



POPLAR BLUFF HOUSING — AUTHORITY —

NO. 20

CHECK THIS OUT!

JULY 2026

WELCOME TO OUR

Monthly Newsletter



Tips to Stay Cool in Hot Weather:

Stay Hydrated!

Drink water regularly. Sugary drinks and caffeine can worsen dehydration.

Cool your body before going out

Take a cool or cold shower, rest in a cool place, or wear damp, breathable clothing

Eat hydrating foods

Cucumber, celery, watermelon, grapes, strawberries, and oranges help replenish fluids

Use a handheld fan on the go

Point it at your face and neck to create a cooling zone, and move it in a circular motion

Timing and Protection

Avoid peak heat hours, wear light, loose-fitting clothes, use shade, and apply sunscreen

Calendar

1. Towers Bingo on Mondays and Fridays at 1:00pm
2. Crown Hospice Bingo at Northside Nutrition on July 1st at 10am
3. Garden Club: Towers meets every Wednesday at 9am. Hillcrest meets every other Wednesday at 10am.
4. Mobile Medical Unit coming to Towers on July 8th and July 22nd
5. Blood drive @ Towers on July 13th 9:00am-2:00pm

LINSEY - ROSS COORDINATOR

573-413-0492



Weather Folklore

1. If ant hills are high in July, winter will be snowy
2. When wind comes before rain, soon you may make sail again
3. If the sky beyond the clouds is blue, Be glad, there is a picnic for you



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



Blast from the past



Do you know who this famous singer is?

Email your answer to Linsey -
ROSS Coordinator at
linsey@pbhousing.org



How did
Poplar Bluff
get it's name?

Resident Spotlight

Name: Janet Scott

Age: 71

How long have you lived here? 8 years

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Is there something interesting about yourself that you would like to share?

I am a mother of 3, I have 6 grandchildren, and 1 great grandchild.

Have you faced any challenges in your life that you have overcome?

I left a difficult relationship and I am enjoying my life!

Do you have any skills or creative outlets?

I like to complete puzzles on my tablet, I like to read, and I like to garden. I also like to volunteer!

Who is your favorite singer/songwriter? What is your favorite movie?

My favorite singer is Tracy Lawrence. My favorite movies are Steel Magnolias and the Top Gun movies.

What advice do you have for the younger generations or someone starting adulthood?

BE YOURSELF!

“Janet consistently goes above and beyond to help others. She is dependable, supportive, and always willing to lend a hand.” - Linsey, ROSS Coordinator

If interested in sharing your story, please call: 573-413-0492

Bread Shed Dates:

ABC – Wednesday, July 8th, 1:00 pm

Diaper Distribution – Thursday, July 9th, from 9:00am – 10:00 am

Food Distribution-Poplar Bluff – Saturday, July 11th from 7:00 am – 9:00 am

Senior Boxes – Thursday, July 16th, 9:00 am

Community Meal- Every Sunday at 11:30am

LIHEAP

IF YOUR UTILITIES ARE NOT INCLUDED IN YOUR RENT. YOU MIGHT BE ELIGIBLE FOR ASSISTANCE WITH THE UTILITY BILL.
CONTACT LINSEY THE ROSS COORDINATOR FOR ASSISTANCE
573.413.0492
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.

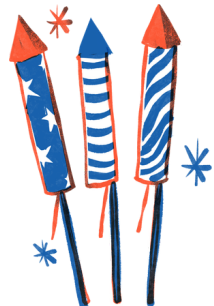
ELDERLY

- 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.

After Hours Maintenance Emergency 573-785-2623



MISSOURI WOMEN'S HEALTHCARE INITIATIVE

BRINGING WOMEN'S HEALTHCARE CLOSER TO HOME

The Missouri Women's Healthcare Initiative is a community-driven mobile healthcare program designed to improve access to quality healthcare services for women and families in rural Missouri.

Through the Care Connect Mobile Clinic, patients can connect to:

- Women's Healthcare Services
- Maternal Health Support
- Primary Care Services
- Behavioral Health Services

Our mobile clinic helps reduce barriers to care by bringing healthcare directly to communities throughout the region, supporting healthier women, healthier families, and healthier communities.

SCAN THE QR CODE

View the mobile clinic schedule, upcoming locations, and appointment information.

HEALTHCARE WHERE YOU NEED IT MOST

Made possible through a partnership between:



Celebrate

MORE LIFE. GIVE BLOOD.



Blood Drive Poplar Bluff Housing Authority

The Towers - Lobby
506 Hazel
Poplar Bluff, MO 63901

Monday, July 13, 2026
9:00 a.m. to 2:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: PBHousing to schedule an appointment.

Give blood July 13 to 31 for a Fandango Movie Reward by email to see a movie on us! rcblood.org/July



1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

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INDEPENDENT LIVING CENTER OF SEMO

SENIOR FITNESS EXERCISE CLASS
Held in Twin Towers Activity Room

ANNOUNCEMENT

New days and hour beginning April 2nd

Tuesdays & Thursdays 1PM-2PM

Taught by Certified Instructors

FREE OF CHARGE
LOW IMPACT EXERCISES
WHAT BETTER WAY OF
KEEPING YOUR JOINTS
HEALTHY & HAPPY!!!!



For more information:
Contact Suzann McKnight
ILCSEMO
Arthritis Program Coordinator
573-686-2333 Ext. 222

SAVE THE DATE!

NATIONAL NIGHT OUT

AUGUST 4, 2026

5:00 - 7:00



Together We Make Our Community Great! ❤️