



February Events



February 2- Hour of Prayer @ Noon

February 2- 4-H Meeting

February 7- Presidential Preference Primary Election

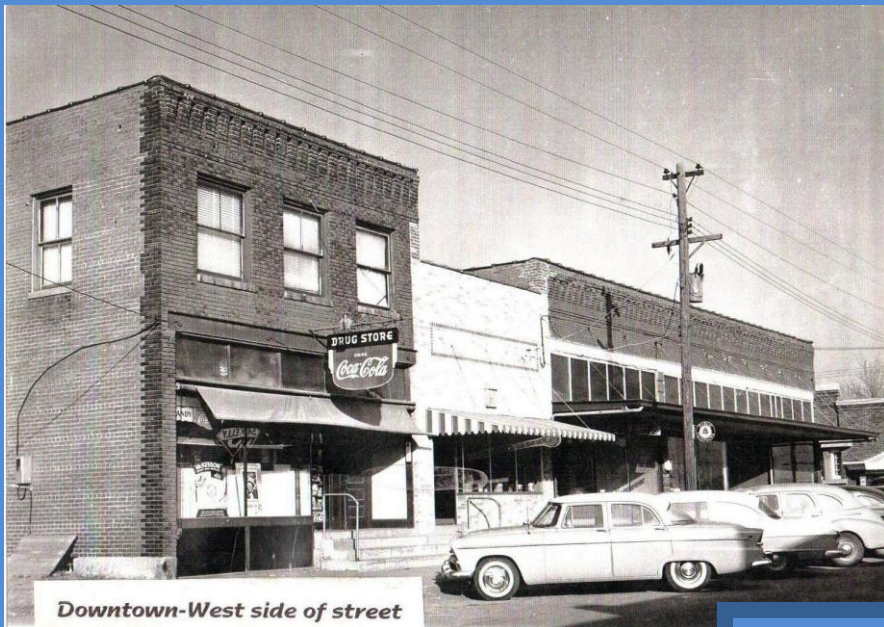
February 8- Council Meeting @ 7pm

February 9- Missouri On the MOVE

-Team Leader Mtg: 6pm Waverly Baptist Church

February 16- Road District Meeting

February 23-Flower Club Meeting @ 7pm



Downtown-West side of street

This is what the building that the Alma Medical Clinic currently resides in looked like back in the 50's.



The current look of the building after receiving a major overhaul about a year ago!



Clinic Hours

Mon, Wed, Thurs, Fri: 8:30-4:00

Tuesday: 8:30-12:00

January 30th

3:00 PM

660-674-2403

Welcome!

I-70 Medical Clinic- Alma

Dr. Doug Smith, MD and Rori Schreiman, Nurse Practitioner

You Are Cordially Invited to Attend

We will be hosting a meet and greet for the community to introduce Dr. Douglas Smith, M.D. and Rori Schreiman, Nurse Practitioner.

Dr. Smith and Rori Schreiman will be the new Care Providers at the Clinic. Stop by to say "Hello" and enjoy some refreshments.

Office Hours: Mon thru Fri, 8:30am to 4pm

REMINDER.....

We have fortunately lucked out of any measurable snow fall this winter but we still have a couple of months left to go, I just wanted to remind everyone that if we do have any measurable snow fall that requires plows to get out, the gentlemen do appreciate it if you would pull your cars into your driveway or move your vehicles to one side of the street until a pass has been made and then you are welcome to return your cars to where you park so that the other side may be cleared.



Missouri on the MOVE.....in Lafayette County

Sponsored by: Health Coalition of Lafayette County & University of Missouri Extension

How the Program Works: The program uses pedometers to help participants monitor and motivate an increase in physical activity over an 8-week period. Participants record their steps daily or weekly in their personal record log and report weekly progress to their team leader.

Goals: The goal is to increase walking by 2000 steps/day (equivalent to walking about 1 mile) per person. Each individual sets their own goal. This small and achievable increase in physical activity could totally stop the weight gain seen in the population of Missouri over the past decade; and maintain the weight loss of those who lose weight. Our success is to be measured by increased steps.

How to participate: Individuals may register for the walking program at the MU Extension office or through a team leader. Participants will receive a pedometer and a member packet, and complete a pre-survey and a post-survey. The registration fee is \$15 (pedometer is yours to keep).

There will be incentives and awards for team members who participate during the whole 8 weeks.

I (Ashley Boehmer) will be a Team Leader under the City Hall for anyone in the community that wishes to participate. We need to have at least 8 members on a team. There are teams being started under Santa Fe High School, Trinity School/Church, and MFA that I know of for sure. You are welcome to join any team. If you need the names of Team Leaders I can provide that for you. If you would like to start your own team, contact me and I can get you details for Team Leader training on February 9th!

To sum it up for you, throughout Lafayette County there will be businesses, churches, schools, organizations or even just groups of friends organizing "Teams" that will wear the pedometers during the 8 week program and weekly record in their steps journal and turn into their "Team Leaders". Each week your "Team" focuses on increasing their steps. There are awards and incentives for the teams and participants that have actively participated during the 8 weeks. Anyone interested needs to contact me or another team leader to get registered. The program will begin March 4, 2012 and run until April 28, 2012. I have never participated in this program before but many have in past years, so I am excited to see what kind of turn out "Alma" will have over all the other surrounding communities!!

****All participants are encouraged to keep walking even if you miss a week or 2.
The goal is to have as many members as possible complete the program!**

