELIGIBLE FOR ASSISTANCE WITH THE UTILITY BILL.

CONTACT JESSICA THE ROSS
COORDINATOR FOR ASSISTANCE
573.872.4122
ENERGY ASSISTANCE

Grace Toenail Clinic
At Twin Towers First
Tuesday of each month
Call For Apt. 573-686-2074

Pest Control Schedules

FAMILY

1st week of every month Units #001 - #070

• 2nd week of every month Unit #071 - #140

• 3rd week of every month Units #141 - #180 and #519 - #550

• 4th week of every month Units #551 - #624



There must be an adult at least 18 years of age or older present when our Pest Control Professionals arrive at FAMILY UNITS; otherwise, the monthly Pest Control treatment will not be done. It will be your responsibility to contact the Maintenance Office at 573-785-2623 to reschedule.

ELDERLY

• 1st week of every month Units #181 - #262

• 2nd week of every month Units #289 - #366 and #263 - #269

• 3rd week of every month Units #367 - #444 and #270 - #288

• 4th week of every month Units #445 - #498 and #625 - #654

Please make sure your unit is ready for monthly Pest Control treatment by simply:

- Keeping your home clean.
- Cleaning up food and dishes.
- Ensure trash is picked up and disposed of properly.
- Keeping food in sealed containers or properly wrapped.
- Not storing items in the furnace room.

We cannot emphasize enough the importance of keeping your unit clean. Maintaining a clean unit keeps you in compliance with the terms of your lease but it also provides a clean, safe, and sanitary home for you and your family, which is extremely important as well.

**CUT AND CURL
HAIR SALON
NOW
OPEN IN
THE
N. TOWER**







**SCHEDULE YOUR
APPOINTMENT
205-377-3825**

**Salon Open on
Tuesday & Thursday**

LEGACY HOSPICE
Quality of Life Through Compassionate Care

**HILLCREST
COMMUNITY ROOM**

445 N. 2ND STREET POPLAR BLUFF MO 63901

BINGO BINGO BINGO
Friday June 13th 1pm



**POPLAR BLUFF HOUSING
AUTHORITY
ROSS**

**QUESTIONS
CALL
573.872.4122**



Young at Heart

BOYS & GIRLS CLUB

POPLAR BLUFF HOUSING
AUTHORITY
ROSS

**TWIN TOWERS COMMUNITY ROOM
508 HAZEL STREET POPLAR BLUFF**

BINGO

**FRIDAY JUNE
13TH**

10AM-11AM

**QUESTIONS CALL
573.872.4122**

GenerationRx
Safe medication practices for life.

1:00 PM

TUESDAY JUNE 10TH

**TWIN TOWER 508 HAZEL STREET
POPLAR BLUFF MO 63901**

GAME & PRIZES

**Southeast Missouri
Behavioral Health**

**POPLAR BLUFF HOUSING
AUTHORITY**

Adult Abuse Hotline at (800) 392-0210