



NO.007

CHECK THIS OUT!

JULY 2025

Monthly Newsletter

Ways to Stay Cool

- Do strenuous activities during cooler hours : Plan exercise, cleaning, and other physically demanding tasks for early morning or evening when outdoor and indoor temperatures are lower.
- Keep blinds and curtains closed during peak sun hours : Focus on east-facing windows in the morning and west-facing windows in the afternoon to block sunlight.
- Avoid generating indoor heat : Minimize use of ovens, stovetops, and dryers during the hottest parts of the day.
- Stay hydrated : Drink water regularly, even if you don't feel thirsty.
- Cool your body directly : Use cool, damp cloths on pulse points or take lukewarm showers.
- Close interior doors : This can help contain cooler air in rooms you're using and reduce heat spread.
- Open windows wisely : If safe, open windows during the night or early morning to bring in cooler air, then close them as temperatures rise.
- Utilize shared building amenities : If your building has air-conditioned common areas (like lounges or lobbies), take breaks there to cool down.

**Twin Towers Garden Club
Wednesdays at 9am**

Other Community Gardens:

Butler County Health Dept.
Hendrickson Park
Grove Street

Calendar

July Community Events

July 3, 2PM – Veggie Giveaway @ Twin Towers Parking Lot

July 4 – Downtown Parade & Fireworks

July 11, 10AM – Ice Cream Social & Yard Games @ Twin Towers (sponsored by Boys & Girls Club & Legacy Hospice)

Starting July 16, 10AM – Tai Chi Classes (Mon & Wed for 9 weeks) @ Twin Towers

Every Mon & Fri, 1PM – Resident-Led Bingo @ Twin Towers



Weather Folklore

- 1. "Loud July thunder signals a dry August."
- 2. "If the first of July be rainy weather, it will rain more or less for four weeks together."



Blast from the past

Do you know who this is?

What Western show was he on occasionally?

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



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



Which hospital in Poplar Bluff, Missouri, is named after a U.S. President and has served the community for over a century?

- Ⓐ Truman Medical Center
- Ⓑ John J. Pershing VA Medical Center
- Ⓒ Lincoln County Hospital
- Ⓓ Washington Regional Medical Center



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



ROSS COORDINATOR JESSICA

573.872.4122

Resident Spotlight

Name: Juanita Smith

Age: 63

How long have you lived here? 8 years



Where were you born? Have you always been in Missouri? “Believe it or not, I was born in Missouri by a midwife. And that midwife’s name was also Juanita! I lived in Memphis for a couple of years, but for the most part, I have stayed in Missouri.”

Can you tell me about your family? “I am very proud of my mom and her work career. She worked at the Kmart here in Poplar Bluff for 30 years.”

Do you have a pet or pet memory you would like to share? “I did have a poodle once I grew to love, but when he passed away, it broke my heart so bad, I did not want to get another pet. His name was Caesar.”

Advice for the young? “Don’t have too many kids and make sure to raise them yourself.”

What is something you love to do? “I enjoy decorating to celebrate the holidays, walking around our neighborhood, and attending the classes the ROSS program has at Twin Towers.”

Do you like music or dancing? “Yes, I like dancing and music, one artist that comes to mind is Whitney Houston.”

Are there any holidays or celebrations that were extra special to you? “ I enjoy Halloween a lot because it is around my birthday! “

Can you share a memory from when you were younger? “I remember a couple of special teachers, Mrs. Kingrey and Mrs. Kathern Harris. Mrs. Kingrey spent extra time helping me with writing.”

Would you like to share any thoughts on your work career? “I loved my job, I worked at the school for years, in Junior and Senior High, and the 5th & 6th grade building. “

What are you most proud of? “ My two boys and all of my 10 grandchildren.”

“Juanita is a very active tenant; she helps maintain the flowers at her building and attends many of the ROSS programs offered to housing tenants. She will show up with a smile and ready to learn,” said the ROSS Coordinator.

Bread Shed Dates

Food Distribution-Poplar Bluff – July 12th, 2025 from 7 am-9 am

ABC –July 9th, 2025, from 1 pm, Food Distribution through school program

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

Senior Boxes – July 17th, 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

POPLAR BLUFF DOWNTOWN

INDEPENDENCE PARADE

9 AM DOWNTOWN

HAPPY
4th of July

FRIDAY JULY 4TH 9PM
FIREWORKS

Wednesday July 16th

Tai Chi

New Class

Improves
arthritis and
mind health

MONDAY &
WEDNESDAY

10 AM- 11AM



Extension
University of Missouri

506 Hazel Street Poplar Bluff

www.pbhousing.org

Register to

JOIN NOW

573.872.4122



BOYS & GIRLS CLUB
OF THE TRIANGLE

LEGACY HOSPICE

Quality of Life Through Compassionate Care

Ice Cream SOCIAL

11
JULY

10
AM

TWIN TOWERS

506 Hazel Street Poplar Bluff Mo
63901

Adult Abuse Hotline at (800) 392-0210