

Welcome to our monthly

NEWSLETTER

September 2026

NO 22

www.pbhousing.org

UPCOMING EVENTS:

- Towers Bingo on Mondays and Fridays at 1:00PM
- Crown Hospice Bingo at Northside Nutrition on Sept. 2nd at 10:00AM
- 1st Stepp Homecare Bingo every 2nd Tuesday of the month at 2pm starting Sept. 8th
- Young at Heart Bingo September 11th from 4:00-5:00PM (every 2nd Friday of the month)
- Garden Club: Towers meets every Wednesday at 9:00AM
- QPR/Mental Health Presentation at Towers September 3rd at 2:00PM
- Classic Car Show at BGC Parking Lot- Sept. 12th at 9:00AM - Boys & Girls Club
- Senior Health Fair at Towers on Sept. 22nd from 10:00AM-1:00PM



Together for a Brighter Tomorrow

A brighter future begins when we come together with compassion and purpose. Volunteering unites people from all walks of life to create lasting change in our communities, our environment, and our world. When we stand together, our collective efforts can light the way for future generations to come.

Building a Better Community, One Act at a Time

Every positive change begins with a single act of kindness. Through volunteering, we come together to make a lasting difference uplifting communities, protecting our planet, and inspiring hope in others.

linsey@pbhousing.org

hello SEPTEMBER



Weather Folklore

1. "Whatever July and August do not boil, September cannot fry."
2. "Fair on the first of September, fair the entire month."
3. "If the storms in September clear off warm, all the storms of the following winter will be warm."
4. "As September, so the coming March."

Blast from the Past



What did saleswoman
Brownie Wise
popularize in the 50s?

- A. Tupperware
- B. Dishwasher
- C. Abrasive sponge
- D. TV dinner



September Word Scramble



NUTUMA
PEAPSL

VRAEHST
UMPKNIP

OOHCSL
SAEVLE



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



Poplar Bluff Housing Receptionist: 573- 785- 8265

Name: Marilyn Rushin

Age: 70

How long have you lived at housing? 9 years

This month's Spotlight shines on someone who finds joy in the simple things- crafting, reading, music, Walking Club, and her newest adventure, dance exercise! She credits former ROSS Coordinator Jessica with getting her started on her walking journey.

One of the most defining moments in Marilyn's life was starting a ladies' auxiliary for the fire department. She has also shown incredible strength through the loss of her husband, learning to embrace independence and navigate life on her own. She says her great-grandchildren are her proudest achievement.

Her little deer Chihuahua, Chi Chi, is more than a pet- he's her best friend and constant companion, bringing comfort and plenty of love to her days.

Her advice for younger generations is simple but meaningful: **put down the electronics, get outside, enjoy nature, and appreciate the world around you.** Most importantly, **treat everyone with respect and love regardless of their background.**

Her final reminder? **Play in the dirt, dance in the rain, love everyone, and live in the moment.**



Senior Spotlight



Marilyn keeps our Towers library in tip top shape with the "in-season" decor. Here she is with FALL! 😊

Bread Shed Dates:

ABC – Wednesday, September 9th, 1:00 pm

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

Food Distribution-Poplar Bluff – Saturday,
September 12th from 7:00 am – 9:00 am

Senior Boxes – Thursday, September 17th, 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.



Congratulations

TO OUR

ROSS SURVEY WINNERS!

Thank you to everyone who participated
and helped make this a success.



\$100 WALMART GIFT CARD WINNER
Thank you!



\$100 WALMART GIFT CARD WINNER
Thank you!



\$100 WALMART GIFT CARD WINNER
Thank you!



\$100 WALMART GIFT CARD WINNER
Thank you!



We appreciate you!

Your feedback helps shape our programs,
services, and the impact we make together.

Walmart 
Gift Card
\$100

SAVE THE DATE

29TH ANNUAL SENIOR HEALTH FAIR

Free Event for people 50+

SEPTEMBER 22 | 10 A.M. - 1 P.M.
TWIN TOWERS

OVER 40 COMMUNITY PARTNERS WILL BE THERE TO
PROVIDE HEALTH INFORMATION, PROVIDE SCREENINGS,
PLUS FLU AND COVID SHOTS.
FOR MORE INFO CALL 573-686-8624
EMAIL: jennifer.rosener@thecrc.org



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



QPR

Overdose prevention/Narcan
Training

Suicide Prevention
Training Event

Mental health & Managing
Stress

FREE COMMUNITY TRAINING

Come learn, ask questions, and connect with local resources.

ANYONE IS WELCOME TO ATTEND

September 3rd at 2:00 PM

Twin Towers 506 Hazel Street Poplar Bluff



Call or Text 573.413.0492



Join us for our
FIRST BINGO!

FIRST BINGO: TUESDAY, SEPTEMBER 8, 2026
TIME: 2:00 PM
LOCATION: TOWERS COMMUNITY ROOM

BINGO WILL CONTINUE ON THE
SECOND TUESDAY
OF EACH MONTH AT 2:00 PM!

