



NO.0015

CHECK THIS OUT!

MARCH 2026

WELCOME TO OUR
Monthly Newsletter



Complete activities for up to a max amount of \$25 Visa Gift Card

Each activity is worth \$5 unless it has a star* then it is worth \$2.50

Community Engagement & Wellness

Attend an education event at Housing Properties
Attend an approved education or club event at Library
Enroll in a approved volunteer program
Attend an approved exercise class 2 times
Join the Walking Club on Tuesdays and Thursdays 2 times

Financial Literacy

*Create a monthly budget
Open or Review a checking or savings account
Complete 3 FDIC money smart games

Digital Literacy

*Learn and use safe online rewards
Create "mySSA" account online
*Create,update or Review Email
*Enroll in ROSS Email Newsletter

ROSS PROGRAM
573.872.4122

Incentives are earned through participation and completion of activities. Prior completion does not qualify for incentives. Every item must be verified with proof.

The ROSS Program is here to support our seniors and families in building independence, confidence, and financial stability. By participating in the activities like these, you can strengthen your health, improve your financial knowledge, build digital skills, and stay engaged in the community. This opportunity is also available for families with some slightly different activities.

Calendar

1. Twin Towers Grace's Toenail Clinic Tuesday 3th
2. Northside Nutrition BINGO with Crown Hospice 10am
3. Twin Towers Tai Chi Mondays and Wednesdays 10am
4. Twin Towers Resident Bingo Mondays and Fridays at 1pm
5. Twin Towers Independent Living Exercise Club Monday and Wednesdays at 8:30am-9:30am
6. Twin Towers Wednesday 9am Garden Club
7. Twin Towers Friday 13th Photo Scavenger Hunt 11 am and Young at Heart Bingo 4pm.
8. Hillcrest Garden Club Friday 13th at 9am



Weather Folklore MISSOURI WINTERS

When the frogs sing loud in
March, frost ain't far off.

March sun feels warm, but it won't
warm your bones.

If the wind stays outta the north in
March, spring's settlin' in.



Blast from the past

Do you know what this is ?
Hint: Used with food

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



What is the name of the nearby
theatre that will have Randy
Travis Show in March ?

- A. Tom's Theatre B. The AMC
C. Rodger's Theatre D. Poplar Bluff Theatre



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

Resident Spotlight

Name: John Short

Age: 88 soon to be 89

How long have you lived here? 5 years



Have you lived in Poplar Bluff your whole life? “No, actually I lived in St. Louis for years. I have traveled a lot. I traveled all through Europe. I have been to Rome, England, Barcelona, Paris, Spain, Munich, Florence, London and Germany to name a few. I lived in Pennsylvania once.”

Where were you born? “ I was born in a hospital in St. Louis, that is where my parents and I lived. My mom was Italian, she came with her family first to New York, then to Ohio, then settled in St. Louis.”

Besides traveling our wonderful world do you have any other hobbies or interest? “Actually, I do. I have been studying about Geology. It is a type of Earth Science. ”

Is there a defining achievement or moment you would like to share? “I completed a Bachelor’s degree in Engineering from the University of Missouri in Rolla, before it was called Missouri S&T. I used that degree and did some project management on some interesting projects. I used to work for the Corps of Engineers. “

Do you have any collections? “I like books and reading, I especially am recommend the *Great Books* store. You can order books on CD from them as well. I have many books in storage and might need to start sharing them. ”

Do you have any advice for younger people just starting out? “Study the basics first, reading, writing, math, and even drawing, then you will have the foundation to express yourself verbally and graphically. If you do not know what you want to do for career or college, just keep on doing stuff and you will find it. ”

Do you have any favorites? Favorite foods, holidays or activities? : “My favorite food would be beef spaghetti with a salad. And my favorite Holiday would have to be Christmas. My family all gather together for a meal on Christmas and I enjoy that. I enjoy an activity hosted by Boys and Girls Club and Poplar Bluff Housing, the Young at Heart Program. I really enjoy asking the kids what they learned at school that day.”

“Mr. Short is a consistent attendee for our young at heart program, and we enjoy his presence,” ROSS Coordinator, Jessica Dawson

Resident Spotlight

**If interested in sharing your story please contact us at
573.872.4122**

Bread Shed Dates:

ABC – Wednesday, March 4th, from 1:00 pm

Diaper Distribution – Thursday, March 12, from 8:30 am – 10:00 am

Food Distribution–Poplar Bluff – Saturday, March 14th, 7:00 am – 9:00 am

Senior Boxes – Thursday, March 19th, from 8:30 am – 10:00 am

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

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.



Young at Heart



BINGO

13th March Friday

506 HAZEL STREET

4:00 PM - 5:00 PM

Play hard • Win big • Have fun



Photo Scavenger Hunt

Friday, March 13th 11am-1pm



What to do:

- Pick up a Scavenger Hunt Card in the community room at 11am
- Find the item or place on the card and *take a picture*
- First one back to the community room at 1pm with all the correct pictures **WINS!!!**



Snacks and punch at 1pm



AmeriCorps Seniors



Hillcrest Indoor

Garden Club

When: Friday
March 13th

Time: 9:00am

Downstairs
Community Room

573.872.4122 For questions

Join us if you would like
to help out.

Twin Towers GARDEN CLUB

EVERY WEDNESDAY

9AM

MEET UP IN THE
COMMUNITY ROOM